

## Directions for Cooling Scarves

Use 100% cotton fabric, in solid tan or desert camouflage print. Buy fabric that is 42"-45" wide. One yard will make 8 scarves. Granules can be purchased from Watersorb, at [www.watersorb.com](http://www.watersorb.com). Use the medium size granules.

Make sure the starting end of the fabric is straight and square, then cut strips 4 ½ inches wide, cutting from one selvedge edge to the other. Fold strip in half lengthwise, right sides together, and sew one short end and the long edge, using a narrow seam. (Finished scarf should be 2 inches wide.)

Turn right side out, using a long chopstick, knitting needle or yardstick to push out and square the end. Press flat.

Find and mark the center of the scarf, then mark 4 ½ inches and 9 inches on each side of the center. (I've found that an easy way to do this is to fold the scarf in half and press with a hot iron, then fold and press again at 4.5 and 9 inches.)

Starting at the mark closest to the closed end of the scarf, sew across. Then add a scant ¼ teaspoon of granules. (Don't be tempted to use more granules...it really does only take a tiny bit!) You need to get the granules all the way down in the fabric 'tube'. If you just pour them in the end, they will stick to the fabric and not get down where they belong. So you need some type of long funnel. After much experimentation, I've settled on a long piece of PVC pipe that's skinny enough to fit in the tube.

After the first ¼ tsp of granules is in place, sew across the scarf at the next mark. Then repeat until you have 4 pockets of granules, each one 4 ½ inches long. Turn in the edges on the open end and stitch across.

Last step is to staple the use instructions to one end of the scarf.

