

## Reach to Recovery Tote Bag and Pillow

The Purpose of the Reach to Recovery Tote Bag and Underarm Pillows is to present the mastectomy patient with an attractive and useful tote bag and underarm pillow (along with the booklets and supplies placed in the tote bags) by the Reach to Recovery volunteer visitor.

We would like the tote bags and pillows to match or be of coordinating material so as to be pleasing, attractive, and useful to the patient. Cottons or cotton blends work best. Don't forget that men also suffer from breast cancer. The finished sizes should be:

PILLOWS: 8" X 12" finished and stuffed with fiberfill.

TOTE BAGS: 17" long by 14" wide- finished. Each strap 17" X 1" -one on each side

TOTE BAGS CAN ALSO BE MADE OF HEAVIER MATERIAL

DIRECTIONS FOR PILLOWS: Cut two pieces of material 8" X 12". Using 1/4" seam allowance with right sides together, Sew three sides, leaving a 4" opening on 4th side for stuffing. Turn right side out and stuff with fiberfill so pillow is firm but soft. Stitch opening either by hand or machine.

DIRECTIONS FOR HANDLES: Cut two strips 18" X 3". Fold right sides together and stitch with 1/4" seam allowance. Turn straps to right side, press. Top stitch if you like. Set aside for know.

TOTE BAG: Cut four pieces (two for lining, can be contrasting fabric) 18" X15".

For tote, With right sides together using 1/4" seam allowance, Sew down one side, across bottom, up the other side.

LINING: Sew down one side, and about 4" of bottom, skip about 6" then sew the rest of bottom, and up the other side. The 6" opening is for turning the tote right side out.

SQUARING OFF THE BOTTOM OF TOTE & LINING:

You will do this to the tote and lining individually. At each of the bottom corners- with right sides together, fold the bag so that you have the side seam and bottom seam matching (against each other), it will look like a prairie point, measure 2" from the point and draw a line across the point to form a triangle, sew on this line. Trim the point off, leaving a seam allowance.

ASSEMBLE THE TOTE: Pin handles in place on right side of front and back of bag, with raw edges towards top of bag, and the loop towards the bottom. Approximately 3" in from side seams, place lining and outside right sides together, and sew around top. Find the hole that you left in lining and turn right side out through this hole.

Sew this hole shut. Press and top stitch around top edge.

Courtesy of [www.rosiescalicocupboard.com](http://www.rosiescalicocupboard.com)

