

Neck Pillows

Neck Pillows are requested by Frederick Memorial Hospital for patients of all ages. After surgery, many patients need a little support while they rest, eat, etc. Sharon Hannaby, Director of Volunteers, Frederick Memorial Hospital, thanks Care Wear Volunteers participants who make neck pillow for FMH patients.

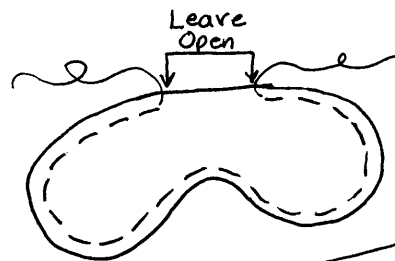
Fabric: Fleece or other soft fabrics

Direction for fleece or other non-raveling fabric:

1. Cut TWO of pattern positioned on fold
2. Position two layers with WRONG side together
3. Pin seam allowance around the outside of the neck pillow
4. Sew $\frac{1}{4}$ " seam leaving an opening for stuffing
5. Stuff with fiberfill
6. Stitch opening closed

Directions for fabrics that ravel:

1. Cut TWO of pattern positioned on fold
2. Position two layers with RIGHT sides together
3. Pin seam allowance around the outside of the neck pillow
4. Stitch $\frac{1}{4}$ " seam allowance leaving an opening for stuffing
5. Clip seam allowances on curves
6. Turn pillow right side out
7. Stuff with fiberfill
8. Stitch opening closed



ON FOLD