

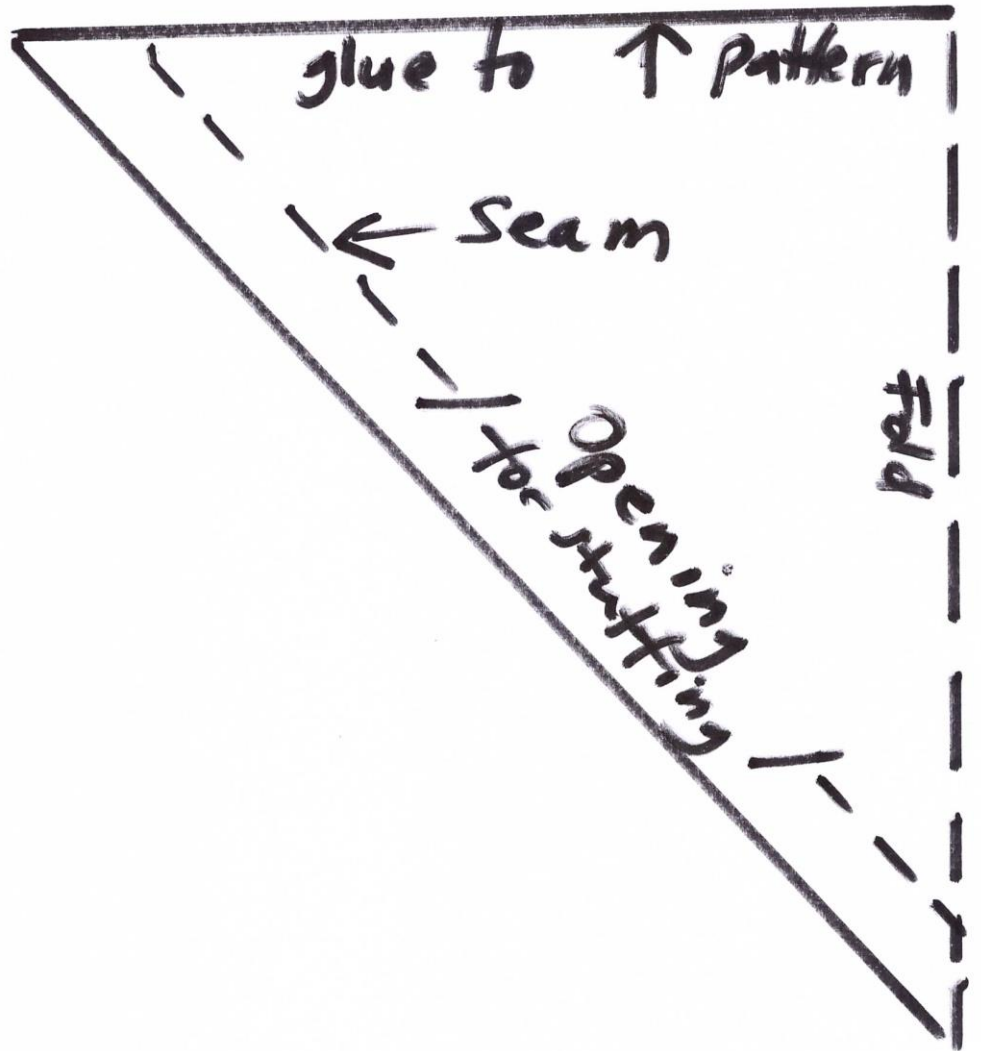
Cut heart 2x

Seam

seam allowance

Fold

glue to lower part of pattern



A large heart made with colourful fabric, filled with synthetic wadding. At first sight it is nothing special. But these pillows are made for women who have breast cancer. The pillow's "ears" are a little longer than normal heart shapes, but that makes it easy to carry under the armpit. After surgery it can alleviate the pain, protecting the cicatrice. Even when driving a car it can be used as a protection from the pressure of the seat belt.

The heartshaped pillows are sewed exactly according to instructions and presented to women in hospitals at no cost.

### **Instructions for Heartshaped Pillows:**

- Use fabrics that are pleasant to the touch – 100 % cotton, fleece, microfiber, flannel or velvet. The material should be washable at 40°. You can use a combination of different fabrics. Just try it out and make the cushions as beautiful and colourful as you can.
- Make a pattern on cardboard to help in cutting out the hearts. The seam is the broken line. Do not add any more seam allowances. Variations in size up to 1 cm are no problem.
- Place two layers of fabric on top of each other, right side against right side. Place the pattern on the fabric and cut the heart out. Sew along the broken line and leave an opening for stuffing. (This opening can be up to 10 cm).
- Before turning the material, cut the material up to the seam in the middle between the rounded parts so that there will be no folds. Also cut the tip short up to the seam.
- Turn the heart and stuff it with exactly 170 g of synthetic wadding. The heart should not be too soft nor too hard, otherwise the pain will not be alleviated.
- Now close the opening by hand.

