

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. The finished sizes should be:

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

TOTE BAGS: 17" long by 14" wide, finished. Straps 17½" x 1½" one on each side.

Tote bags can also be made of heavier material.

DIRECTIONS FOR PILLOWS: Cut two pieces of material 8 ½" x 12 ½". Using ½" seam allowance, with right sides together, sew three sides leaving a 4" opening on the 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" BY 3". Fold right sides together and stitch with ½" seam allowance. Turn straps to right side, press. You may also wish to top stitch the handles.

DIRECTIONS FOR TOTE BAG: Cut four pieces (2 for bag, 2 for lining) 18" x 15". With right sides together and using a ½" seam allowance, sew the two lining pieces together leaving the top open. Do the same with the pieces for the outside of the bag. At the bottom of both the bag and the lining, miter the corners to make the bag flat on the bottom. (Fold the side seam and the bottom seam against each other to create a triangle. Sew across this triangle 2" from the point and trim it leaving a seam allowance). See the illustration on the following page.

Turn the lining and outside of the bag to the right side. Put the lining inside the bag. At the top edge, turn under ½" on both the bag and lining and insert the handle of the bag approximately 3 ½" in from the seam on each side. Stitch around the top to close the bag and secure the handles. Add additional stitching to make sure the handles are sturdily attached.

BOTTOM OF BAG

