

**Pillowcases for Breast Care Support Program
At Paoli Memorial Hospital**

1. Pre-wash 100% cotton PINK fabric.
2. Cut fabric 14 inches wide x the width of the fabric. Trim off selvages of fabric.
3. On both 14in. ends of the fabric, turn under 1/4in, then turn under 1 inch; press. Straight stitch the hem; do this on both ends of the fabric.



4. Forming the pillow pocket. Fold in one of the ends to 6 inches. This forms the pocket for the pillow. It will be on the INSIDE of the pillowcase. The pillow slips into the pocket and will not slip out.



5. Forming the finished pillowcase: Fold the fabric in half, WRONG sides together. The case should be 16-17 inches in length.



6. HOW TO FRENCH SEAM: There are 2 steps; both long sides (top and bottom) are French seamed.

Step A: With right sides out, stitch a very tiny 1/4 in. seam on each long side (top and bottom).

Step B: Turn pillowcase and pocket inside out. Press, getting the seam edge straight. Stitch a 1/2 in. seam; this needs to cover the seams from Step A.

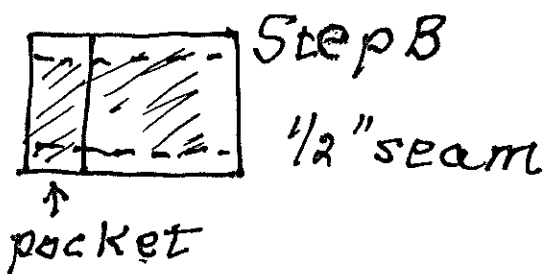
7. Turn pillowcase and pocket right side out and trim any stray threads.

The POCKET is on the INSIDE!!! You do not see the pocket when looking at the pillowcase.

All seams must be finished! No raw edges. Pocket must be on the INSIDE of the pillowcase! No piecing of fabrics, no flannel, no thin cottons! - Thank you.

Any questions, call Lee Paylor, 610-889-3286

* opening is on very end of pillowcase

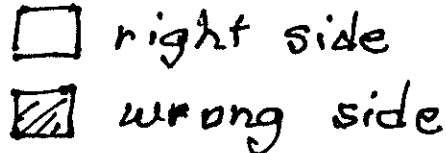


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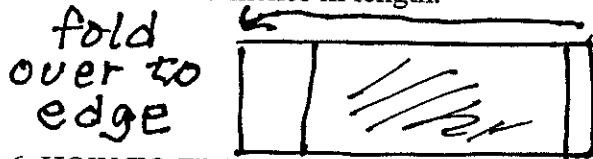
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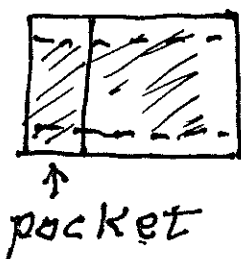
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Step B
1/2" seam