

# Recycle Pillowcases into Underarm Pillows for Cancer Patients

*Lois Moore*

Please recycle only cases that are not worn, stained, faded or yellowed.

Each pillow set consists of a case with a finished size of approx. 13½" X 9½" and pillow measuring approx.. 11" X 8".

If you cut your standard pillow case into 4 pieces as follows you will have the parts of 2 complete underarm pillows and cases.

Cut 2 for cases. Measure down from finished hem of case 13¾" and in from each side 9¾" as shown on diagram. These are your two little cases. Stitch ¼" seam each across the bottom and up the side. Press and they are done!

Cut 2 for pillows. Measure from finished corners of case up 11¼" and in from each edge 8¼". Sew ¼" seam on the long edge on each and they are ready for stuffing.

Use 1½" quilt batting for stuffing. Cut the batting 8 X 11. Place inside the pillow, check to be sure corners are lying flat. Fold inside the raw edges of pillow, top stitch and you are done!

