

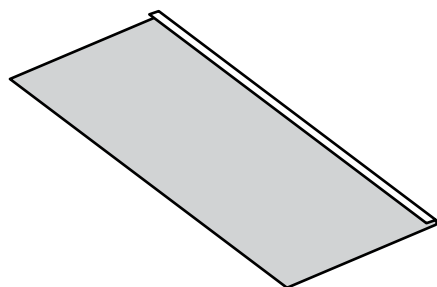
COOLING PAD



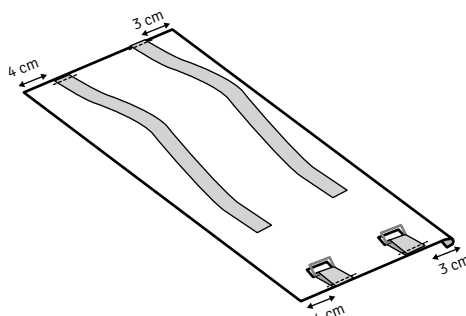
MATERIALS

- 25 cm fabric
- 4 x D-rings or square rings, 25/30 mm wide
- 80 cm webbing ribbon, 25/30 mm wide
- 1 bag (500 g) grape seeds (Item no. 39199)
- Marker pen/tailor's chalk (optional)
- Patch (optional)

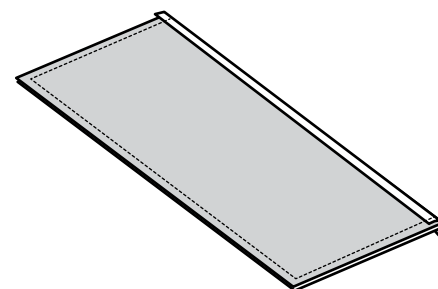
Psst ... With the straps, the pillow can be adjusted so that it can be used on the knees, elbows, wrists etc.



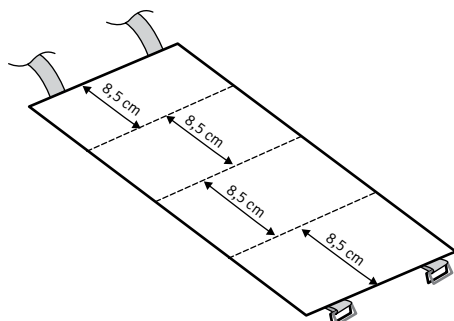
1. Cut two pieces of fabric, each measuring 22 x 36 cm. Cut two pieces of webbing ribbon, each 31 cm long and two pieces of webbing ribbon, each 7 cm long. Fold and press a 1 cm seam allowance to the wrong side on one long side of both pieces of fabric.



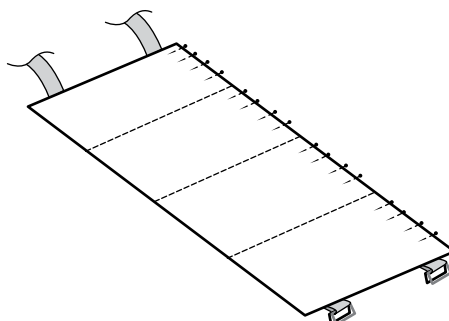
2. Fold the 7 cm pieces of webbing ribbon around the two D rings. Place all four pieces of webbing ribbon on the right side of one piece of fabric (as illustrated above) and sew them to the pad with 0.5 cm seam allowance.



3. Place the two pieces of fabric together, right sides facing. The two seam allowances pressed 1 cm to the wrong side should lie one on top of the other. Sew the other three sides together with 1 cm seam allowance. Mitre the corners.



4. Turn to the right side. Press. Sew three rows of stitching through both layers to form 4 channels. If necessary, draw the channels with a marker pen or tailor's chalk.



5. Fill 125g of grape seeds in each channel. Pin each opening and sew by hand using invisible stitches or machine edge stitch 0.3 cm from the edge.

TIP: If your webbing ribbon is made of polyester, you can singe the ends to melt the threads. If not, fold the ends 2 x 1 cm and edge stitch the long ties.