

#050 V.03

## COOL TIES

includes photographic  
instructions to make  
cooling neck ties

AMY KALLISSA









# COOL THE VOLLIES

This free pattern has been designed primarily for those who wish to donate their skills, time and fabric stash for amazing volunteers working tirelessly to help our communities.

Please help us spread the word on social media by sharing your creations and stories by using #coolthevollies and visiting our Facebook page and Group @CoolTheVollies

This pattern has been produced in good faith. Amy Kallissa takes no responsibility for individually produced ties or their makers.

## MATERIALS

- 7" x WOF strip of 100% cotton fabric. Fabric that measures 110-115cm (42-45") wide is best.
- 1 1/2 teaspoons (maximum) Water Storage Crystals (I used the Hortico brand. You can find these in the garden section of your local hardware store). This may seem like a small amount, however these crystals increase to over 400 times their original size!
- Sewing Machine & sewing supplies

## BEFORE YOU START

- Be sure to read all instructions before you begin.
- "WOF" means Width Of Fabric.
- All seams are 1/4" unless otherwise stated.

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#050 COOL TIES  
DESIGNED BY AMY KALLISSA  
A FREE PATTERN FOR PRODUCTION FOR VOLUNTEER FIRE FIGHTERS  
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# PREPARATION

This project is designed to work with 100% quilting-weight cotton.

I used Hortico Water Storage Crystals which I found at my local hardware store in the gardening section.

## USING THE COOL TIES

I made these for our volunteers and included the following message on a tag;

### COOL TIES

These Cool Ties have been lovingly hand-made just for you.

Soak your cool tie in water for 5 - 10 minutes. Remove from water and pat dry spreading the contents evenly along the pockets.

Tie your cool ties and wear them around your neck, across your forehead and around your wrists for best results.

Please, **do not** squeeze the ties tightly, as the contents may ooze out of the fabric.

Handwash in mild dishwashing liquid then rinse clean.

Carry your tie in a zip lock bag and store in a cool environment.

Disclaimer: Cool Ties have been designed for human use only. We advise user discretion and common sense when wearing the ties. These ties are not designed to be used as a treatment method, but for keeping comfortable during hot weather.

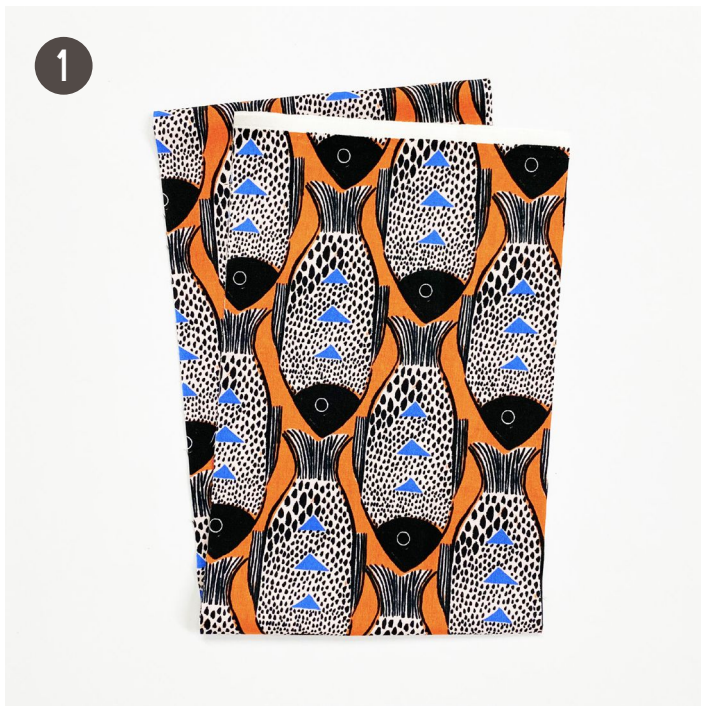
Please discontinue use if irritation occurs or your Cool Tie becomes damaged.

#### Do Not:

- Ingest Cool Ties or their contents; or
- Tie tightly around any body parts.

Made with:

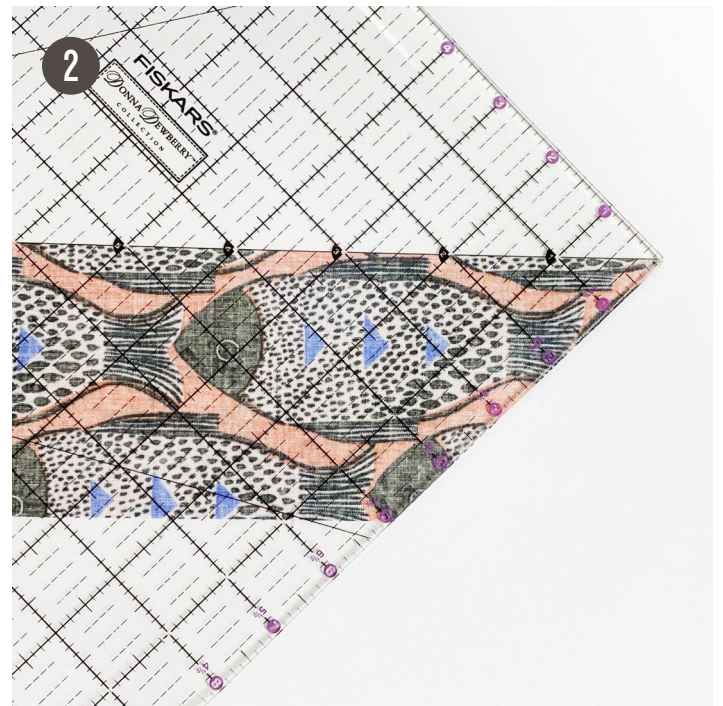
- 100 % Cotton (Cellulosic fibre)
- polymer water crystals



Cut your fabric to measure 7" x WOF.

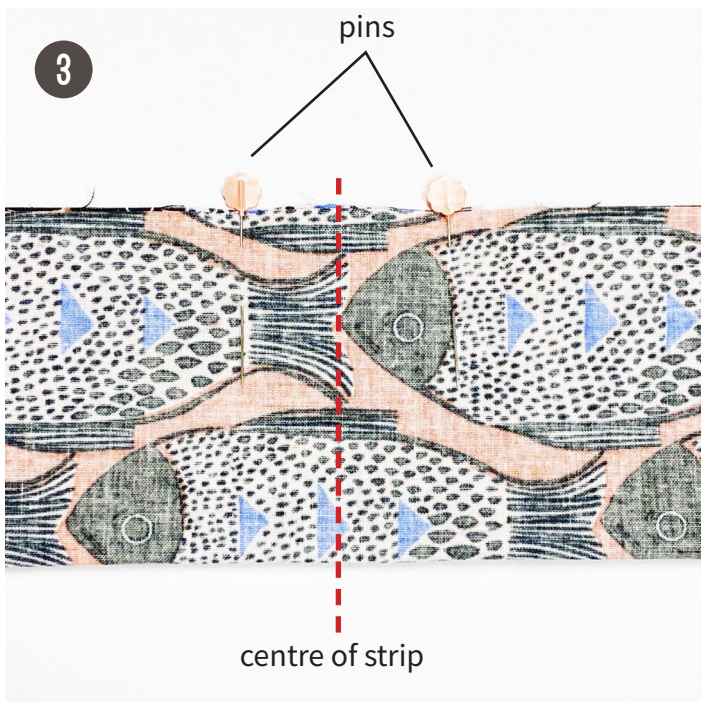
For easy cutting. Fold your fabric in half (selvedge to selvedge) and cut your 7" strip.

For those using extra wide fabric, you'll want your strip to be approx 110-115cm (42-45") long.



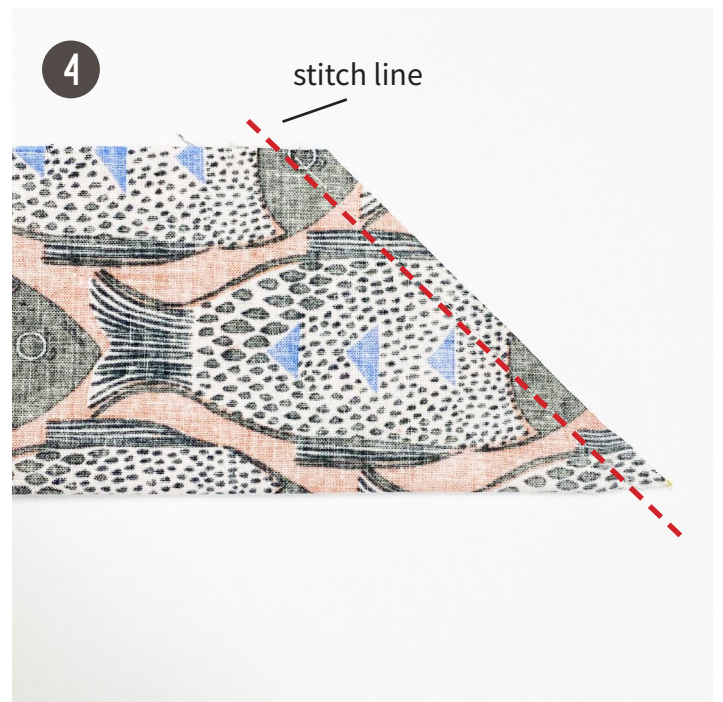
Fold your fabric in half lengthways, right sides together.

To make your pointed ends, cut a 45-degree triangle from each end, from the folded edge to the selvedge.



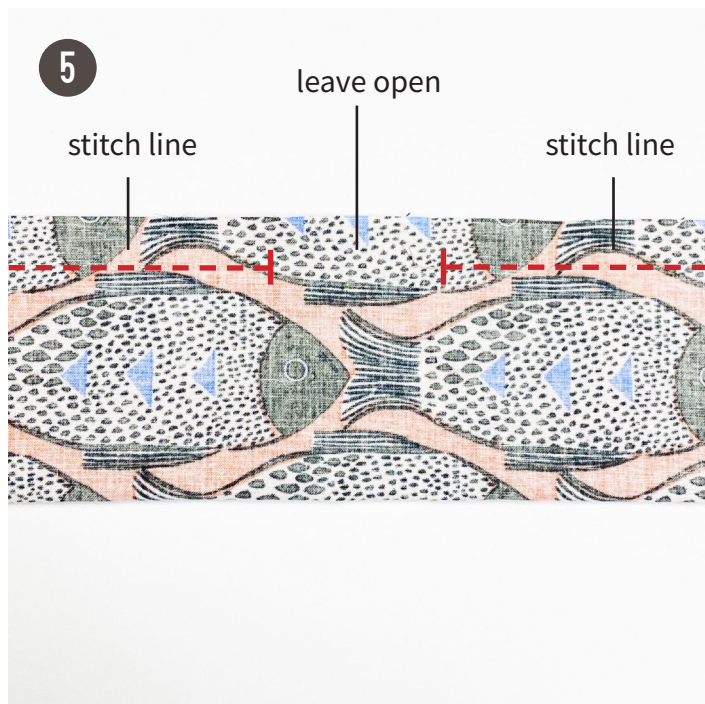
Locate the centre point of your folded strip and place a pin 1" either side of the centre. You will leave this space open so that you can turn your tie right side out.

Add extra pins where necessary to keep the fabric folded in half for sewing.



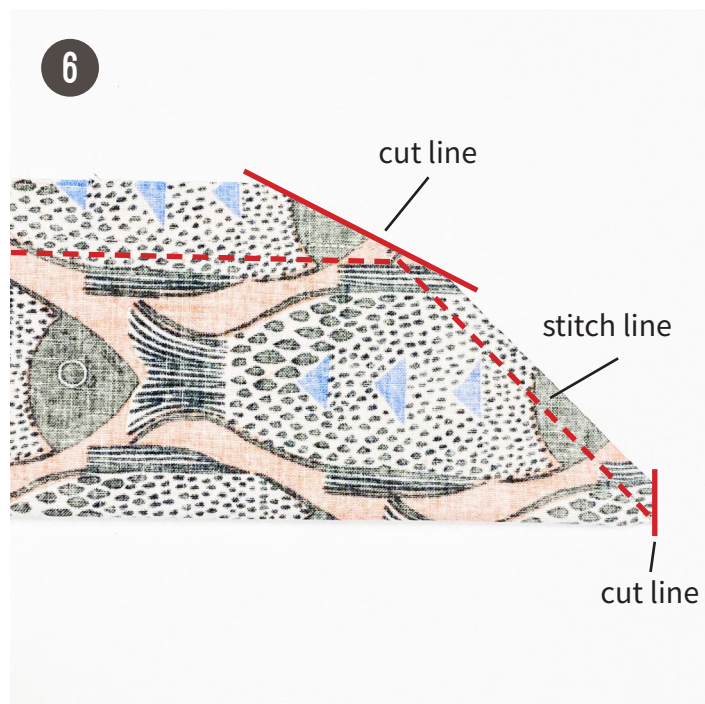
Sew along each of the tie ends to enclose them, this only need be done with a 1/4" seam as shown by the red dotted line.



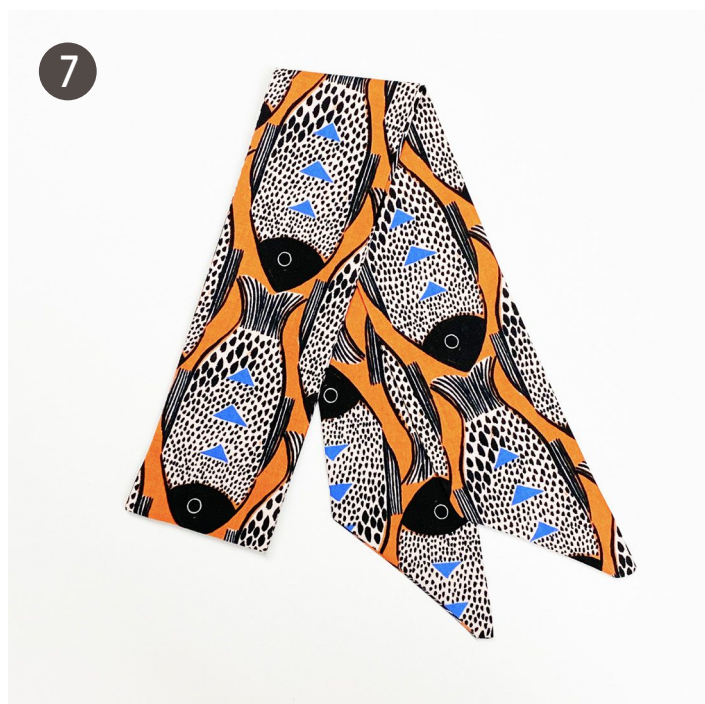


With a 5/8" seam allowance, leaving a gap in the centre. Sew from the end of the tie to the centre gap point where you've pinned, remembering to reverse stitch so as not to undo your stitching when turning out your tie.

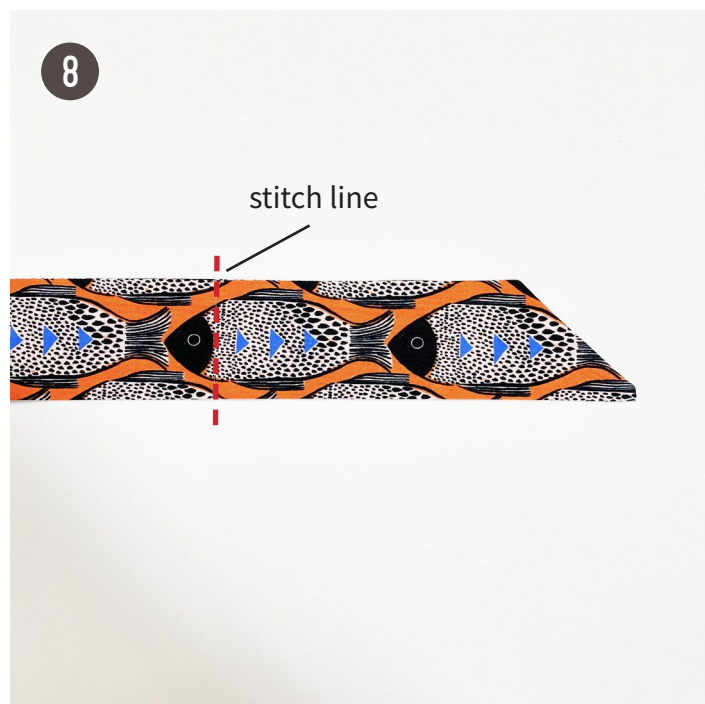
Repeat for the opposite end of the tie.



Cut off the extra fabric on the points, as shown by the solid red lines. Be careful not to cut through your stitched lines!



Turn your tie right side out and use your iron to press flat.



Measure 10" from each point to the centre of the tie and mark with a pin.

Sew across the tie from side to side at the 10" mark at both ends. This separates the ties from the granule filled section.

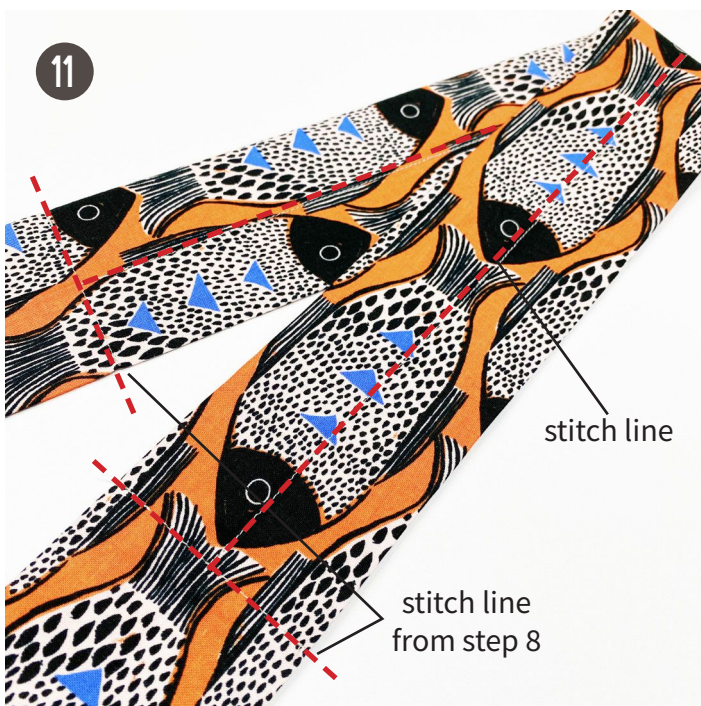




Fold your tie in half, lengthwise again and iron to create a crease.



Insert 1/2 - 3/4 teaspoon of the Water Storage Crystal granules into the tie, be sure they all fall to the bottom half of the tie.



Sew along the centre of the strip created by the iron creased line to trap those granules in the bottom half.



Insert 1/2 - 3/4 teaspoon of the Water Storage Crystal granules into the top part of the tie.

Stitching close to the folded edges, sew the opening closed, using reverse stitches at the beginning and the end. Give the tie a shake to help spread the crystals through the enclosed pockets. You're all done!