

In January, I delivered the last of our **FIDGET QUILTS** to the Memory Unit at Tel Hai Retirement Community in Honey Brook, and our contact there was thrilled to receive them. Many thanks to Ellen McMillen for connecting us with the people who needed them. If you still have fidget quilts you would like to donate, please bring them to the next meeting, and Pat will distribute them to Brethren Village.

We have delivered about **80 SMALL PILLOWCASES** to the NICU at Women's and Babies Hospital in Lancaster—amazing! This month, we are including revised instructions (*see page 5*) that provided dimensions for the larger pillowcases as well as instructions for making the "cozy" covering they asked for. Our contact at the hospital just loved all the colorful fabrics we used, but asked that we select only the softest cotton we could find for these items. Very tiny newborns lie on these pillows, so softer is better!

The **"COZY" COVERS** (*see page 6*) are made with 100% cotton or a cotton/poly knit fabric. They are constructed in a way that is very like the small pillowcases. HOWEVER, if your machine (like mine) goes on strike and Will. Not. Sew. On. Knits, do not despair. Just pass on that project and opt for the pillowcases instead. I suspect that people who own and use sergers will see this project as a piece of cake. I am not one of those people. I will bring fabric and my prototype to the June meeting to give people a better idea of what the final project needs to look like. Thanks to everyone who has worked on these projects—we appreciate all that you do.

Thanks very much!

~ Janet



NICU Pillowcase Pattern and Instructions

THE INSTRUCTIONS BELOW are to be used for both the small and large size pillowcases requested by the Women and Babies Hospital, Lancaster. The dimensions for the smaller size are followed by dimensions for the larger size, in parentheses. Please use only 100% quilt shop quality cotton for these pillowcases—no flannel or fleece—and please choose the very softest fabric you can find for these projects.

- 1) Cut a rectangle measuring 9" x 25" (11" x 34") and turn under a quarter inch of fabric two times on the raw edges at either end of the rectangle.
- 2) Fold the rectangle in half the long way, matching **wrong sides** of the fabric to each other. Slide the top side down 2.5," then sew a **1/4" seam** along both long edges. Trim the lower two corners to eliminate bulk, then turn the pillowcase inside out and press both newly stitched sides. Turn the pillowcase inside out so that the right sides of the fabric are facing each other.



- 3) Then fold the top flap *inside* the pressed case and stitch down the long sides again **using a 3/8" seam allowance** that will catch the flap edges inside of it. This will create a finished, French, seam as well as a flap that can be folded over the gel pack.



THIS "COZY" LONG TUBE fits around a bean-filled "noodle" that surrounds each premature baby like bumpers do in a crib.

These should be made with cotton knit fabric. A cotton/poly blend is permissible, but 100% polyester knit is not. *Caveat: if you—like me—have a machine that categorically does NOT want to sew on knits, you should skip this item and work on the cotton pillowcases instead.*

I struggled to create a prototype so that I could include images for these instructions. But—honestly—I can't give it to the hospital for everyday use; I don't think my seams will hold up to multiple washings.

For those who CAN sew with knits, cut a rectangle that is 11.5" x 46" and sew a "tube" in a way similar to what you used to assemble the pillowcases, with specific deviations from that pattern.

The difference in this case is that you...

1) Fold the fabric on top of itself lengthwise and make a slit about 8" down the folded edge so that when that end is open, on a table, it looks like the first image.

2) Finish the raw edges around the top two "columns" to make a flap that can be turned inside out over the end of the cozy to keep it secured.

Use the same technique for a flap as we used for the small pillowcases.

