

Print Pattern to Scale
Do Not Shrink To Fit

← Cut to selvage or 44-45" Length

SIMPLE as that!

Therapeutic Neck Pillow Pattern

Cut 1 of fabric on fold

Materials:

Fabric: Cut 6" X 44-45"

Coordinating Thread

Pins, Clear Ruler, Rotary Cutter, Cutting Mat

Rice or Corn

Your favorite Essential Oil

Cut to 6" Width

Finished Sewing Width Is 5"

FABRIC FOLD HERE

Grain
Line ↘

Sew Here ↘

Cut
Here ↘

...you're creative 

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