

Making a “Hug” (cool tie)

We will be meeting every Wed. from 10-5 at 1st Baptist Church 1201 North Robinson, Oklahoma City, OK. Lunch provided for \$5 or please bring your own.

TheHugsProject@cox.net or call 844-8359 after 1PM.

What you need:

- 100% Cotton fabric – 44 - 45 inches wide - in tan, khaki or a muted brown/beige (to blend with the “sand” camouflage). One yard will make seven “Hugs.” Cotton sheets work well and white ones can be tea or Rit dyed to an appropriate shade. (You can find instructions for “tea dying” on the Internet). Don’t overlook thrift stores in your search for inexpensive cotton sheets. Motels sometimes give them away. We have a letter on our Yahoo group site that should help getting donated sheets.
- Thread
- Scissors
- Iron and Ironing board
- Water absorbing crystals (order medium crystals) www.Watersorb.com sells a minimum sized package of 2 lbs of crystals for \$17.95, which is enough for about 100 “Hugs”. 10 lbs = \$59.95 You can also sometimes find Schultz Water Absorbing Crystals at Wal-Mart – in the garden department with the plant food (seasonal item). Aqua Diamonds is 10 lbs for \$79.



Cheapest way is to order from the OKC group. We give you a savings since we buy at bulk rate. It figures out to a little less than \$4.25 per pound plus shipping. We only sell in 10 pound lots. \$50 gets you 10 pounds of quality crystals delivered right to your door. Send your check and when it's received, we'll send to the address on the check. $\$4.25 \times 10 = \$42.50 + \$8.10 \text{ shipping} = \50.60 . Just make your check out for \$50.00. Email me for the address.

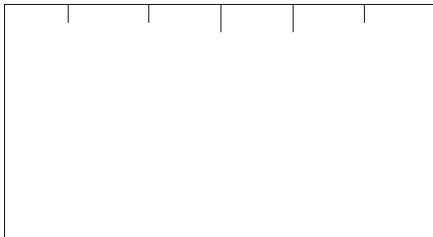
DO NOT BUY AGROSOKE – IT MAKES SLIMY TIES!

- “Hug turner” – You’ll have to make this, but it’s really simple and saves TONS of time. It consists of a piece of 3/4” PVC pipe cut to a length of approximately 24 inches and a 7/16” (or similar) wooden dowel about a foot longer.
- Templates made from card stock or heavy paper. You’ll need one that is 4 1/2 to 5 inches long and one that is 10 inches long. We just finally marked a 10” length on our machines and use that. Some machines have a ruler already on them.

Hug Turner

2' length of 3/4" PVC pipe

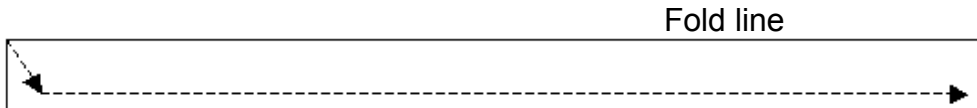
3' length of 7/16" wooden dowel



Test hydrate your first hug to be sure it's not filled too full.

Clip along fold line at intervals of 4 1/2 to 5 inches (use your template and put one end at the edge and clip at the other end, then move template and repeat. Using the 4 1/2 inch template will give you 8 strips from 1 yard of fabric. You can clip and tear or if you have a cutter and guide you may prefer to cut the fabric. You may want to tear a thin strip off the end to make sure the “leading edge” is straight. We make all our hugs 5” and when we have a little extra fabric on the end of what we’re cutting, we just work it into the last 4-5 hugs and make them a tad bigger.

Fold right sides together and stitch using a 1/4 inch seam. Sew across the end to close. We make a T (like a man's tie).



(We sew them straight across not at an angle as pictured).

Turn right side out. (See pictures of the "Hug" turner and the process.)*

Iron "Hug" before making first cross-stitching.

Use 10" template to measure from center to first row of cross-stitching.



After you've put the crystals in the first pocket, close the pocket with another cross-stitch. If you are making two pockets, use your pocket template by placing it against the first cross stitch seam and stitch using the other end of your template as a guide. Repeat until you have your pockets done.

The number of pockets you make for the crystals is a personal choice. You can make 2 pockets that are 10 inches long, 1 teaspoon of crystals into each pocket. The crystals REALLY swell and you don't want the section to be stiff because there's too much gel in it. We prefer to make just one pocket because it saves time and they work just as well.



You make 1 pocket that is 20 inches long. Measuring from the center, use your 10" template twice to get the size of your pocket. That will give you a 20" pocket.



Once you have closed the last pocket, fold the ends in and finish off the end. The picture shows slanted, we sew straight across.



Fold and place in a Ziploc snack bag along with the Dear Service Member label and care instructions. These are available online at www.TheHugsProject.net or by email from TheHugsProject@cox.net.

*Hug Turner and turning process:



PVC Tube
Remove Dowel
& Dowel
"turned" Hug.



Hug over PVC



Insert Dowel & turn



Insert Dowel



until completely turned &

Leave dowel in hug and use it to pop out the corners.

More info and pictures - <http://www.martinworks.com/hero/hugs.html>

Please let me know if you have any questions.

Karen



www.TheHugsProject.com - because every American serving in harm's way deserves the thanks of a grateful nation.