

What is a kiss???

Kisses are a head cooler. We make them round. The easiest way is to cut a 7" square two thicknesses thick and then lay a dessert plate (Corelle is the right size or find a template that's 7") and either trace and cut with scissors or cut (holding plate firmly) with a rolling cutter. You can also use a fabric circle cutter such as an Olfa.

Seam around the edge just like for a hug (1/2" or less) and leave an opening about 1 1/2" to 2". Turn right side out, no ironing necessary, fill with a very scant 1/2 teaspoon of crystals, then close by stitching on the outside to close opening. It's not beautiful but they work. Hydrate the first one and see if 1/2 t. is too much or not enough, if so.....adjust amount of crystals. Better too few crystals as too many...bouncy helmets aren't a good thing.

These will also work under a ball cap if you cut them slightly smaller and use even less crystals and if the ball cap has mesh for air circulation. They are great for farmers, lawn mowers or anyone who works out in the heat all day. Just experiment until you get it right.

***Recently, the military changed the design of their helmets to make them safer. YEAH!!! Unfortunately, since the helmets fit tighter, they don't get much air circulation under them so we have changed the labels to tell them that kisses can also be used as reusable heating pads. If you only have time and materials to make one thing, this time of year, it should be HUGS.

Thank you for helping them survive the tremendous heat "over there".

Karen