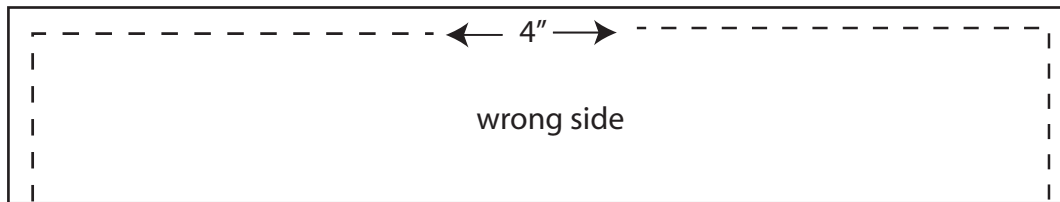


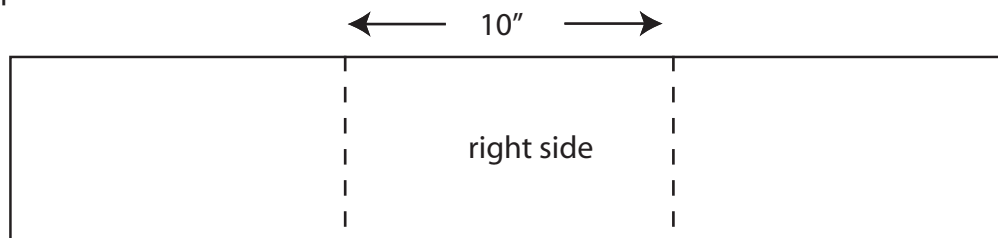
# Neck Tie Cooler

Ingredient: Polymer, a moisture holding soil amendment found at nurseries and hardware stores. (Acrylamide copolymer) On the internet you can search: Terra Sorb a brand name for a polymer.

1. Cut one width 5-5 1/2" wide, selvage to selvage.
2. Fold in half lengthwise, right sides together.
3. Stitch as shown, leaving approximately 4" in the center open.



4. Turn right side out, and you will have a tube with a center opening.
5. Stitch the two end sections closed, leaving approximately 10" of the tube open in the center.



6. Fill into the center opening, approximately 1 1/2 teaspoons of the polymer.
7. Top stitch the opening closed.

To use the cooler, soak in cold water for a few minutes, it will swell up and remain moist for hours.

I made a small one for my little Yorkie and used 1 teaspoon of polymer. It is not necessary to use much polymer, you will be surprised how it swells. I understand that it is washable.

This neck cooler is found in many styles, this is simply a suggestion. My quilt guild and many volunteers are making and sending these to our troops and others.

Stay cool,  
Nancy