

# awareness CFS Pill Case

## Materials Needed

**Materials Needed for Small Case:** 12"x6" piece of fabric, 6"x6" piece of interfacing, 1" sew on velcro

**Materials needed for Large Case:** 18"x9" piece fabric, 9"x9" piece of interfacing, 2" sew on velcro



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# Pill Case

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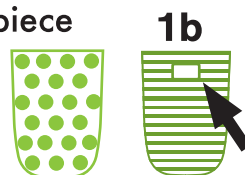
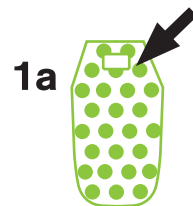
**Materials Needed for Small Case:** 12"x6" piece of fabric, 6"x6" piece of iron-on interfacing, 1" sew on velcro  
**Materials needed for Large Case:** 18"x9" piece fabric, 9"x9" piece of iron-on interfacing, 2" sew on Velcro

**Before you Begin:** cut out fabric and interfacing as described on pattern pieces. Iron interfacing onto back of Outside fabric pieces following manufacturer's instructions

## 1 Sew the velcro on the fabric as shown on pattern.

**1a** - sew the velcro on the INSIDE fabric of the large piece

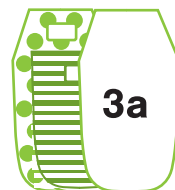
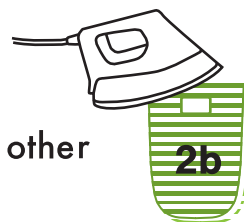
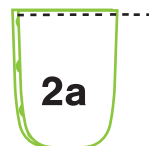
**1b** - sew the velcro on the OUTSIDE fabric of the small piece



## 2 Stitch small pieces together

**2a** - face right sides together and stitch along top

**2b** - fold right sides out and press seam

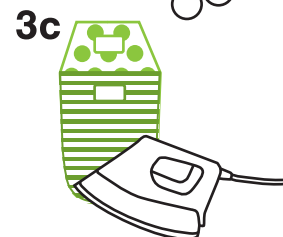
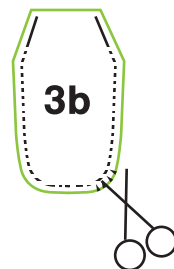


## 3 Stitch fabrics together

**3a** -layer fabrics like a sandwich, like fabrics touching each other

**3b** -stitch around edge, not the top as shown. Clip curves

**3c** -turn inside out. Iron.



## 4 Stitch closed

-tuck top edges in 1/4 inch and sew across the top. Don't forget to backstitch!

-Enjoy!



# Large Case Front

Cut 2 from fabric and 1 from interfacing

**velcro**

## Small Case Back

Cut 2 from fabric and 1 from interfacing

**velcro**

## Large Case Back

Cut 2 from fabric and 1 from interfacing

**velcro**

## Small Case Front

Cut 2 from fabric and 1 from interfacing