

Maine Home Energy - Draft Publication

Polymer Cool Neck Bands



Maine doesn't get the blistering hot summers of other parts of the country, but we can get heat waves of over 100 degrees Fahrenheit and our stores will have a run on air conditioners. Over the years many Mainers have learned cost effective ways of keeping comfortable in hot weather. Here is a quick project that the folks from Washington State University 4-H Youth Development designed that will keep you cool.

This is also a great project for youth since it teaches a number of sewing skills including: using a sewing machine, stitching a tube of fabric & turning, finishing a raw edge by serging or turning & stitching, using a new product and learning about water absorption and evaporation.

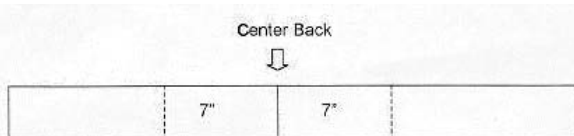


Materials Needed:

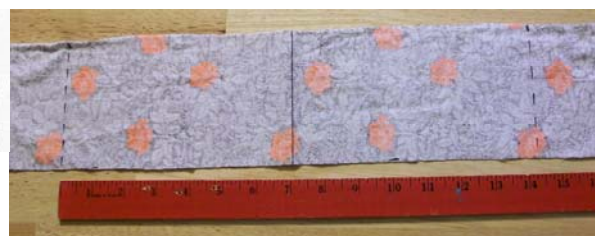
- Scissors
- Tape measure or yard stick
- Serger/sewing machine
- 4" strip of fabric 45" long (actual length will depend on personal preference)
- Two Tablespoons of polymer granules. (Can be purchased at any home or garden store. Polymer granules are used in soil for moisture retention. A brand name to look for is "Soil Moist.")

Directions to make this project:

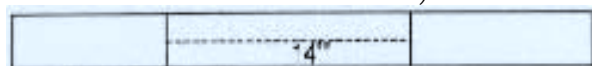
1. Cut one strip of fabric 4" wide from a fabric that is at least 45" wide. If you want to have a bow to tie use a 60" wide fabric.
2. Fold the fabric strip in half lengthwise (the piece should be 4" by 22 1/2"). Mark the fold. This is the center back of the neck band. Open up the fabric and measure and mark 7" on



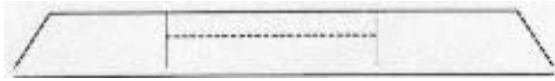
each side of the center back.



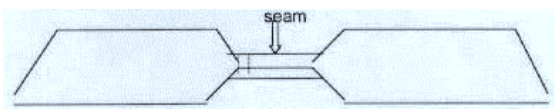
Fold the fabric right sides together the width of the strip (the piece should now be 2" by 45"). Using a 5/8" seam, stitch between the marks. (There should be 14" stitched--7" on either side of center back.)



- The tail ends may be rounded or slanted to give a more finished look. Finish the edges and ends of the rest of the band by serging or turning and stitching. Press.



- Turn tube right side out and press. At one end of the tube, stitch to close, then double stitch for strength. At this point you should have one end of the tube open.



- Carefully pour the polymer granules into the tube (about two tablespoons). Stitch the tube closed. Reinforce with another row of stitching.



- To use the cool neck band, soak in cold water for a few minutes. As the polymer granules soak up the water "mush" them around so the jelly spreads out equally along the tube. Tie around your neck for a "Cool Band."



TIPS—

- The polymer granules are used in gardening soil for water retention.
- The cool band can be refrigerated so it is more refreshing on a hot day.
- It can be soaked in cold water and used over and over.
- If too many polymer granules are used in the tube, the "jelly" will ooze through the fabric tube. Two tablespoons is all that is needed.
- You can make a cap liner out of two 6 inch circles of cotton, sewn together around the edge, turned inside out and filled with 1 teaspoon of polymer granules

and finish the seam. Soak in water before using. Just tuck in the top of your cap to keep you cool.

Originally developed by: Joy Polk, Benton/Franklin Clothing and Textile Advisor, and Kay Hendrickson, Area Extension Agent, Washington State University Extension.

Permission to use granted by Washington State University 4-H Youth Development
http://4h.wsu.edu/clothing/quick_projects/neckband/neckband.htm

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