

Love My Scarf

SCARVES FOR CANCER PATIENTS

HELP WOMEN IN TREATMENT FOR CANCER BY DONATING YOUR HANDMADE OR STORE-BOUGHT HEAD SCARF. BE THE DIFFERENCE IN SOMEONE'S LIFE AND HELP US REACH OUR GOAL OF COLLECTING 10,000 SCARVES.

be the *D*ifference foundation™
Raising Hope. Targeting Ovarian Cancer.

Momma's Embroidered Do-Rag

Scarves don't have to be long and flowing; they can also be snug and cozy. Also known as do-rags, they offer warmth and comfort for everyone and are perfect for people suffering from hair loss. Stitching a 'do-rag' is fast, easy and fun. In fact, you can stitch six from one yard (60" wide) of four-way stretch knit. Add some delicate embroidery designs to put a feminine touch on this classy head wrap for a woman or go for a more masculine look for guys. They get cold too!



Five Ways to Wear

1. Scrunch the tube together and slide it over your head. Keep part of the tube scrunched near the hairline and pull the remainder over the crown of the head to cover the head. Now, work the scrunched part down over the forehead.
2. Turn the tube wrong side out. Slide your hands into the tube like a muff and pull the opposite end back onto itself. A knot will appear, work the knot close to one end. Use both hands to spread the tube open, creating a 'cap'. Pull the cap over your head, with the knot towards the back of the head.
3. Scrunch the tube together and slide it over your head. Leave it scrunched at the crown of the head to create a headband.
4. Scrunch the tube together and slide it over your head. Keep part of the tube scrunched near the hairline and pull a bit back over the top of the head to create a wide headband.
5. Wear around the neck.



Materials

- Embroider-a-Cure* embroidery designs
- Embroidery editing software
- Water soluble mesh-type stabilizer

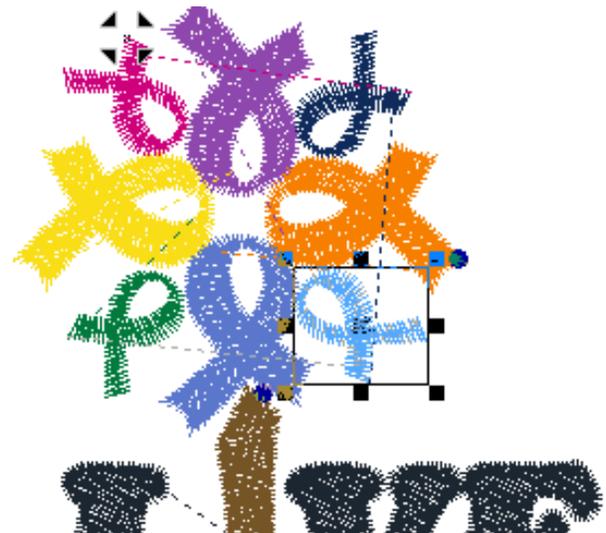


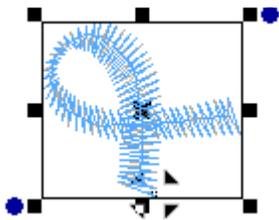
Open design #BTD014 from the Embroider-a-Cure design pack in your embroidery editing software. You can also use your own design, or buy the Embroider-a-Cure design pack to get access to design shown. You can find the pack at www.dzgns.com. *A

portion of the proceeds from the sale of

each Embroider-a-Cure design pack will go to the Be The Difference Foundation, an organization dedicated to increasing the survival rates for women with ovarian cancer.

Select one ribbon.



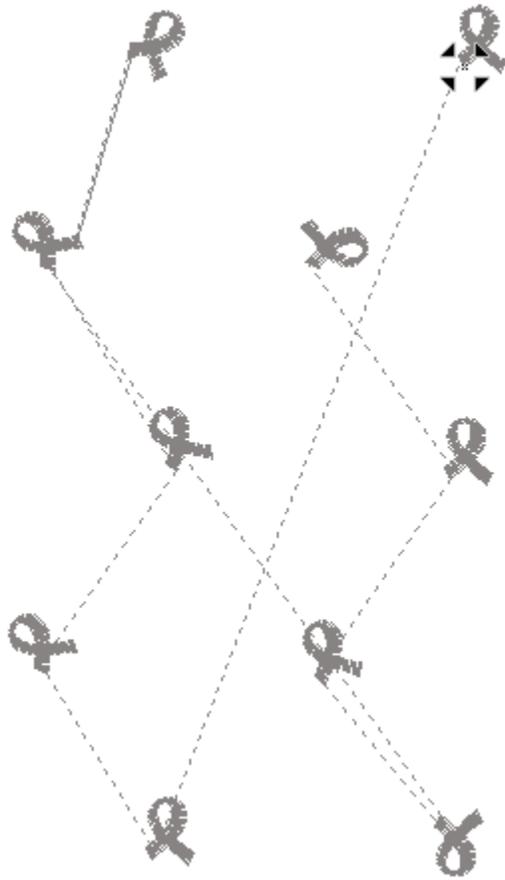


Open a new screen and paste the ribbon into the sewing field.

Select your largest hoop and turn on the grid.

Continue to copy/paste the ribbons and place them 2" apart. Rotate each one individually to get a random appearance. Save the design and send it to your machine.

Cut 4-way stretch knit fabric 21" (crosswise



stretch) x 20". Place water soluble stabilizer (mesh-type) over the outer ring of the embroidery hoop. Place one corner of the fabric over the stabilizer. Insert one end of the hoop and gently stretch the fabric (crosswise stretch) before inserting the remainder of the hoop. Stretching the fabric before embroidering allows the fabric to expand during wear.



Attach the hoop to the machine stitch the design. Once complete, repeat the process and fill another area with ribbons. I stitched four hoopings on my fabric.

Slit the stabilizer between the rows then trim right next to the embroidery. The more stabilizer you remove, the easier it is to rinse away the remainder.

Fold in half, right sides together, so that the



fabric now measures 10 1/2" x 20". Sew with 1/2" seam allowance. Leave the other ends unfinished, they'll be hidden when worn.

T-shirt Do-Rag
This is great way to recycle



-shirts. Cut the t-shirt across the body at the underarm seam. Keep the hem intact, you'll use it as the front of the headband/scarf when worn.

Trim the t-shirt tube down to 9" x 20"- it's



cut a bit narrower than the embroidered scarf because it will stretch more without the added embroidery.

Serge the side seam. Done!



How easy was that?

What is Love My Scarf?

Each year over 22,000 women are diagnosed with ovarian cancer. These women are our mothers, sisters, daughters, and friends. We aim to support these beautiful, courageous women by asking you to donate handmade or store-bought head scarves for them. Your scarf donation can be knitted, embroidered, embellished, crocheted or any other medium you prefer. We will donate all of the scarves you send in to cancer centers so that they can be used as head covers for women. Our goal is to donate 10,000 scarves and we hope you will join us and participate in Love My Scarf for these incredible women.

How to Participate

Visit your local sewing dealer and look for the Love My Scarf donation bin or mail your scarves to:

Attn: Be The Difference Foundation
2517 Manana Rd, Dallas, TX 75220

Be The Difference

The foundation was formed by four ovarian cancer survivors in different phases of survivorship who all share the same passion, to Be the Difference and end the fight against ovarian cancer. Our mission is to help women increase their chance of survival of ovarian cancer by raising money to fund programs for better treatment options, effective early screening, symptomatic and genetic predisposition awareness and a cure. Learn more at bethedifferencefoundation.org