

## **Nova Scotia Ryan's Case for Smiles - Seeking Pillow Cases**

Just a reminder that the IWK is once again accepting pillowcases. Nova Scotia children and teenagers continue to be hospitalized, and the gift of a whimsical, cheery pillowcase can perhaps bring a smile to a young patient. MBQG has participated in this project before and it would be great if we could once again get a bunch together to contribute.

Pillowcases are very quick to whip up and do not require much fabric. There is a great you-tube video for the quick "hot-dog" method by Jenny Doan of Missouri Star (link below).

So, let's see if we can gather some cases to donate! Just think, if each member made just one, we'd have over a hundred!

I'd be happy to receive them at my house, or you can save them until the next time we are together.

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Link to how-to video:

<https://www.youtube.com/watch?v=MrYWCma9wgM>

Some reminders:

Use 100% cotton, fun novelty prints (no poly, no glitter, no skulls, and no holiday themes) Wash fabric before sewing, using unscented products