Chain Pillow

FREE PROJECT
by PAT BRAVO
SIZE: 14" X 16"

Featuring PARADISE COLLECTION

Fabric A
PA-301
Teal Sparkles

Fabric B
PA-201
Orchid Sparkles

Fabric C
PA-307
Evening Showers

CUTTING INSTRUCTIONS
Cut 2 (two) 8½"×14½" rectangles of fabric A
Cut 2 (two) 8½"×14½" rectangles of fabric C
Cut 1 (one) 2½"×12" strip of fabric B
Cut 2 (two) 2½"×16" strips of fabric B
Cut 2 (two) 16½"×14½" rectangles of muslin

MATERIALS
½ yd of PA-301
¼ yd of PA-201
½ yd of PA-307
½ yd of muslin
Fiberfill stuffing

INSTRUCTIONS
Step 1. Make front & back units
- Grab one fabric A and one fabric C rectangles. Piece them together on the 14½" side, with a ¼" seam allowance. Press open.
- Repeat with the remaining fabric A and fabric C rectangles.
- MAKE CURVED EDGES
- Lay one of the units on a flat surface, WRONG side up.
- Mark with a dot the center of both long sides, measure and mark 1¼" down/up.
- Connect the corners with the middle dot with a curved line. (DIAGRAM 1)
- Cut through the line and repeat with remaining unit.

Step 2. Make decorative bands
- Using the 2½"×12" fabric B strip, fold it in half lengthwise, matching right sides together. Sew along the length using a ¼" seam allowance. (DIAGRAM 2)
- Use a turning tool to turn the piece right side out. Use the turning tool directions provided by the manufacturer for the basic turning steps and guidelines.
- Press the piece with the new seam line centered on the back. (DIAGRAM 3)
- Repeat this process with the 2 remaining fabric B strips.

Step 3. Apply band to the back
- Grab one of the units created on step 1, lay it flat RIGHT side up. Center the 1"×12" fabric B tube/band on top (seam facing down). Pin in place and take it to the sewing machine.
- Stitch with a ¼" seam allowance on the curved top and bottom edges, making sure seams are centered and matching. (DIAGRAM 4)
Step 4. Apply decorative chain band to the front

• Grab the remaining pillow body unit created on step 1, and make the following marks on the middle seam (on the RIGHT side), as they will serve as a guide to sew the band.

• Grab one 1”×16” tube/band and make the following marks (on the seam side)

• Try to center the marks (matching RIGHT side of the front unit & SEAM side of the band). Pin in place aligning the dots.

• Sew with a ¼” seam allowance at the beginning and end of the strip (to secure ends). Now, sew on each mark across the width of the band, creating 5 loops. Remove pins as you stitch.

Step 5. Make rings

• Grab the remaining 1”×16” fabric B tube, cut it into 4 pieces, each 4” long.

• Wrap each of the tube/band pieces on the intersection of the loops. Make sure the seam of the tube is facing out. Sew both short ends with a ¼” seam allowance. (DIAGRAM 8)

• Turn the rings inside out to hide the seams. (DIAGRAM 9)

Step 6. Make pillow

• Grab both body pillow units (front and back). Place one on top of the other, RIGHT sides together.

• Sew all the way around, starting from one of the sides, and leaving a 4” opening to insert the pillow form. (DIAGRAM 10)

Step 7. Make pillow form

• Using the muslin rectangles, follow the instructions to make the CURVED EDGES on step 1.

• Sew all the way around, starting from one of the sides, and leaving a 3” opening to insert the fiberfill stuffing.

• Insert the pillow form into the pillow body, and close by hand.

enjoy!