



## Decorative Body Pillow Tutorial

By Rachel Griffith

Rachel here from [ps i quilt](#). Today I'm excited to show y'all how to make your very own decorative body pillow cover.

I picked my 8 fat quarters because they complimented the quilt on my bed. :). I chose to mix & match a few different [Art Gallery Fabrics](#) lines with some of my favorite basics.



Ready . . . go . . .

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## Materials Needed



### For Cover:

- 8 fat quarters  
(used are: [Modernology-Mod Vines Aqua](#), [Hyperreal Garden – Illusions Warm](#), [Oval Elements – Peaches & Cream](#), [Poetica – Sonnet Violet](#), [Modernology – Floralism Deep Sea](#), [Oval Elements – Mist](#), [Hyperreal Garden – Labyrinth Candy](#), [Modernology – A La Mode Grey](#))
- 1 yard [Pure Elements – White Linen](#) solid
- Body pillow

### The basics:

- Thread
- Scissors
- Rotary cutter
- Mat
- Sewing machine
- Iron, etc.

From fat quarters, cut: varying widths of strips.



*Tip: stay between 3" – 7" when cutting strips.*



From solid fabric, cut: 3 – 1 ½" x WOF strips subcut into 12 – 1 ½" x 10 ½" strips.

2 – 2 ½" x WOF strips subcut into 4 – 2 ½" x 17 ½" strips.

6 – 2" x WOF strips piece strips end to end to make 4 – 2" x 60" strips.



Lay out 12-14 strips in a manner that's pleasing to you.

*Tip: let your outer strips be the wider strips in case they need trimmed later.*



Sew strips together.

*Tip: sew 3 strips together, set aside. Sew 3 more strips together and join those with the first 3 strips. Repeat until all your strips are sewn together. This helps avoid any warping that can occur from strip piecing. Press.*

You've just made the strip set for the front of your pillow.



Repeat this whole process to make the strip set for the back of your pillow.

Trim both strip sets to 17" x 54".



Add 2 ½" x 17 ½" strips to the left & right side of your strip set. Trim. Repeat for both strip sets.



Add 2" x 60" strips to the top & bottom of your strip set. Trim. Repeat for both strip sets to make your pillow top and pillow back.



On the short side of your pillow top, fold  $\frac{1}{4}$ " down, press.



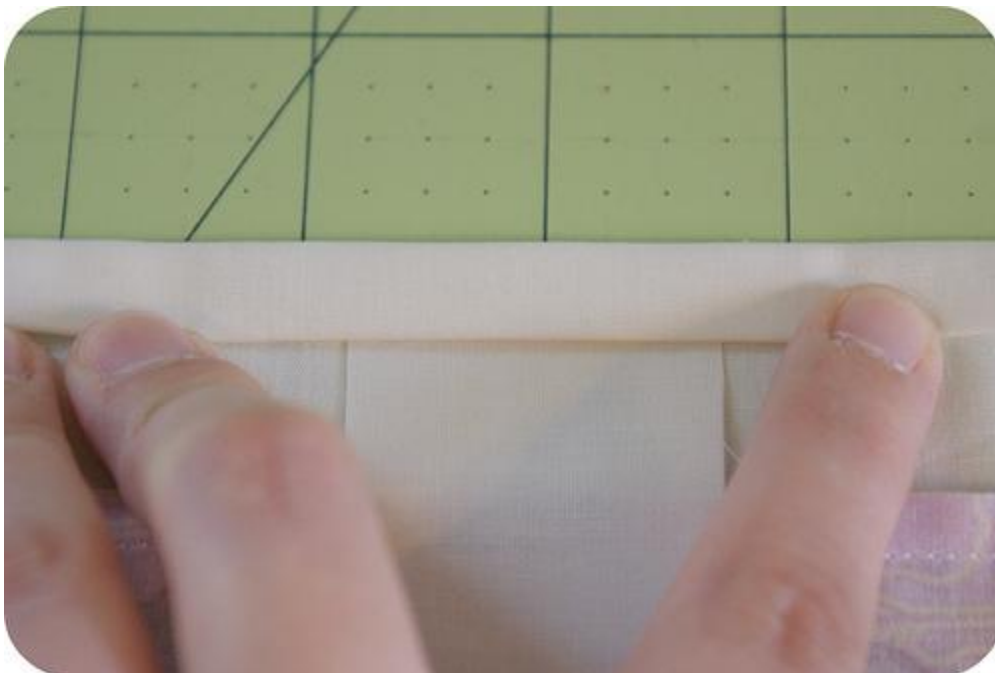
Fold another  $\frac{1}{4}$ " down, press again.

*Tip: This is like making a hem. Repeat this process for both sides on the front and the back pillow pieces.*



Place a 1 ½" x 10 ½" strip within your hem line.

There needs to be three strips on each short side. Place one strip directly in the middle. Place the other two strips about 3" in from the left and right sides.





You want to make sure that you fold the hem down so that the strip is completely encased.



Pin the 1 ½" x 10 ½" strips within your hem line.

*Tip: pinning will ensure that you actually stitch the strip in place.*



Sew using a 1/8" seam allowance. Repeat this process for both short sides on the front and the back pieces.



With right sides together, sew along the long sides of your pieces. <--JUST the long sides!!! Leave the short ends open. By doing this you will create a fabric tunnel.



Press long seams open. Pull the pillow cover right side out.



Insert body pillow.



Tie your ties and you're done.



These are fairly quick to make so you can change your decorative body pillow cover as often as you want. So go make some to match all your bed quilts or even to celebrate the changing seasons.

Please note: not all body pillows are the exact same size. My measurements were based on the average 20" x 54" body pillow. Your cover may fit a little more snug {or a little more loose} depending on the size of your body pillow.

Hope y'all enjoy.



♥ Rachel

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