

HEART PILLOW PATTERN AND INSTRUCTIONS

Each pillow requires two pieces of fabric measuring 15.5" x 15.5". Please use good quality cotton, flannel, or fleece or minkie fabric.

Feedback from the Kaiser clinic: Patients gravitate to pillows with heart appliques, bright cheery fabric, or calm and serene. Think of fabric lovely to touch and fabric that you feel is beautiful.

Applique: Add the applique to one pillow piece before you stitch the 2 sides together. Attach with either a zig zag stitch, blanket stitch, or by hand. (Please use a lightweight fusible when placing the small heart on the big heart pillow but secure the applique with either hand or machine stitching.)

1. Place the 2 large heart fabric pieces right sides together. Use a ¼" seam around the edge of the pillow – **leaving open** the marked 4 inches (a generous space)on **one side** for turning and stuffing.
2. Stay stitch the top "V" of the heart and carefully clip seam to 1/8" from your stitching so the two sides lay flat.
3. Gently clip the curves – not into the seam itself – to ease the turning.
4. Once you finish turning the pillow right side out, you can lightly press the outside seam.
5. Include your name with your donations.

Please return these pillow forms to Janice. We will stuff the pillows and sew the opening closed at another date. Mail them to me or drop them off at my house or bring them to the meeting. Have fun with this project, use your favorite fabric and think of the joy this pillow will bring.

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