

Cutting:

Tip: A rotary cutter and board help to ensure accuracy and also speed up the process.

For the Pillow:

- Cut the plain pillow fabric into 36" lengths.
- Each yard makes 4 pillows

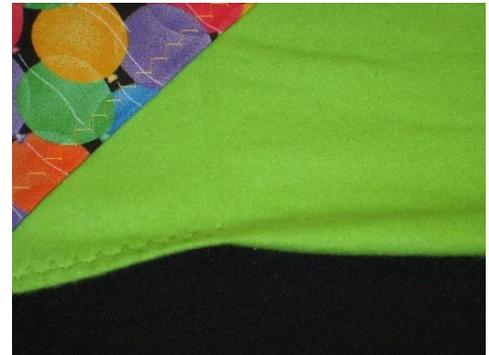
For the Pocket:

- Cut the pocket fabric 12" from selvage-to-selvage to create 4 pockets

Step 1 - Hemming

For the Pillow: On the pillow fabric, make a hem on both raw ends (do not sew the selvages). Turn down fabric approximately 1/4" to 1/2" and then again another 1/4" to 1/2", taking up about 1" to 1-1/2". Accuracy is not critical.

For the Pocket: On the pocket material, hem one raw end only using the same measurement as above. Do not sew the selvages. (Bottom if directional)



Step 2 - Pinning

Match the hemmed edge of pocket and pillow, right sides together, then pin.

Step 3 - Hemming

Sew the pocket material strip to the pillow fabric right side to right side along the length that is not hemmed (as pinned in the Pinning step above).



Step 4 - Pinning

Take the fabric back to the cutting board and fold the pocket material toward the center (wrong side of pocket material to right side of pillow material).

Lay a ruler at the pocket where it is sewn and measure 15".



Fold the pillow fabric over the ruler with the fabric right sides together. Then fold the other end on top of the end you just folded at the pocket where it is sewn. Place 4 pins to hold for next step



Step 5 – Cutting

Now cut the flannel lengthwise into 4 pieces approximately 10- 1/2" to 11" wide, but not any smaller than 10 1/2". Flannel comes in different widths so just divide the flannel into fourths and do not worry about the selvage as they will be sewn or serged over.

Tip: pre-measure to be sure that the fabric is wide enough to accommodate 4 pockets before cutting. There can be some issues on fabrics with a wide selvage that includes printing, particularly with the pocket fabric.



Step 6 - Serging/Finishing

Make sure the pocket in the front and opening in the back are opposite. The overlap in the back must be at least 2" as little hands go in each opening to hold the pillow.

Use your serger to finish the side seams OR use a straight stitch and then zig zag the seams. Clip corners and turn pillow to right side.



Step 7 - Turn Right Side Out

The finished size of the pillow and pocket will be (depending on your hem widths of 1/4" to 1/2" as well as the width of the flannel) as follows:

- **Pillow:** 9-3/4" to 10" wide X 15" long
- **Pocket:** 9-3/4" to 10" wide X 11-1/2" long



Thank you to the Titusville Space Coast Chapter of ASG for the information and images for these instructions. For mailing/distribution information, please contact your Chapter President or write to ASG headquarters on our website at www.ASG.org.