



Developing your Sewing Skills: Let's Make a Square Decorative Pillow



4-H Clothing and Textiles Project

Skills:
 -Achieving Goals
 -Decision Making
 -Responsibility
 -Building Relationships
 -Positive Self-Esteem

Beginning Level

Goals:
 To select fabrics that are suitable for making a pillow and are the color and design that match room decor.
 Learn to use a sewing machine to stitch straight lines.
 Learn to hand stitch.

Decorative pillows are the perfect way to add a personal touch to any room. However, despite their small size, these pillows can be quite expensive, especially when you buy three or four of them. Luckily, it is quite easy to learn how to make a pillow.

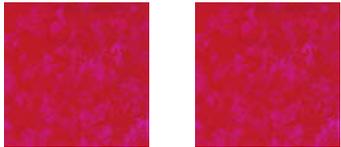
SUPPLIES YOU WILL NEED:	
Woven Fabric Amount depends on the size of the pillow (if making a 14" pillow buy 1/2 yard of fabric)	
Matching Thread	
Sewing Scissors (Shears)	
Polyester fiberfill or Pillow form	
Sewing Machine	
Hand Sewing Needle	
Water Soluble Marking Pen	

Step 1: Select your fabric and filling (or pillow form) for your pillow.

Tips to remember when selecting fabric: Select a medium weight woven fabric that is either solid or has a design that you like. Cotton/Polyester blends work well. Stay away from designs that are stripes which are more difficult for a first project.

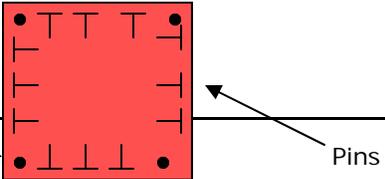


Step 2: Cut two squares of fabric that are 1/2 inch bigger than your finished pillow measurement on each side. (Example: If you want to make a 14" pillow, cut 15" squares which allows for 1/2" seam allowance on each side.)



Step 3: Place the two squares so that they are on top of each other and so that the brighter side of each square faces the other square's brighter side. (This is called "putting the right sides together".)

Pin around the edges to hold fabric in place.
 Mark each corner 1/2 inch from edge to make it easier when sewing.



Service Project Ideas:
 Make a pillow for the elderly.
 Visit them to give them the pillow and take pictures of them with the pillow you have made.

Continued on Next Page



Instructions Continued

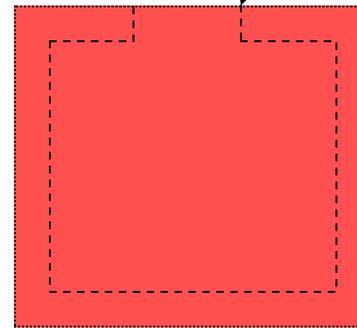
Step 4: Now you are ready for the fun part.

-Begin sewing on one side about 1/3 of the way from a corner, beginning at the edge as shown in the diagram. Do a backstitch at the beginning and end of sewing to lock the stitch in place. Sew around three sides of the fabric squares, using a 1/2 inch seam allowance. (A seam allowance is the measurement from the edge of the fabric to where you want the sewing machine to stitch the fabric.) Be sure to take the pins out before sewing over them.

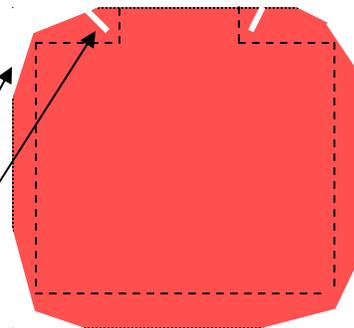
-Make sure that when you come to the corners to put your needle into the fabric, lift up the pressure foot (the machine part that is holding the fabric in place), turn the pillow so you can continue stitching down the next side, put the pressure foot down and continue sewing.

-On the fourth side of the squares, sew a third of the way in from that corner then turn and stitch to the edge of the fabric as shown. This leaves you an open space in the middle of that side.

Begin Sewing Here



Step 4



Step 5

Step 5: Trim the corners as shown in diagram to eliminate bulk when turning the pillow right side out. Be careful not to cut through your sewing. Also clip in at the area where you began you stitching as shown in the diagram.

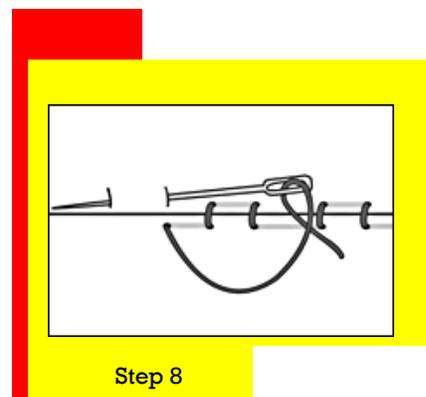


Step 6: Use the space that is left open to turn your pillow right side out. Use closed scissors and put them to the inside of your pillow and push the corners out so they make nice points.

Step 7: Finally, you are ready to finish your pillow. Stuff it firmly with polyester fiberfill or your pillow form.



Step 8: Hand stitch the opening closed folding in the raw edges. Enjoy!!



Step 8