

Activity 20: Developing Your Sewing Skills – Let's Make a Square Decorative Pillow

Creating Clothing and Accessories

Project Outcome: Sew a non-garment item.

Project Indicator: Use wing skills to sew a finished product.



TIPPS Outcomes:

- Identify the parts, steps, and necessary sequence or order to achieve a goal.
- Use basic reading, writing, arithmetic and mathematical skills.
- Make the needed effort to carry out a task or a plan.

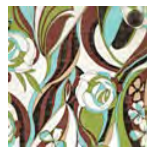
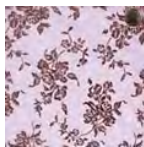
Decorative pillows are the perfect way to add a personal touch to any room. By making a pillow you will learn to select fabric suitable for making a pillow and the color and design that matches your room décor. You will also learn to sew straight lines and turn corners on the machine as well as hand sewing techniques.

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

Tips to remember when selecting fabric: Select a mediumweight 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.

SUPPLIES YOU WILL NEED:

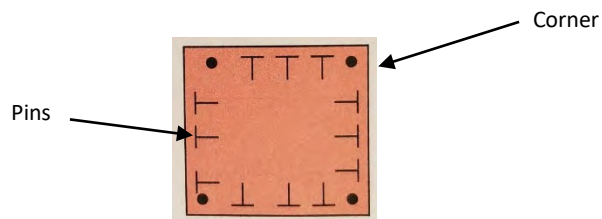
- Woven Fabric: Amount depends on the size of the pillow (if making a 14-inch pillow, buy 1/2 yard of fabric)
- Matching Thread
- Sewing Scissors (Shears)
- Polyester fiberfill or Pillow form
- Sewing Machine
- Hand-Sewing Needle
- Water-Soluble Marking Pen



STEP 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-inch pillow, cut 15-inch squares which allows for 1/2-inch seam allowance on each side.)

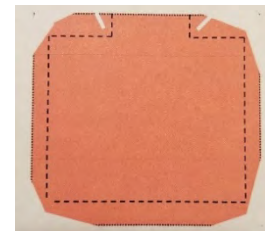
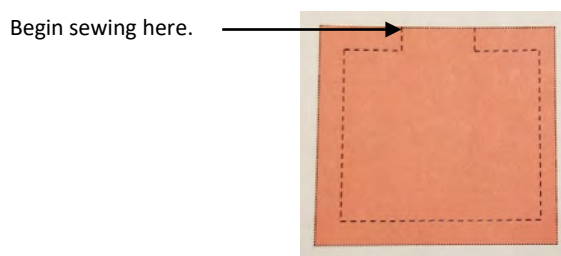


STEP 3: Place the two squares so that they are on top of each other and so that the brighter side of each square faces the other square's brighter side. (This is called "putting the right sides together.") Pin around the edges to hold fabric in place. Mark each corner 1/2 inch from edge to make it easier when sewing.



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

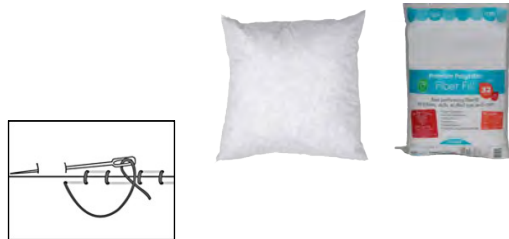
- Begin sewing on one side about 1/3 of the way from a corner, beginning at the edge as shown in the diagram. Do a back stitch at the beginning and end of sewing to lock the stitch in place. Sew around three sides of the fabric squares using a 1/2-inch seam allowance. (A seam allowance is the measurement 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.



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.

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!



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