

# Travel Pillow Instructions

**Supply List:** Two contrasting but blending woven fabrics

Muslin  
Thread  
Craft Stuffing

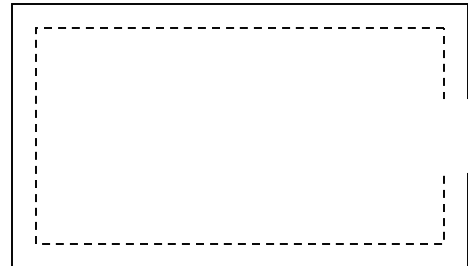
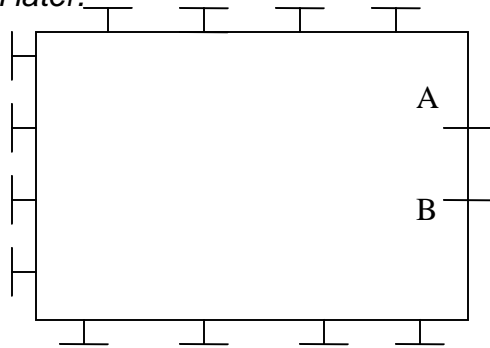
## Cutting Instructions:

Pillow: Cut two pieces of muslin fabric 10" X 13"  
Pillow Case: Body – two pieces 11" X 13"  
Band – one piece 7" X 22"

## Sewing Instructions:

### Pillow-

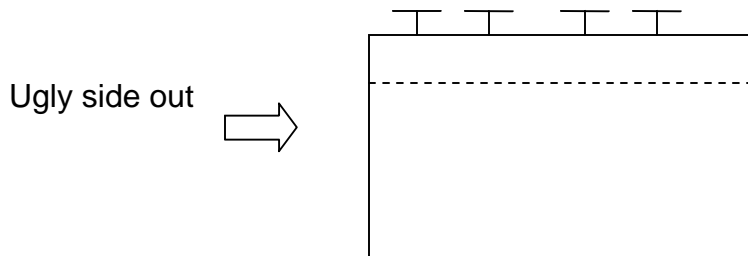
1. Press muslin flat, matching all sides together
2. Place two pins at point A and B at one of the narrow ends as shown in the diagram.
3. Begin sewing a  $\frac{1}{4}$ " seam with out side edge of the presser foot, at point B back stitch at the beginning, pivoting at corners and ending at point A with a back stitch. *Do not sew over pins!! There will be an opening between A and B to put stuffing in later.*



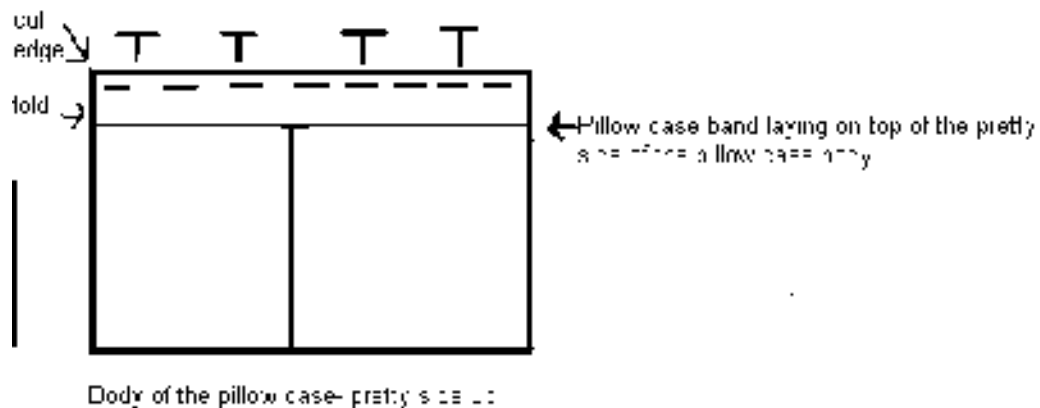
4. Trim corners; turn pillow inside out; using a point turner to carefully poke out the corners;
5. Press very well using a little spray bottle of water; press raw edges of the opening which is not sewn to the inside. Begin stuffing the pillow by using small amounts of stuffing until the pillow is about 2" thick and evenly stuffed.
6. Finish pillow by pinning opening together before stitching it closed using the inside edge of the presser foot as guide to help keep the seam straight. TIP: Don't try to sew it without pinning it first!!! It doesn't work.

# Pillow Case Instructions

1. Pillow Case: Cut two pieces of fabric 13" X 11" for the body.  
Cut one piece 7"X 22" for the band Use contrasting fabrics
2. Press bands (7"X22") fabric in half lengthwise with wrong sides together.  
Press body pieces neatly.
3. Put right side (or the pretty side) of the two body pieces of fabric (13"X11")  
together (pretty side will be on the inside) Match all corners and edges;  
Pin as shown and shown and sew a 5/8" seam on one of the long sides.  
Back stitch at the beginning and the end of seam. Remove pins just before  
you sew over them.

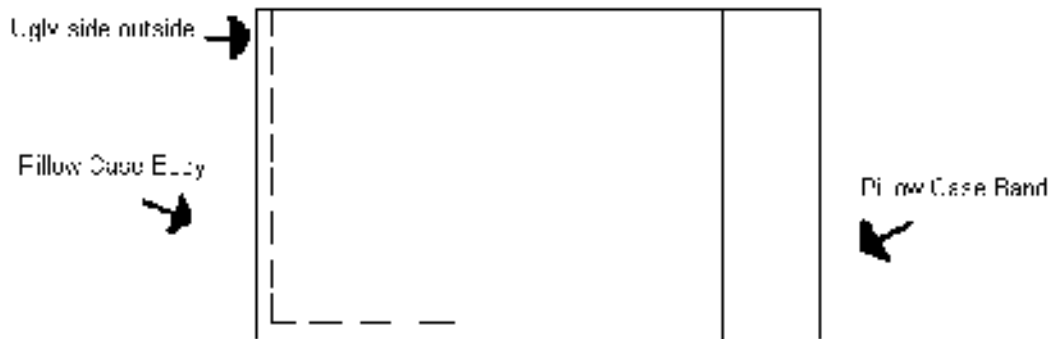


4. Serge seam edge. Open body out flat. Press seam to one side; open, lay  
out flat on a table, pretty side up. With the band folded and pressed in half  
lengthwise, match all three cut edges together. **Remember to have the  
pretty side of the pillow case body up** and make sure all three cut  
edges are together (cut edges will fray out) and pin in place with about 3-4  
pins.



5. Put outside edge of presser foot on cut edge; Change the needle position  
to the far left; sew the seam.
6. Serge the cut edge of the band seam. Press it toward the bottom of the  
pillow case.

7. **Optional:** Embroider your name on the case according to the directions with the embroidery machine.
8. Match side seams **Right sides (pretty sides) together again** Pay special attention to matching the band seams and folds together begin matching with the folded edge of the band first (this is the most important to match and the opening of the pillow case) Making sure the band is laying out flat and not laying back on the body fabric of the case. Begin stitching the second side seam at the folded edge of the band. **DO NOT** forget to back stitch! Sew side seam a 5/8" then pivot at the corner and continue to finish the bottom of the pillow case, back stitch.



9. Seam finish the seam by serging the cut edges, be sure to lock off the threads by pulling on the ends so they will not come out.
10. Turn pillow case to the right side out using the point turner to turn the corners sharp.
11. **Neatly trim all threads** and press all seams in one direction do the final press of your pillow case be sure to spray a small amount of water on the outside before pressing. It should have a very nice pressed look
12. Complete you pillow as directed above and put into pillow case.

HURRAY YOU ARE FINISHED!!!!!!!!!!!!