

Heart Pillow

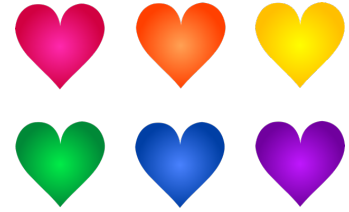
Therapeutic care for cardiac and breast cancer patients



This pillow has a quilted front.

Coastal Quilters Guild

Community Projects



Needed:

Heart pattern (includes a 3/8" seam allowance.)

(See pages 2-5. You will need to tape 4 heart pattern pieces together.)

Two 18" squares of fabric – cotton, flannel, fleece

Polyester stuffing – about 6 oz. per pillow

Assembly:

1. Make the heart pattern by printing pages 2-5. Have printer set at 100%. Tape 4 pages together to make the heart. Heart pattern measures 15" across at the widest measurement and 13-3/4" tall from point to highest measurement. Using a glue stick, glue paper pattern to template plastic, placing the plastic over the right side of pattern. Cut out heart on outside edge of black line.
2. Trace the heart onto the wrong side of one fabric piece.
3. With right sides together, pin two pieces of fabric together, placing pins inside the drawn line.
4. Cut out heart pieces, leaving pins in place.
5. Sew pieces together with 3/8" seam allowance, leaving a 4" opening and backstitching at beginning and ending of opening. Go back and stitch again at the "V" to strengthen the seam.
6. Clip at "V" up to stitching. Clip curves.
7. Turn heart to right side.
8. Fill with stuffing. Stitch opening closed by hand or machine.

Note: Pillow should be filled so that it is firm, but still soft.

Options and hints:

- Pillow can be made from fabric of any color or motif.
- If fabric is thin, you can back it with a light interfacing.
- Fabric on both sides of the pillow can match or be different fabrics.
- Fabric on one side can be cotton, the other flannel or fleece.
- Pillow pieces can be patchworked with squares, strips, etc.
- Pillow pieces can be sandwiched with batting and backing and then quilted.
- Multiple pillows can be easily made by cutting large pieces of fabric and then tracing and cutting several hearts at a time.
- Quilt large quilt sandwiches on home machine (or long arm) and then trace and cut several hearts at a time.



The back of the pillow is fleece.

