

Directions for Heart Pillows

Original source: www.heartpillow.kd

Materials

- Use fabrics that are comforting to the touch; fleece, microfibers, flannels, 100% cotton or velvets.
 - Fabric should be washable at hot temperatures.
-
- 2 pieces of 16" x 20" fabric
 - Polyfill stuffing (be generous as it compacts over time)
 - Ribbon – used for a shoulder strap and loops for the strap.
 - 60" of ¼" grosgrain ribbon (grosgrain is best because it grips)
-
1. Join pattern pieces. *Remember that the left hand edge goes on the fold and that the ½" seam allowance is incorporated into the pattern.
 2. Cut ribbon into: One 48" piece and Two 5" pieces.
 3. Fold fabric in half:
 - right side out if you are pinning the pattern to the fabric
 - wrong side out if you are tracing the pattern to the fabric.
 - *You can cut both sides at the same time.*
 4. Cut out hearts.
 5. Fold each of the 5" pieces of ribbon in half and pin on the right side of one heart. Pin in place at the mark on each hump of the heart with the raw edges facing out. Stitch in place if you wish and remove the pins.
 6. Place the two sides of the heart together; right side facing.
 7. Stitch all sides using a ½" seam, leaving an opening close to the point or base of the heart open for turning and stuffing.
 8. Clip excess fabric at the corners and notch inside and outside curves.
 9. Turn right side out.
 10. Press seams lightly.
 11. Stuff – again be generous, pack the polyfill in tightly, as it compresses over time and use.
 12. Stitch fabric opening closed by hand or machine.
 13. Thread the long piece of ribbon through the loops and tie the ends together.