

Quillow Instructions

Materials needed:

- 4 yards of 45" width fabric cut into 2 pieces that are each 45" X 72"
OR
2 yards each of 2 coordinating fabrics that are 45" wide
- 2 18" X 18" squares of fabric to make the pocket
(The squares can match your larger pieces of fabric or be another coordinating fabric)
- 1 piece of batting cut to 45" X 72"
- 1 piece of batting cut to 19" X 19" for pocket
- Safety pins
- Straight pins
- Thread to match fabric

NOTE: If you want to make a larger quillow and pocket, adjust your fabric and batting sizes accordingly

To Make Pillow:

1. Lay the 19" X 19" piece of batting on a table, place the two 18" squares RIGHT SIDES TOGETHER on top of the batting. The batting will hang out by one half inch all around.
2. Using $\frac{1}{2}$ " seams, stitch through all 3 layers around the 2 sides and bottom edge. Leave the entire top edge open. Turn front and back inside out.
3. Press the 3 sewn edges.

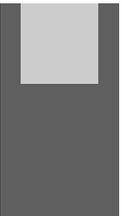
To Make Quilt:

Note: To make it easier to handle the fabric bulk, you may want to set up a card table beside your sewing table (if it is small), and place the quilt on it as you sew.

1. Center and align open edges of pillow square with top of quilt fabric, RIGHT SIDES TOGETHER.

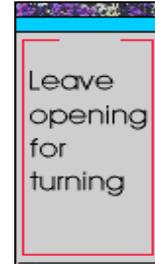
The RIGHT SIDE of the pillow is the side that will be showing when the quilt is folded into a pillow. Machine baste across open edges with a $\frac{1}{2}$ " inch seam to sew the pillow to the quilt.

2. On large flat surface, lay out your batting, then place your other large piece of fabric on top of the batting, RIGHT SIDE UP. Secure with safety pins from the fabric side. Do not pin too close to the edge, since you will be sewing around the edges.



3. Now lay the piece of fabric with the pillow attached upon the sandwich, RIGHT SIDES TOGETHER (pillow side is face down). Pin along the edges with straight pins leaving about 24" open at the opposite end of pillow for turning inside out.

4. Stitch around the edges with a 1/2" seam, leaving the 24" opening for turning out. You may want to reinforce the seam where you will turn the quilt so that the stitches do not rip out.



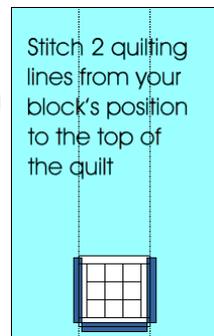
5. The best construction method is to trim back the batting along the seam allowances to remove some of the bulk. Trimming at the top of the quilt where the pillow is located will make it easier to sew through all the layers later. Clip back the corners to achieve nice points when the quilt is turned inside out.

6. Remove the set of straight pins along the seams you have just sewn, but leave in the safety pins to stabilize the batting. Gently turn the quilt through your 24" opening being very careful not to stretch your batting.

7. Lay the quilt with safety pins facing up. Pat out any bulges, puffs or other problems until the batting and layers lay nice and smooth against each other. When the quilt has been nicely arranged, open the safety pins, and reinsert them through all three layers. Make sure that none of your safety pins are located in the center thirds of the quilt as you will be stitching there later.

8. To help stabilize the batting, stitch all the way around the edge of the quilt, going under the pillow (it is still free from the main body of the quilt, just flip it out of the way). This step will also close the top of the quilt where you turned it inside out. You may need to trim the batting to make it easier to sew the bottom closed.

9. Flip down the pillow square onto the back of the quilt and pin it in place. Sew the pillow to the quilt along the sides and continue sewing the length of the quilt. You may want to sew down the pillow twice for strength. These lines of stitching will be the fold lines used when folding the quilt into the pillow.



10. Your Quillow is now complete! To fold your quillow, lay it down with the pocket side face down. Fold towards the middle along the lines of sewing. Now fold into fourths from the bottom up towards the pocket. Your entire quillow will now be piled on top of the pocket. Reach into the pocket and grasp the bottom seam and turn it out and around the main quillow body. Voila! Your quillow is a pillow! (It may take a few attempts before you learn to fold it correctly – keep trying!)