



SANDHILLS QUILTERS GUILD

Pleated Pillow

Materials:

16 X 16 pillow form (or any size ... just adjust instructions below to accommodate) OR can use fiberfill to stuff finished project.

17" X 17" Muslin (or any scrap fabric; it won't be seen in finished project). Iron, then mark muslin with a line 1 $\frac{3}{4}$ inches from the bottom all the way across the fabric. From the line, mark lines all the way up the fabric every $\frac{3}{4}$ "to the top until the last $\frac{1}{4}$ inch. Will need to have the last line $\frac{1}{4}$ inch from the top to be sewn later into the seam of the pillow.

17" X 17" Fabric for the back side of the pillow (permanent – not removable) OR 17" X 21" (envelope style - removable and washable)

3 Fat quarters in coordinating colors – Cut each fat quarter into 7 strips WOF, 2 $\frac{1}{2}$ inches wide each strip. These will be used for the pleats. Iron each strip in half lengthwise (wrong sides together). Note. This will give you 21 strips. When you layout ... decide if you need to cut a few more based on your design and spacing.

Instructions:

Arrange strips on the background fabric (muslin) in the design you want for the pillow. Strips should be longer than the background fabric. Once decided, set the strips aside in order. Working from the bottom up ... Start with the first strip (bottom of your design) and sew (recommend zigzag stitch) the raw edges to the bottom 1 $\frac{3}{4}$ inch line that you drew on the muslin (center the strip ... there will be excess on either side). Place the next strip over the 1st strip on the next drawn line ($\frac{3}{4}$ inch) and zigzag raw edges down insuring fold of strip covers the previous stitching. Continue sewing each strip until the last $\frac{3}{4}$ " line is reached (need to leave a $\frac{1}{4}$ " of muslin showing at the top that will later be incorporated into the seam.

For the last strip (do not sew on the muslin yet), stitch the raw edges of the strip $\frac{1}{4}$ " (wrong sides together) along the raw edges. Iron the seams open, flattening the strip so the seam is in the middle of the strip. Place the seam side down on the muslin at the $\frac{1}{4}$ " marked line at the top and top stitch along the top $\frac{1}{8}$ th.



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Trim the excess pleats on either side to the size of the finished strips & muslin.

Take the muslin piece with pleats and the pillow backing fabric and place right sides together.

At this point decide whether you'd like to do an envelope style back (which can be removed and washed) or a permanent style.

Envelope style – Cut fabric (17 X 21) for the backside in half. Hem ¼” seam on one side of each (short side). Place face down (right side together) on to the pleated muslin overlapping the two pieces that have the hem in the middle. Sew entire circumference (back side and pleated side) together. Turn right side out, insert pillow form. Finished!

Permanent style – (17X 17) Place right sides together (muslin and back side of pillow). Sew circumference leaving a 6” opening to be able to put pillow in. Turn right side out, insert pillow form and view it. If not tight enough, remove pillow form and adjust circumference seam. Repeat and hand sew opening closed. Finished!