

Community Service Heart Pillow Instructions

Materials:

- 1 Fat Quarter (approximately 18" x 21")
- Thread to match fabric
- Poly-fil (approximately 2 oz)
- Sewing machine and general sewing supplies

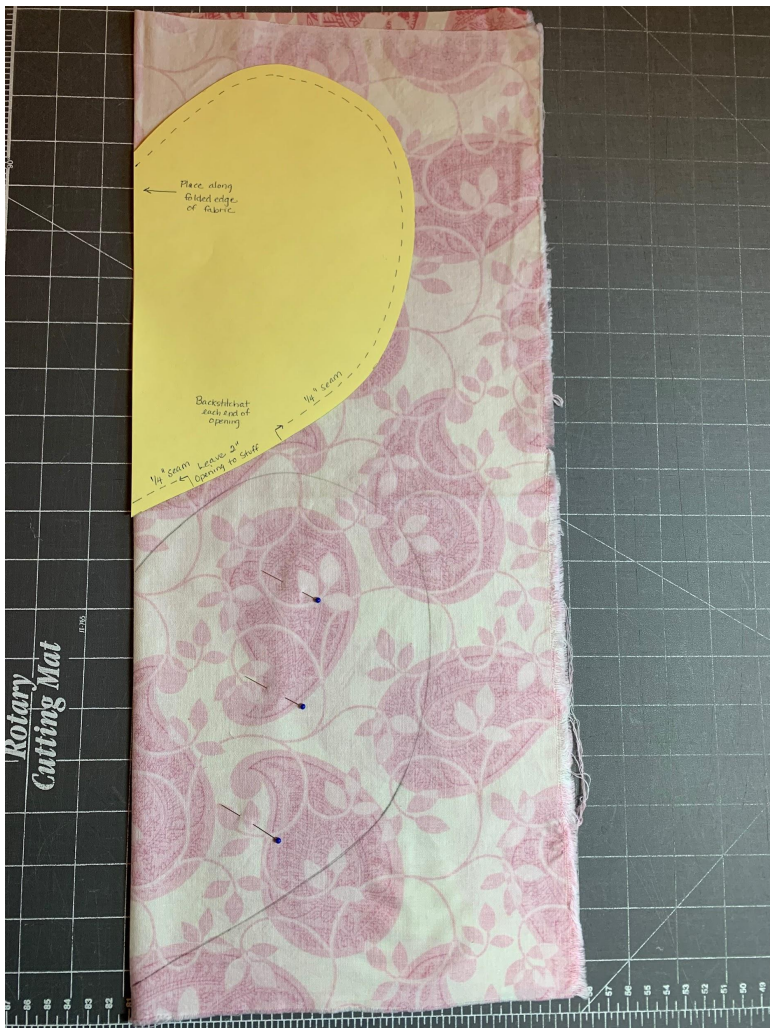
Iron the fat quarter and fold in half, with right sides together

- Fold to maximize the length of the folded edge (so the folded edge will be approximately 21")

Place the straight edge of the heart pattern on the folded edge of the fabric and trace the heart pattern twice (see Photo 1)

Cut out the heart on the drawn lines, pinning the two layers of fabric before cutting to keep them from slipping apart while cutting (see Photo 1)

Photo 1



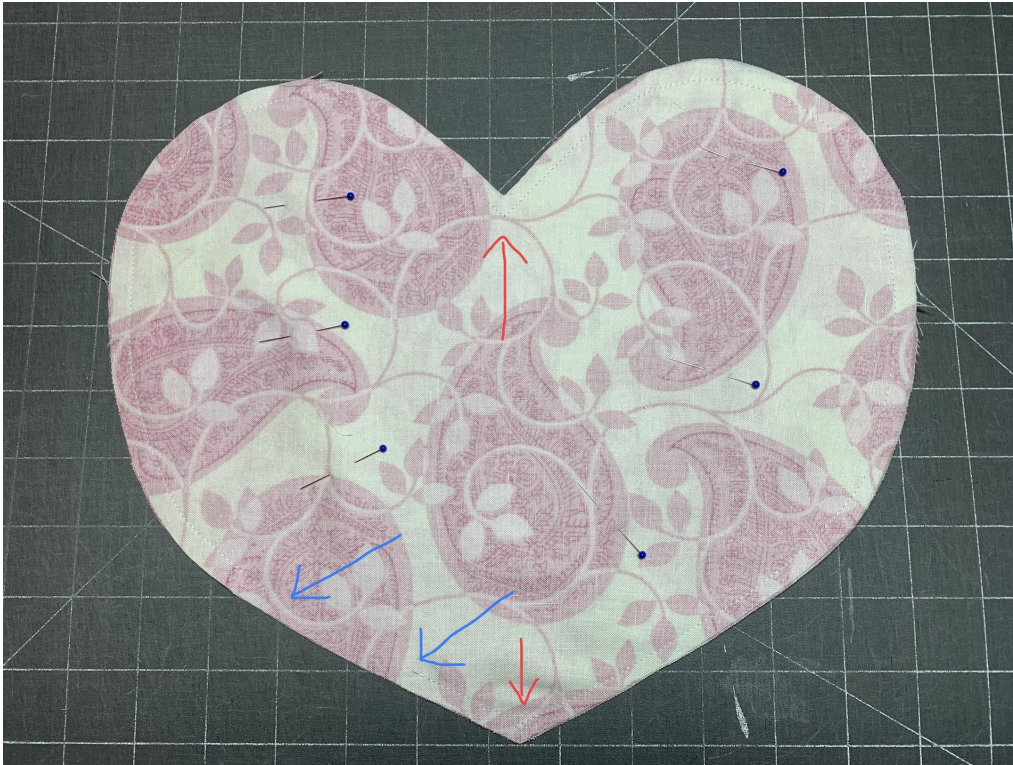
Open both hearts and press

Place right sides together and pin

Sew $\frac{1}{4}$ inch seam around entire pillow leaving $2\frac{1}{2}$ inch opening along lower, straight section of pillow, approximately 2 inches from bottom point of heart (see Photo 2)

- Backstitch a few stitches on both sides of the opening (at blue arrows in Photo 2)
- At the top of the heart and bottom point of the heart (at red arrows in Photo 2) leave the needle down when repositioning to sew around the next side of the heart

Photo 2



Clip the seams along the curves, approximately $\frac{1}{4}$ " to $\frac{1}{2}$ " inch apart (see Photo 3).

Photo 3



Turn heart right side out

Press seam allowances at opening to make it easier to hand sew the opening closed (see Photo 4)

Photo 4



Using small clumps of poly fill, about the size of your fist, stuff the pillow loosely. In total use about 2 ounces of poly fill. Don't overstuff the pillow - it should be soft and have some give, not too firm.

Hand sew the opening closed:

- Use a thread color to match the fabric
- Use a single thread, not doubled
- Take small stitches, about $\frac{1}{8}$ " apart
- Start $\frac{1}{4}$ " before the opening, bring the needle up underneath the ironed edge of the seam so that the knot is not visible
- Use an invisible stitch (also known as the ladder stitch) to close the opening (see Photos 5 and 6)
- End $\frac{1}{4}$ " past the opening
- Knot on last stitch and bury tail through knot into and through pillow, clip end of thread exiting pillow

Blue thread is used in the photos below only so you can see the stitches. Use a thread to match the fabric

Take first stitch directly opposite where the thread was brought up. Travel under the ironed edge approximately $\frac{1}{8}$ " (Photo 5). Bring the thread out of the ironed edge and directly across to the other side, taking the stitch under the ironed edge again. (Photo 6). Notice when crossing to the other side, the thread should be perpendicular to the seam.

Photo 5



Photo 6



The attached video provides a good tutorial for this stitch.

[Invisible Link Tutorial](#)