

# WHITE

## Applique Heart Pillow

Alix Graham-Michel, Education Consultant  
White Sewing Machines

Pillows are the easiest way to update your decor. Wherever you will place this "Heart applique" pillow, it will have an instant softening effect.

### Supplies:

½ yard solid fabric for pillow  
¼ yard of floral, striped or contrasting fabric for ruffles  
Fabric scraps for applique  
Sewing thread  
Steam-A-Seam 2 Double Stick Iron-on Fabric Fusing Web (sheet for applique)  
14-inch pillow form or make your own  
Gathering foot  
Zipper foot  
¼" foot  
10" zipper  
Glass head pins

### Instructions:

1. Measure and cut (1) 14 ½" square for the front of the pillow.
2. Cut (2) backs 14 ½" X 8 ¼".
3. Finish 1 long edge of each back with your Sewing Machine or Speedylock. Place back pieces with right sides together and stitch a 5/8" seam along the finished edges. Sew 1 ½" at 2.5 stitch length, then set length to 4 to baste the length of the zipper opening (14") and finish the seam with 2.5 stitch length. Press seam open. Place zipper right side down over the basted area of the wrong side of seam. Pin in place. Using the zipper foot, stitch zipper in place. Remove basting stitch and open zipper part way.
4. From contrasting fabric use your rotary cutter, mat and ruler, cut (3) 3" ruffle strips across the fabric width. Stitch them end to end, to form one long strip.
5. Finish one long raw edge with the three-thread rolled edge or three thread stitch on your Speedylock. Or hem with your sewing machine.
6. Sew two rows of straight stitch, length 4 and pull up the bobbin threads to gather the ruffle.

Optional: Snap on a gathering foot, (sold as an optional attachment) set your sewing machine for a 4.0 stitch length, and tighten the top tension. Remember the longer your stitch length and the tighter your tension, the fuller are your gathers. Gather the ruffle strip.

7. Trace the three hearts onto the Steam-A-Seam2, peel paper from the un-traced side side, and stick it to wrong side of fabric. Cut out the applique hearts, peel off paper from other side and finger press them onto your pillow top and using the zigzag (Stitch Length 1.5 Stitch Width 1.5, or narrow zigzag) stitch around the hearts. Next with right sides together and raw edges matching, pin the gathered ruffle around the pillow top, and stitch. Join the ends where they meet with a seam.
8. To complete the pillow, place top and back right sides together and stitch all around. Clip corners and turn through zipper opening. Insert the pillow form and enjoy your pillow!

