

Stitchitize



BEE #5 BOLSTER PILLOW



Decorative meets ergonomic with this easy and fun Bolster Pillow. Add this beautiful pillow to your bedroom for that designer touch that gives great neck support! The body and ends of the pillow are stippled to create a wonderful quilted effect. Our fabric requirements make a finished size of 6" x 14" with a zippered opening.

SUPPLY LIST

Each Bolster Pillow will require the following:



OUTER FABRIC

Fabric with any stretch is not recommended for this project as it may be more difficult to stipple.

- (2) 8" squares (for ends of pillow)
- (1) 14.5" x 20" (for body of pillow)



QUILT BATTING/FILLER (warm & white, warm & natural)

- (2) 7" squares
- (1) 14.5" x 18"



PIPING FABRIC

- (2) strips 22" x 1 1/4" (cut on the bias) coordinate with embroidery thread colours



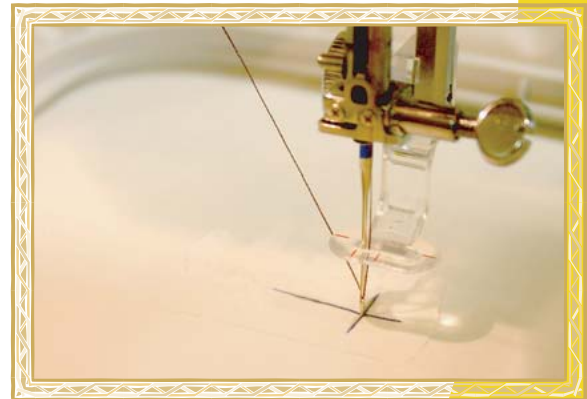
NOTIONS

- (1) 14" or 16" (closed end) Zipper (match with outer fabric)
- Bolster/Neckroll Pillow Form - 6" x 14"
- Piping Foot
- Zipper Foot
- Darning/Pogo Foot
- Embroidery Foot
- Regular Sewing Foot
- Regular Sewing Thread and Bobbin to match outer fabric
- (2) embroidery thread colours
- (2) 8" x 8" squares Iron-on Fusible Interfacing
- (2) 5" x 5" squares Lightweight Tear-away Stabilizer
- Fabric and Paper Scissors
- Embroidery Hoop (minimum 3.5" x 3.5" - 90mm x 90mm)
- Fabric Marking Pencil
- Straight Pins
- Ruler (not used for measure, used in zipper insertion as pin barrier)
- Stitchitize Bee005a Embroidery design
- Stitchitize Bee005 - 1/2 circle pattern (print and cut out)
- **Optional Quilting Gloves



EMBROIDERY

1. Iron Fusible interfacing to wrong side of each of the 8" x 8" squares fabric following manufacturers directions.
2. Mark center of both 8" outer fabric squares with masking tape.
3. Load embroidery design Bee005a to your embroidery machine.
4. Hoop 1 outer fabric square with center mark as close to center as possible.
5. Line up needle on machine with center mark on tape. Slide a piece of tear-away stabilizer under the hoop. Remove tape and sew embroidery design.



6. Repeat steps 3-4 for second 8" outer fabric square.
7. Trim jump threads between flowers and remove excess tear-away stabilizer from backs.

SEWING SEQUENCE Bee005A

- 1) Vines & Leaves
- 2) Flowers

May we suggest that you coordinate the embroidery thread colours with your piping fabric.





STIPPLING

Also known as Free Form or Freehand Embroidery. Stippling is a continuous meandering line of stitching that is used to fill in a large area with a quilted effect. We are going to use this effect on the base of the pillow and also around the embroidery on the end pieces.

TIPS

- Lower the feed dogs so that the fabric can be guided by hand.
- Practice on a scrap piece of fabric to get the right rhythm.
- Set machine to "Needle Down" position. (if you have to stop stippling you won't lose your place)
- Hold the fabric with both hands. (quilting gloves can be worn for better grip)
- Sew at a steady medium speed.
- The stippling lines should not touch or cross each other or make a sharp turn.
- Keep stippling approx. 1/4" away from embroidery.
- This technique uses a great deal of bobbin thread, so be sure to start with a full bobbin.
- You do not have to force the fabric to move quickly, a steady movement combined with machine speed will ensure lovely results.
- Be sure to clean any loose threads from between fabric and filler as they will become trapped if sewn in.

1. Line up (printed and cut out) 1/2 circle pattern center arrow with the center embroidered dot on square. Mark a dotted line around the 1/2 circle pattern.

2. Repeat for opposite side of embroidery and for second embroidered square.





Stippling cont...

3. Change machine to regular sewing, and foot to darning/pogo foot. Change to matching regular sewing thread and bobbin to outer fabric. Lower the feed dogs so that the fabric can be guided by hand.

4. Place 14 1/2" x 18" quilt batting/filler piece 1" from the edge on the back of the 14 1/2" x 20" fabric and pin as shown. You should have a 1" space on each end of fabric where there is no batting. Start at edge where filler and fabric meet (1" in from corner) and stipple entire area on fabric side. Be sure to stipple just over the edge where fabric and filler meet.



5. Place a 7" piece of quilt batting/filler on the back of each of the embroidered squares and pin at 4 corners. Start at the marked edge and stipple around the embroidery on both pieces.



6. Cut out 2 end piece circles along marked dotted line.



NOTE: When all stippling is complete, raise the feed dogs.



PIPING

1. If you don't have a big enough piece of fabric on the bias, join two pieces together.
2. Attach piping foot to your sewing machine.
3. Fold fabric around cording. Place on the sewing machine with the cording trapped in the groove on the left of the foot and the fabric edges to the right. Leave about an inch out of the back of the machine for slack.
4. Sew along the cording on the fabric. The groove on the foot will keep the cording in place. Be sure to slowly feed the cording and fabric through keeping the fabric edges together. Repeat for second strip of piping.



5. Starting with one end of piping slightly to the left of a large embroidered flower, pin piping to the right side of outer fabric piece with raw edges together. Overlap ends to the outside. The overlap should line up with a large embroidered flower.



6. Change to zipper foot. Start sewing at one end of piping and sew all the way around, back over the overlap following the stitching on the piping. Trim excess piping at overlap.





Piping cont...

7. Clip 8 notches on raw/outer edge (note yellow indicators). Repeat steps 5-7 for second embroidered circle.



INSERTING LAPPED ZIPPER

1. On ends of stippled pillow body fabric that have no filler, fold under and press one end 1/2" (this will become END A) and the other end 1" (this will become END B)



END A

END B

2. With zipper closed, start at pull end and pin zipper to END A. Be sure that the zipper head is 3/8" from raw edge for seam allowance. Place fabric close to the teeth but not covering.



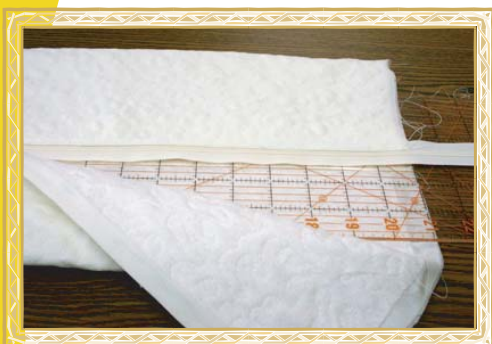
3. With needle on right side of foot, and zipper foot still attached, stitch 1/8" from the fold of the fabric.





Inserting lapped zipper cont...

4. Place on flat surface with a ruler under the zipper and zipper face up.



5. Pull END B around and lay on top of exposed zipper matching sides at both ends. Overlap pressed edge of END B along stitch line from END A and pin fabric to zipper tape. The ruler helps to prevent pinning through to other side.



6. Open zipper and stitch 1/2" in from pressed edge on END B.



7. Close zipper.



FINAL CONSTRUCTION

1. With zipper closed, turn pillow body inside out. To ensure that the circle ends are sewn in evenly, use the overlap of piping on the embroidered ends as a guide to pin quarter sections on each end circle. Use the zipper as the guide to pin quarter sections on the pillow body.





Final construction cont...

2. Start with the pin at the piping overlap on one circle end and line it up with the pin at the zipper on the pillow body. Line up the other 3 pins and pin the 2 pieces together, right sides together. Repeat for other end.



3. Open zipper partway. With zipper foot still attached, sew each end to body, **sewing on end/circle side**. Feel piping with finger and push towards zipper foot edge. Sew over zipper sections slowly and backtack at teeth.



NOTE: Zipper foot must be very tight against piping. When each end is finished, turn right side out and check for visible piping stitches. If any are visible, turn inside out and restitch.

4. If a larger zipper was used than required, trim excess zipper at end.

5. Open zipper, turn right side out and stuff with 6" x 14" pillow form.



FINISHED!!

