

Sew Teach Me 1

Pillow Pal



Cat



Dog / Bear

In this project you will learn the following new techniques: how to use a pattern to cut out fabric, sew buttons on by hand, applique with zig-zag stitching, stuff dimensional parts of the body, baste a seam, and close an opening with hand stitching.

Materials

- Pillow Pal kit that includes pre-cut fabric or the following fabrics:
 - One fat quarter fabric for arms, legs, and ears
 - Two 8" x 10" coordinating fabric rectangles for the main body
 - 5" x 5" square of light-colored fabric for the face
 - 4-1/2" x 4-1/2" square of Heat 'n Bond fusible paper for the face
 - 1" x 1" black square of fabric backed with Heat 'n Bond for the nose
 - 2" x 4" white fabric rectangle backed with Heat 'n Bond for the eyes
 - 2 buttons for the eyes
- Fiberfill for stuffing
- Thread, sewing needle, pins, seam ripper, Sharpie pen, chop stick to use as a point turner, sewing machine with needle, 1/4" seam guide, zig-zag option and presser foot.

Cutting Directions

Carefully cut out all pattern pieces attached at the back of this pattern or use the templates provided in class.

1. **FRONT BODY:** Pin or trace around the pattern with a non-permanent fabric marker on one of the 8" x 10" rectangles with both the pattern

and fabric right sides up. Mark the fabric so you will know where to attach the legs, arms, and ears.

2. **BACK BODY:** Fold the other 8" x 10" piece of fabric lengthwise, right sides together. Trace the body back on the wrong side of the fabric. Pin, then cut both pieces together. Mark where the opening is located.

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3. **FACE:** Center the textured side of the Heat 'n Bond on the wrong side of the 5" x 5" face fabric. Place a hot, dry iron on the square for 10 seconds.
 - a. Trace the circle on the paper side of the Heat 'n Bond. Cut the circle out, then set aside.
4. **EYES:** Center the textured side of the Heat 'n Bond on the wrong side of the 2" x 4" white rectangle, then fuse. Trace two circles on the paper side, using the eye template. Cut out the circles and set aside.
5. **NOSE:** For a dog/bear nose, use the oval pattern, for a cat, use the triangle. Fuse the black 1" x 1" piece of fabric with Heat 'n Bond, then trace the template and cut it out. Set aside.
6. **LEGS and EARS:** You need two sets of upper legs, lower legs, and ear shapes.
 - a. Fold the fat quarter in half, right sides together. The piece should measure 11" x 18". Pin or trace the pattern on the fabric, making sure you have enough room to cut each pattern again. Cut out the shapes, keeping right sides together. Put a pin in each set. Remember to mark the area to be left open for stuffing.

(**TIP:** You can also fold the fat quarter in half again so you can cut two sets of legs and ears at one time. Be sure to pin well in the fabric center and use sharp scissors.)

Sewing Directions

ALL seams are 1/4".

BACK BODY

1. Pin the back, right sides together, being sure to leave the opening for turning and stuffing your Pillow Pal. **Backstitch** at the beginning and end of the opening.

FACE ON FRONT OF BODY

First, remove Heat 'n Bond from the face pieces revealing the adhesive side. Refer to body template for positioning.

1. **FACE:** Place the circle face on top of the body front, centering it about 1-1/2" from the top, adhesive side down. Press it in place by holding a hot, dry iron on top of it for 10 seconds.
 - a. Use a zig-zag stitch to carefully sew around the face circle, using matching thread if possible. Set the stitch so that one side catches the outside edge of the circle. Stitch slowly!
2. **WHITES OF EYES:** Place eye circles on the face. Press in place as before.
 - a. Straight stitch around each circle close to the edge using white thread. If this is too difficult, use a zig-zag stitch, being careful not to stitch outside the circle.
3. **NOSE:** Center the nose on the face just below the eyes. Using a hot dry iron, press for 10 seconds.
 - a. Use black thread and a small zig-zag stitch to attach nose.

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4. Finish the eyes by hand sewing buttons to the center of each white circle.
5. Use the model on the main body template to draw a mouth with a Sharpie pen. You can add whiskers for cats, or dots for dogs or bears. Set the body front aside.

LEGS and EARS

1. Stitch around each pair of legs and ears, being sure to backstitch at the beginning and end of each seam. Leave the leg tops open for stuffing and the bottom for ears.



2. Slightly snip the inner curve of each leg and dog or bear ear. Cat ears should be snipped across the point without cutting the stitching thread.



3. Gently use a point turner to make sure all the fabric is completely turned right side out, then iron each piece flat. At the bottom center of the ears make a small pleat to give them dimension. Pin or baste the pleat in place.

ATTACHING LEGS and EARS TO THE MAIN BODY

1. Lightly stuff the upper and lower legs with fiberfill.
2. The curves of the lower legs can face inward or outward. The curves of the upper legs should face up. The pleats in the ears should be facing opposite each other.
3. Using the marks at the bottom of the front body, pin the lower legs between the marks, raw edges together. Do the same thing for the upper legs with the curved part facing up. Pin on the ears, making sure the pleat folds are opposite from each other.
4. Use a 1/8" to scant 1/4" to baste all body parts in place with your machine.

SEWING THE FRONT AND BACK TOGETHER

1. Flip the upper and lower legs, and ears to the center of the body front. Use a large safety pin to hold them all together as in photo.



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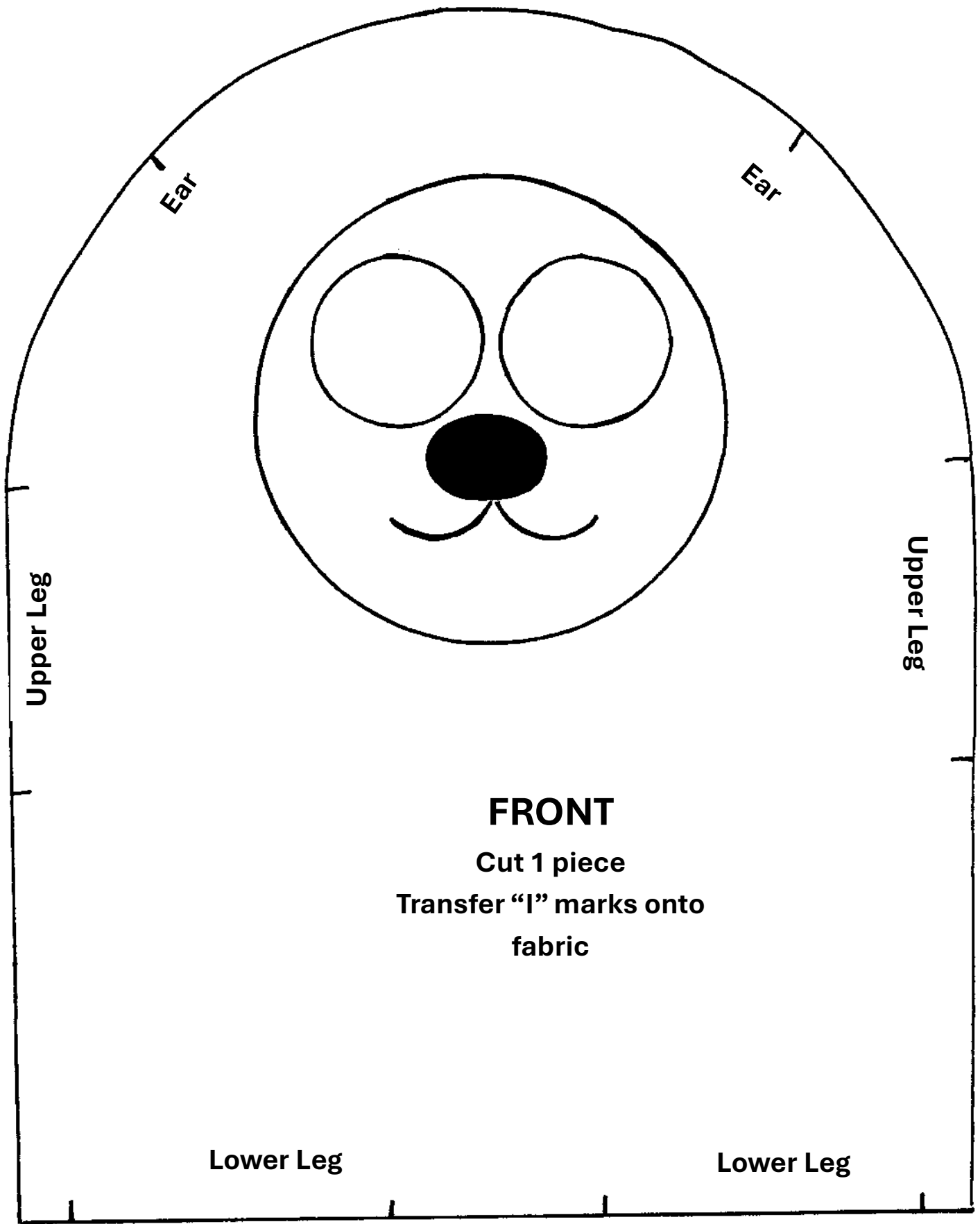
2. Place the body back and front right sides together. Pin well to hold the two pieces together. Stitch around with a generous 1/4" seam allowance, starting at the center of the bottom. Take your time and stitch accurately.



3. Unpin the safety pin, then turn the Pillow Pal right side out through the back seam opening. Make sure all corners are pushed out and all curves are smoothed.
4. Stuff the body with fiberfill.
5. Whip stitch or ladder stitch the opening closed.

*Congratulations,
your Pillow Pal is finished!*

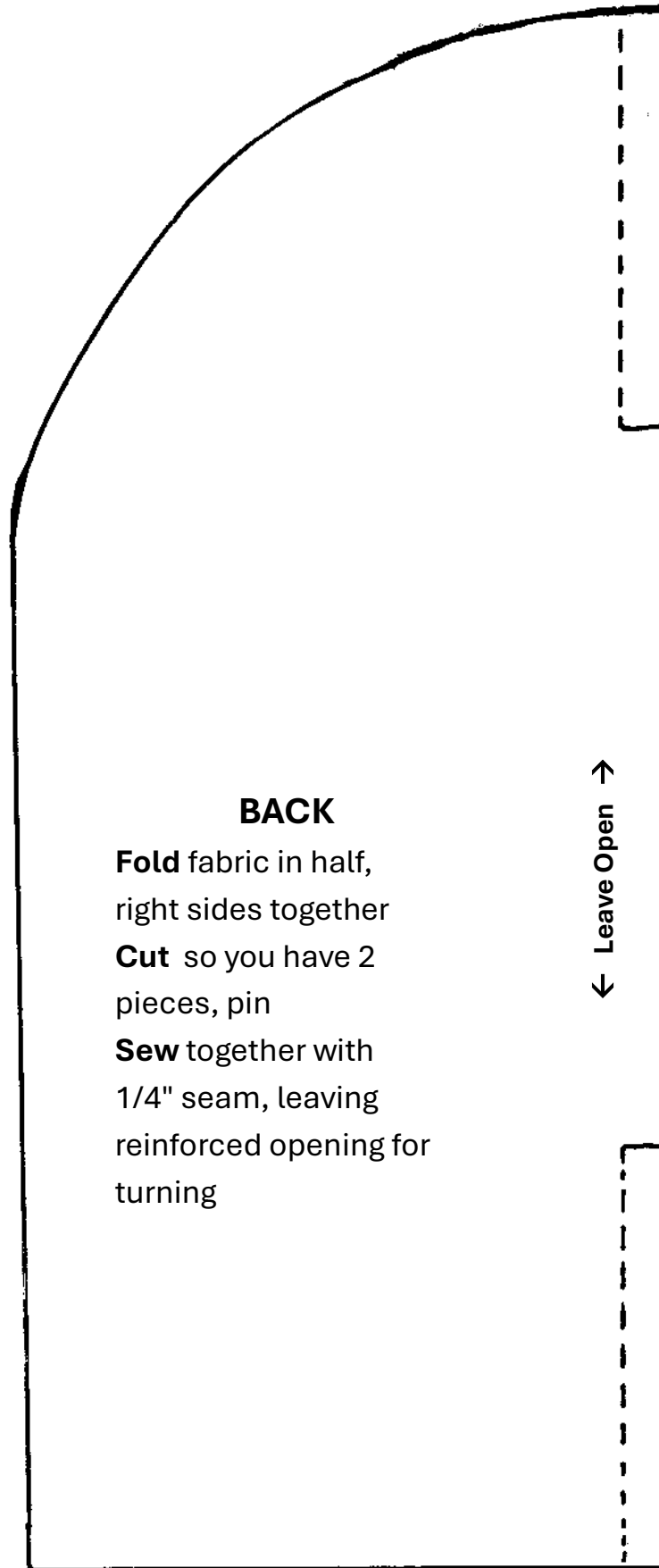
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FRONT

Cut 1 piece

Transfer "I" marks onto
fabric



BACK

Fold fabric in half,
right sides together

Cut so you have 2
pieces, pin

Sew together with
1/4" seam, leaving
reinforced opening for
turning

← Leave Open →

← Leave Open →

UPPER LEGS

Cut 2 pair right
sides together

← Leave Open →

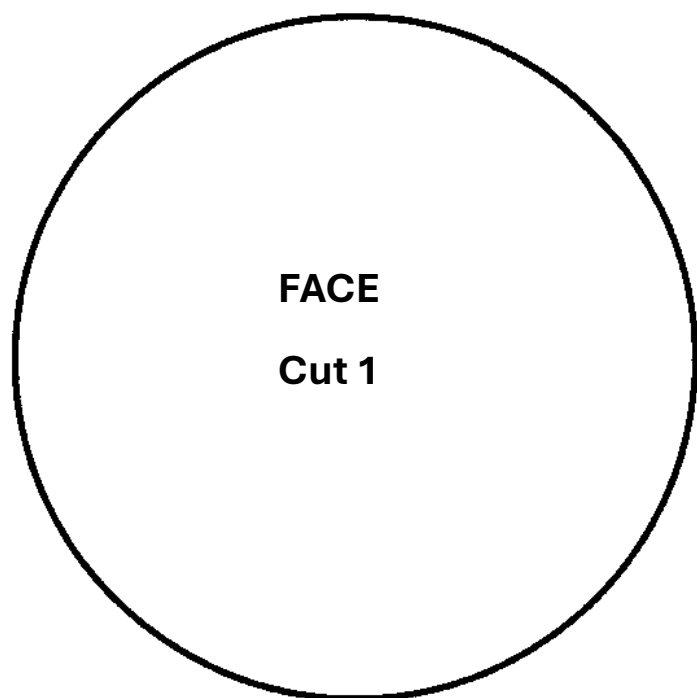
LOWER LEGS

Cut 2 pair right
sides together

EARS – Dog/Bear

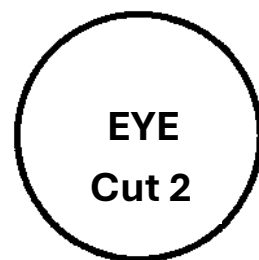
Cut 2 pair right
sides together

← Leave Open →



FACE

Cut 1



EYE

Cut 2



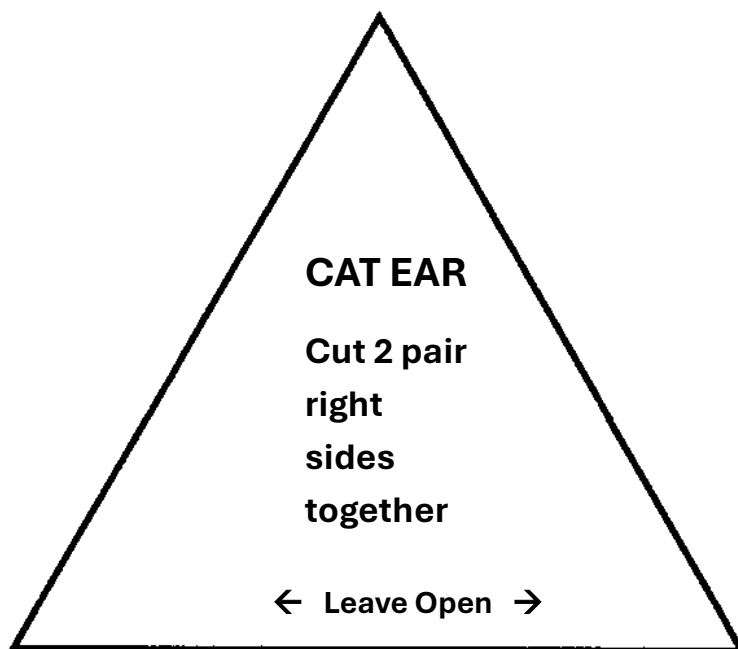
NOSES

Cut 1

Dog/Bear



Cat



CAT EAR

Cut 2 pair

right

sides

together

← Leave Open →