

Young at Heart Pillow

Approximate Finished Size: 16" x 20"

Everyone needs a little love now and then! This pillow is just the thing for both those young—and young at heart!

Fabric Requirements (as shown)

- ½ yard Cuddle® 3 Watermelon (*Luv You & Let's Cuddle*)
- ½ yard Luxe Cuddle® Hide Blush (*Soul Mate*)

Suggested Notions

- Batting, 2 (24" x 24") squares
- Polyester filling, *for stuffing*
- 90/14 stretch machine needle
- Polyester thread
- Hand sewing needle
- Felt tip marker or ballpoint pen
- Rotary cutter and mat
- Micro-serrated scissors
- Craft knife
- Long, flower head pins
- Fabric clips
- Basting spray
- Walking foot



For more information on sewing with Cuddle®,
scan the QR code or go to:
offers.shannonfabrics.com/beginner



The information in this pattern is presented in good faith.
Every effort has been taken to assure the accuracy herein.

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34.YAHP



Young at Heart Pillow



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GENERAL DIRECTIONS

- Read *Cuddle® Basics* before beginning.

Right Side

Wrong Side

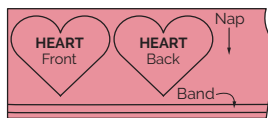
Preparation

1. Enlarge the Heart template at 200%. Print 2.
2. Cut out both enlargements. Tape the template together along the dotted fold line.

Cutting

1. Trace 2 of the template on the wrong of the Cuddle®.

Note: Have the nap run down from the top.



2. Cut out the Heart Front and Back.
3. Cut 1 (3" x wof*) strip for the Band.
4. Cut 2 (20" x 20") batting squares.
5. Spray baste the wrong side of Heart Front and Back. Smooth each onto a batting square.
6. Stitch around the outside edge with a wide zigzag.
7. Trim the batting to the edge of each Heart.

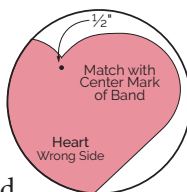


Assembly

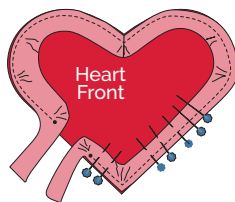
1. Fold Band in half. Mark the fold.



2. On wrong side of the Front, make a mark ½" in from the top indent to guide placement of the Band.



3. With nap going away from the Front and right sides together, pin the center mark of the Band to the top mark on the Front.



4. Pin from the top indent around the left curve until 5" from the bottom point.

5. Next, pin from the top point to 2" past the bottom point.

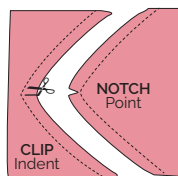
6. Sew slowly around the Heart, leaving the last few inches open. Pivot with the needle down at the indent and bottom point.

7. Pin the last inches of the Band to meet. Mark the ends at that point. Sew the Band with a straight seam.

8. After checking that the band fits smoothly in the remaining space, trim the seam allowance.

9. Sew the final section of Band to the Heart Front.

Tip: Cut a small notch to give the seam room to relax. At the indent, make a small snip.

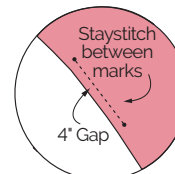


Finishing

1. On the wrong side of the Back, mark a 4" gap for turning.

2. Staystitch between the marks.

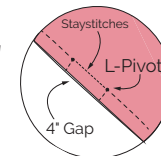
Note: Staystitch a matching 4" gap on the Band also.



3. With the nap going in the same direction as the Front, pin the Band to the Back.

Note: To prevent the Band from stretching, first pin the center mark of the Band to the top indent of the Back. Next pin the bottom point of the Heart Back. Once these points are in place, fill in the spaces.

4. Sew Band to the Back, leaving the 4" gap open. Pivot at marked points to create an L-Pivot.



Note: The L-pivot secures the seam ends when the pillow is turned right

side out and helps the seam allowance turn in for hand sewing.

5. Turn the pillow right side out. Stuff to desired fullness.
6. Pin the turning gap closed. Hand sew using a ladder stitch.



Ladder Stitch: Using polyester thread and hand-sewing needle, catch one side of the opening, then the other. Tighten every few stitches.

Make It Your Own

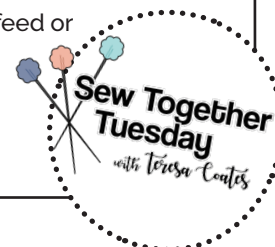
*Want a bigger heart?
Or a smaller one?
Here you go!*

1. Determine the width of the pillow you would like.
2. Enlarge/reduce the template to that size—plus add ½" for seam allowances.
3. Follow directions as written to complete your pillow.

It's that easy!

• Cuddle® Basics

1. Mark measurements on reverse side of fabric with a felt tip marker or ballpoint pen.
2. Cut with a rotary cutter, craft knife, or micro-serrated scissors.
3. Shake cut pieces or put in a no-heat dryer with a damp wash cloth for a few minutes to remove loose fibers.
4. Sew with polyester thread in the top and the bobbin.
5. Reduce presser foot pressure when sewing multiple layers.
6. Increase stitch length to 3–4 mm.
7. Double pin by using 2 rows of pins—the first row every 1½" along the seam line and a second row 1" to the left and parallel to the cut edge.
8. Backstitch at beginning and end of seams.
9. Seam allowances are ½".
10. Use an even-feed or walking foot, if possible. It makes a difference!



* wof = width of fabric

Young at Heart Pillow

Front + Back
Cut 2 on Fold

ENLARGE AT 200%

Nap
→

FOLD
↑

