BALSAM PILLOW

Sewing

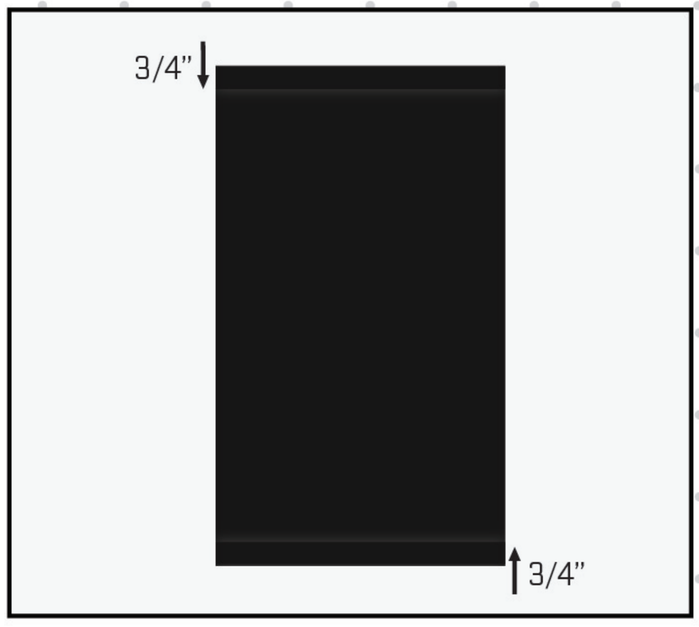
Supplies:

- 12”x26“ Black Cotton Fabric
- 12”x23“ Black Stablilizer Material
- Black Thread for sewing
- White Thread for zig-zagging or serging
- 3/4” wide Velcro - 5” length
- Sewing Machine
- Serger Machine
- Scissors
- Sewing Needle
- Ruler
- Seam Gauge
- Pins
- Iron
- Ironing Board

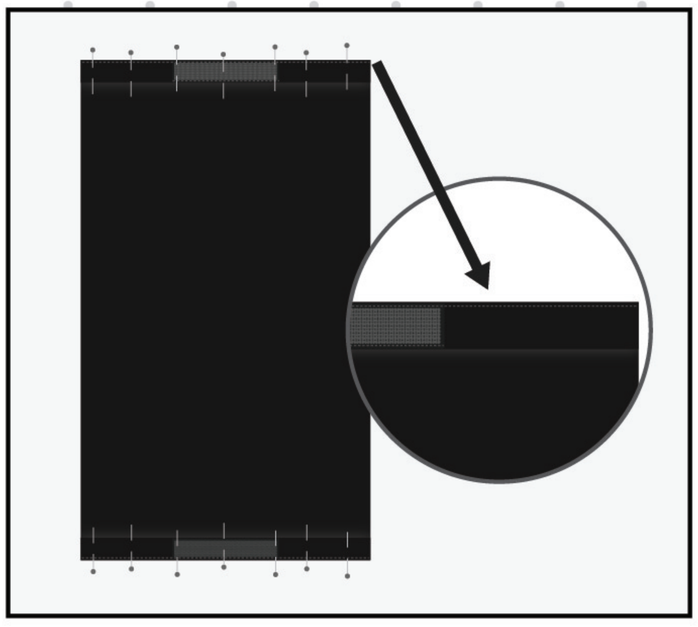
Tips:

- Approximate size of pillowcase and insert: 10 1/2” x 12”
- If you do not have a serger machine, you can use a zig-zag stitch on the sewing machine to mimic a serged edge.
- Serging thread is white and the sewing thread is black.
- Backstitch at the start of each time sewing to keep the stitches from falling out.

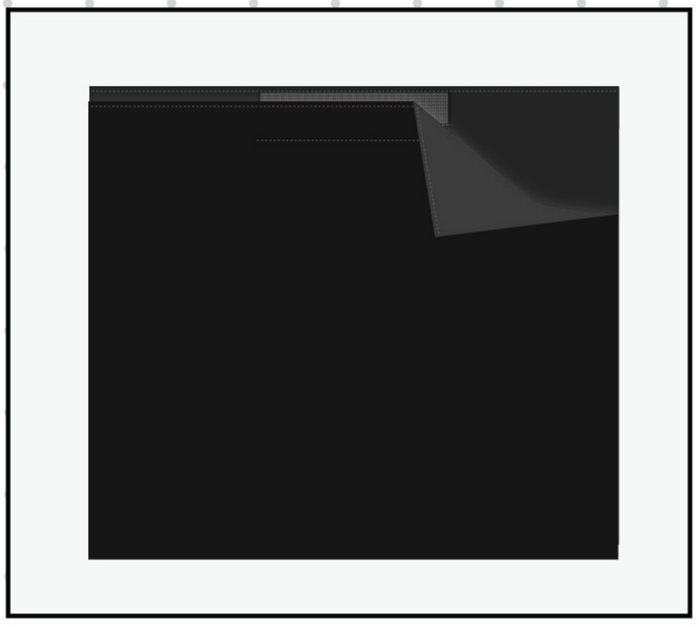
Pillow Insert Instructions:



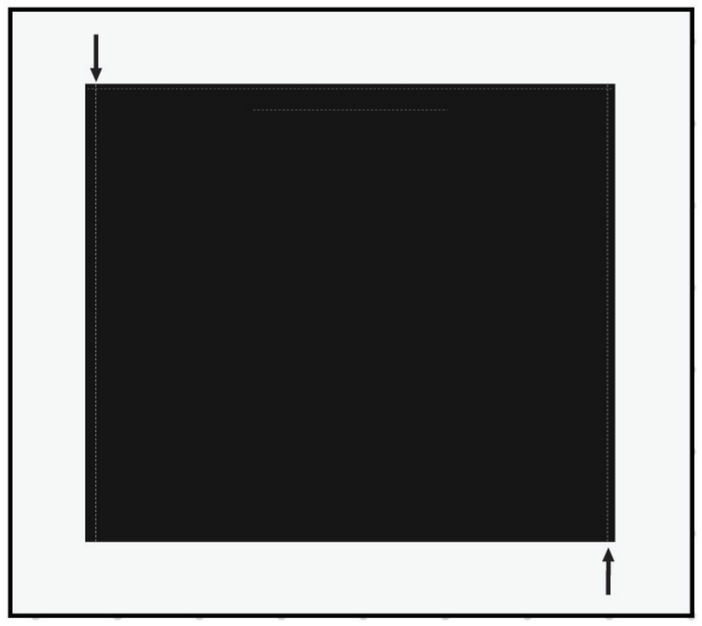
Step 1:
Take your 12”x23” black stabilizer material and fold the 12” edges down 3/4”.



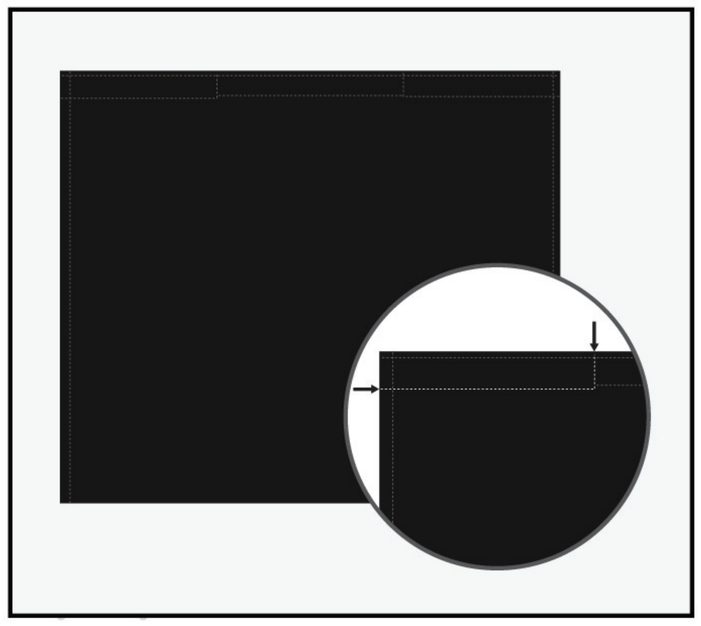
Step 2:
Take your 5” Velcro pieces and place them centered on both of the 12” edges and pin in place. Topstitch across the edge and Velcro. Edgestitch the bottom of the Velcro.



Step 3:
Fold your material in half, lining up the Velcro and press together.

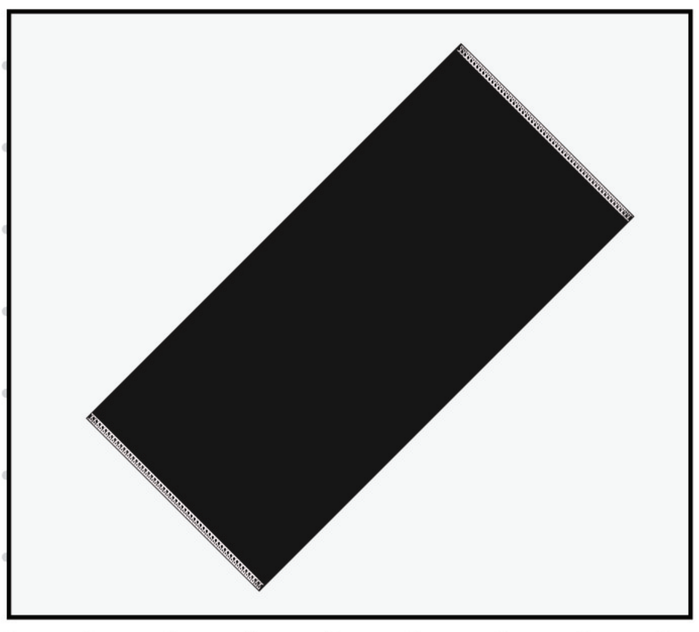


Step 4:
Sew 1/4” seam on the side seams.

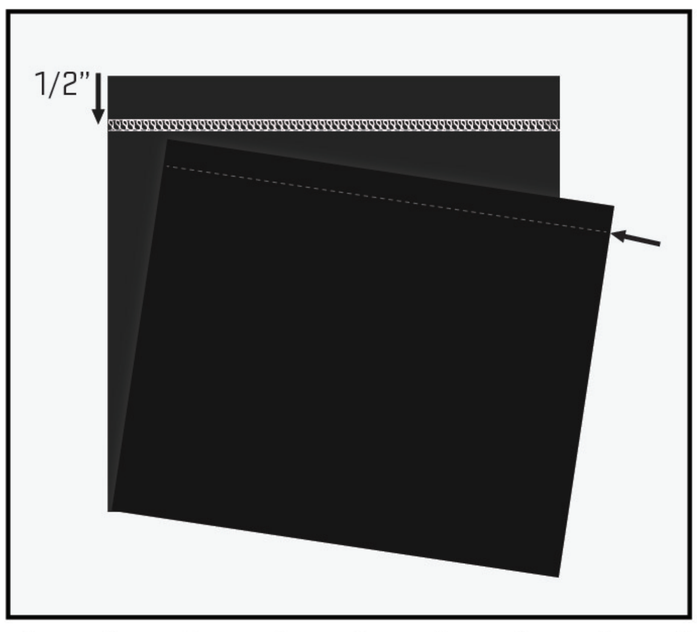


Step 5:
At the top of the insert with the Velcro, sew 3/4” down to the edge of the Velcro. Stopping with needle down, pivot and sew along the short edge of Velcro. Repeat on the other side of the Velcro.

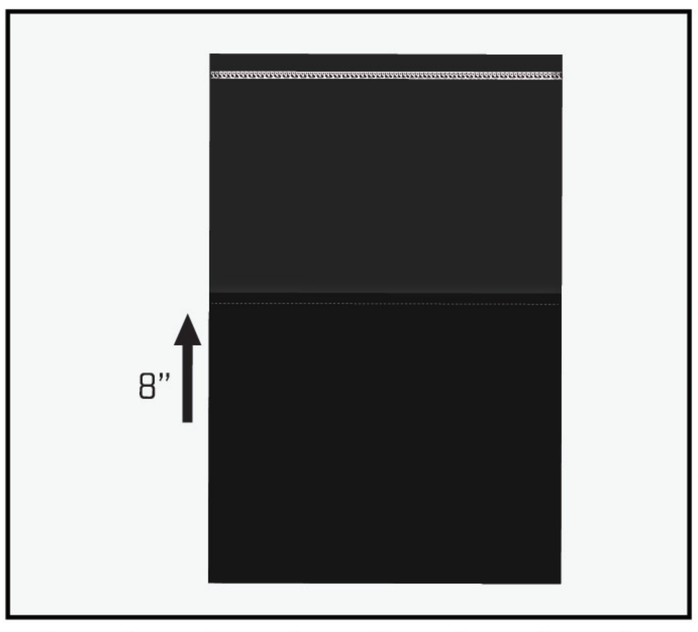
Pillowcase Instructions:



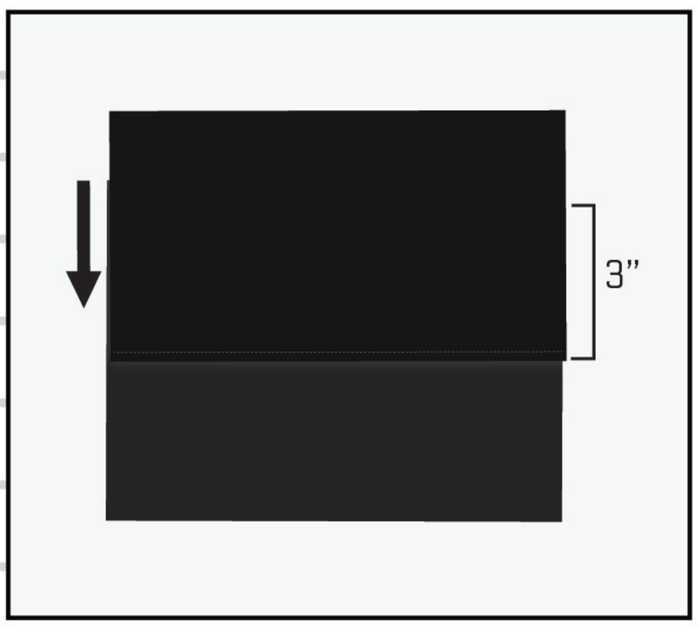
Step 1:
Take your 12”x26” black cotton fabric and serge along the 12” edges.



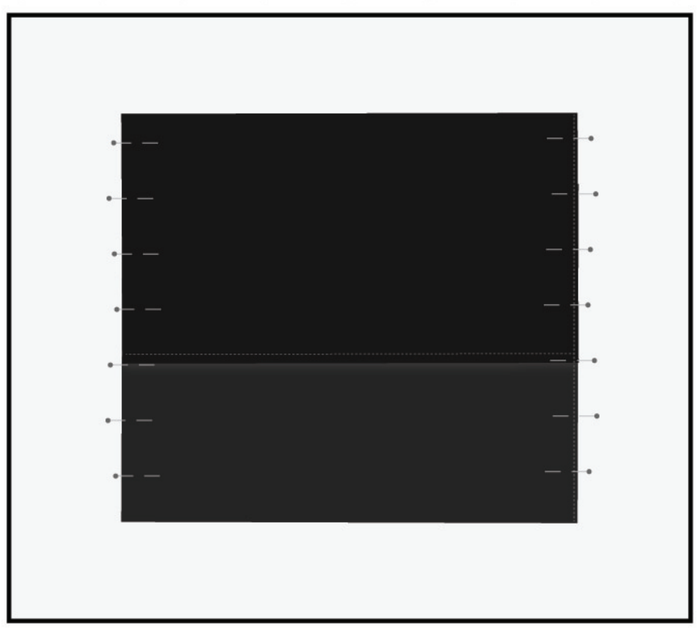
Step 2:
Now press your serged edges 1/2” up and topstich along edge to make a hem.



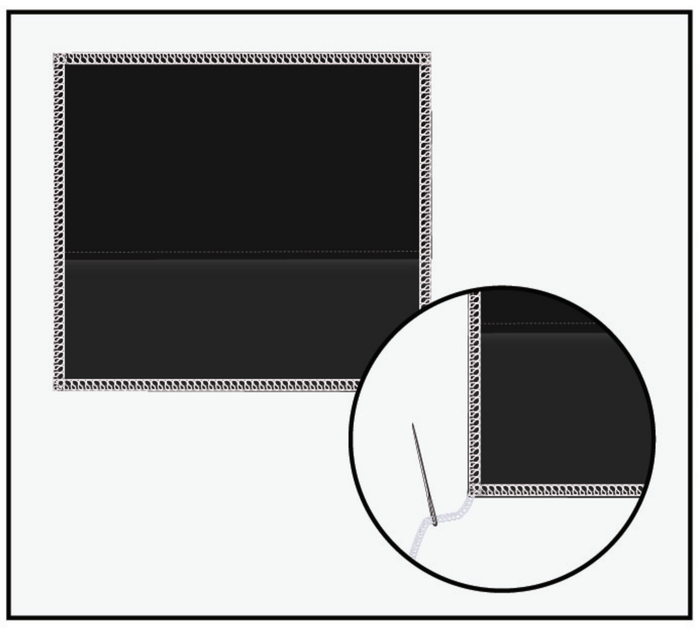
Step 3:
Fold and pin one of the seamed edges toward the center, measuring 8”.



Step 4:
Fold and pin the other hemmed edge towards the center. Overlap the first fold by 3”.



Step 5:
Press along the folds. Stitch 1/4” on the edges pinned.



Step 6:
Now serge around all 4 sides. Take a sewing needle and thread the serger threads into the inside of the pillow to hide them.

Pillow Insert



Pillowcase

