

True To You Flange Pillow

Creating home decorating projects is made easy when you have inspiring designs to work with. Start with this fun pillow using a faux hand-sewn embroidery design in the Retro Handwork Collection by Sublime Stitching. It is one of 25 designs available in this collection.

Machine Supplies Required:

- Any Sewing/Embroidery machine (must accommodate 230mm X 230mm embroidery designs)
- 230mm square embroidery hoop
- Embroidery foot
- All purpose zigzag foot
- Size 11 needle (we recommend the Janome Blue Tip needle)
- Pre-wound bobbin
- Empty bobbin

Fabric/Notions Required:

- 16" square white cotton fabric
- 1/2 yd. print cotton fabric (pillow front/flange/ accent band on back)
- 3/8 yd. coordinating print cotton fabric (pillow back flap)
- Embroidery thread
- All purpose sewing thread
- 16" cut-away stabilizer
- 16" pillow form
- Scissors/snips

- Rotary cutter/mat
- Rotary Ruler with 45 degree mark
- Fabric marking pen
- Fabric pins



Embroidering True to You Design

1. Prepare your machine for embroidery.
2. Refer to your machine manufacturer's instructions on how to import embroidery designs into your sewing/embroidery machine.
3. Layer white cotton fabric upon cut-away stabilizer.
4. Hoop fabric/stabilizer in hoop closest to 230mm X 230mm without going under.
5. Embroider True to You design, using recommended thread colors or thread colors that coordinate with your fabric choice.



Fabric Prep

Hint: You can cut your fabric while your machine is embroidering!

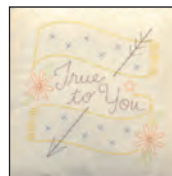
1. Select ½ yd. cotton print fabric that you will be using for the front of the pillow.
2. From it, cut two 5" strips across the 44/45" width of fabric.
3. Cut these two strips in half, with the grain, creating four 5" X 22" strips. Set aside.
4. From remaining fabric, cut one 6" strip of fabric across the 44/45" width of fabric.
5. From this strip, cut two 21" lengths, creating two 6" X 21" strips. Set aside.
6. Select 3/8 yd. coordinating cotton print fabric that you will be using for the pillow back.
7. From this fabric, cut one 11" piece across the 44/45" width of fabric.
8. From this piece, cut two 21" lengths, creating two 11" X 21" pieces. Set aside.

Assembling Pillow Front

1. Once the embroidery design is complete, remove fabric from hoop.
2. Convert embroidery machine to sewing machine.
3. Attach all purpose foot.
4. Wind bobbin with all purpose sewing thread.
5. Thread machine with all purpose sewing thread.

Note: Trim any excess jump threads from the front and back of embroidery design. Since the fabric is white, you don't want to see any untrimmed threads showing through.

6. Keep stabilizer attached to fabric.
7. Keeping the design centered, trim fabric to 14" square.
8. Fold square in half or use ruler to find the center bottom of block. Mark the center.
9. Select one of the four 5" X 22" fabric strips. Fold the strip in half or use ruler to find the center of the 22" length. Mark the center.
10. Right sides together, line up center marks of 14" square fabric and 5" X 22" strip.



11. Pin fabrics together.

12. Starting $\frac{1}{2}$ " in from the corner of 14" square fabric, sew $\frac{1}{2}$ " seam allowance. Stop sewing $\frac{1}{2}$ " from the end of 14" square fabric.



13. Using 45 degree mark on ruler, cut off each end of 5" X 22" strip. Before cutting, open fabric out from center square and make sure the direction of cut will be correct.



14. Repeat steps 8 – 13 on remaining three sides.

Tip: If using a striped fabric, as shown in sample, make sure that the stripes will line up at the mitered corners before sewing strips to center fabric square. There is extra length on these strips to enable you to match up stripes before cutting off the 45 degree angles.

15. Starting at inside corners, sew the mitered corners of print fabric strips together.

16. Press seam allowance toward print fabric.

17. Lay pillow front flat, right side up. Using ruler and marking pen, measure 2" from seam line and draw a line around flange.

18. Trim pillow front to a 21" square. Set aside.



Creating Envelope Pillow Back

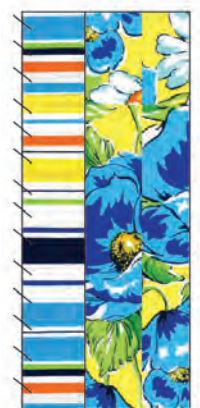
1. Select the two 6" X 21" strips. Fold them in half, wrong sides together, creating two 3" X 21" folded strips. Press.

2. Select the two 11" X 21" coordinating fabric pieces.

3. With right sides together, pin the 21" cut edge of the folded fabric to one 21" side of the coordinating fabric.

4. Sew together, creating a $\frac{1}{2}$ " seam allowance. Press seam toward darker fabric.

5. Repeat steps 3 and 4 for other side of pillow back.



Assembling the Pillow

1. Place pillow front flat, right side up.
2. Lining up the cut edges of the fabric, place one side of pillow back, right side down, on the left side of pillow front. Pin in place.
3. Place other side of pillow back, right side down, on the other side of pillow front. Pin in place.
4. Sew a ½" seam allowance around all four sides of pillow.
5. Trim corners. Turn right side out. Press.
6. Use fabric pins to hold pillow front to back, making sure the envelope back is lying flat.
7. Sew topstitch on fabric marking made on front pillow flange.
8. Sew around all four sides of pillow front, pivoting at corners. Reverse or lockstitch to secure stitches when complete.
9. Insert pillow form.

