

Underarm Pillow with Shoulder Straps

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Materials:

- One 30" x 45" piece of fabric will make 2 pillows
- Small amount of fusible light/medium weight interfacing
- 2 pieces of batting – 1 ½" thick 10" x 14"
- 4 pieces of Velcro 2 ½" x 3"

Note: Finished pillow resembles a pillow sham.

Instructions for handles:

- Press fabric and fold over 6" and cut – this 6" x 45" piece of fabric will be used to make 4 handles for 2 pillows. (see diagram below)
- Iron fusible light/medium weight interfacing to this piece of fabric.
- Fold this fabric, right sides together, into a 3" x 45" piece and cut into 2 lengths at 3" X 22".
- Cut each of these into 2 pieces, each handle should now be 3" x 11" long.
- Sew a 3/8" seam at top and down one side.
- Turn right side out, fold under ¼" and iron at open end. Set aside.
- These are the 4 handles for the 2 pillows.

Instructions for Pillow:

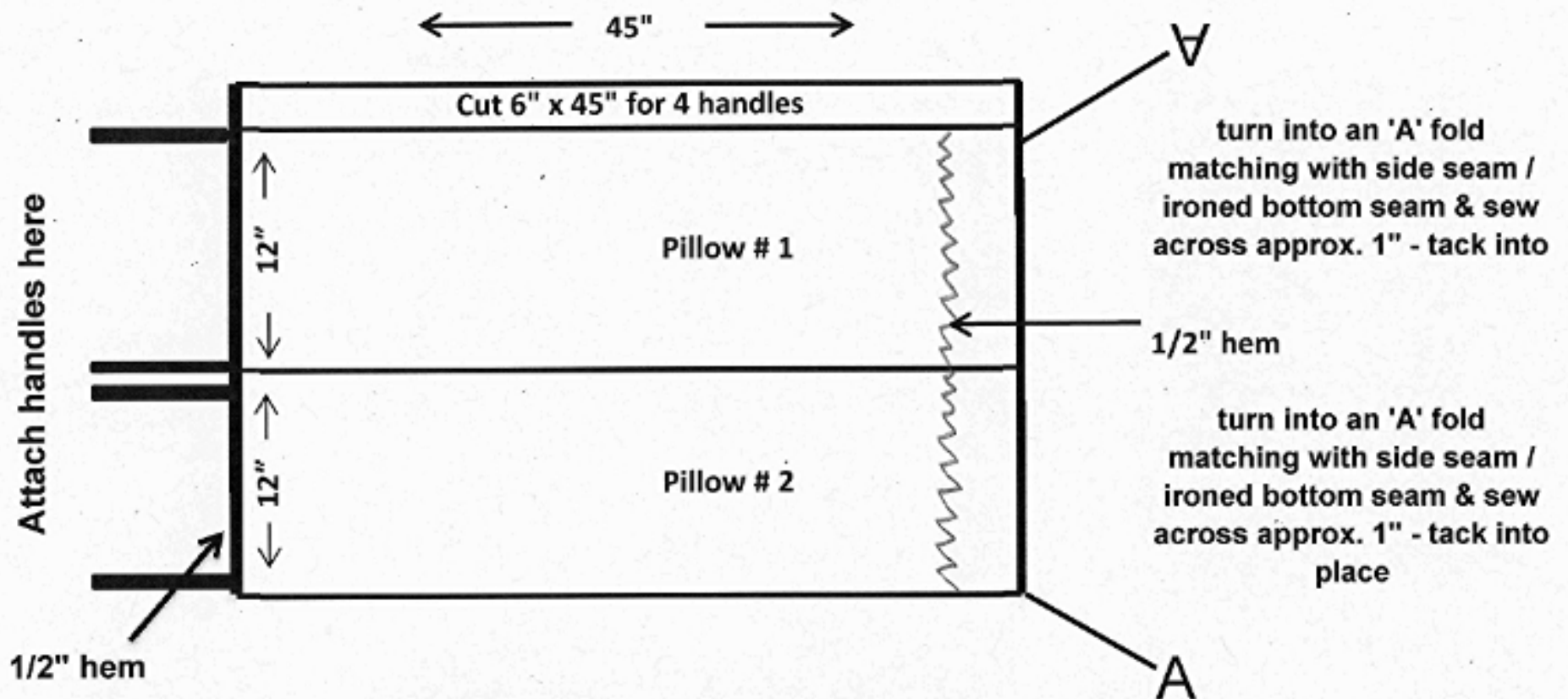
- With remaining 24" of fabric cut into 2 pieces of fabric measuring 12" x 45".
- Turn under selvage edge ½" twice, press hem and stitch with zigzag.
- Lay fabric right side up and fold fabric (right to left) approx. at 12". Press end of fabric.
- Fold fabric (left to right) then press this end of fabric and pin side of pillow. This should now look like a pillow sham and have a 2" opening at each end for putting in the batting.
- Length of pillow should now be 12" wide x 14" long.
- Turn right side out to make sure there is an opening of 2" for putting in the batting.
- Turn pillow fabric to the wrong side and stitch down approx. 5" on each side pillow. This is only done on one end of the pillow.
- At this one end (bottom) of pillow, fold in approx. 1" on each side to make a V matching with the pressed seam of pillow.
- Sew across and tack into place at pressed seam by hand or machine.
- Finish sewing the 2 side seams.

- Attach 2 handles at opposite end of pillow approx. 1/2" in sides and sew in place with a zig zag stitch. **See Note.**

Note: When sewing handles onto pillow, the opening of pillow should face toward person's body.

- Sew a 2 1/2" x 3" piece of Velcro onto the 2 handles/straps.
- The pillow is now complete and ready to stuff. Press and measure length and width of pillow. It should be approx. 11" x 14".
- Cut a 1 1/2" thick piece of batting at 10" x 14" long and place in pillow.
- Two layers of thinner batting can be used but it is much more difficult to put into pillow.
- Turn one end to the outside (the end with handles), roll batting like a jelly roll and place into the bottom of pillow pushing all the way inside be sure the corners are filled. Using your hand push the batting to then end of the pillow.
- Turn the pillow back (the part you had turned outside.)





The zigzag is the folded edge of the fabric that is folded Right to Left as stated in instructions. Use 1/2" seam allowance for side seams of pillow. When fabric is folded, pillow should measure approx. 14" long and 11" wide.