



BONUS PROJECT!

Use this cheat sheet to turn your favorite quilt blocks into polished pillow covers.

A PROJECT BY

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The bear blocks featured in this project come from my Bjorn Bear pattern, which is available as a printed booklet in shops worldwide. A stockists list is available at OHFRANSSON.COM.

SIMPLE QUILTED PILLOWS

The chart below includes a materials list for five standard pillow sizes. Yardages are based on fabric at least 42" wide.

The quilted panels for the pillow front and back are made just like a regular quilt sandwich. The pillow front and the pillow back panels will each be the "top" in their respective sandwiches. As usual, the batting will be the middle layer. The pillow lining fabric will be the bottom, just like a quilt back in a regular sandwich. Binding is used to finish the edges of the pillow back panels.

Directions for pillow construction continue on the next page.

Pillow Size	18" x 18"	20" x 20"	24" x 24"	26" x 26"	16" x 26"
Pillow Front	18-1/2" x 18-1/2"	20-1/2" x 20-1/2"	24-1/2" x 24-1/2"	26-1/2" x 26-1/2"	16-1/2" x 26-1/2"
Pillow Back	5/8 yard, cut into 2 pieces, 12-1/2" x 18-1/2" each	5/8 yard, cut into 2 pieces, 14" x 20-1/2" each	3/4 yard, cut into 2 pieces, 16" x 24-1/2" each	7/8 yard, cut into 2 pieces, 18" x 26-1/2" each	5/8 yard, cut into 2 pieces, 16-1/2" x 17-1/2" each
Batting	1 piece 20" x 20", and 2 pieces 14" x 20" each	1 piece 22" x 22", and 2 pieces 16" x 22" each	1 piece 26" x 26", and 2 pieces 18" x 26" each	1 piece 28" x 28", and 2 pieces 20" x 28" each	1 piece 18" x 28", and 2 pieces 18" x 19" each
Pillow Lining Muslin or scrap fabric	1-3/8 yards, cut into 1 piece 22" x 22", and 2 pieces 16" x 22" each	1-1/2 yards, cut into 1 piece 24" x 24", and 2 pieces 18" x 24" each	1-5/8 yards, cut into 1 piece 28" x 28", and 2 pieces 20" x 28" each	2-1/8 yards, cut into 1 piece 30" x 30", and 2 pieces 22" x 30" each	1-1/4 yards, cut into 1 piece 20" x 30", and 2 pieces 20" x 21" each
Binding	1 strip 2-1/2" x WOF, cut in half at the fold	1 strip 2-1/2" x WOF, cut in half at the fold	2 strips 2-1/2" x WOF	2 strips 2-1/2" x WOF	1 strip 2-1/2" x WOF, cut in half at the fold

Make the Pillow Front

STEP 1 If you're making a pillow using one of my animal blocks, sew additional background fabric around the block to make it the right size for the pillow cover you'd like to make. You can do this by calculating the exact size of the pieces you will need, or by sewing too-large pieces around the block and then trimming it down to the correct size.

In the example shown in **Fig. 1**, I'm adding background fabric to a 13-1/2" x 12-1/2" Bjorn Bear block to make a 20-1/2" x 20-1/2" pillow front.

Make the Quilted Panels

The quilted panels for the pillow front and back are made just like a regular quilt, with a top, batting, and back. The lining fabric will act as the bottom layer in your sandwiches, and will end up being the lining of the pillow cover.

STEP 1 Make a quilt sandwich using the pillow front, the single larger piece of batting, and the single larger piece of lining fabric, and quilt as desired. Trim the quilted panel to match the pillow front.

STEP 2 Make two quilt sandwiches, each using one of the pieces of backing fabric, one of the remaining pieces of batting, and one of the remaining pieces of lining fabric. Quilt as desired and trim the quilt back panels to match the backing fabric.

STEP 3 For all square pillow sizes, use the binding fabric strips to bind one long side of each quilted pillow back panel, as shown in **Fig. 2**. For a 16" x 26" pillow, bind one 16-1/2" side of each quilted pillow back panel. For all sizes, trim binding to match the pillow back panels.

Finish the Pillow

STEP 1 Place the pillow front panel on your work surface, right-side-up. Refer to **Fig. 3** and **Fig. 4** to place the pillow back panels on top of the pillow front. Right sides should be together and the finished/bound edges of the pillow back panels will overlap one another. (Note that the pillow back panel closest to the pillow front - the one shown in **Fig. 3** - will be on the outside in the finished pillow.) The raw edges of the pillow back panels should match the raw edges of the pillow front panel. Pin or clip and sew through all layers, around all four sides, using a 1/4" seam allowance. (**Fig. 4**) If desired, finish the raw edges with a zigzag stitch or serger.

STEP 2 Turn the pillow cover right-side-out, using a point turner or other blunt tool to push out the corners. Fit the finished pillow cover over the pillow form of your choice.

Fig. 1



Fig. 2

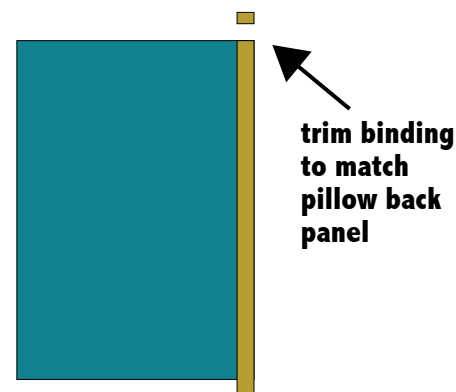
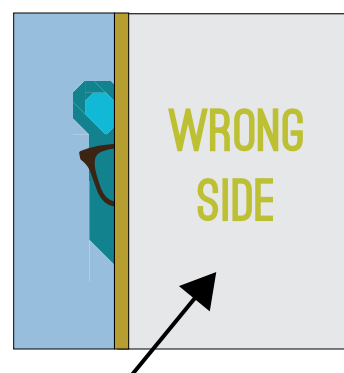
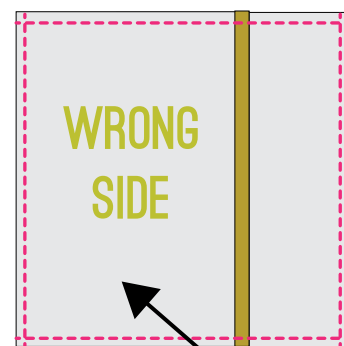


Fig. 3



Place one pillow back panel on top of the pillow front, with right sides together

Fig. 4



Place the second pillow back panel on top of the pillow front, overlapping the first pillow back panel.