





Directions for Heart Pillow

Use fabrics that are comforting to the touch – fleece, microfibers, flannels, 100% cottons or velvets. It should be washable at 40° C. Fabrics do not have to be the same. Play with some fun and cheerful combinations that are soft, feminine designs for women.

You will need two pieces of fabric about 16 x 20 inches (40 x 50 cm). Pin or trace the heart pattern on the fabric and cut. There is already a ½ inch (1.5 cm) seam allowance in the pattern.

- ❖ Place fabric right sides together and stitch all sides with the ½ inch (1.5 cm) seam allowance, leaving a 4 inch (10 cm) opening to turn.
- ❖ Clip excess fabric at corners and notch inside and outside curves.
- ❖ Turn pillow right side out.
- ❖ Press lightly, then stuff with fibrefill (about 150 grams).
- ❖ Stitch fabric opening closed by hand or machine.
- ❖ Place in a plastic bag, close with a pretty ribbon/card.

www.heartpillow.dk

