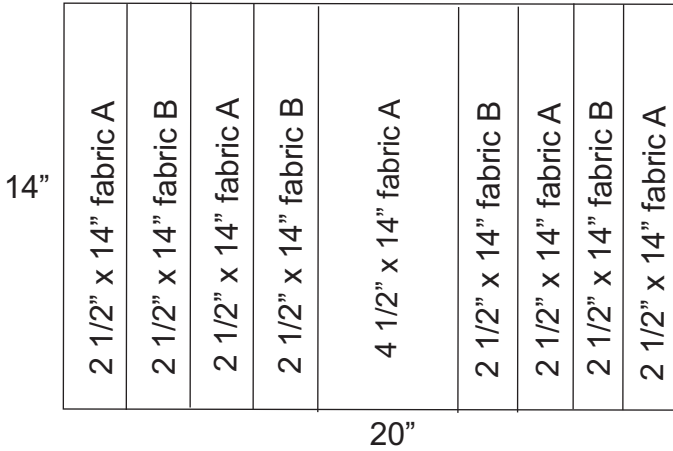


PIH Pillowcase Patterns

The 14"x20" pillows FSQG donates to PIH are used for men and women going through infusion treatments, so please select fabrics that you think an adult would appreciate. Our guild also makes 14"x20" pillows for PIH that are given to children that are in the ER. These same patten ideas can be used with kids novelty fabrics.

PATTERN #1

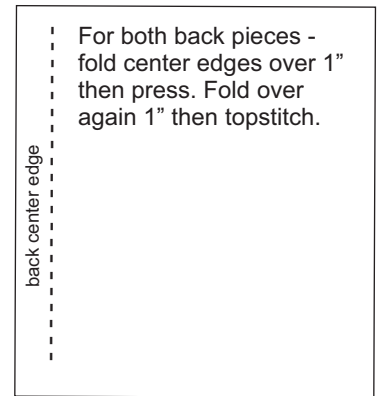
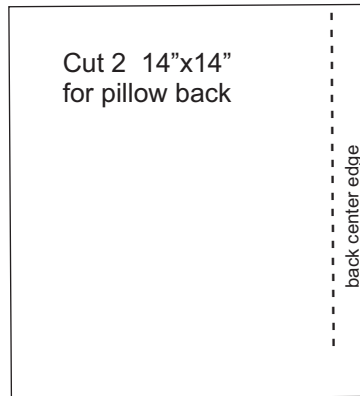


Choose two fabrics.
 Cut two 2 1/2" strips from fabric A.
 Cut two 2 1/2" strips from fabric B.
 Cut one 4 1/2" x 14" from fabric A (for the center).
 Sew all 4 of the 2 1/2" strips together alternating fabric A and B.
 All seams are 1/4".
 Iron seams to the darker fabric.
 Cut two 14" pieces from strip set. (you will have extra left over)
 Sew the strip set to each side of the 4 1/2 x 14 center fabric.
 Iron seams to the darker fabric.
 Pillow top should measure about 14 x 20.

Variations - use four different fabrics for the strip set.
 Make a pillow top with horizontal stripes.

Directions for back of pillow:

Cut two 14" x 14" pieces from fabric A or B.
 For both back pieces - turn the center edge over 1 inch then press, fold over 1 inch again then topstitch.
 Place both back pieces on top of the pillow top with rights sides together. The center should overlap about 4 inches. (the overlap helps stop the back from gapping)
 Pin together and then sew 1/4" seam around the whole perimeter. Clip corners.
 Turn inside out. Sew FSQG label on the back.
 Press if needed.



PATTERN # 2

Fabric 1	Fabric 2	Fabric 3	Fabric 4
Fabric 3	Fabric 4	Fabric 1	Fabric 2
Fabric 2	Fabric 1	Fabric 3	Fabric 4

Select 4 fabrics (use light, medium and dark for contrast)
 Cut three 5 1/2" squares from each fabric.
 Arrange squares like the diagram or arrange them anyway that looks pleasing to you.
 Sew the squares together using 1/4" seams.
 Iron flat. Trim the pillow top to 14" x 20" if needed.
 Use the directions above for making the pillow back.

Variations - Use two fabrics and alternate making a checkerboard pattern.

Pattern 3 - Select 4 fabrics A,B,C and D
 Cut two 5 1/2" squares from each fabric.
 From three of the fabrics cut one 5x7" for the center row.
 Sew together as directed on diagram
 Trim to 14x20. (cut 1/2" off the top and bottom)

Other ideas:

Use your extra quilt blocks to make a pillow top.
 Just sew the blocks together, then trim to 14" x 20".
 Use part of a quilt panel to make a pillow.
 Use an applique block or orphan blocks to make a pillow top.
 Add fabric to the top and bottom of an orphan block so it equals 14" tall, then add fabric to each side so it equals 20".

PATTERN #3

