

# How To Make A Quillow

A quillow is a quilt which folds into a built-in pocket, to form a pillow.

## *Sizing:*

The measurements and fabric are for a 44" x 72" lap quilt which will fold into an 18" square.

## To Modify Size:

For larger or smaller follow this simple formula:

Width is equal to finished pillow width x 2-1/2.

Example: finished pillow width will be 14" x 2-1/2 equals a 35" width. Length is equal to the finished pillow width x 4.

Example: finished pillow width will be 14" x 4 equals a 56" length.

## *Supplies:*

1. 45" wide fabric, totaling 5 yards as follows:

Color 1 (top color)	2.5 yards
Color 2 (bottom color)	2.5 yards

2. Batting to equal your cut fabric size, both body and pillow
3. One small, all purpose thread in a coordinating color
4. Hand sewing needle and possibly a thimble
5. Embroidery floss for tying, decorative stitch machine for tacking (optional)

## *Tools:*

1. Sewing machine
2. Scissors
3. Straight edge
4. Marking chalk or other way to mark your fabric
5. Straight pins.

## *Making the Quillow:*

### *Step 1: Cut Fabric and Batting*

For the pillow pocket cut as follows:

- 19" fabric square in color 1 (top)
- 19" fabric square in color 2 (bottom)
- 19" square of batting

For the quillow body cut as follows:

- 73" long piece of fabric from the 45" fabric (if your fabric is wider, cut it into a 45" width) in color 1 (top)
- 73" long piece of fabric in color 2 (bottom)
- Piece of batting 73" x 45"

### *Step 2: Sew Pillow Pocket Together*

Place batting on flat surface.

Place color #2 (the bottom) RIGHT SIDE UP on batting.

Place color #1 (the top) RIGHT SIDE DOWN on top of #2 fabric.

Pin the fabric to the batting.

Using pins as markers, center a 6" x 8" opening on one side of the 19" square.

Keeping the batting side down, place one end of the opening you have marked under the presser foot of your machine at the 1/2" mark. Begin sewing and sew a 1/2" seam all around the square, stopping when you reach the other side of the opening you have marked.

Trim any uneven edges.

Reach into the opening between the two fabric layers and pull the layers right side out, so that the batting is in between.

Gently push out the corner points.

Close the seam allowance opening with hand stitches.

### *Step 3: Securing Batting Inside Pillow*

Machine quilt a simple geometric figure at the center of the pillow pocket.

You may want to tie or make decorative tacks with your machine and not quilt, depending on your materials.

### *Step 4: Sewing the Quillow Body Together*

Place quillow body batting on flat surface.

Place fabric color #2 (bottom) right side up on batting.

Place fabric color #1 (top) right-side down on top of fabric color #2.

Pin the fabric to the batting.

Using pins as markers, center a 10" - 12" opening on one of the long sides of the quillow body.

With batting side down, place one end of the opening under the presser foot allowing for a 1/2" seam and lockstitch or back stitch in place.

Sew a 1/2" seam through all layers, all around the quillow body until you reach the beginning of the opening.

Trim any uneven edges.

Reach inside the opening between the fabric layers and pull the quillow body right side out, so batting is between fabric layers.

Gently push out the corners.

Close the seam opening with hand stitching.

If you wish, you can quilt now. Some people prefer to wait until after the pillow is sewn on.

**Step 5: Sew the Pillow Pocket to the Quillow Body**

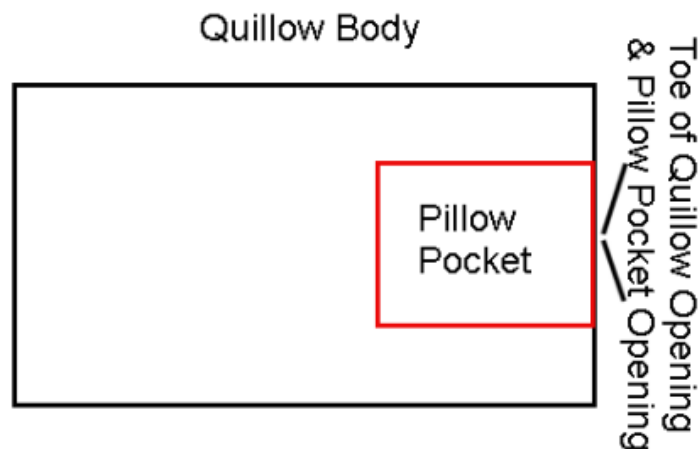
Lay out the quillow body so that color #2, the bottom, faces up.

Center the pillow pocket flush against one width of the body, or at the head of the quillow, so that color #2 faces up. This must be centered from edge to edge width-wise.

Pin to the quillow body.

Sew the pillow pocket onto the quillow, stitching only on three sides of the pocket, leaving the side facing the quillow body (or the toe of the quillow) open. Be sure to reinforce stitches at beginning and end.

When you are finished, your quillow should look like this:

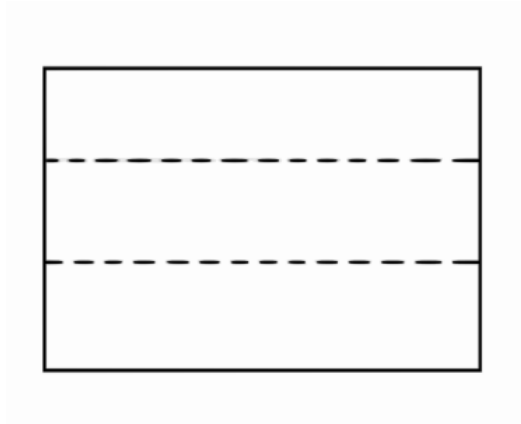


**Step 6: Secure the Batting Inside the Quillow Body**

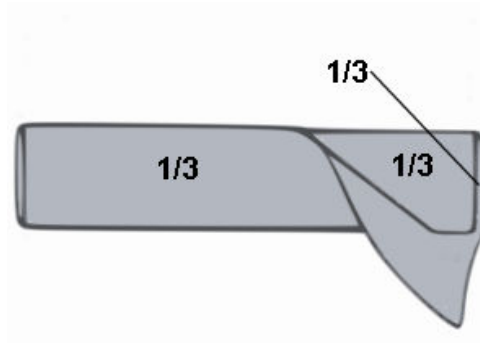
If you have not quilted the quillow body, then secure the batting by tying for 9 - 12 places, sew a decorative tack using your machine, or quilt along a geometric design or a print outline. Be sure you do not quilt the pillow pocket area.

*Folding:*

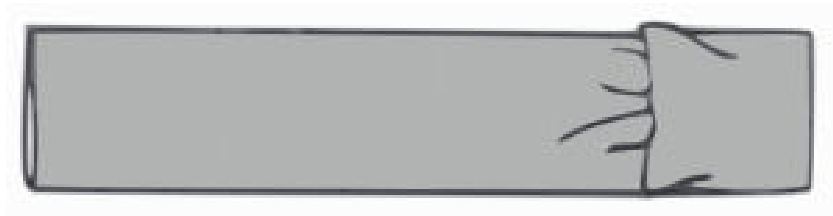
1. Place the quillow on a flat surface with the pillow pocket on the bottom.



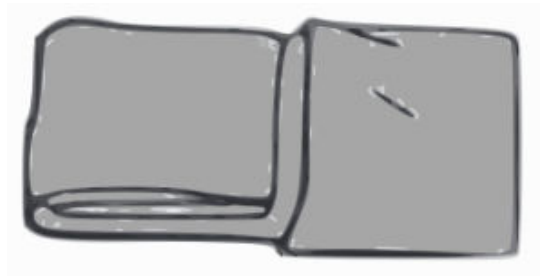
2. Fold the quillow into thirds the long way by lapping the outside edges one over the other.



3. Pull the bottom of the pillow pocket up and over the lapped folds, so that you turn the pillow pocket "inside out" over the body of the quillow.



4. Fold the quillow into thirds lengthwise.



5. Grasp the second fold, the one furthest from the pillow, and stuff it into the inside pocket as far as it will go.



6. Smooth out the lumps and wrinkles.

