

# Practically Painless Quilted Pillows Supply List

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Pillows have three parts – the Pillow Top, the Ruffle and the Pillow Back. In these instructions each part is individually constructed and when all the parts are put together, you will have a beautiful pillow, in a relatively short period of time!

## Materials needed to make a Quilted Pillow about 16 inches square

### Pillow Top Materials

Pieced or appliquéd quilt block or blocks to measure 12 inches, finished size.

**See “Special Notes” Below**

Block Border fabric – ¼ yard

Pillow Backing fabric – ¾ yard – will make two pillows (muslin)

**See “Special Notes” Below**

Quilt Batting – ¾ yard – will make several pillows

Thread for piecing and quilting

### Ruffle Materials

Single Fabric Ruffle—1 yard Fabric

Two Fabric Ruffle - Fabric #1, ¾ yard

Fabric #2, ½ yard

Note: Fabric amounts are generous. See Instructions on how to calculate specific fabric amounts.

Hand quilting thread for gathering

### Pillow Back Materials

½ to ¾ yard fabric

22—24 inch “regular” zipper

### Other Items needed

Walking foot for your sewing machine. This is not absolutely required, but will make your life a LOT easier.

16 inch pillow form

## Special Notes about Quilt Block and Pillow Backing

**Quilt Block** - Pieced or appliquéd quilt block that measures about 12 inches square. Your quilt block can be an “orphan” block or a block made specifically for your pillow. You can use any size quilt block for your pillow, but I recommend a block (or combination of blocks) that measures about 12 inches, finished size.

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**Pillow Backing fabric** – You will need to have a backing fabric for your pillow top. Think of your pillow top as a mini quilt. Because the pillow backing fabric is usually not seen – until the pillow top is washed – you don't need to use expensive quilting fabric. I like to use muslin for the pillow backing. Muslin is a great fabric, but it has one problem – it shrinks when washed! Most muslin has about 10 – 15% shrinkage! Because of this ALWAYS PREWASH MUSLIN!!! I recently measured 72 inches (2 yards) of muslin and washed it. After washing and drying this piece of muslin I re-measured the fabric and it was only 64 inches! The muslin shrunk 8 inches. If I didn't pre-washed the muslin, then later on, when the pillow needs washing (and they do get dirty) your pillow could shrink significantly and possibly make your pillow un-usable!

When I make pillows I like to machine quilt the pillow top. If you don't want to have a quilted pillow, I would recommend using muslin, or another fabric, as a backing fabric for an un-quilted block.

If you are quilting your pillow top, you need quilt batting of your choice for quilting your project. Your project can be quilted by hand or machine or it can be tied.