



Doll-sized Quillow

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Materials Needed:

8" square Pillow Pocket fabric

8" square solid-colored fabric with embroidery design, if desired (or any printed fabric)

8" square 100% cotton batting

21" x 28" cotton fabric

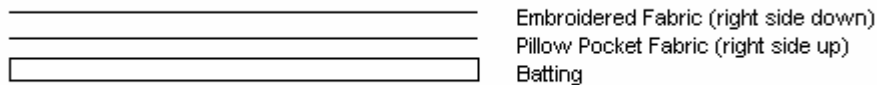
21" x 28" fabric that matches the Pillow Pocket fabric

21" x 28" cotton batting

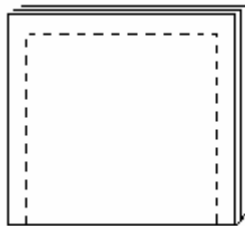
Other materials needed: iron, thread, scissors, needle, water soluble pen (optional)

Sewing Instructions

1. Iron all fabrics, but **do not** iron batting. Set aside. Take the 8" square of fabric with the embroidery design (or printed fabric) and personalize by embroidering a name, if desired. This square will be the main focus when quillow is folded into a pillow.
2. On a flat surface, create a "fabric sandwich" by laying the 8" square materials on top of each other in the following order: batting, Pillow Pocket fabric, fabric with embroidery (making sure the right sides of the two fabric pieces are touching). *see diagram below*

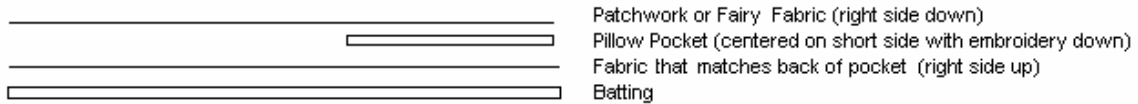


3. Sew around three sides with $\frac{1}{4}$ " seam, leaving the bottom open. (If your embroidery design is a doll or fairy, as seen in the quillow photo above, the opening is the side where the embroidered figure's feet should be located.)

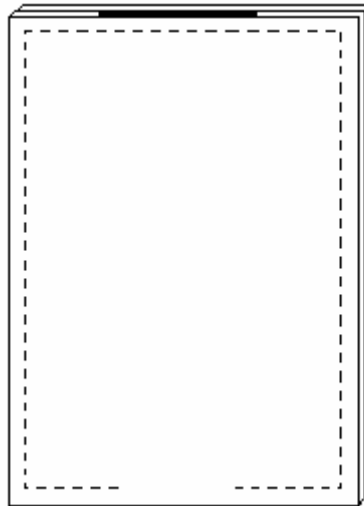


4. Trim excess batting from the seam allowance on the three sewn sides. Clip the two top corners, *being sure not to clip stitching*, and turn to right side. Press. Find and mark the center of the pocket's open side. Set aside.
5. Lay the 21" x 28" piece of batting on a table and press flat *with your hands*. Very carefully, stretch and flatten until smooth. It should be the same size or slightly larger than the quilt fabrics.

6. Take the 21" x 28" piece of fabric that matches the back of the pillow pocket. Find and mark the center of one short side. As before, you are going to create a "fabric sandwich" by putting the materials in this order: batting, fabric that matches pillow pocket (right side up), the pocket (centered on the marked short side with the embroidered figure face down), then the printed fabric (right side down). *see diagram below*

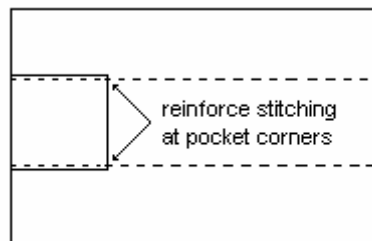


7. Place pins around edge to hold while you sew around quilt with 1/4" seam, leaving a 6" opening on the bottom edge. *see diagram below*



8. Carefully, trim excess batting from the seam allowance. Clip all four corners; turn to right side and press. Using a very small whip or ladder stitch, tuck in raw edges and sew the opening closed by hand.

9. Lay the pocket flap down onto the fabric so that the embroidery is hidden on the inside. (The fabric on top of the pocket should match the top of the quilt fabric.) Sew a straight line from the base of the pocket to the bottom of the quilt, being sure to catch the very edge of the pocket and reinforcing the stitching at the top of the pocket opening by back-stitching on your machine. Repeat on the other side of the pocket, making sure the lines are straight and parallel. *see diagram below* (Tip: A water soluble marking pen is helpful to mark the lines. When you're finished sewing, spritz with water to disappear before ironing!)



Your quillow is finished! Enjoy!

Quillow Folding Instructions

1. Lay the quillow with pocket side down on a flat surface. Fold in one side until it overlaps the center panel.



2. Fold the other side toward the middle until it overlaps the center panel.



3. Fold in half by folding the bottom edge (without the pocket) until it meets the top edge.



4. Turn the quillow over. Reach with your hand inside the pocket, grab the fabric at one corner and turn the pocket inside-out (just as if you were turning a sock inside-out). Smooth out the fabric inside the pocket and poke out the corners with your fingers until you have a rectangular or square pillow shape.



5. Lay the quillow with the pocket side up on your surface. Fold the remaining part of the quilt over the pocket, turn in both corners to create a point, then push the point and remaining fabric into the pocket.



6. With your fingers, reach inside and smooth out the point until the fabric lays flat. Push and shape the pillow with your hands until all the fabric of the quillow is neatly inside the pocket.



7. To turn your pillow into a quilt again, simply pull the quilt out of the pocket, flip the pocket until it lays flat against the quilt and iron if desired.

Variations:

Doll Sleeping Bag

Fold the quillow through step #4. Insert doll into pocket and fold excess quilt fabric under head for pillow (see photo on top of page 1). Suitable for most dolls measuring 8" – 11" tall.

Tooth Fairy Pillow

Use the quillow as a Tooth Fairy Pillow by inserting the lost tooth inside the pillow pocket where the Tooth Fairy will exchange it for a coin or other small gift.

Dream Pillow

Make a lavender sachet by sewing a little pouch and filling it with lavender flowers (can be purchased at a health food store). At night, slip it into the pillow pocket and place it next to your child for a calming effect and to encourage pleasant dreams.