

Pillowcase Directions

1-10x41" strip---cuff

1-26x41" strip---body

Place cuff strip right side up on work surface. Matching up long edges, put body rectangle right side down on top of cuff strip. Pin edges together if desired.

Beginning at lower long edge, roll the body toward the cuff strip.

Stop rolling when you reach a point about halfway up the cuff strip. The upper raw edges should still be aligned. Wrap the cuff strip around the rolled body to form a tube. Pin the three raw edges together, making sure the rolled body does not get pinned. Sew the pinned edges together.

As if you were pulling a sleeve from a sweater, pull the body fabric from the tube, turning the pillowcase band right side out.

Unroll the body...All seam allowances should be encased with the cuff. Pulling slightly on the cuff press the cuff flat, turn over and repeat on opposite side.

With wrong sides together and a scant $\frac{1}{4}$ " seam allowance, sew together the long raw edges of the pillowcase. Turn the pillowcase wrong side out and press the seam allowance flat. Use a fat $\frac{1}{4}$ " seam allowance, to sew the edge of the pillowcase again, enclosing the seam.

For a more visual directions go to

allpeoplequilt.com/millionpillowcases/instruction/rollitup.pdf

Port Pillow directions

Cut two 6"x6" squares. Place right sides together and sew leaving an opening for stuffing. Turn inside out and press. You can stuff the pillows and machine sew them shut or turn them in un-stuffed.

Mastectomy Heart Pillows

~Two pieces of fabric about 16x20.

~Pin or trace the heart pattern on the fabric and cut. There is already a $\frac{1}{2}$ " seam allowance in the pattern.

~Place fabric right sides together and stitch all sides with the $\frac{1}{2}$ " seam allowance, leaving an opening to turn.

~Clip excess fabric at corning and notch inside and outside curves.

~Turn pillow right side out.

~Press and stuff or leave un-stuffed