

# MIRKWOOD DESIGNS presents...

## Making a Simple Square Pillow Form and Throw Pillow

### Supplies for the Pillow Form

- Two pieces of plain muslin of equal size to match the size of the pillow you want to make
- Polyester fiber fill, enough to fill the pillow
- Sewing thread and needle (or access to a sewing machine)
- Access to a dryer

### Making the Pillow Form

1. Sew the two pieces of muslin together, leaving about a 4-inch opening. I find it easiest to use a zigzag stitch on my sewing machine, but you can easily sew it by hand.

Note: You do not need to turn this right-side out, since it will be inserted into a pillow.

2. Stuff the pillow with polyester fiber fill until it's as full as desired.
3. Sew the opening closed.
4. Pop the pillow form into the dryer on a cool setting for about an hour to fluff it up. This will also even out the filling.



Merci Bouquet – Basket of Blessings Pillow

### Supplies for the Pillow

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## Making a Simple Square Throw Pillow

- Sewing thread and needle (or access to a sewing machine)
- Square of fabric for the top (for example, a quilt block)
- Two pieces of fabric for the back, each the width of the top square times half the width plus 2.5 inches.

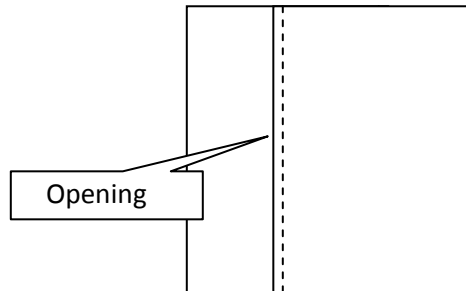
For example, if you want a 12-inch pillow, use the following measurements: two pieces 12.5 x 8.75 (The second measurement doesn't have to be exact. Basically you want an overlap on the back of the pillow into which you will slip the pillow form.)

### Resources

If you want to make the **Merci Bouquet – Basket of Blessings** block, you can download the free pattern and tutorials here: <http://www.mirkwooddesigns.com/projects/>

### Making the Pillow

1. Make a ½-inch hem on one of the long sides on each of the two backing pieces.
2. Lay them together so that they overlap and make a square the size of the top square. For example, for a 12-inch pillow, overlap the two backing pieces so that they measure 12.5 inches. Sew the sides together. Now you have a pillow back the same size as the pillow top, and it has a long overlapped opening, as shown below.



3. Put the pillow top and the pillow back right sides together and sew all the way around. Turn right side out through the back opening.
4. Slip the pillow form inside through the opening in the back.