



## High Profile Pillows

Use profiles of your family on these pillows for a personal touch **By Colleen Babcock**

### What you will need:

- Pillow form – I used a 17" x 17" (43cm x 43cm) form
- 2 complimentary fat quarters of quilting cotton
- Scraps of 3 other complimentary quilting cottons
- 1 yard (1m) of 54"- 60" (137cm - 153cm) wide canvas, duck cloth or denim
- Approx 2 yards (2m) double sided bonding sheet such as Steam a Seam 2 or Wonder Under (amount given assumes you are using 12"/30.5cm width of Steam a Seam 2 or similar product)
- Standard sewing equipment such as sewing machine, thread, shears, pins, disappearing ink marking pen, ruler etc



### General Directions:

All seam allowances are ¼" (6m).

Fabric amounts given assume you are making two 17"x17" (43cmx43cm) pillows.

Prewash all fabrics.

### What to do:

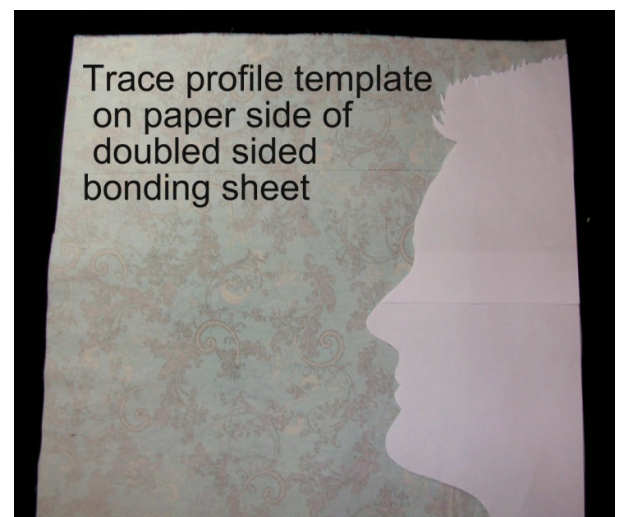
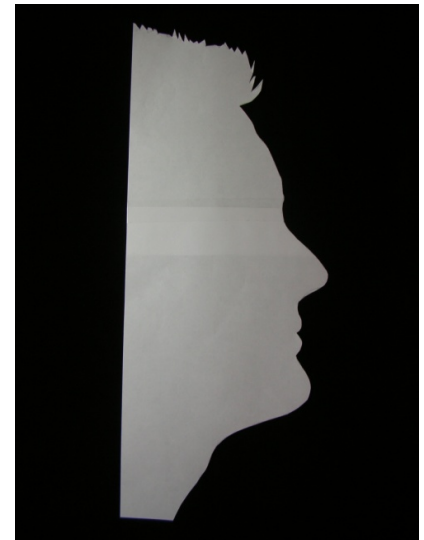
1. **PILLOW FRONTS** – To trace the profiles of your family members, begin by taping two 8½ x 11" (A4 in the UK) pieces of paper together end to end, so you have one long piece of paper. On the piece of paper, mark out a length of 16" (40.6cm) with a line at top and bottom – these marks will represent the area that you want to fill with the traced profile. On one side of a dark room, set up a reading lamp or other lamp where the light can be directed at one wall easily. Aim the lamp at a blank, preferably light coloured wall. Position the family member whose profile you want to trace in front of the wall, with the light shining at them so that the shadow of their profile is clearly thrown up on the wall behind them. Tape the

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piece of paper to the wall so that the shadow of their profile fills the marked 16" (40.6cm) area of the paper. Your family member may need to move closer or further away from the wall to make their profile smaller or larger. Make sure you can trace the front of the profile on the paper, but the back of the head is not important.

2. Get the family member to stand as still as possible (they may need to hold onto something for stability) and trace their profile.
3. Carefully, cut the profile out and set aside for use as a template later. Repeat for any additional pillows/family members.
4. Cut 2 pieces of canvas 1" larger than the measurements of your pillow forms for the front of each pillow. With 17" x 17" (43cm x 43cm) forms, that means each piece of canvas will be 18" x 18" (45.7cm square).
5. Cut a piece of quilting cotton 17" x 17" (43cm x 43cm) for each pillow.
6. Cut a piece(s) of doubled sided bonding sheet large enough to cover the entire back of each 17" x 17" (43cm x 43cm) piece of cotton. Iron the doubled sided bonding sheet to the back of each cotton square.
7. Trace your paper profile template onto the paper side of the doubled sided bonding sheet on the back of the cotton square, so that the straight edge of the profile template is flush to one side of the square.



8. Cut out the profile. Be careful when cutting as you will be using both pieces of cloth later, so cut exactly on the lines of the silhouette and don't throw anything away as both the positive image (the profile itself) and negative image (the space around it) will be used.
9. Lay the negative and positive image of each profile on top of the canvas pillow fronts so that there is a gap between the negative and positive image and approximately 1/2" (12mm) gap around the whole cotton square. To make the gap



between the profile images more uniform and the profile more visible you may need to trim

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away some of the fabric from the chin and/or the top of the head area. Mark the areas on the negative image where you want to trim with a disappearing marker pen and trim away the excess fabric. You may also need to trim  $\frac{1}{4}$ " (6mm) from the sides of the cotton square to give you a uniform  $\frac{1}{2}$ " (12mm) border around the cotton.

10. Peel the paper backing off the doubled sided bonding sheet and iron the profile pieces in place on the canvas, maintaining the gap around all the edges and between the negative and positive images.
11. Using the pattern page provided, trace 6 of each size oval onto the paper side of doubled sided bonding sheet.
12. Iron the 6 large and 6 small ovals onto the wrong side of scraps of canvas. Iron 6 medium ovals onto the wrong side of a variety of different cottons. Cut out the ovals. Remember to cut out the centre portion of the smallest oval, as marked on the pattern.
13. Peel the paper backing off the oval shapes and create 6 sets of ovals, by ironing each of the small canvas ovals to a medium cotton oval and then ironing the cotton oval to a large canvas oval. The ovals look best if they aren't totally aligned. Then, iron 3 oval sets to one side of each pillow, making sure they are evenly spaced.
14. Stitch around all the raw edges of the cotton and each layer of the ovals using a straight stitch or free motion machine embroidery going over your stitches a total of 3 times. Keep the stitching a bit messy for a sketchy look.
15. **PILLOW BACKS** – Create an overlap for the back of the pillow to form an "envelope" opening by adding 5" to one side of the measurements used for the canvas pillow fronts. So if you cut your canvas pillow fronts 18" x 18" (45.7cm x 45.7cm), then cut a piece for the back of each pillow 18" x 23" (45.7cm x 58.4cm).
16. Cut each back piece in half so, in the example that means that each piece will be 18" x 11½" (45.7cm x 29.2cm). This will give you 4 pieces in total, 2 for each pillow back.
17. Hem one 18" (45.7cm) side of each pillow back by folding over the edge by ¼" (6mm), pressing, and then folding the edge over another ¼" (6mm). By machine, stitch the hem down.



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18. Place the hemmed pillow backs on top of the pillow fronts with right sides together and with the hemmed edges overlapping and pin together.
19. By machine, stitch around all four sides of each pillow.
20. Turn the pillow right side out through the envelope opening. Stuff the pillow form into the pillow cover.

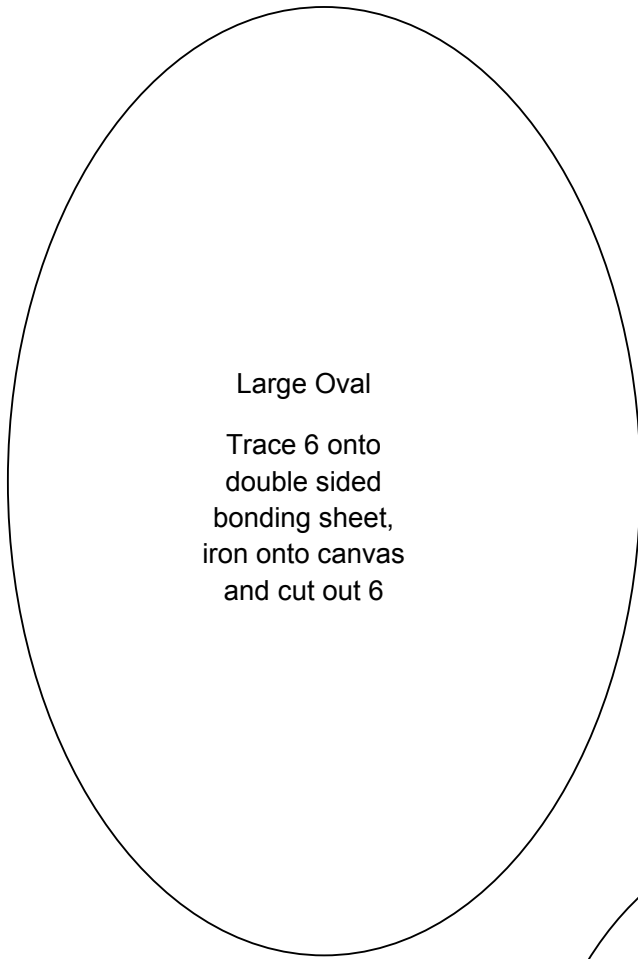
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Colleen Babcock is a craft and cloth doll designer, offering patterns, online classes, and in-person classes across North America and the UK. Visit [www.themagicbean.typepad.com](http://www.themagicbean.typepad.com) to see Colleen's teaching schedule, full range of patterns and to get your hands on other free projects.

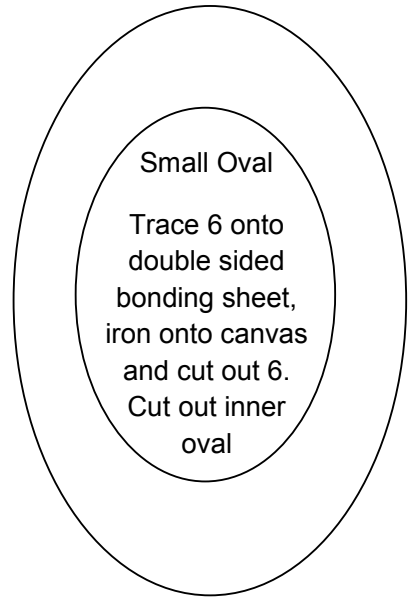


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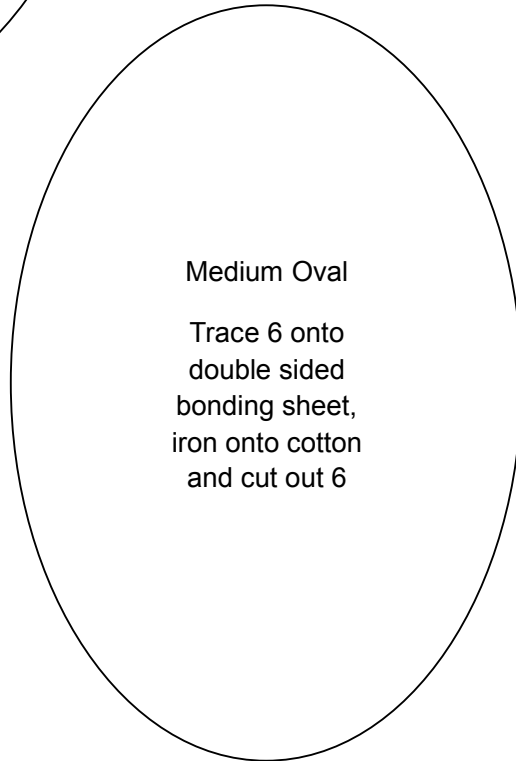
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Large Oval  
Trace 6 onto  
double sided  
bonding sheet,  
iron onto canvas  
and cut out 6

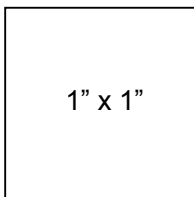


Small Oval  
Trace 6 onto  
double sided  
bonding sheet,  
iron onto canvas  
and cut out 6.  
Cut out inner  
oval



Medium Oval  
Trace 6 onto  
double sided  
bonding sheet,  
iron onto cotton  
and cut out 6

If this box does  
not measure 1" x  
1" (2.5 cm x 2.5  
cm) then please  
enlarge or reduce  
pattern  
accordingly.



1" x 1"