



Whoo's Sleepy Travel Pillow

An easy, sew fun project
Beginner Level



ROBERTKAUFMAN
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Designs

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Dear Girl Scout,

I'm glad you decided to make the Who's Sleepy Travel Pillow. Sewing is a great skill to have, because you can make so many different things for your room and more. Plus, it is fun to get together with your friends and make cool stuff. Have fun! -- Katie Amélie

Finished size: 14" x 17"

Getting Started

Supplies

Fabrics from the Robert Kaufman Girl Scouts® Fabric Collection:

- For the pillow & pillow case
 - 2 fat quarters for pillow
 - 1/3 yard for body of the pillowcase
 - 1/8 yard accent strip on the pillowcase
 - 1/3 yard for outer strip of the pillowcase
- For the (optional) owl applique
 - 5" square of orange fabric
 - 5" square of yellow fabric
 - 5" square of purple fabric

Other supplies:

- 12 oz. Bag of stuffing or poly-fill
- Fusible web like *Wonder Under*, or *Heat and Bond Lite*
- Rotary cutter, mat, and ruler

Overview

There are three easy steps to this project:

1. Cutting the fabric
2. Making the pillow
3. Making the pillow case (with optional appliqué)

Step 1 -- Cutting Fabric

Katie Tip: Squaring up your fabric is real important. When you're reading the next instructions, remember that the selvage is the white edge with the words and/or tiny holes.

Squaring your fabric -- Fold the fabric, so that the selvage sides are together at the top, and the fold is at the bottom (the selvage is the edge of the fabric with a white edge, writing, and/or tiny little holes). Iron out any wrinkles.

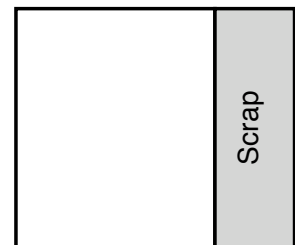
Lay the fabric on the cutting mat, with the fold on one of the horizontal lines. If the left edge is not straight with one of the vertical lines, cut the left just a tiny bit so that it is. Repeat with the right edge, if needed. Now your fabric is squared and will be much easier to work with.

Cutting WOF -- When you see something like "cut 12" x WOF" in a pattern, it means "cut a strip 12" by the width of the fabric." Here's how you do that: like before, if your fabric isn't already folded, fold the fabric so that the two selvage edges are together. Lay the fabric on the cutting mat, with the fold on one of the horizontal lines. Measure from the left edge of the fabric, and cut.

Katie Tip: To make sub-cuts, you can leave your main cut pieces with the long side running up and

down the cutting mat, but I think it's easier to turn the main cut pieces so that the long side is running left to right. Then, I just move my ruler over however many inches the diagram shows for the sub-cut, and make the cut. That way, I don't have to reach so far up the cutting mat.

Cutting the pillow pieces -- Cut the pillow fabric 15" x 18" as shown in Diagram A.



For the main body of pillow case, cut 12" x WOF, and sub-cut to a 12" x 33" rectangle.

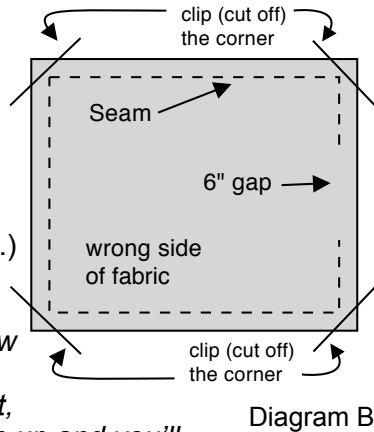
For the accent strip, cut 2" x WOF, and sub-cut to a 2" x 33" rectangle.

For the outer strip, cut 12" x WOF, and sub-cut to a 12" x 33" rectangle.

Set all pieces aside.

Step 2 -- Making the Pillow

Put the two 15" x 18" rectangles right sides together. Stitch a 1/2" seam around all four sides, leaving a 6" opening on one of the short sides. Clip the corners. (See Diagram B.)



Katie Tip: Clipping the corners will help the pillow lay flat when you turn it right-side out. If you don't, the extra fabric will bunch up and you'll have a lumpy pillow.

Turn the pillow right-side out. Use a chopstick, the end of a small paintbrush, or something similar to poke the corners so they are pointy.

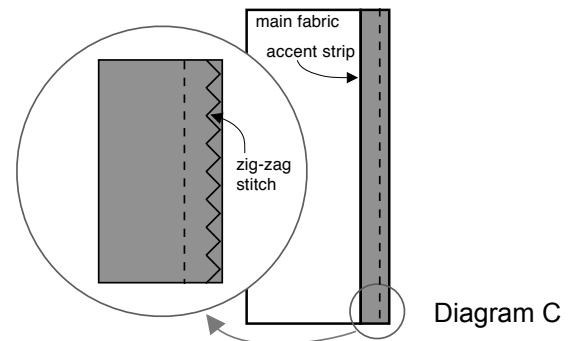
Press the pillow, making sure the fabric by the seams doesn't get folded inward. Stuff the pillow with the bag of stuffing. Whip stitch the opening closed.

Katie Tip: A whip-stitch is just a hand stitch that closes up the hole. It doesn't have to be fancy or pretty. Just make sure your thread matches the color of your fabric, and that you have a sharp needle. Make sure you put a good knot at the end of your thread.

Step 3 -- Making Pillow Case

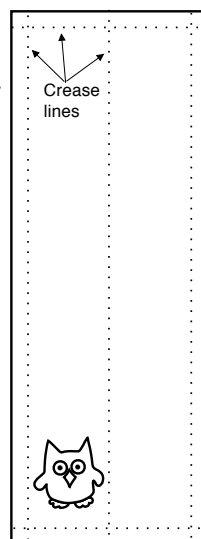
Attaching the body and accent strip -- Place the 2" accent strip on top of the 12" main body strip, with the long (33") edges lined up and right sides together. Pin in place, and sew together using a 1/2" seam.

Zig-zag stitch along the very edge of the fabric, so that the seam doesn't unravel when it gets washed. (See Diagram C.) Press the seam toward the main fabric. Set aside for now.



Adding the Owl (optional)

Owl Placement -- Take the 12" x 33" outer strip, and press in half lengthwise to make a crease. Open it up. Now, press a 1/2" seam all around the strip. Open the pressed seams. You will now have a 1/2" crease all around the strip, and a crease going down the center as shown in Diagram D. This will help you place the owl in the correct spot.



Making and attaching the owl -- Cut a 5" piece of Heat & Bond Lite. Trace the body of the owl onto the paper part of the Heat & Bond Lite, using a Sharpie marker.

Katie Tip: Taping the owl picture to a bright window can help you trace it on the Heat & Bond.

Place the glue side of the Heat & Bond Lite on the purple fabric. Press with an iron set on "wool" for about 6-8 seconds. Cut out the owl. Repeat this process with the eyes, beak, and feet.

Now, arrange the pieces onto the outer strip as shown in Diagram D. Tuck the feet under the body a bit. When the owl is the way you like it, press in place.

Stitching Around the Owl -- If your sewing machine has a blanket stitch, you can machine stitch around the purple part of the owl. Or, you could practice some hand embroidery by using a blanket stitch with embroidery thread, as shown in Diagram E.

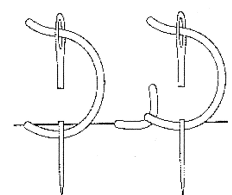


Diagram E

Attaching the Outer Strip

Marking the outer strip -- *If you added the appliqué owl, skip this step.* Take the 12" x 33" outer strip, and press in half lengthwise to make a crease. Open it up. Now, press a 1/2" seam all around the strip. Open the pressed seams. You will now have a 1/2" crease all around the strip, and a crease going down the center as shown in Diagram E.

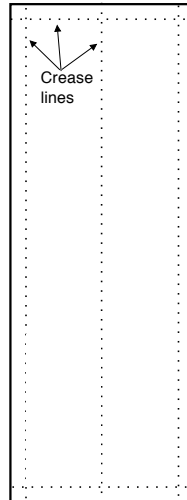


Diagram E

Attaching the outer and accent strips

-- Place the pillow case body (from the beginning of this step), and the 12" outer strip on top of the 2" accent strip, with the 33" edges lined up. If you have an owl on the outer strip, the owl should be closer to the outer edge, as shown in Diagram F.

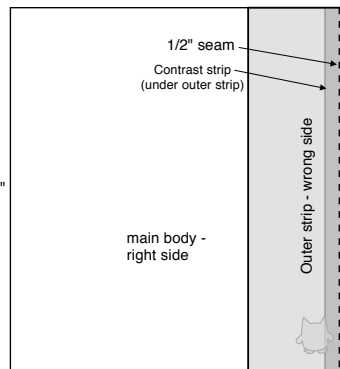


Diagram F

Pin in place and stitch a 1/2" seam. Zig-zag stitch the outer edge of the seam like you did before. Press the seam toward the outer strip.

Fold the pillow case so that the two short sides are together, and stitch around the bottom and side, leaving the side with the outer strip unstitched, as shown in Diagram G. Use a 1/2" seam allowance.

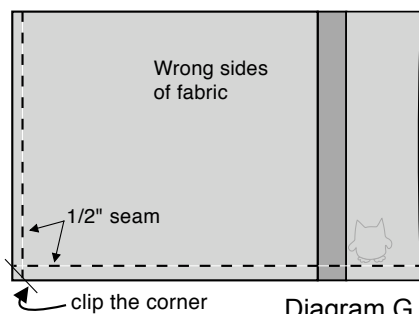


Diagram G

Clip the corner to remove bulk. Zig-zag the short, raw edge of the seam at the bottom. Press the side seam open, then zig-zag each side of the raw edge.

Turn the pillow case right side out. Using the center crease line, fold the outer strip in half. Carefully pin in place on the outside of the pillow, making sure to catch the folded part on the inside. Stitch just a bit to the right of the accent strip on the outer strip. See Diagram H.

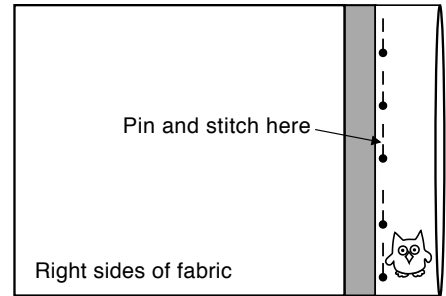


Diagram H

Put the pillow inside the pillowcase and enjoy your new Who's Sleepy Travel Pillow!

We at Amélie Scott Designs are always interested in seeing completed projects, so if you care to share, please email a picture of you and your quilt to katie@ameliescott.com. We will put your picture in our online gallery at www.ameliescott.com.

Now, enjoy!

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