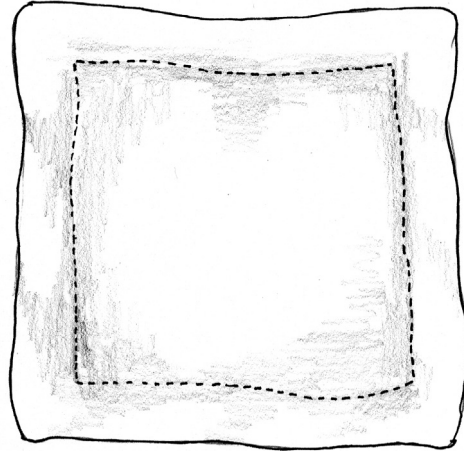




Flange Pillow

Introduction

This simple flange pillow is good experience in working with heavier weight fabrics. The pillow has a plain front and an overlap opening in the back to allow the insertion of a pillow form. This feature also allows the cover to be removed and cleaned. Once you have sewn the basic pattern, you can make one of any size, with or without the flange.



Tools, Supplies & Materials

Tools & Equipment

- Sewing machine
- Steam iron & ironing board
- Rotary Cutter*, cutting mat* & rotary cutting ruler*
- Straight pins
- 4" Sewing scissors*
- Marking pencil or chalk marker*
- Small ruler or seam guide (optional)

Fabric & Notions

Use medium-weight fabric such as denim or upholstery fabric (must be able to be ironed)

- 1/2 yard fabric
- One 14" pillow form
- Thread to match your fabric



Right side of fabric



Wrong side of fabric

Instructions

Cutting Out

- Iron the fabric first from the back to test for shrinkage before cutting.
- Use a rotary cutting system or make a paper pattern to cut the square and rectangles for the flange pillow.

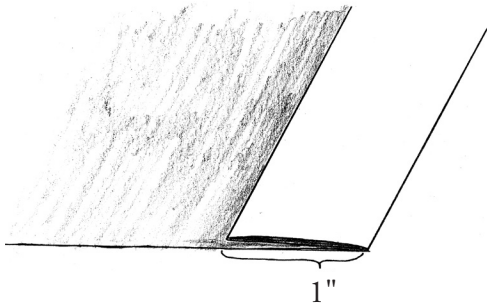
- Cut one 18" square for the front.
- Cut two 12 1/2" x 18" rectangles for back.

Note: It is difficult to tell the right and wrong sides on some upholstery fabrics. You might want to put a pin the back of each piece when you first cut them out.

* See Sewing Suppliers List at end of document.

Folding the Backs

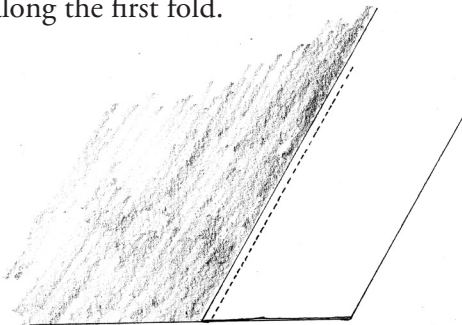
There are two different ways to finish the edges at the opening.



- One is to mark a line on the fabric to fold the edge toward. For this pillow, make a mark at 2" (1" doubled) on the wrong side of one of the 18" edges.
- Make another mark 1" from the first line.
- Fold the edge of the first piece to the first marking line. Press. Fold it again to the second. Press the second crease. Repeat for the other back piece.
- The second way of measuring the folds is to use a small ruler or seam gauge. This way is especially helpful for upholstery fabrics that are difficult to mark on from the back. Set the seam gauge at 1" and fold the fabric over against it, wrong sides together. As you press, slide the ruler along under the edge of the fabric, then fold and press as you go.
- Because the second fold is the same as the first, just fold it over and press the width of the first fold. Repeat for the other piece.

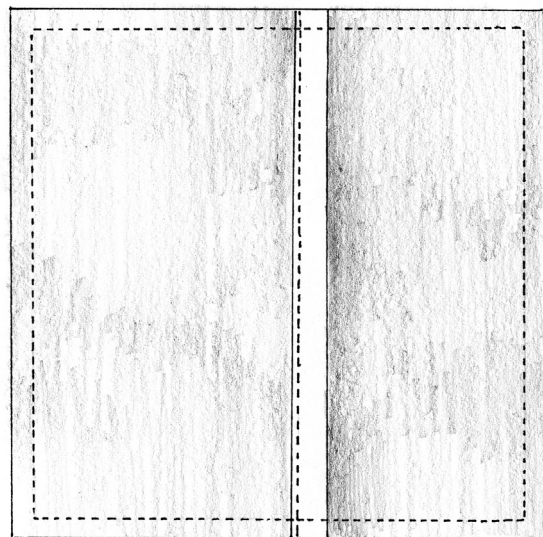
Stitch the Backs

- Pin and topstitch down the folded fabric along the first fold.



Pin the Pillow Together

- Lay the front *right side up*.
- Lay the back pieces *right side down* on the front piece, with the raw edges even. The pieces will overlap at the center. Trim edges even if needed.
- Pin the outside edges making sure to pin well where the edges overlap.
- If you would like to mark your corner pivots, mark an \times $5/8$ " from each corner.



- Sew around all 4 raw edges using a $5/8$ " seam allowance. Begin in the middle to avoid placing your starting and ending stitches in a corner. Take out each pin as you come to it.

Pivot Tip

Square corners don't poke out as well on heavy fabrics as those on lighter weight fabrics. As you get to the corner, stop one stitch short of the point, and pivot the fabric to take one slanted stitch diagonally across the actual corner point. Pivot again to realign with the straight edge stitching.

- When you have gone all the way around, overlap an inch from your beginning sewing and remove the pillow from the machine. Clip all threads.

Trimming and Ironing

- Trim the corners. It is important to eliminate the bulk, especially on thick fabrics.
- Turn the pillow right side out and poke out the corners.
- Reach inside the pillow and finger press the seams to open them up. This will help the seam roll out a little easier.
- From the outside, start rolling each seam to the edge. Press each seam as you roll it.
- Rolling the seam at the overlap will be a bit more difficult, but with a little work you can get the seam to the edge. Once all your edges are pressed, give the whole pillow an overall, final press.

Making the Flange

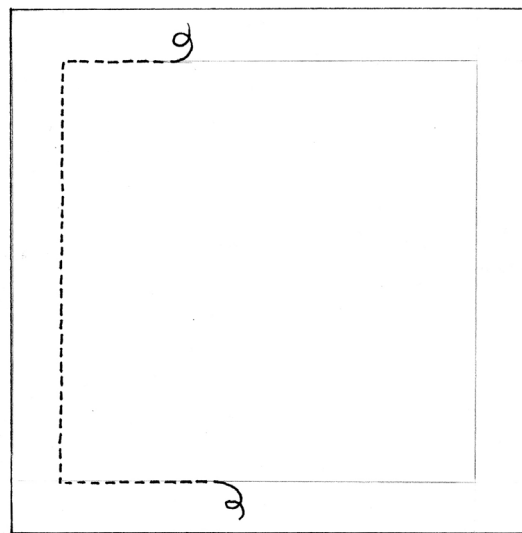
- Using chalk or a disappearing ink fabric marker, make the flange lines $1\frac{5}{8}$ " from the outside edge.

Fabric Marking Tips: Never iron on the purple ink of disappearing fabric marking pens. They may leave a residue.

If you don't want to mark on your fabric, you can use blue painter's masking tape to mark a seam allowance on your sewing machine bed, $1\frac{5}{8}$ " to the right of the needle.

You can also use pins to mark corner pivot points if you don't want to mark on your fabric.

- Start the flange stitching near the middle overlap. Backstitch to give a little reinforcement to the stitching. The pillow form will be pulled in and out through the overlaps and put stress on the seams. Neatly reinforce both sides where the fabric overlaps.
- As you sew, pivot the corners.



- When you have gone all the way around, backstitch at the end.
- Insert the pillow form through the opening on the back.

Your pillow is now complete and ready to use!

Review this video: [Project 10: Flange Pillow](#)

Watch the next video: [Project 11: Tote Bag](#)

Flange Pillow Variations and Tips

- Some heavier fabrics don't press well. For a nice, crisp edge, you can topstitch with a long edge stitch.
- If your fabric has a large design on it, allow extra fabric to center it the way you would like before you cut it out.
- If you want a pillow without a flange, make your outside measurement fit your pillow and skip the flange step.
- You can make pillows any size you would like. The inner measurement needs to be 1" *smaller* than your pillow form.
For instance, if you have a 16" pillow form, the area inside the flange stitching should finish off at 15". Then add the flange width you would like and your seam allowances.

Questions about Sewing?

Submit any questions for Crissa in the Q&A section on the course homepage or post it to our blog at www.sustainlife.org/blog/category/sewing/

Sewing Suppliers

Simply Fabrics

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