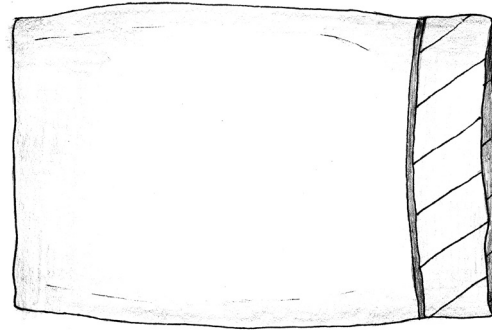




Pillowcase with Contrast Band

Introduction

Making this pillowcase will give you additional practice with French seams. All edges of the case are finished inside and out. It not only has a contrasting band, but an accent trim as well. This pillowcase will fit either a standard or queen-sized pillow.



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*
- Hand sewing needle
- Point turner

Fabric & Notions

Use medium to lightweight cotton fabric

- 7/8 yd. fabric for pillowcase
- 1/4 yd. contrast for band
- 1/8 yd. accent trim (optional)
- Thread to match fabric

-  Right side of pillowcase
-  Wrong side of pillowcase
-  Right side of band
-  Wrong side of band

Instructions

Cutting Out

Use a rotary cutting system or make paper pattern pieces to cut the rectangles and strips for your pillowcase.

Cut a 27" x 42" rectangle for the pillowcase

Cut a 8¹/₂" x 42" contrasting band

Cut a 1³/₄" x 42" accent strip.

Marking & Pinning

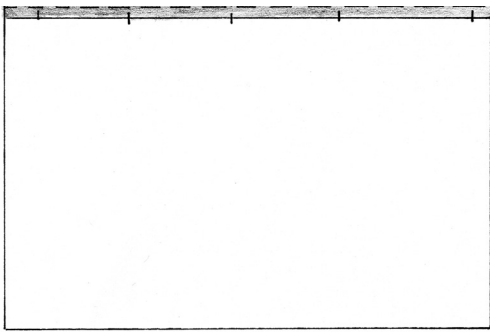
- Fold the accent trim strip in half lengthwise with wrong sides together and the edges even. Press.

* See Sewing Suppliers List at end of document.

Pressing Tip

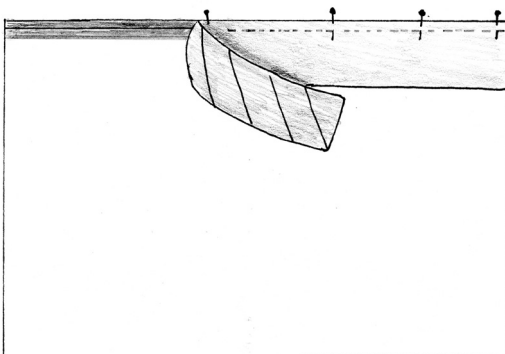
Make sure the strip stays straight on your ironing board as you press. If you press it curved, it will be harder to keep the trim straight as you sew your pillowcase.

- With a fabric marking pencil or chalk, mark a $\frac{3}{8}$ " stitching line along the folded (long) edge of the pressed trim piece.
- Open up the pillowcase fabric right side up. Lay the accent piece along the top edge of pillowcase, with raw edges even. Pin every 6 - 7".



Attach the Accent and Contrast Band

- Stitch with a $\frac{5}{8}$ " seam, sewing on the marked line.
- With right sides together, pin the edge of the contrast band to the long edge of pillowcase, with the trim piece sandwiched between the pillowcase and the band, matching raw edges.

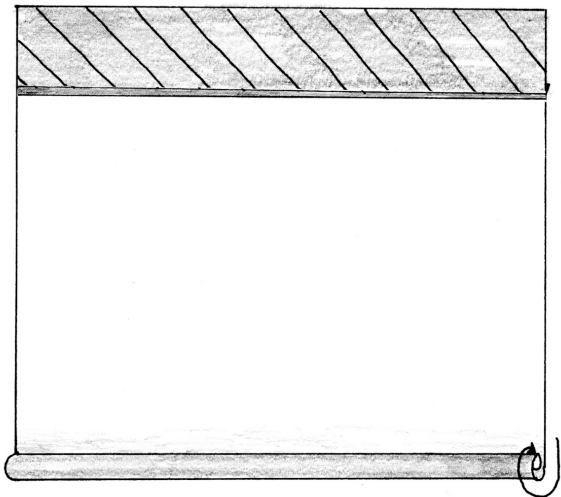


- Flip the pillowcase over. Sew the seam using the previous stitching line as a guide, only stitching slightly to the left of it. This ensures that the first row of stitches will not show on the front.

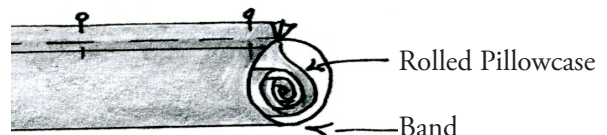
Tip: It is very important to sew these seams straight, or the accent trim will not be straight. Don't watch your needle – watch the stitching line as it approaches the guide on your presser foot instead. Put a little bit of tension on the fabric if you need to ease in any fullness between the pins.

Sew the Band Seam

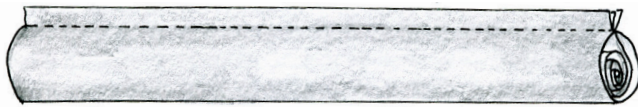
- Lay the fabric on a flat surface right side up with the band at the top. Beginning with the bottom, long unfinished edge, roll the fabric up until the roll is in the middle of the band.



- Bring the band around the roll until the seam edge and the unfinished edge of the contrast band meet.
- The *right* sides of the band will face each other with the single layer of pillowcase in between.



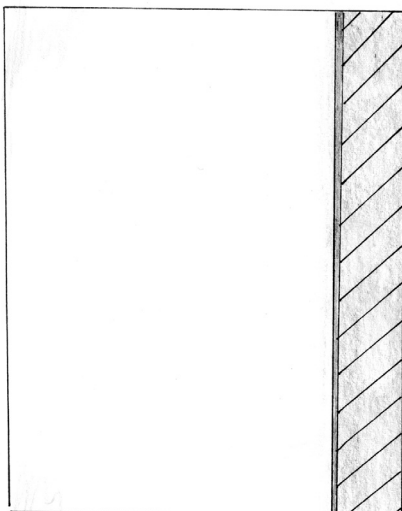
- Pin the edges of the roll together. Check that none of the rolled fabric inside will be caught as you pin. Start pinning in the center, working your way across the roll, pinning every 6 - 7". Make sure the edges are even.
- Sew, using the same stitching line as your guide. Again, stitch slightly to the left of the last stitching line so that the previous stitching won't show on the finished band.



Sewing Tip

When sewing a long seam, the top fabric often slowly inches forward. If you let it keep coming forward, you will end up with a twist in your band. Put a little tension on the fabric by pulling slightly from the front of and behind the presser foot to ease in any fullness between each pin.

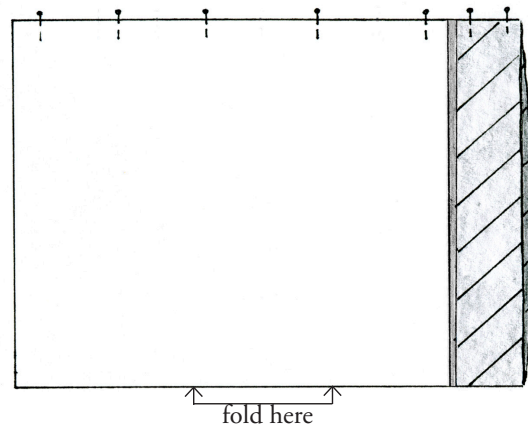
- Pull the pillowcase gently out of the tube to turn it right side out. This unusual procedure neatly encases the seams.



- Lightly press the seam from the front.
- Flip it over and press the seam open on the underside. As you press it, set the crease along the top edge of the band.

Sewing the Side & Bottom

- To make a French seam on the long edge of the pillowcase, fold the pillowcase in half, as shown, *with wrong* sides together.



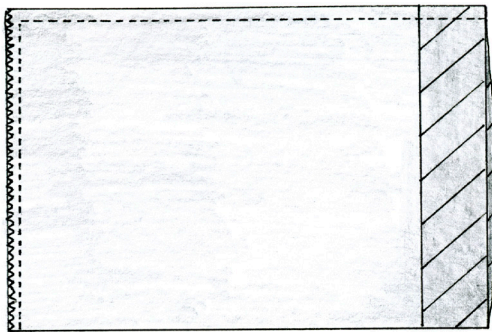
- Pin, matching the band and accent edges carefully.
- Sew the side seam with a $\frac{3}{8}$ " seam allowance, starting with the contrast band.

Sewing Tip

When sewing a large piece of fabric, make sure you keep the bulk of the fabric on the left side of your machine table so that the weight of your project doesn't pull against you and keep you from sewing a straight seam.

- Clip any loose threads.
- Slide the pillowcase onto the ironing board and press the seam open.

- Turn the pillowcase wrong side out. Roll the seam right to the edge and press it again.
- Pin the seamed edge again, with the *right* sides together. Start pinning on the band end, making sure that the seams of the accent and band line up. Look inside to check the alignment.
- Starting at the top edge of the band, sew the same edge with a $\frac{5}{8}$ " seam allowance to encase the raw edge.
- Pivot at the corner and continue sewing $\frac{5}{8}$ " across the bottom of the pillowcase.
- Without removing the pillowcase from the machine, lift the presser foot, flip the pillowcase over and set your machine to zigzag. Zigzag back across the across the bottom of the pillowcase to finish the raw edge.
- Before you get to the corner, trim off the bulk at the corner by cutting the fabric diagonally. Zigzag around the cut corner and backstitch.



- Turn the pillowcase right side out. Carefully poke out the corners with a point turner.
- Press the pillowcase making sure to roll the seam all the way to the edge as you press.

King Size Pillowcase Variation

For a king-sized pillowcase, you will need to add 6 inches to the length. Cut your original rectangle 33" long instead of 27".

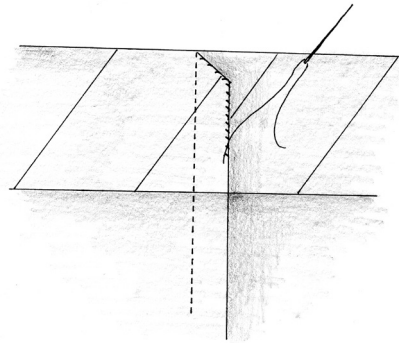
Hand Sewing

- Diagonally tuck in the upper corner of the $\frac{5}{8}$ " seam allowance. Thread your needle and make a quilter's knot.

Quilter's Knot

Make an **X** with your thread and your needle. Wrap your thread around the needle about 5 times, pinch the wraps and pull the thread through, sliding the wraps down to the end of the thread.

- Fold the crease over. Hide the knot under the seam. Hand stitch the French seam to the contrast band with small stitches that do not go through to the front. Knot the thread. Then pull the knot through the layers of fabric, hiding the tail inside the layers.



Your pillowcase is complete.

Review this video:

[Project 9: Pillowcase with Contrasting Band](#)

Watch the next video: [Project 10: Flange Pillow](#)

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

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