

PROJECT: Girl Power Pillow

Pieced girl blocks hold hands across a comfy lumbar pillow.

INSPIRED BY: *Stitching Together* from designer Karla Zadnik

QUILT TESTER: Diane Tomlinson



FABRICS are from the At Home collection by Cherry Guidry of Cherry Blossoms Quilting Studio for Benartex (benartex.com).

FINISHED PILLOW: 12×24"

FINISHED BLOCK: 8" square

MATERIALS

Yardages and cutting instructions are based on 42" of usable fabric width.

- ☐ 3— 5" squares solid brown and peach (pillow front)
- ☐ 3— 10" squares assorted florals (pillow front)
- ☐ 1/2 yard solid white (pillow front, pillow back)
- ☐ 1/4 yard house print (pillow front)
- ☐ 12×24" pillow form

CUT FABRICS

Cut pieces in the following order.

From each solid brown or solid peach, cut:

- ☐ 1-2 1/2" square
- ☐ 2-1 1/2×2 1/2" rectangles
- ☐ 2-1 1/2" squares

From each assorted floral, cut:

- ☐ 1-3 1/2×8 1/2" rectangle
- ☐ 1-1 1/2×6 1/2" rectangle

From solid white, cut:

- ☐ 2-12 1/2×14 3/4" rectangles
- ☐ 6-3 1/2" squares
- ☐ 9-2 1/2" squares
- ☐ 6-2 1/2×3 1/2" rectangles
- ☐ 12-1" squares

From house print, cut:

- ☐ 2-2 1/2×24 1/2" border strips

ASSEMBLE BLOCKS

Measurements include 1/4" seam allowances. Sew with right sides together unless otherwise stated.

Press seams in directions indicated by arrows on diagrams. If no direction is specified, press seam open.

1 For one girl block, gather a set of matching solid brown or solid peach pieces (one 2 1/2" square, two 1 1/2×2 1/2" rectangles, and two 1 1/2" squares) and a set of matching assorted floral pieces (one 3 1/2×8 1/2" rectangle and one 1 1/2×6 1/2" rectangle). From solid white, gather four 1" squares, two 2 1/2×3 1/2" rectangles, two 3 1/2" squares, and three 2 1/2" squares.

2 Mark a diagonal line on wrong side of each solid white 1" square and 3 1/2" square.

3 Align a marked solid white 1" square with each corner of solid brown or solid peach 2 1/2" square (**Diagram 1**; note direction of marked lines). Sew on marked lines; trim excess fabric, leaving 1/4" seam allowances. Press open attached triangles to make a head subunit. The subunit still should be 2 1/2" square including seam allowances.

4 Referring to **Diagram 2**, join solid white 2 1/2×3 1/2" rectangles to head subunit to make head unit. The unit should be 2 1/2×8 1/2" including seam allowances.

5 Referring to **Diagram 3**, sew together solid brown or solid peach 1 1/2" squares and assorted floral 1 1/2×6 1/2" rectangle to make arm unit. The unit should be 1 1/2×8 1/2" including seam allowances.

6 Align a marked solid white 3 1/2" square with each end of assorted floral 3 1/2×8 1/2" rectangle (**Diagram 4**; note direction of marked lines). Sew on marked lines. Trim seam allowances to 1/4". Press open attached triangles to make dress unit. The unit should be 3 1/2×8 1/2" including seam allowances.

7 Referring to **Diagram 5**, sew together solid white 2 1/2" squares and solid brown or solid peach 1 1/2×2 1/2" rectangles to make leg unit. The unit

should be 2 1/2×8 1/2" including seam allowances.

8 Referring to **Diagram 6**, sew together head, arm, dress, and leg units to make a girl block. The block should be 8 1/2" square including seam allowances.

9 Repeat steps 1-8 to make three girl blocks total.

ASSEMBLE PILLOW FRONT

1 Referring to **Pillow Front Assembly Diagram**, sew blocks together in a row; press seams in one direction. The row should be 8 1/2×24 1/2" including seam allowances.

2 Referring to **Pillow Front Assembly Diagram**, sew house print 2 1/2×24 1/2" border strips to top and bottom of row to complete pillow front; press seams toward border strips. The pillow front should be 12 1/2×24 1/2" including seam allowances.

FINISH PILLOW

1 Turn one short edge of each solid white 12 1/2×14 3/4" rectangle under 1/4"; press. Turn same edges under 1/4" again and stitch in place to make hemmed pillow back pieces. Each hemmed pillow back piece should be 12 1/2×14 1/4" including seam allowances.

2 Referring to **Pillow Back Assembly Diagram**, overlap hemmed edges of pillow back pieces by 4" to make a 12 1/2×24 1/2" rectangle. Stitch across overlap to make pillow back.

3 Layer pillow front and pillow back with right sides together. Stitch a scant 1/4" from outer edges to make pillow cover. Turn right side out.

4 Insert pillow form through opening to complete pillow.

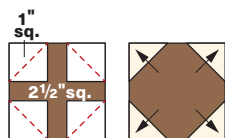


Diagram 1

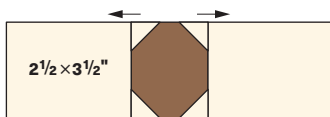


Diagram 2

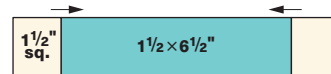


Diagram 3

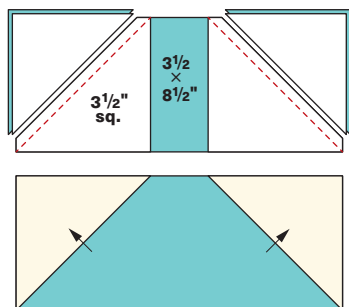


Diagram 4

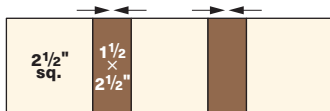


Diagram 5

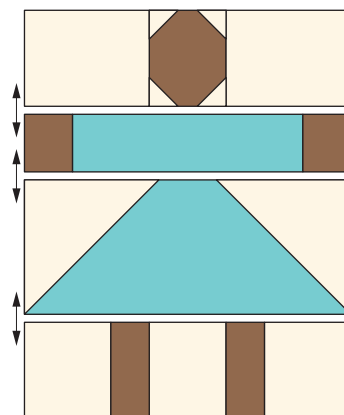
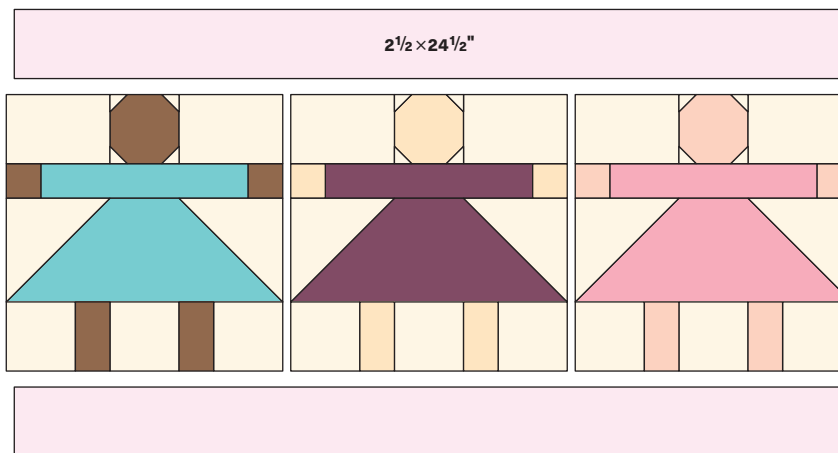
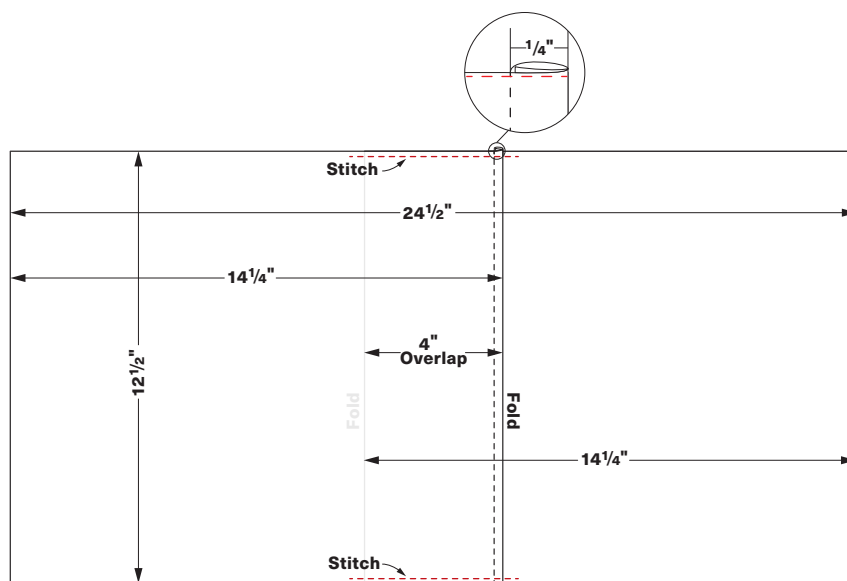


Diagram 6



Pillow Front Assembly Diagram



Pillow Back Assembly Diagram