

## HOW TO MAKE A QUILLOW

### Sizing

The measurements and fabric are for a 44" x 72" lap quilt that will fold into an 18" square. For larger or smaller quillow, follow this formula: Width is equal to finished pillow width x 2 ½. Length is equal to the finished pillow width x 4.

### Supplies

Five yards of 45" wide fabric: 2.5 of color no. 1 and 2.5 of color no. 2  
Batting to equal cut fabric, both body and pillow  
Coordinating thread, hand sewing needle  
Sewing machine, scissors, marking chalk, straight pins

#### Step 1 Cut Fabric and Batting

Cut a 19" fabric square in color 1, color 2 and batting  
Cut a 73" long piece of fabric from color 1, color 2 and batting

#### Step 2 Sew Quillow Together – Follow this step for both the pillow and the Quilt body

Place batting on flat surface  
Place color 2 RIGHT SIDE UP on batting  
Place color 1 RIGHT SIDE DOWN on top of color 2 fabric  
Pin fabric to batting.  
Sew around in a ½" seam leaving about an 8" opening for turning  
Reach into the opening between the two fabric layers and turn right side out  
Close the opening with hand stitches

#### Step 3 Secure the batting inside the pillow and the quilt body

The quillow can be quilted, tied or secured using a decorative tack stitch on your sewing machine

#### Step 4 Sew the Pillow to the Quilt Body

Lay out the quilt body so that color 2 faces up  
Center the pillow pocket flush against one width of the body at the head of the quilt with color 2 up  
Pin and sew the pocket on three sides leaving the side facing the quilt body open

### Folding

Place the quillow on a flat surface with the pillow pocket on the bottom  
Fold the quilt into thirds the long way by lapping the outside edges one over the other  
Pull the bottom of the pillow pocket up and over the lapped fold so that you turn the pillow pocket "inside out" over the body of the quilt  
Fold the quillow into thirds lengthwise  
Grasp the second fold, the one furthest from the pillow, and stuff it into the inside pocket as far as it will go  
Smooth out the lumps and wrinkles