



Make a Pillow Form

By: Amanda Berkeley

Level: Beginner

Finished Size: 18" X 18" (can be customized)

Please read through the ENTIRE pattern before you start cutting!

Requirements:

Light-colored fabric such as muslin (two pieces for EACH pillow)

Light colored thread

Poly-Fil Premium Polyester Fill

YouTube Tutorial Available!

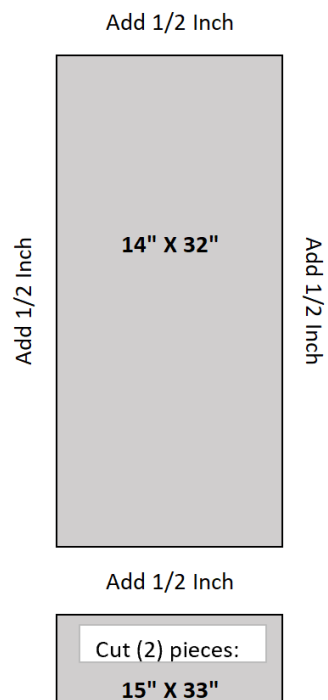
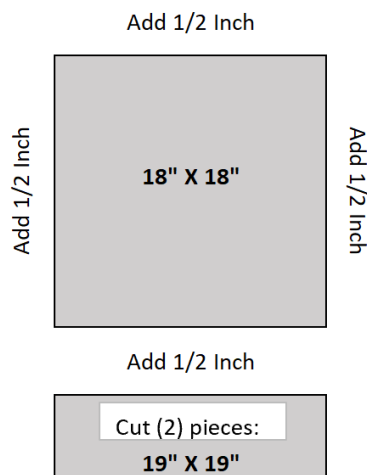
<https://www.youtube.com/@thequiltingbea>



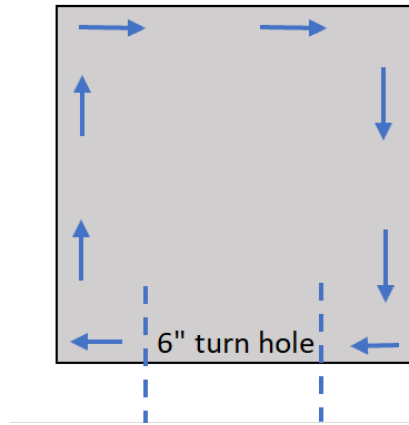
Instructions:

- 1) Determine the FINISHED size of the pillow you need in order to calculate the fabric requirements for the two sides of the pillow you need to cut (you will cut two pieces the same size). Amanda makes a standard 18" square pillow for the shop displays so that's what this pattern is based on. You can make rectangular or oversized pillows as well, the math is all the same:

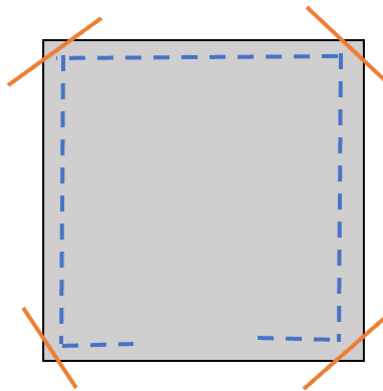
You need to add $\frac{1}{2}$ " to each side of your preferred finished pillow measurements to allow for seam allowances. The math for a finished 18" square pillow form = 19 inches ($18" + \frac{1}{2}" + \frac{1}{2}"$) by 19 inches ($18" + \frac{1}{2}" + \frac{1}{2}"$). Examples below:



- 2) Cut TWO pieces of muslin to your calculated measurements – in this case, two pieces of 19" x 19" muslin.
- 3) Pin around the edges, leaving a 6" turn hole, and stitch $\frac{1}{2}$ " all around, backstitching at the beginning and ending.



- 4) Nip off the corners, careful not to snip into the stitches, and turn the pillow form right-side-out.



- 5) Stuff with Poly-Fil; if the Poly-Fil is really dense, pull it apart before stuffing so it's nice and light and makes for a fluffier pillow.
- 6) Stuff to desired fluffiness and fold down the open edges of your turn hole, creating a $\frac{1}{2}$ " seam and stitch closed.

Voila! You now have a pillow form and can make your own Pillow Envelope Cover!