

True North Throw Pillows



Finished Size 18" x 18"

Materials:

1 m [Essex Linen Flax](#)

0.4 m [True North Red Plaid](#)

0.5m [Lite Steam-a-Seam \(18" wide\)](#)

1 spool co-ordinating thread for applique

1 spool aurifil thread

2 - [18" x 18" down/feather pillow insert](#)

Sewing Instructions:

1. From the **Essex Linen Flax** cut (4) 18 ½" squares
2. Create appliques; Print out the applique patterns; [I Love Canada](#), [Deer Head](#). Following the manufacturer's instructions, trace the Applique shapes onto the grid side of Lite Steam-a-Seam. Cut the shapes out leaving approximately ¼" outside the traced lines. Remove the plain paper backing and press with hot steam iron for 3 seconds onto the wrong side of the Red Plaid. Cut the shapes out exactly on the traced lines. Remove the grid paper backing, position the applique shapes as desired on the 18 ½"

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Squares. Press again with a hot, steam iron for 10-15 seconds. Stitch around each shape using a blanket or satin stitch.

3. Using a $\frac{1}{4}$ " seam allowance, sew 18 $\frac{1}{2}$ " squares with applique to a plain 18 $\frac{1}{2}$ " square right sides together, leaving an opening 7-9" at the bottom of the pillow to turn it right side out.
4. Turn pillow right sides out using a [point turner](#) to get crisp corners.
5. Insert pillow form and hand sew opening closed.



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