

HEART POST-SURGERY PILLOW PATTERN

Preview of the **Leather & Lace and Amazing Grace Project Pack (PS7400)**.
Full pack available when collection ships in AUGUST.



These 4 small projects benefit those going through treatment for breast cancer:

Heart Post-Surgery Pillow - Ideal to support and separate arm from chest; Optional pocket and shoulder strap

Seatbelt Pad - A must for post-surgery and chemo port protection from a car's seatbelt

Folio - Convenient storage for patient appointment paperwork, fits a standard file folder, or keepsake storage for loving cards and notes

Snuggles Patchwork Throw - An easy, extra-soft throw using the cheater patchwork print, backed in Moda's cozy Snuggles. 58" x 68"

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HEART POST-SURGERY PILLOW PATTERN

Part of the Leather & Lace and Amazing Grace Project Pack (PS7400)

SUPPLIES

1/2 YARD FABRIC (7400 11)

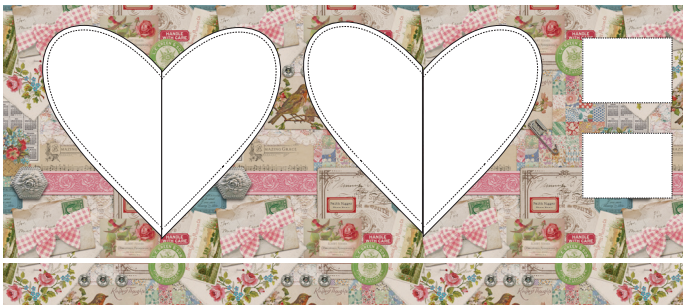
FIBERFILL OR OTHER STUFFING

OPTIONAL: Template plastic/cardstock

INSTRUCTIONS

Use a scant 1/4" seam allowance unless noted.

1. Make a copy of the Heart template on back of this page, and cut out/assemble shape following alignment instructions. If you have template plastic or other cardstock, trace the shape there for a more stable template.



Cutting Layout w/ Optional Strap & Pocket Pieces

2. Optional Strap & Pocket Cutting. Note, if using all one 1/2 yard of fabric, you will not have enough to fussy cut where the print lands on your heart.

- Before cutting your heart templates, cut (1) 2 1/2" x Width of Fabric (WOF) strip from the half yard.

- From the remaining yardage, cut (2) 4"x5 1/2" rectangles for the pocket.

What works for some people going through chemo or surgery, does not work for everyone. In Cathe's experience, the pocket seams were an irritant, but others aren't bothered and like the storage. If you're making to donate, a plain heart pillow is best.

3. Heart Template Cutting.

- Starting from one of the selvedge ends, fold over Right Sides Together (RST) approx. 8 1/2". Place Heart Template on the fold, and confirm the full shape fits on this folded fabric and that the print is facing the right way.

- Cut Heart Front out around template. Repeat folding & cutting again with the remaining fabric for Heart Back.

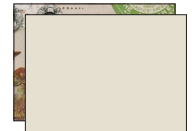


Fold Over & Cut Heart on Fold
Make sure fabric is right side up!

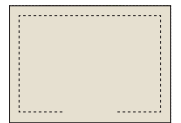
Skip to Step 6 if not adding pocket or strap.

4. Make the pocket.

- Place both pocket rectangles RST and pin to secure.



- Stitch around all 4 sides, making sure to backstitch at beginning and end, and to leave approx. 2" open on one long side to turn out.



- Turn pocket right side out and press flat, folding in the seam allowance from your opening. Top-stitch across TOP of the pocket before attaching.

- Center pocket on one of the heart pieces, on the Right Side of the heart fabric. Make sure your opening from turning out is at the bottom of the pocket so it catches in your top-stitching.

- Top-stitch around both sides and bottom of pocket to attach, approx. 1/8" from the pocket edge (make sure to backstitch at start and end of stitching to reinforce).



Center Pocket, making sure to leave over 1/2" around heart edges for seam allowance.

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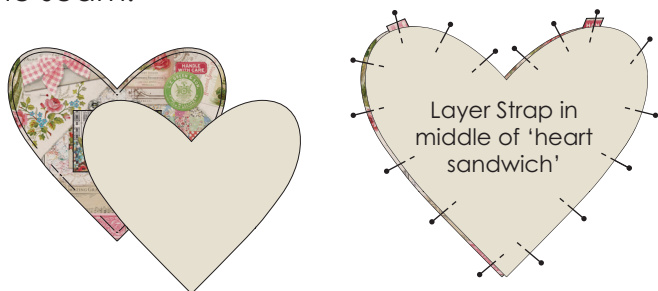
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5. Make the strap.

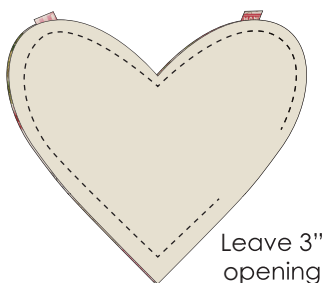
- Press in half Right Sides Together (RST) so that the long ends meet. Stitch down the long side, creating a long tube. Backstitch at beginning and end of seam.

- Turn tube right side out, and press flat. Top-stitch $\frac{1}{8}$ " down both sides to finish.

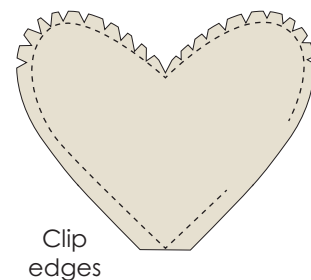
6. Layer heart shapes RST, and pin around edges to secure. If you are adding a strap, layer in the middle of the 'heart sandwich'. Pin each end to the tops of the curved sections of the heart as shown, making sure the bulk of the strap is out of the way in the center of the heart where it will not catch in the seam.



7. **USING A $\frac{1}{2}$ " SEAM ALLOWANCE**, stitch around edges of the heart, making sure to backstitch at beginning and end of seam. Leave an approx. 3" opening on one side to turn right side out. If you have a strap, backstitch once or twice where the strap starts/ends to reinforce. Double check the strap is only sewn in at the top where it's pinned.



8. Clip edges around the curves so they lay flat, and also trim off the 'point', making sure not to cut through the thread, just the seam allowance.



9. Turn right side out, and press, making sure to fold the seam allowance at the opening inside.

10. Fill heart with stuffing, making sure not to over-fill. You want padding, but not too firm either.

12. Close opening with a ladder stitch. If you have added a shoulder strap, simply tie a knot to adjust to the correct length.



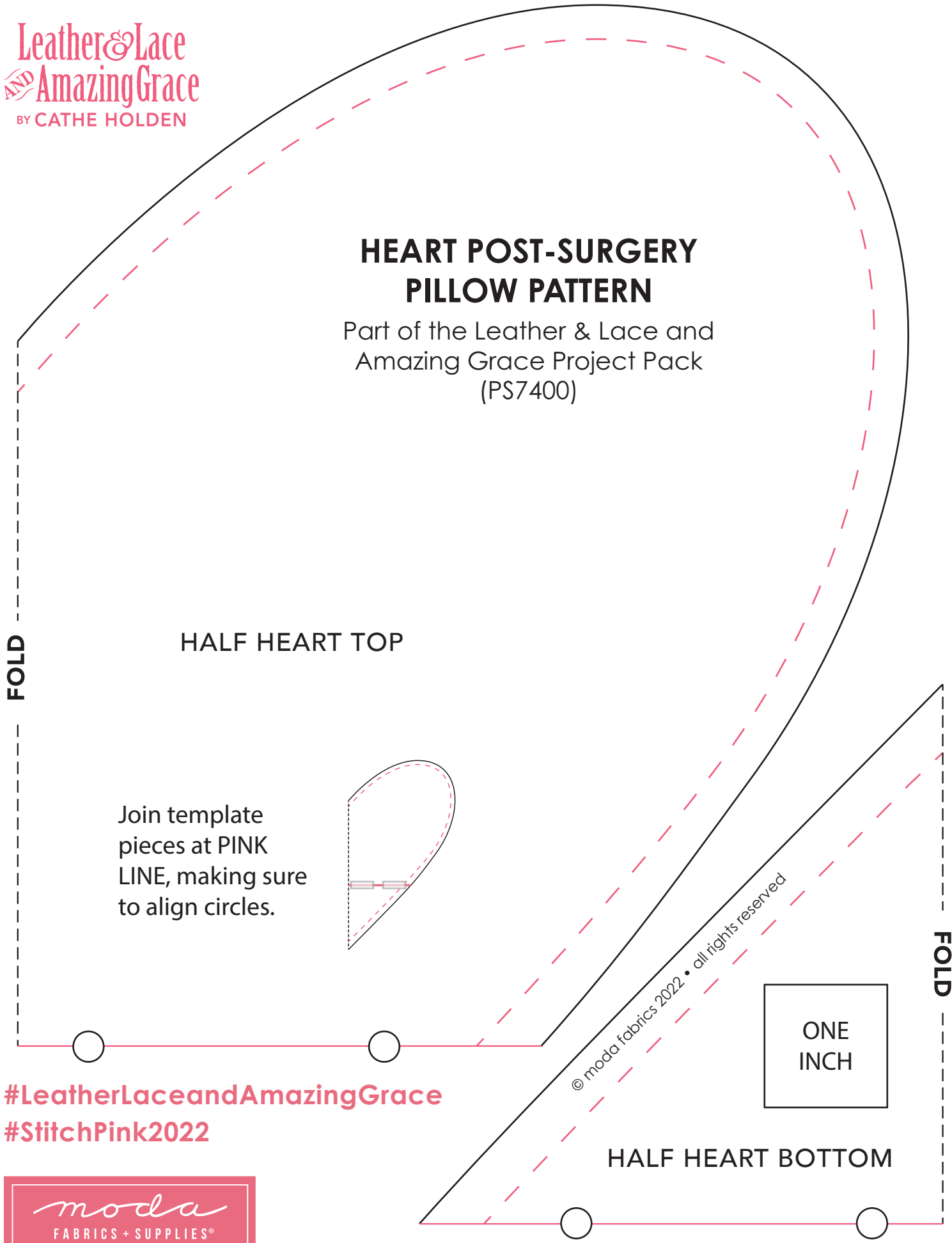
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updates, additional projects, and more
of Cathe Holden's journey.

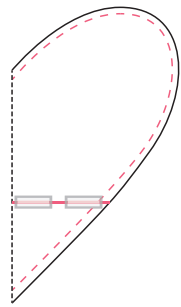
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HALF HEART TOP

Join template
pieces at PINK
LINE, making sure
to align circles.



#LeatherLaceandAmazingGrace
#StitchPink2022

