

comfort pillows

...a hug stitched for hope

You can help surgical patients by sewing these soft pillows to help hug away pain. This simple gesture says “I care” and often makes a difference to people when their lives are challenged by illness.

Helping someone feel better is so rewarding.

Sewing is too! Why not join groups from coast to coast sewing for people in need? These simple pillows stitch up in a flash and are perfect for anyone who sews or is interested in learning.



 **Husqvarna**

VIKING



a comfort series
...of your hands, from your heart

comfort pillows

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Many surgical patients, hospice patients or children in hospitals are given small pillows to use for support and comfort while convalescing. These Comfort Pillows are made to be held by surgical patients to provide support during recovery. They are made of soft fabrics and stuffed firmly with fiberfill. They can be decorated with anything soft and flat, such as embroidery, satin stitching, applique or hand-stitched letters.

Stitching Comfort Pillows is a great way to deplete your fabric stash, use up lots of fabric leftovers and make someone feel better all at the same time.

Directions are for square and rectangular pillows. To make heart-shaped or shaped-neck pillows, trace the full-sized patterns in the background of this page and add 1/2" seam allowances.

Cut 2
Fabric Rectangles

8" x 12-1/2"
8" x 17"
11" x 13"
9" x 10-1/2"

Finished
Pillow Size

7" x 11-1/2"
7" x 16"
10" x 12"
8" x 9-1/2"

Use fabrics that are comforting to the touch - fleece, microfibers, flannels, 100% cottons or velvets. Cut two rectangles for each pillow. Fabrics do not have to be the same. Play with some fun and cheerful combinations for children or soft, feminine designs for women. If you are planning to embroider a design, do so before pillow is stitched. Make sure that all traces of stabilizer are removed. Remember, these pillows need to be soft!

- Place fabric rectangles right sides together and stitch all sides using a 1/2" seam allowance, leaving a 4" opening to turn.
- Clip excess fabric at corners and turn. (For neck pillow and heart-shaped pillow, clip and notch inside and outside curves.)
- Press lightly, then stuff with fiberfill.
- Stitch fabric opening closed by hand or machine.

Copy the gift card below and attach one to each pillow with a personalized note from the stitcher.

Hint: Little fingers will surely want to get involved with this project. To make it easier, draw stitching lines on fabric with a fabric marker. Then, simply sew on the lines.

To decorate: Use the fabric marker to write a simple message on the front of the pillow. Using a heavy needle and acrylic yarn, stitch over the message with a running stitch.



To arrange for donation of your Comfort Pillows, contact your local hospital, hospice, or nursing home.

Neck Pillow Pattern. Place on fold.

Heart Pillow Pattern. Place on fold.