

## Sew Cool Cushion



### Designed by Christine Mitchell

Read instructions carefully before starting the project.

*Note: I almost never wash fabric before using, I use good quality fabrics and rarely have trouble. If you are using fabric that you think the colour may run, dampen a tissue and press against the doubtful fabric, if there is colour transfer, wash. A small amount of shrinkage would not be a problem with this project.*

### Tools Required:

- Brother Sewing Machine with zig zag J foot, zipper foot I, free motion foot O, overlock foot
- Fabric scissors, measuring tape, pins etc.

### Optional:

- Cutting mat, ruler and rotary cutter

### Materials:

- 35 x 35cm linen/cotton fabric for the cushion front or fabric of your choice (enough to make three)
- 35cm backing fabric (enough to make two)
- 35 x 35cm iron on pellon
- 35cm zip
- 35cm cushion insert
- Threads to match fabric

### Tip: To get to know your feet I suggest:

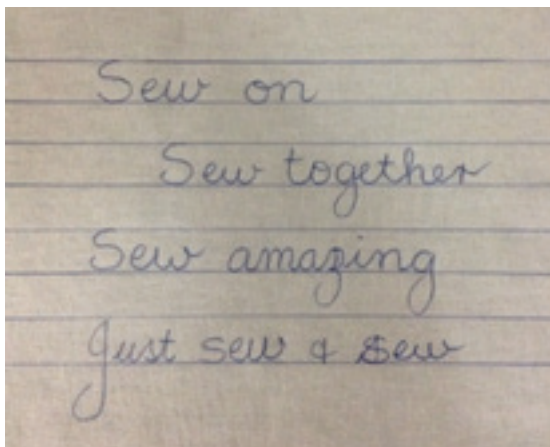
- That you read the instructions that come with the foot
- Do some quick exercise and keep your samples
- Write setting onto the fabric to remind you next time you come to use them
- Samples can be any size, I do them in the fabric I'm using if possible, size about 20 x 15cm depending on scrap fabric. Do them in the same weight fabric and stabilizer with pellon on one side to have the same effect as the cushion

### Cutting directions:

- Cut 35 x 35cm linen/cotton fabric for the cushion front
- Cut 35 x 35cm backing fabric and also 35 x 10cm of the backing fabric
- Cut 35 x 35cm iron on pellow

### To make the Cushion:

1. Iron the pellow to the back of the cushion front following manufactures instructions. Using a ruler and fabric erasable marking pen or pencil, draw eight lines 2.5cm apart starting 1.25cm each side of cushion centre front.
2. Decide what you are going to write, I liked the idea of sewing "Sew for So" but you could send any message on your cushion, or write a poem or rhyme.



3. Write message between the lines to gauge the needed space.

4. Attach the free-motion foot, lower the feed dogs.
5. Practice writing with free motion stitching on a spare fabric and pellow.
6. Stitch message on cushion front.

### Insert zip between upper and lower cushion back:



7. Place zip and lower cushion back right sides together along a 35cm edge and with zipper foot I, stitch down next to teeth.



8. Open zip and attach to upper cushion back right sides together, close zip (teeth will be exposed).



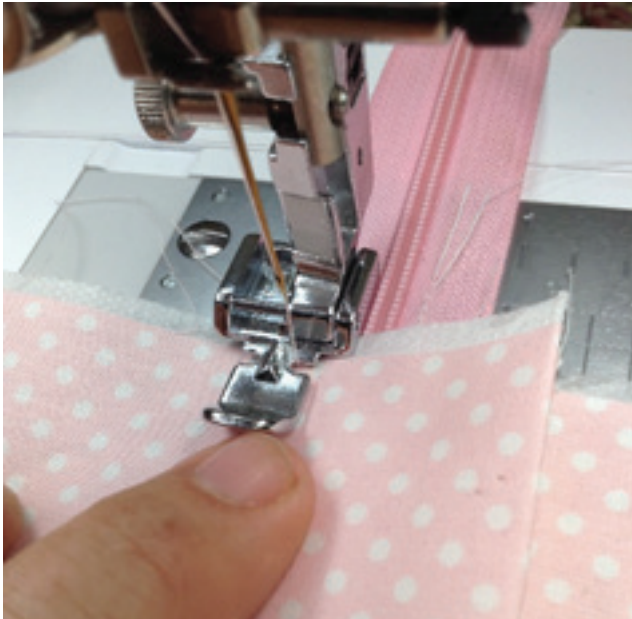
9. Change to the G foot and neaten raw edges with an overlock stitch.



10. I used the above shown overlock stitch.

11. Now make a deep fold with upper cushion back over the zip (the cushion back now measures 35 x 35cm).





Congratulations your Sew Cool Cushion is complete!



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12. From the top and with the zipper foot, stitch close to zip teeth on the upper cushion back.
13. Now the zip is well hidden, press cushion back carefully.

### **Join front cushion to the back:**

14. Cushion front right side up.
15. Cover with cushion back right side facing down, right sides together, pin.
16. Stitch around outside edge with 1cm seam.
17. Tidy edges with overlock stitch.
18. Turn right sides out and press carefully.
19. Insert cushion insert.