

TRAVEL PILLOW TUTORIAL



The following will provide step-by-step instructions on creating the travel pillow pictured above. Information is provided throughout this tutorial on the materials, as well as alternatives, used in constructing the pillow. Mama's Boy Design, LLC is in no way affiliated with any brand name items listed nor should their identification be considered endorsement. The information provided is for personal use only and reproduction or other than personal use of this tutorial requires the express written consent of Mama's Boy Design, LLC. If errors are noted or corrections are needed, please contact me at Mike@mamasboydesign.com

Materials List

- **Travel Size Pillow Form** - For this tutorial, I will be using a 12"x16" pillow insert. However, the pattern can be easily adapted to fit larger travel pillows such as 14"x20".
- **Fabric** – You will need fabrics in the following quantities:
 - Center Panel – 1 Piece cut to 6"x12"
 - Side Panels – 2 Pieces cut to 3"x12"
 - *The Side and Center Panels can be of the same material, as seen in the "in-process" photos*
 - Texture Panels – 2 Pieces cut to 5.5"x14"
 - *This is an approximate size. You will need to test your fabric along with your shrinking polyester fabric (see below) to determine the actual size required. Once the fabric has been steamed, the resulting textured fabric panel should measure approximately 4"x12"*
 - Piping – 4 Pieces cut to 3"x14"
 - Back Panels – 2 Pieces cut to 12"x12"
 - Circle Applique Fabric – 1 Piece approximately 4" square

ALL STATED SIZES INCLUDE A 1/8" SEAM ALLOWANCE

- **Piping Cord** – You will need approximately 60" of 3mm or 5mm cording, depending on your preference.
- **Shrinking Polyester Fabric** – There are several manufactures who make this product under various names. Some of the more popular are Texture Magic™ by Superior Threads, Fabric Magic by Pellon, and Heat N Shrink by Floriani.
- **Stabilizer** – You will need the following stabilizers to complete the project:
 - 1 Piece of Tear-Away. Size will depend on the size embroidery hoops your embroidery machine uses. This will be used to complete the monogram applique.
 - 2 Pieces of woven stabilizer such as Trilon or No-Show Mesh. Size will depend on the size embroidery hoops your embroidery machines uses. These will be used in the creation of the textured fabric panels.

MONOGRAMING THE CENTER PANEL

Using whatever software you have available, or the fonts built into your embroidery machine, create a circle applique with a monogram that measures approximately 3" in diameter (in the sample, the diameter of the finished applique is 3.25").

Mark the middle of your center panel to ensure proper placement. Hoop the fabric along with your tear-away stabilizer. In the examples shown below I am using Durkee EZ Frames for the Baby Lock Destiny 2, so instead of tear-away stabilizer I used a Sticky-Back Tear-Away. Pay special attention if your fabric has a directional print (as an example, the bird print used on the pictured sample). Complete each step of the applique using a coordinating piece of fabric and embroidery thread



Please Note – this tutorial focuses on the construction of the pillow and not on the creation of the applique monogram. I will do a separate tutorial on that at a later time 😊

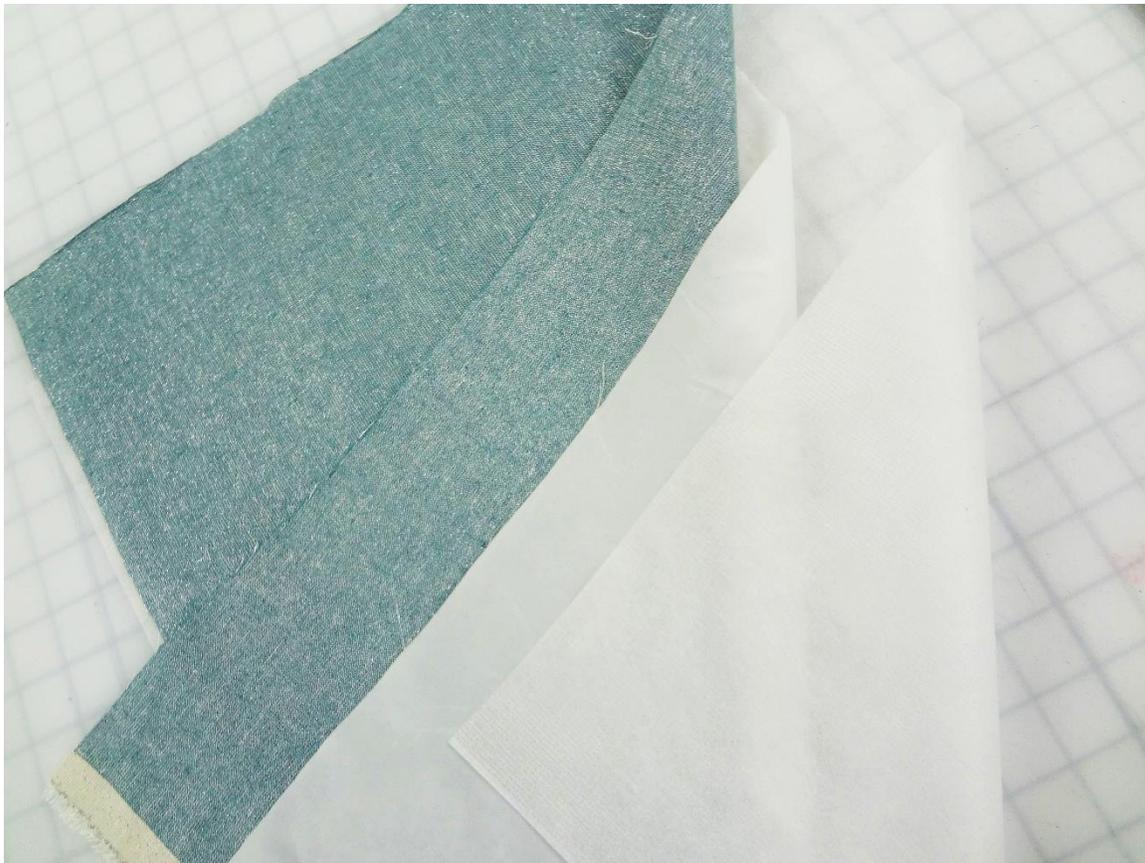
Once you have completed monogramming the center panel, set it aside and begin construction of the textured panels.

TEXTURED PANELS

I am providing two methods for creating the textured panels depending on the capabilities of your embroidery machine – each will achieve the same result. In both methods, I used a contrasting thread color that coordinated with my fashion fabric.

METHOD 1

When creating the samples for this tutorial, I used the Baby Lock Destiny 2 (a single needle flatbed machine). One feature of this machines is the capability to add a background fill stitch to your designs or to various shapes. One such design is the traditional lattice or diamond stitch. If the embroidery machine you own has similar capabilities, this is the easiest and fastest way to create the “grid work” needed to achieve the look of the textured panels in the samples. Following the instructions provided in your User’s Manual, you will create a rectangle approximately 5.5” wide and 14” long (if the stitching capabilities of your machine are smaller than 14”, you would have to complete this step in multiple hoopings). Apply the lattice or diamond fill stitch to this shape. Using the appropriate embroidery hoop, you will hoop your project. The following picture will show you the correct way to layer and hoop your project.



Your project consists of a layer of woven stabilizer, a layer of the shrinking polyester fabric, and a layer of the fashion fabric, in that order from bottom to top.

Stitch your design. Remove the completed project from the hoop and trim your finished project leaving a $\frac{1}{2}$ " of seam allowance on all four sides. Complete the second panel in the same manner.



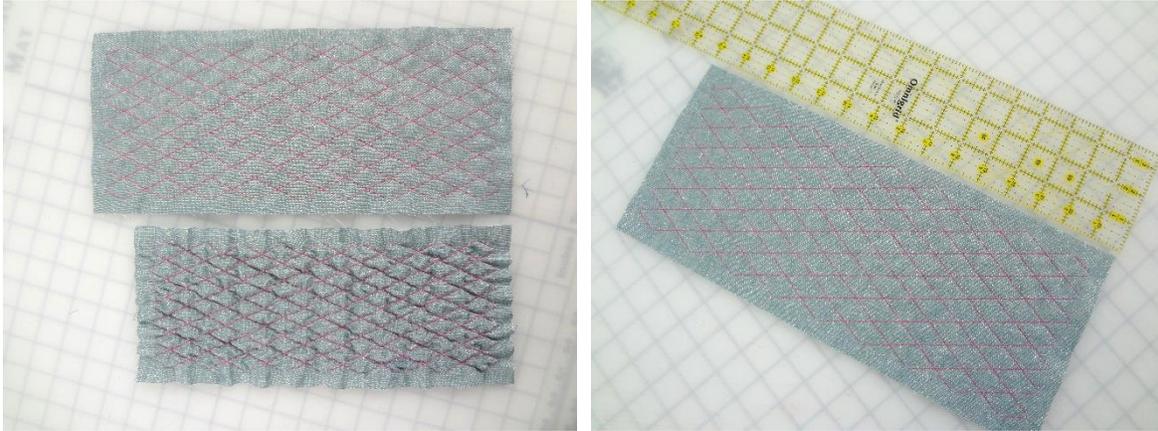
Using Method 1

METHOD 2

If your embroidery machine does not have the capabilities listed above, you can achieve the same results using a sewing machine. Layer your fabrics and stabilizer as shown above. Using a temporary marking pen or chalk, mark a rectangle that is approximately 5.5" wide by 14" long. Stitch a grid within this rectangle. You can use a temporary marking pen or chalk to draw an evenly spaced grid or use a quilting bar if your machine can accommodate one. For results similar to those shown in the example, the grid should be stitched on a 45 degree angle. Complete the second panel in the same manner.

SHRINKING THE FABRIC –

Following the manufacturer's instructions, use a steam iron to heat the completed panel. The shrinking polyester fabric will cause the panel to shrink in size by approximately thirty percent, depending on the brand used. It's always smart to do a test to see how much the product you are using will shrink.



The photo on the left shows the panels before steaming (top) and after steaming (bottom). The photo on the right shows the completed panel after trimming but prior to steaming.

PIPING

Most sewing/embroidery machines include a piping/cording foot as well as a zipper foot. Using whichever foot you prefer, create your four lengths of piping. I used the zipper foot to create the piping and to piece the top panel together. After all four pieces of piping are sewn, trim your seam allowance to $\frac{1}{8}$ ". One of my favorite tool for trimming piping is the Groovin' Piping Trimming Tool by Susan K. Cleveland (www.PiecesBeWithYou.com).



PIECING THE PILLOW TOP

You now have all the panels needed to piece together the pillow top. You can piece them in any order that you choose, however, given the thickness of the textured fabric I found it easier to attach those panels to the piping first and then attach that unit to the fashion fabric. Again, I used the zipper foot which allowed us to stitch nice and close to the piping. The following photographs will illustrate the process.



Here you can see the pieces that will make the top of the pillow laid out and ready to be stitched. From left to right the pieces are: side panel, piping, textured panel, piping, center panel, piping, textured panel, piping and side panel.



In an effort to make working with the textured fabric easier, I attached the piping to both sides of each textured panel prior to attaching the fashion fabric. Again, I am using the zipper foot to piece my pillow top. You could also use a piping/cording foot.

1. The piping is attached to each side of the texture panels by aligning the cut edge of the seam allowance on the piping with the cut edge of the texture panel and stitching. You can use the zipper foot or your cording/piping foot to complete this step.



After the piping has been attached to the textured panels, attach the side and center panels. The photo on the right shows the top once all panels have been joined and the excess fabric has been trimmed away.

2. Next, attach the side and center panels to the textured panels (which now have the piped edges). Place your side or center panel and textured panel with right sides together and stitch. Again, you will use the zipper foot or your cording/piping foot to complete this step and as always, pay attention to pattern direction, if necessary.
3. Once all panels have been joined, trim the bottom and top of your pieced top. Total height should measure 12".

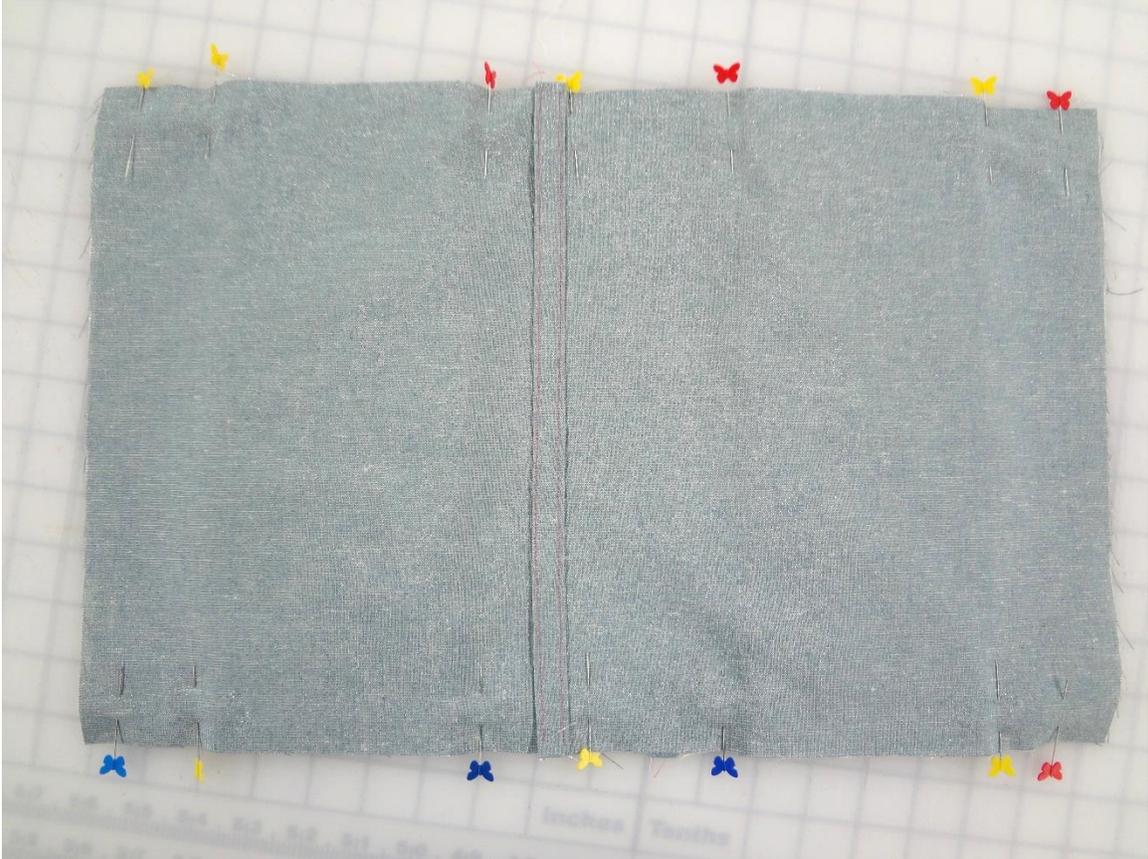
ADDING THE BACK PANELS AND COMPLETING THE PILLOW

4. At this point the top of the pillow case is complete and you are ready to attach the back panels. On each of the 12" x 12" back panel pieces, create a finished edge by turning one of the raw edges back approximately $\frac{1}{2}$ " twice and top stitch.



Here you can see the finished edges of both back-panel pieces.

5. To attach the back-panel pieces, with the completed pillow case top facing right-side up, place the two back pieces right-side down, aligning the edges of front and back pieces. The two back pieces will overlap by approximately $2\frac{1}{2}$ ". I used a few pins along the top and bottom edges to help keep the pieces aligned as I stitched them together.



The two back panel pieces and the completed top are pinned with right sides together.

6. Using a quarter-inch seam allowance, stitch around all four sides of the pillow case.
7. Turn the pillow case right-side out and iron. Make sure to clip the seam allowance in the corners to get a nice sharp corner when you turn the case right-side out.
8. Using a quarter-inch seam allowance, top stitch around all side of the pillow case.



Stitching approximately $\frac{1}{4}$ " from the edge on all sides of the pillow case.

ENJOY YOUR NEW TRAVEL PILLOW!



You can see in the sample above that the pillow case is slightly longer than the pillow form when compared to the sample pillow shown at the beginning of the tutorial. The exact same measurements were used in the creation of both pillow; however, the shrinkable polyester fabric used in each sample was different name brands. Each brand or shrinking polyester had a slightly different amount of "shrink", resulting in the difference in width.

If you have questions or would just like to get in touch with me, you can email me at Mike@mamasboydesign.com