

PILLOW COVER

To cover a 12" x 22" lumbar pillow for use with KT's pillow sleeves, you will need:

FABRIC - 2/3 yd.

trim to: 22 1/2" x 29 1/2"

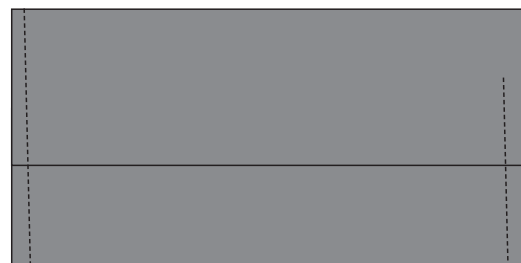
To coordinate an existing 12" x 22" pillow, create a pillow cover with fabric. On each 22 1/2" end, fold under 1/4", press, fold under again, press. Top-stitch close to folded edges with gold cotton thread. Fold stitched edges into center, right sides together, overlapping about 2"; pin ends. Stitch ends; turn pillow cover right side out. Insert pillow in opening.

Tips: For a custom look, sandwich the pillow cover with batting and backing cut 24 1/2" x 31 1/2". Crosshatch quilt overall or as desired. Bind each end of the pillow with (2) 2 1/2" x 14 1/2" strips.

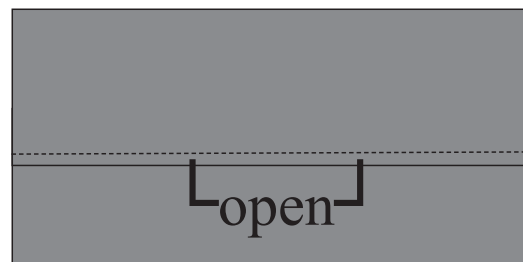
If you don't have a 12" x 22" pillow, make a pillow form with batting and batting scraps. Fold a 22 1/2" x 24 1/2" piece of batting in half and sew a seam to create a 12" x 22 1/2" tube. Stitch across one end. Stuff batting tube with bits of leftover batting or fiberfill (I've used stuffing from an old pillow). Stitch remaining end closed. Insert in pillow cover.



Fold ends under and topstitch close to edges.



Overlap finished edges about 2", right sides together; stitch ends.



Turn pillow cover right sides out; insert pillow in opening on back.