

QUILTBLX

Small Project Patterns for Quilting & Sewing

THE PILLOW CASE PROJECT

Doubles as a
Laundry Bag

Finished Size: 20" wide x 34" long

What is The Pillow Case Project?

The Pillow Case Project is an effort to eliminate the black plastic garbage bag used by CPS workers and/or police officers to collect a child's belongings when it has been determined that the child needs to be removed from an unsafe home environment.

No child should have to face the indignity of having their personal possessions stuffed into a garbage bag at one of the most traumatic moments in their young life.

While nothing can eliminate the trauma of being removed from their home – a cheerful / pretty pillow case they can use to gather their belongings - and that they get to keep, is a small step in the right direction.

Why this pattern is - and will always be - free to use - While this pattern and the pillow cases created using these instructions won't solve the underlying problems - they can become a gift to the child facing this heartbreaking situation. I created this pattern to bring to light the difficulty of these moments in the life of the child, their family and the officers and care workers trying to keep everyone safe.

This specific pattern - QB154 - The Pillow Case Project is free to use and share for this purpose, and this purpose only. *Please note - sharing of patterns *without express permission from the designer / copyright owner* is illegal.

Looking for a place to donate your Pillow Case in your community?

Community Outreach Officers: Most areas have a community outreach officer within their local police department. This officer may be able to receive your donation and redistribute the pillow cases to police officers to carry in their vehicle so they have them when the need arises.

Children's Protective Services: These state agencies have offices in most communities. Call first to find out who the donation coordinator is and ask to speak with them. Explain the reason for your donation - they should be able to accept your donation and redistribute the pillow cases to CPS workers in the field.

A final note: I highly recommend individually packaging each Pillow Case you create and donate - in a plastic zip bag. This will keep them clean and ready when they are needed.

Good To Know

Read - all the way through the instructions very carefully, skipping steps may cause you problems at future stages in your project.

Choosing fabrics - I use 100% cotton fabrics for this pattern, pre-wash and then press (I love to use Best Press) all fabrics before I work with them. Doing so makes the fabrics so much easier to work with and my cutting more accurate.

- **Fabric washing tip:** I use a long basting stitch on my machine to fold over and stitch the raw / cut edges on my fabrics before I wash them in the machine. This helps to nearly eliminate raveling and it's easy to remove the basting after the fabrics are washed and dried.
- **Pressing after washing is also very important** - I always use a light spray of Best Press to restore a little of the body and make the fabrics easier to handle before I cut into them.

“Some colors (like red, navy blue or black) are more prone to bleeding and I want to know that - and eliminate the problem, before my project is complete.”

- **If I am at all worried about fabric bleeding** - I also use Color Catcher sheets in the wash (or wash fabrics with white vinegar) before using in a finished project. They are available in the laundry section of most any grocery store.
- **Some colors** (like red, navy blue or black) are more prone to bleeding and I want to know that - and eliminate the problem, before my project is complete. Wash them until there is no further sign of bleeding - your fabrics could need multiple washes to eliminate the excess dye.

Sewing - Use an accurate 1/4" seam (unless otherwise specified). A 1/4" foot for your machine is a great investment.

Pressing - Press seams at each step before moving on to the next step. Normally I press seams to the darker fabric but sometimes it's important to press a seam in a specific direction. If that's the case - I will let you know at that step.

Thread - use a good quality thread (I like 100% 40wt or 50wt cotton) for both piecing and quilting in most projects.

Fabric Requirements

FABRICS	WHERE USED	AMOUNT NEEDED	CUT TO SIZE
Fabric 1	Pillow Case Body	1 Yard	(1) 36" x 42"
Fabric 2	Casing Channels	1/8 Yard	(2) 3" x 16"
Fabric 3	Drawstring	1/8 Yard	(1) 4-1/4" x 42"

Assembly

You will be making a body, two casing channels and a drawstring. The goal is to create a completely finished Pillow Case - with no exposed raw edge seams. You could use French Seams - or follow the Rolled Seam process outlined below.

Body:

1. **Fold "Body" fabric** (right sides together) so it measures (approx.) 22" x 36".
2. **With Right Sides Together** - stitch a seam 1/2" from the 36" edge. This first seam is just to hold everything together in preparation for the next step.
3. **Fold over the raw edge** a scant 1/4", press - and then fold over again to encase the raw edge of the seam.
4. **Stitch this seam** in place. **See Diagram 1.**
5. **Repeat steps 1 through 4** for the bottom seam of the Pillow Case body.
6. **To hem top opening** - fold over raw edge 1/4" and press. Fold over another 1/4" and press. Stitch the hem down from the inside - right at the edge of fold. **See Diagram 2.**

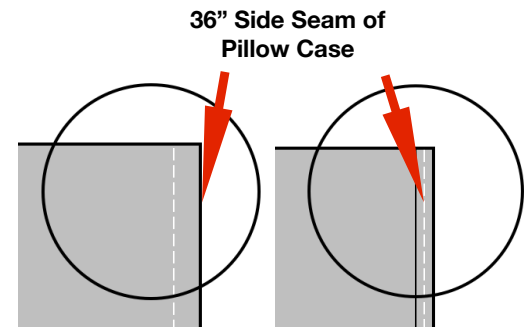


Diagram 1

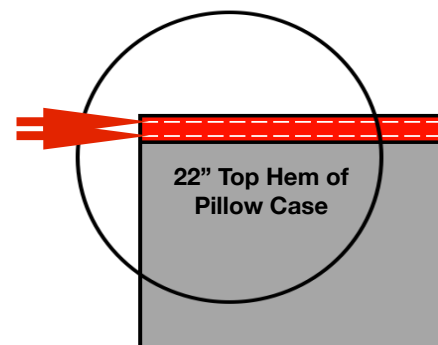


Diagram 2

Tip: I add another stitching line right at the outer edge of the hem. This gives the hem a more finished feel and is a little stronger. You could also use a double needle for this step if you prefer.

Casing (functions like an extra wide belt loop):

1. **Press 16" edges** under 1/4"
2. **Press 3" ends** under 1/4" and then fold over another 1/4" and press to create a rolled hem on each 3" end of both strips.
3. **Stitch rolled hem** (I stitch right next to both sides of each rolled hem to give it a more finished feel). **See Diagram 2.**

Drawstring:

1. **Sew a rolled hem** (**See Diagram 2**) on one end of the 4 1/4" x 42" drawstring.
2. **Right Sides Together** - sew a seam 1/4 inch from the 42" raw edge. This creates a long "tube".
3. **Using a Bodkin**, a Purple Thang or your favorite large safety pin - turn the drawstring tube right side out.

Putting it all Together:

1. **Lay the Pillow Case body complete flat and find the center** of one of the casing pieces and the center of the Pillow Case body. Position the casing 2" from the top opening - matching the centers of the casing and the Pillow Case body. Pin in place. **Tip:** I place a ruler inside the top edge of the pillow case while I am pinning so I don't pin through all the layers. **See Diagram 3.**
2. **Stitch the casing in place** along the top and bottom edges (leave the short ends open) - back tack at the beginning and end of your stitching lines for extra strength.
3. **Repeat for the casing** on the other side of the Pillow Case body.
4. **Thread the drawstring** through both casing sections - make sure that the drawstring is flat (not twisted).
5. **Pull both ends** of the drawstring away from the body of the Pillow Case so you have a little room to maneuver.
6. **Insert the raw end of the drawstring** into the hemmed end of the drawstring and stitch into place so it is a continuous loop. **See Diagram 4.**

Note: If needed - adjust the length of the drawstring so that it lays flat - and does not extend beyond the edges of the Pillowcase Body.

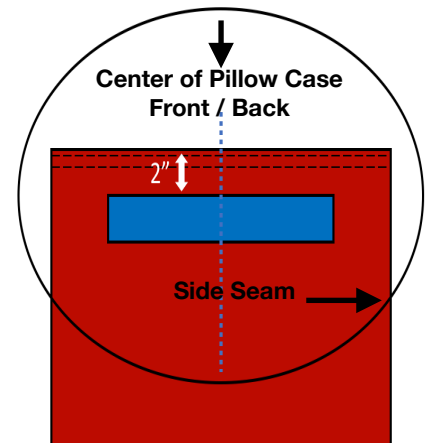


Diagram 3

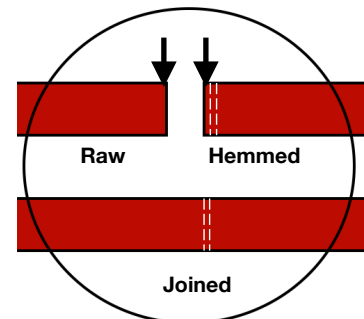


Diagram 4

Final Thoughts:

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