

Youth Sewing Event

Join the

Pillow Patrol



Make a Difference in YOUR Community!
Create pillowcases as part
of a community service project

Mark your calendars and plan this special Youth Sewing Event



Contact your local independent dealer to participate in this event.

*For more information and project directions, call
1-800-4-SEWING or www.sewingeducators.com*

Sewing Educators Alliance



PILLOW PATROL PILLOWCASE

Join the **PILLOW PATROL!** Rally your friends to help make **PILLOW CASES** for hospital pediatric wards, homeless shelters, domestic abuse safe houses and victims of natural disasters. It's easy, fun and it feels good to help other kids who may not be sleeping in their own bed tonight!

Follow these simple instructions by eXpresSew® sewing patterns. Read everything carefully before you begin. Stitch with 1/2" seam allowances. Backtack at the beginning and end of each seam.

Stuff you'll need for each pillow case:

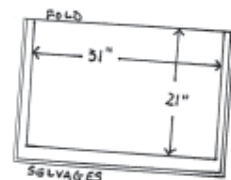
1 yard of lightweight cotton or cotton-poly fabric, 45" wide in non-directional print
1 3/8 yards of grosgrain ribbon, 3/8" wide
Thread

Tools to gather together:

- Tape measure
- Ruler or yardstick
- Pencil
- Scissors sharp enough for fabric
- Iron
- Sewing machine
- Large safety pin

Cutting:

Fold fabric in half with selvages together. Trim one raw edge perfectly square to the selvage. Measure and place a few marks 31" from the trimmed edge. Draw a line along these marks. Measure 21" from the fold and again, place some marks. Draw a line along these marks, too. (Diag. 1). Cut on the lines.



Diag. 1

NOTE TO SEWING EDUCATORS AND GROUP LEADERS: Pillow Patrol's pillow case project is suitable for beginner sewers with supervision or for intermediate and advanced sewers working independently. Sewing techniques include cutting from measurements, pressing, fusing with iron, topstitching, buttonhole application, machine stitching simple seams and threading ribbons through a casing.



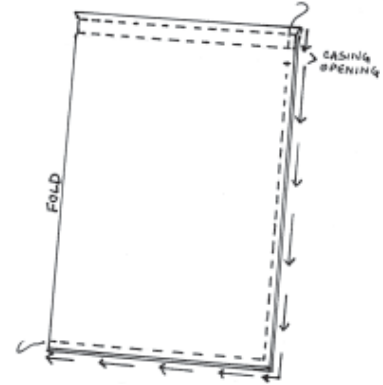
Diag. 2

Sewing:

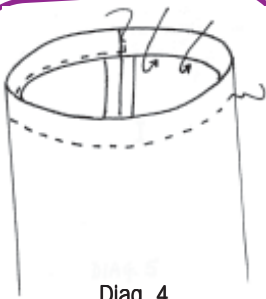
Open your piece of fabric. Along the top edge, fold under $\frac{1}{2}$ " to the wrong side and press. Tuck under another 1" along this edge and press again for your drawstring casing. You won't stitch this edge until later so leave it folded but don't pin yet. (Diag. 2)

1

Fold fabric in half again bringing short edges and right sides together. Don't forget to leave the casing edge open. Pin the side and bottom edges. Starting from the top, stitch only $1\frac{3}{4}$ " down. Jump $\frac{1}{2}$ " and continue stitching down the side and along the bottom edge. The gap in your stitching is the casing opening for the drawstring. (Diag. 3) Turn right sides out.



Diag. 3

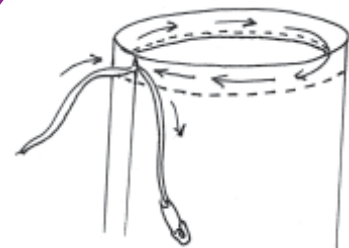


Diag. 4

Finger press the seam open at the top and refold the casing along pressed edges. Topstitch the folded edge on the inside around the casing. Now, press it nice and neat! (Diag. 4).

3

Pin the safety pin to one end and thread ribbon through the casing in and out of the opening. Knot the ends together. (Diag. 5). Insert your pillow or gear and pull the knotted ribbon ends to cinch the top closed.



Diag. 5

DIY Tips:

- *Just in Case* A casing is the folded opening at the top of a bag, waistline, end of a sleeve or pant leg where elastic, ribbon or cording can be threaded through. Casings also are found on the front edge of hoods where cording is threaded through.
- The selvage is the tightly woven edge of the fabric. Trim the selvage off because it shrinks more than the rest of the fabric and can cause seams to pucker.
- Personalize your pillowcase by adding rick rack, ribbons or trims. Or, embroider a favorite design onto one edge of the pillowcase..
- Always read the fabric content and washing instructions on the end of the bolt of fabric at the store. Pre-wash fabrics before you sew to prevent shrinkage.
- To turn a corner, stitch down one side of the project. Stop stitching when you reach the seam allowance marking of the perpendicular seam. Put the needle down, lift the presser foot. Turn the fabric. Put the presser foot down and continue sewing. Pivoting makes nice square corners
- Change the needle every three projects. A sharp, straight needle makes sewing easier and makes smooth, flat seams.
- Take your machine to your local dealer for regular professional service to keep it running its best.

Pillow Patrol

Sew these fun pillowcases with your friends. Kids helping Kids!

- ❖ Pillow Patrol Pillowcases will be greatly appreciated and accepted by the following groups: Hospitals, Women's Shelters, Homeless Shelters, and other local relief organizations.
- ❖ Contact your local independent sewing machine dealer and find out how you can help sew for the less fortunate in your community. Remember, these pillowcases will help people in your own home area.
- ❖ Get your children, grandchildren, daycare kids, and schools involved with this National project. This is a great community service project for a church group, Girl Scouts, 4-H, school project and more.
- ❖ Visit www.makeadifferenceday.com for more information on this worthwhile community service day event.
- ❖ Want to refresh your fabric stash? Donate your existing fabric to make these pillowcases.
- ❖ Please contact your local independent sewing machine dealer to work with them to arrange for delivery of the pillowcases to the chosen local charitable organization in your community. These independent retailers will act as the collection site for the completed pillowcases. Youth are encouraged help the participating dealer with the actual delivery, but should not attempt to deliver these directly to the charitable organizations themselves without adult assistance or approval of the recipient organization.
- ❖ Kids can add a special note or picture on paper to each pillowcase they complete. Please keep the message generic as in some cases, recipients will not be determined until delivery date. Please do not sign last names or put addresses on the gifts, unless the group's name or number and address of the adult leader/advisor is used.

Here's an example:

"This pillow is a gift from Girl Scout Troop #165, Portland, Oregon. It is made with good wishes for you for Make a Difference Day. Love, Kathleen."

Not sure who to contact in your community? Visit www.vdta.com for a sewing dealer locator or call 1-800-4SEWING.

Sponsored by the Sewing Educators Alliance, a Sewing Dealers Trade Association program.

Contact Information:

VDTA/SDTA, 2724 2nd Ave., Des Moines, IA 50313 Call 1-800-367-5651 or visit online at www.sewingeducators.com or www.vdta.com for more information.

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