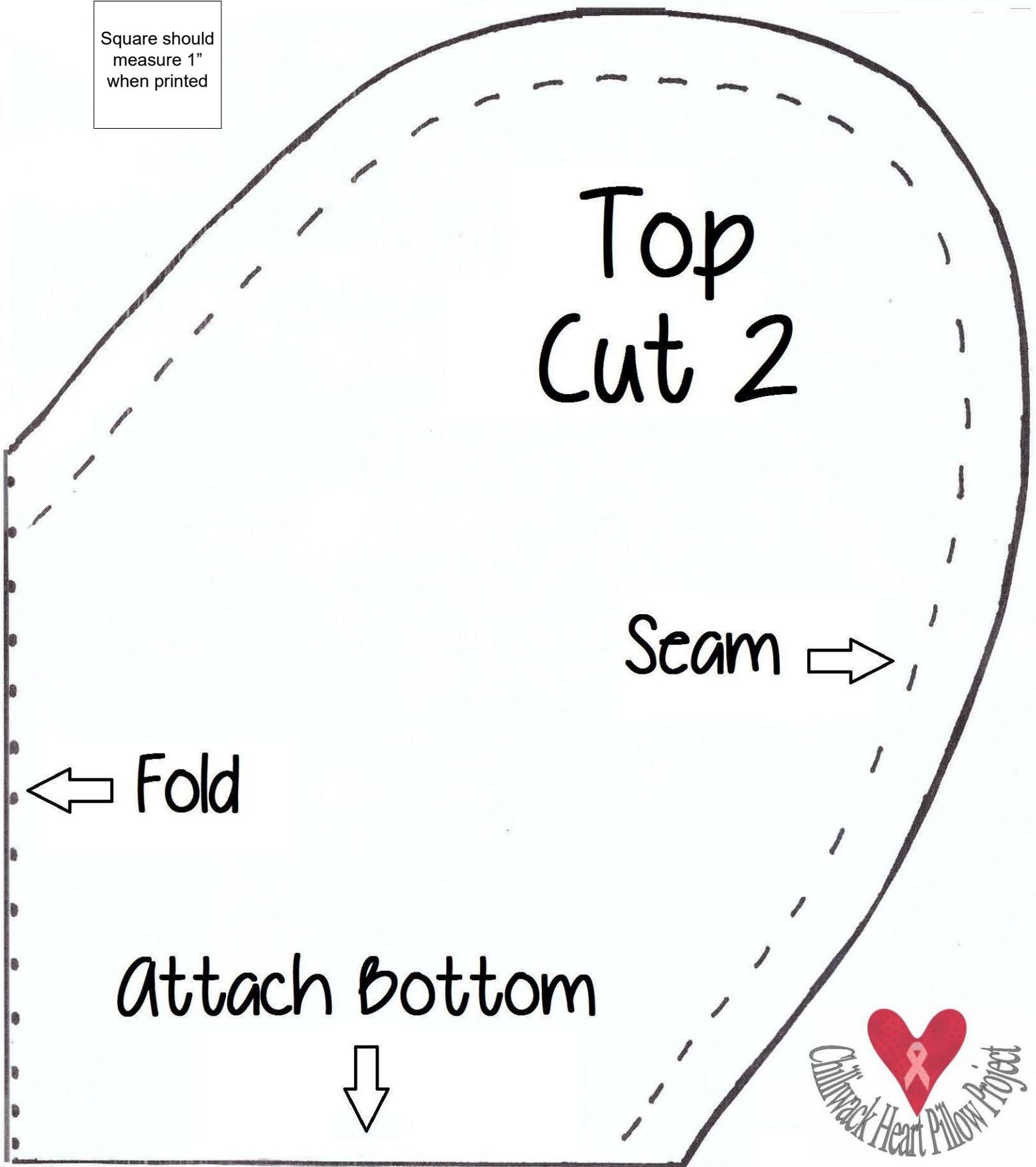
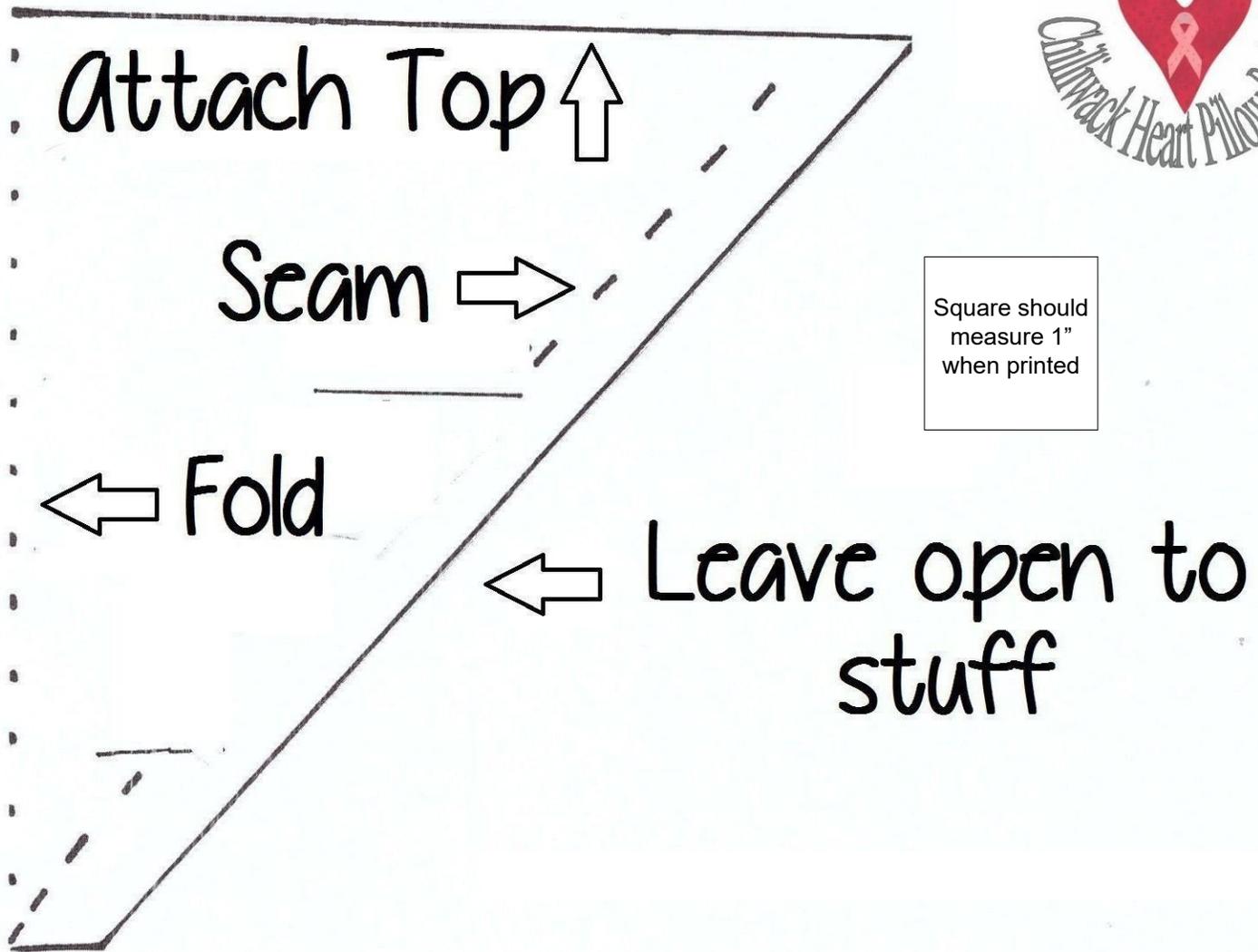


Breast Cancer Heart Pillow Pattern

Square should
measure 1"
when printed





Directions

- Use soft cotton fabrics. The finished pillow should be washable.
- You will need two pieces of fabric, each approx. 16"x20" (40 cm x 50 cm)
- Pin pattern to fabric and cut. The seam allowance is already included.
- Place the two heart shapes right sides together and stitch all around, leaving approx. 4" (10 cm) open.
- Trim excess fabric at the tip and clip seam allowances at the curves and the upper inside corner.
- Turn pillow through the opening.
- Press lightly and stuff with approx. 170 g of washable fibrefill. It is important to use this amount. If the pillow is too soft, it will not work the way it is supposed to.
- Stitch opening closed.

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This pattern is protected by copyright. It may be shared with anyone who would like to make a pillow. Commercial use is strictly prohibited, no woman in need of a heart pillow shall ever have to pay for one. If you have finished heart pillows to donate to the program and can't bring them to the guild meetings, please contact me. I will be happy to pick them up.