

## Flower Power Pillow

PATTERN INCLUDED

**An exclusive S4H project for Janome Canada**

Design by Anne Adams, Instructions by Liz Johnson,  
Structure Solutions and Sample by Michele Mishler

Peace and love are flowing your way courtesy of the flower children at Sew4Home. This latest S4H exclusive project for Janome Canada is a unique Flower Power Pillow that will be a fun addition to your favorite pillow pile.

It's a beginner-friendly project, but it does feature several techniques that are excellent learning opportunities for someone new. Even more experienced sewists may find something they haven't seen before or recognize an old skill they can brush up on. You'll find step-by-step instructions for fussy cutting with a pattern frame, decorative stitching tips, making a custom covered button, how to cinch a shape using pearl cotton, and even some handy notes on pillow stuffing.

There's a free petal pattern to download. S4H recommends printing the pattern first then using it to scour your scrap stash for just the right cuts. If you are new to blending colors and patterns, take a look at the tutorial: [The Top 10 Designer Tips for Blending Colors and Prints](#). It outlines the S4H secrets to great style, like how to create a color balance and vary scale and proportion.

The Flower Power Pillow is reversible with eight petals front and back. S4H used six different fabrics for the best blend, but you could use up to sixteen different cuts or reduce it all down to just one. As always, the final fabric decisions are up to you.



**Sew4Home** provides inspiring tutorials that are expertly designed and have easy to understand instructions with gorgeous photography. Get to know Sew4Home better visit [Sew4Home.com](http://Sew4Home.com)



There's a lot going on with all these beautiful fabrics side by side, so S4H recommends using a heavy thread for the decorative stitching so this extra textural embellishment can really pop. That said, although you want the thread color to stand out, it shouldn't overpower your fabric selections.

You can, of course, choose to not add any decorative stitching. We admit it does add time to the overall construction, but we believe the extra precision and patience is worth it – especially with all the beautiful stitch options available on Janome machines. We even used a "stacked stitch," combining a standard heirloom pattern and a triple straight stitch.

The decorative stitching is done to either side of each petal seam. That stitching turns into the look of stitch-in-the-ditch when each of the petal sections is cinched with the pearl cotton – a technique you might recognize from doll making.



# Flower Power Pillow

Each and every step is thoroughly explained with excellent photos throughout. Energize yourself with a little Pillow Power!

## Sewing Tools

- Janome Sewing Machine; the project is suitable for all machines
- A size 16/100 topstitching needle is recommended for the heavier weight thread for decorative stitching
- Standard presser foot
- Satin Stitch foot or Open Toe Satin Stitch foot for the decorative stitching

## Fabric and Supplies



**Note:** The fabric cuts needed are shown as a range because the petal pattern piece is approximately 9½" x 7¼" and the new yardage needed will depend on whether your fabric has a directional motif. If the motif is horizontal or random, ¼ yard is fine; if you want to cut a more vertical motif, you would want ⅓ yard. However, we suggest diving into your scrap stash rather than buying new. We recommend printing the included petal pattern first, using it to search through your scrap stash. A 10" x 10" square is a good minimum to look for to allow the best fussy cutting, but larger is always a bit better.

- ¼ - ⅓ yard cuts or scraps from which to cut SIXTEEN petals + ONE fabric scrap for the covered buttons; we recommend using the same fabrics for both sides of the

pillow, but you could certainly choose to use a different fabric for each of the petals as well as for each of the covered buttons. For our pillow sample, we used SIX different fabrics for the petals, repeating two selections for the best mix of color and pattern (as mentioned above, check out the S4H tutorial on mixing and matching for more blending tips), and one additional fabric for the covered buttons.

**Note:** When fussy cutting, the amount of fabric required will vary base on the size of the motif. For smaller, more random prints, consider searching your stash of leftover fat quarters.

- 1½ yards of 20"+ wide lightweight fusible interfacing; we recommend a woven fusible - we used Pellon ShapeFlex
- TWO 2½" cover button kits; we used Dritz Half Ball Cover Buttons, Size 100
- All-purpose thread to best match the fabric for construction
- Heavy thread for decorative stitching in a color to stand out from, but not overpower your fabric selections; we used King Tut 30wt quilting thread in ivory
- One skein/spool of pearl cotton floss for the "petal cinching" in the same color as the decorative stitching heavy thread
- Long, sturdy hand sewing needle for the pearl cotton floss and to attach the covered buttons; we recommend a tapestry needle, doll-sculpting needle or upholstery needle - you want something 5-6" in length
- One 16oz bag of premium polyester filler
- Scrap of low loft batting to pad the covered buttons; just 4" x 8" is plenty
- See-through ruler, Tape measure
- Fabric pen or pencil
- Seam gauge, Seam ripper and Straight pins
- Scissors and/or rotary cutter and mat
- Iron and ironing board



## Getting Started

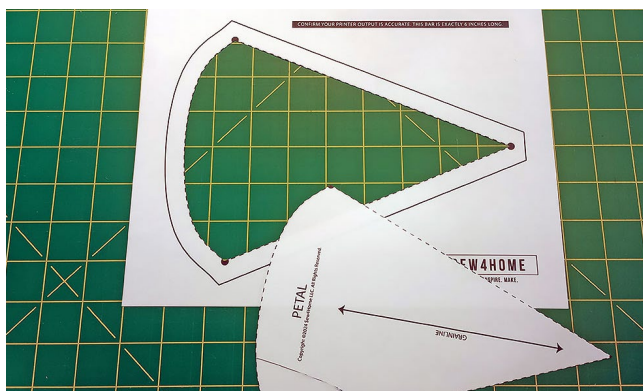
Download and print the petal pattern for this project.



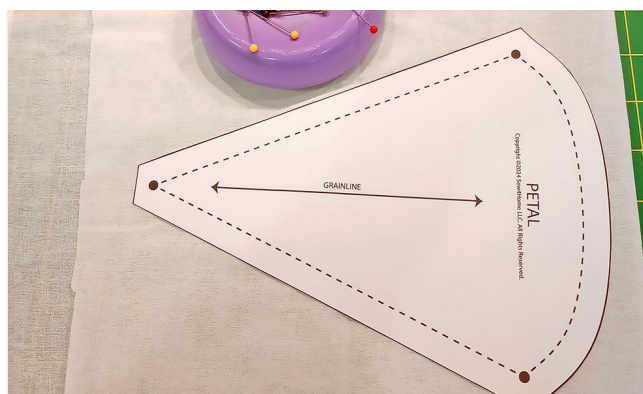
[Download and Print  
Flower Petal Pattern](#)

**Note:** This download consists of ONE 8½" x 11" sheet. You must print the PDF file at 100%. DO NOT SCALE to fit the page. There is a guide rule on the sheet to confirm your final printout is to scale. Print the pattern horizontally (landscape).

We recommend printing TWO copies of the pattern: one full pattern to use for cutting the fabrics and one pattern with the center trimmed out to act as a frame for fussy cutting each petal – as shown below.



Using the full petal pattern, cut SIXTEEN pieces from the lightweight interfacing.



## Fussy Cutting

We fussy cut each of our petals using the "window frame" method. As mentioned above, this includes printing an additional copy of the paper pattern and trimming out the center section along the dotted seam allowance line. This leaves a frame of what will be visible on the final petal.

Move this frame around on your fabric panel to find the best area to cut. As you can see in the photo below, we've perfectly centered the vertical lines of our flower motif within the petal frame.

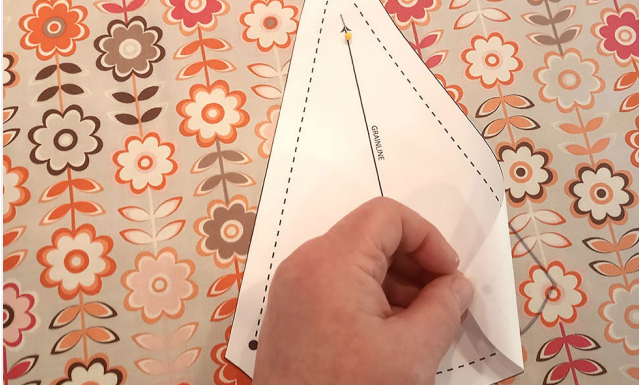


Pin the frame in place and trace the inside of the frame. You are working on the right side of your fabric; remember to use a marking tool that will easily wipe away or will vanish with exposure to the air or the heat of an iron. Remove the frame to reveal your inner tracing. We darkened our line on the photo to insure you could see the frame. Your outline will be much thinner and lighter.



# Flower Power Pillow

Find the full petal pattern. Place it on the fabric, aligning the drawn line with the dotted line on the pattern. Pin the full pattern in place and cut out your petal.



Repeat to cut all SIXTEEN petals. As mentioned above, we used SIX fabrics to create our sixteen petals, repeating two of the fabrics for two petals each, which meant we cut TWO petals each from four fabrics, and FOUR petals each from two fabrics.



The final fabric and scrap of batting should be set aside for the covered buttons.

## Assembling the Petals

Following manufacturer's instructions, fuse an interfacing petal to the wrong side of each fabric petal.



Set up your machine with all purpose thread in the top and bobbin. We used the Standard A foot on our Janome.

The pillow is made up of eight petals on both the front and back. You'll assemble eight petals in pairs, then assemble the pairs into a half, and finally, assemble the two halves into the final front panel and final back panel.

Following our diagram for the front, we worked with petals 1A, 2A, 3A and 4A as one half and petals 5A, 6A, 7A and 8A as the second half. Same for the back, just substituting B for A.

Place the first pair of petals right sides together, and using a 1/2" seam allowance, stitch together along one side. Press the seam allowance open and flat. Below you see our 1A and 2A pair.



Repeat for the second pair.



# Flower Power Pillow

S4H

SIDE A



SIDE B



Place the two sewn pairs together to create one half, stitching together with a  $\frac{1}{2}$ " seam allowance.



Repeat to create the second half. Then repeat to create the two halves for the pillow back.



## Adding the Decorative Stitching

Set up your machine for decorative stitching, keeping all purpose thread in the bobbin, but threading the heavier weight, contrasting decorative thread in the top. As mentioned above, we used King Tut 30wt quilting thread.

Change to a foot designed for decorative stitching. We used the Janome F2 foot.

Select two (or more) decorative stitches. We opted for just two decorative stitches, alternating them around the pillow. You could certainly use more – or reduce to just one.

There is a lot of color and pattern happening with this pillow design; you want the stitching to stand-out but not overwhelm.

Because our pillow uses bold prints, we chose stitches with impact. Our most important tip: practice and test your stitch choices on a scrap of quilting cotton, backed with interfacing, and using the heavier thread – in other words, the same layers and thread you will be working with on the finished pillow. Below are some of our initial tests.



# Flower Power Pillow

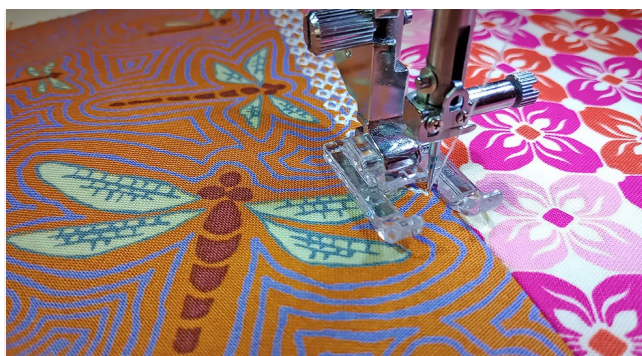


For our first choice we chose a heirloom herringbone stitch, adjusting the stitch width to 9.0 mm and the stitch length to 1.8 mm.



Below we are working with the second half of our pillow, and because we are alternating our two stitches, we will be stitching to either side of just two seams. Your pillow half has three interior seams, if alternating as we did, stitch the two outermost seams, leaving the center seam for the second decorative stitch.

Place the presser foot into position so the inner edge of the foot sits along the seam line. Stitch along the left side of the first seam.



Re-position for the decorative stitching along the right side of the seam, aligning the opposite inner edge of the foot along the right side of the seam as your guide.



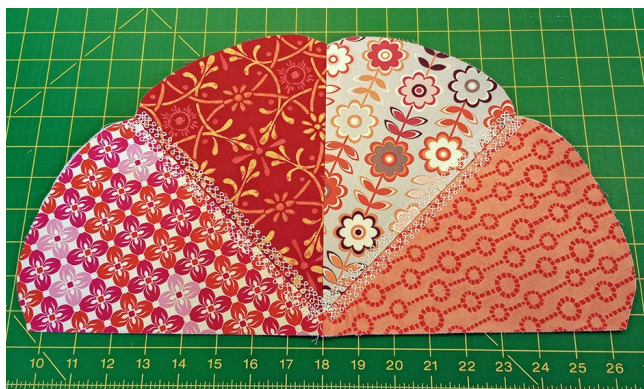
For the most consistent stitches, we recommend sewing all seams from the outer edge of the pillow into the center point, stopping the stitching once you reach the seam allowance.

To end your stitching, use the Janome lock stitch button if available on your model. It allows the machine to complete the stitch pattern, then knot and cut. If unavailable, finish the stitch pattern as close as you can then leave long thread tails you can pull through to the back and knot.



Repeat the rows using this first decorative stitch on the opposite half of the pillow front as well as on both halves of the pillow back.





For our second decorative stitch choice, we “stacked” stitches to create a unique look that was just right for our pillow. YES! With your Janome machine you can stack stitches! We selected a heirloom cross stitch pattern, adjusting the stitch width to 9.0mm, but keeping the default stitch length of 2.5mm.



Stitch along either side of the remaining center petal seam in the same manner as above.



If “stacking” stitches as we did, go back over your first pass with the additional stitch pattern. We selected a standard triple straight stitch (find it in your utility stitch selections), using the default settings, and running it right down the center of the cross stitch.

**Note:** Decorative stitches tend to move side to side and back and forth; a slow to moderate speed will give you the best results.



Repeat this second set of decorative stitches on the opposite half of the pillow front as well as on both halves of the pillow back. In the photo below you can see our finished halves.

**Note:** But what about the center seam?? Not to worry, that seam, which is now perfectly laid out to be the “second decorative stitch” all the way across the pillow – will be stitched after assembling the halves into a whole.



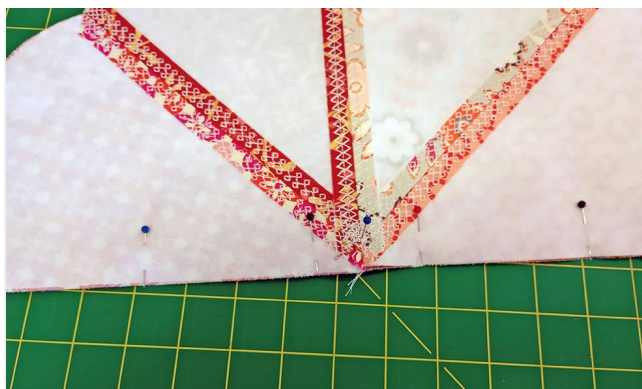


## Assemble the Halves and Add the Final Decorative Stitching

Set up the machine with the standard A foot back in place and all purpose thread on the top and bobbin. Place the two halves of the pillow front right sides together, using a pin to best align the seam intersections.



With the centers aligned, pin all the way across the center of the two halves.



Using a ½" seam allowance, stitch all the way across. Press open the seam allowance. Use plenty of steam to help flatten the intersection as these multiple seams create a bit of bulk.

Repeat to pin together the two halves of the pillow back, but on this side, you need to leave an approximate 4-5" opening across the center of the seam.



On this back side, it is particularly important to press and steam the seam allowance.



You want the folded back edges of the center opening to be flush with the sewn seam as well as nice and straight.



Re-set the machine, keeping all purpose thread in the bobbin, but threading the heavier weight, contrasting decorative thread in the top. Replace the Satin Stitch foot or your favorite foot for decorative stitching.

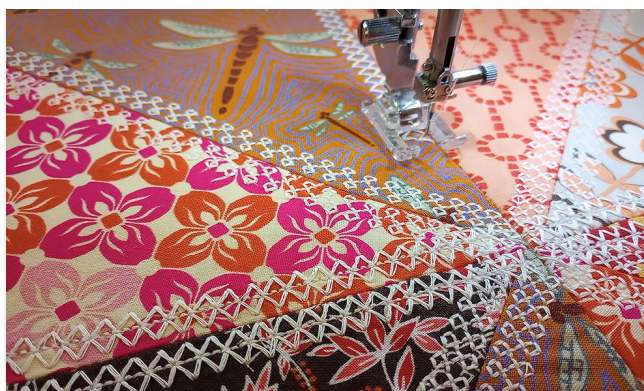


# Flower Power Pillow

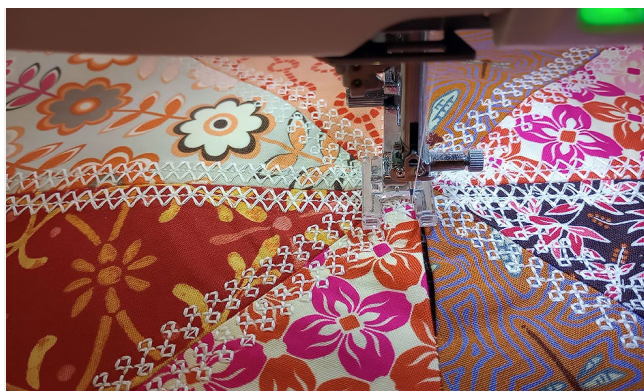
S4H

As mentioned above, this final center seam on both the pillow front and pillow back goes all the way across. If using two alternating stitch selections as we did, you should set up for your second stitch selection. On our sample, this was the stacked stitch pattern.

Just as you did above, you'll use your presser foot as a guide to first stitch along the left side of the horizontal center seam and then along the right side of the seam.

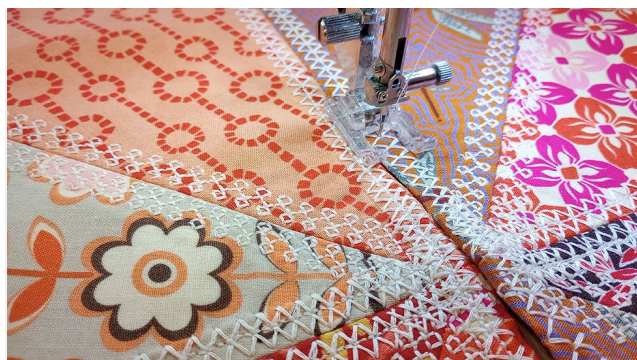


Do this on both the front and the back panels. Go slowly and carefully along the back opening.



If doing a stacked stitch, when *both* sides of the initial stitching are done, go back across with the second stitch – the triple straight stitch on our sample.

**Note:** Don't worry about the overlapping stitches at the pillow's center point; that will be masked by the pretty covered buttons.



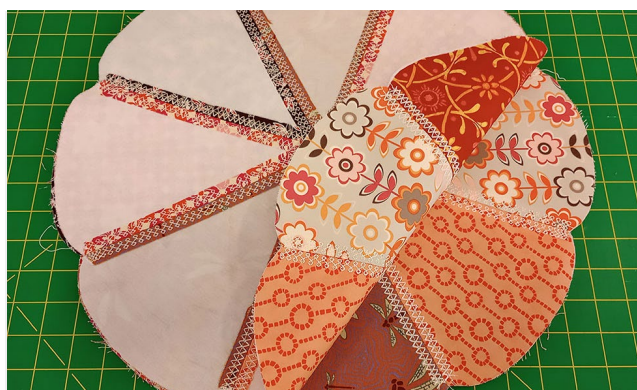
## Stitch Front to Back

Place your finished front and back panels right side up and side by side on your work surface.

Rotate the panels so your fabrics are off-set. In other words, you do not want petals of the same fabric to be right sides together. Each petal should be against a petal of a different fabric.



Place the panels together aligning the outer perimeter of the petals.





# Flower Power Pillow

S4H

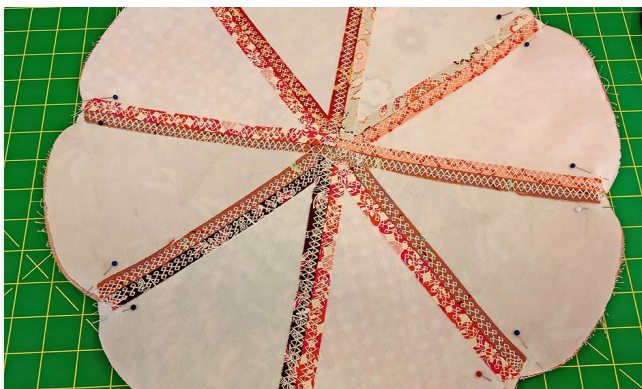
As above when pinning together the panel halves, be extra careful to match up all the seams front to back.



Lift up the presser foot and pivot, then lower the foot and stitch down and around the next petal.



Pin all the way around.



Continue in this manner around the entire perimeter until you finish at your starting point, locking your seam.



Set up the machine with the standard A foot back in place and all purpose thread in the top and bobbin.

Starting in the middle of one petal, and using a ½" seam allowance, stitch around the entire perimeter of the pillow. Maintain that ½" seam allowance as you stitch into each seam, stopping with your needle in the down position at the seam line.



Trim back the seam allowance to ¼". The slight opening at the bottom of each of the petal seams will help the petals smooth into their final shape.





Turn the pillow right side out through the opening in the back center seam.



Use a long, blunt tool, such as a knitting needle or wooden spoon to push and round out the petals. Then press well.

Find your quality polyester filler and start stuffing through the back opening. Use small handfuls of filler to first round out each petal-shaped scallop, then continue stuffing – still with small handfuls – working from the outer edge toward the center. We used a full 16 ounces of filler to get the look we wanted.

**Note:** If you are brand new to pillow stuffing, Sew4Home has a full tutorial you can review with our [favorite tips and techniques for the smoothest finish](#).



When done, close up the back opening with tiny hand stitches. We recommend a tight ladder stitch to help prevent any filler fibers from poking out.

**Note:** Sew4Home also has a great [step-by-step tutorial](#) on the ladder stitch, also known as a slip stitch.



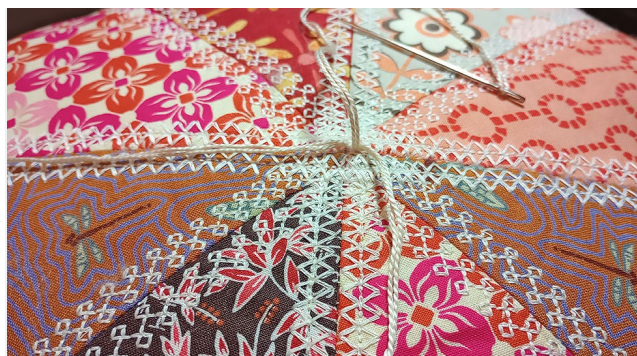
## Cinching the Petals with Pearl Cotton

To help give the Flower Power Pillow its signature shape, you'll wrap each of the petal sections with a doubled length of pearl cotton.

As mentioned above, you want to use a pearl cotton in a color to best match your decorative stitching.

We listed a number of needle options above in the Supplies section. In general, you want a needle with a sharp point and a large eye for the pearl cotton to pass through. It should be at least 5-6" long. Cut a length of pearl cotton about 8 or 9 feet long. Thread the pearl cotton through the needle and align the ends.

Take two or three small stitches at the center of the pillow, leaving a 6" tail of thread to the side of your stitches.



After taking the photo above, we realized it was virtually impossible to show the wrapping and cinching technique on the full size pillow. So we made a mini pillow, which is what you see in the subsequent photos.



# Flower Power Pillow

So, let's start again with our mighty mini samples, take those two or three small stitches at the center of the pillow, leaving a 6" tail of thread to the side of your stitches.



Bring the pearl cotton across the top of the pillow front, keeping it perfectly aligned with the seam so it runs between your lines of decorative stitching.

Wrap the pearl cotton around to the back of the pillow – still exactly between the petals, then push the needle up through the center of the pillow.

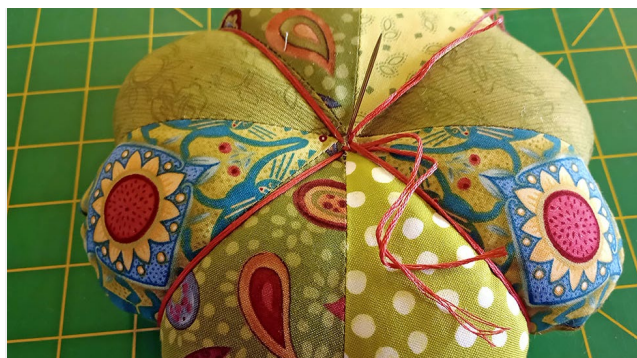
Pull up on the pearl cotton so it is no longer slack and tighten just enough to add definition to the petals. Make a small knot to hold the cinch.



Repeat to wrap the petals on the opposite side of the pillow.



Continue around the pillow in the same manner, wrapping each section and coming up through the center to then start the wrap in the opposite section.



Remember to knot each time to hold the cinch.



Work back and forth between the sections all the way around. When the length of pearl cotton runs out, finish by tying it to the short length of pearl cotton you originally left at the start (the 6" tail). Knot the two tails and trim the excess. Don't worry about the "mess" of the knots; they'll be behind the covered buttons.



# Flower Power Pillow

Thread up a new strand of pearl cotton and continue until all the petal sections are complete.



If any of your “wraps” have shifted, you can slightly adjust the placement of the pearl cotton so it lies right along the seam.

## Covered Buttons

Create two covered buttons, using your final fabric and a button-sized circle of batting to pad the top of the button.



You can follow manufacturer’s instructions on the package or the [Sew4Home tutorial on making covered buttons](#). It is really quite easy.



Let’s go back to our mini pillow sample for the finish. Use a doubled length of pearl cotton to secure a button to each side of the pillow.



Go back and forth through the pillow, tightening with each pass until both buttons feel secure. Trim the tails around the button shank on one side and knot.





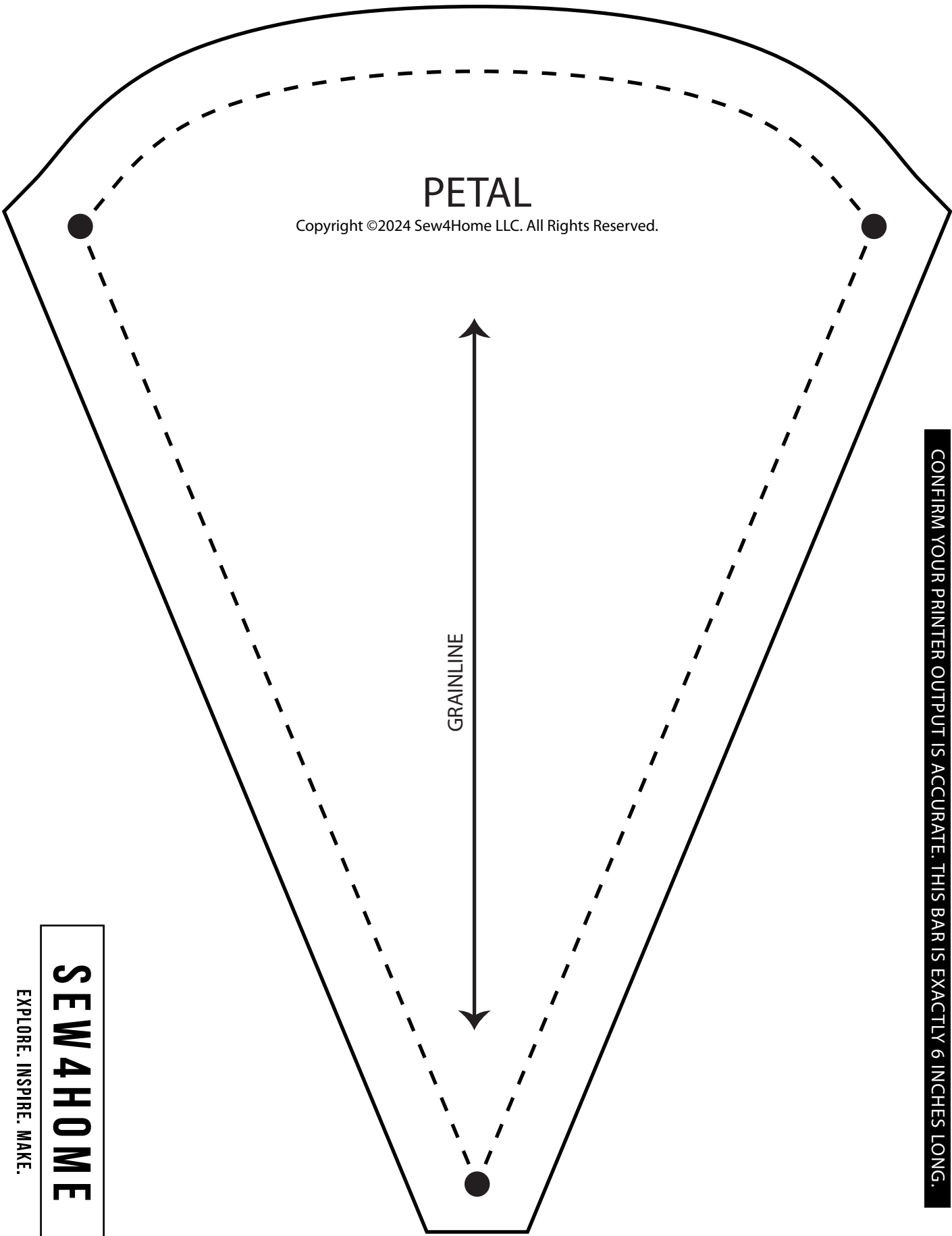
# Flower Power Pillow

Snip the ends off so they are hidden by the button.  
All the cinching knots and the intersecting decorative  
stitches are neatly hidden behind your pretty buttons.





CONFIRM YOUR PRINTER OUTPUT IS ACCURATE. THIS BAR IS EXACTLY 6 INCHES LONG.



**SEW4HOME**

EXPLORE. INSPIRE. MAKE.