

Half Square Triangle Pillow

Created by:
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 **Skill Level:** Confident beginner

 **Sewing Time:** 3 hours (Appx.)



Half Square Triangle Pillow

Recommended Supplies:

- ☐ Janome sewing machine with AcuFeed Flex function
- ☐ 1/4" Seam foot O
- ☐ Blue Tip needle
- ☐ Twin AcuFeed Holder
- ☐ AcuFeed 1/4" Seam foot OD
- ☐ AcuFeed Ditch Stitching foot SD

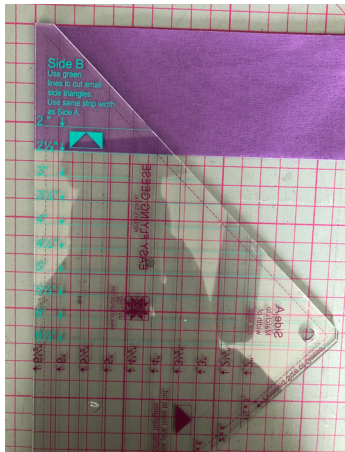
Fabric/Notions Required:

- ☐ 1/8 Yd of 4 compatible colors
- ☐ 3/8 Yd of background fabric
- ☐ 3/4 Yd sashing and backing fabric
- ☐ 5/8 Yd batting
- ☐ 5/8 yd muslin or sew in lightweight interfacing for quilt sandwich
- ☐ Kimberly Einmo flying Geese/HST ruler
- ☐ Natural color sewing thread
- ☐ Thread to match sashing
- ☐ Heavy Spray Starch- (not Best Press or sizing)
- ☐ Kimberly Einmo Jelly Roll Ruler
- ☐ Cutting Mat
- ☐ Rotary Cutter
- ☐ Basic sewing kit
- ☐ Polyfil or 20" pillow form
- ☐ Hand sewing needle

Cutting Instructions:

1. Prep fabric by spraying heavy spray starch and iron dry before cutting out.
2. Cut 4 - 2 1/2" x WOF strips from the background fabric for the blocks.
3. Cut 1 from each color, 2 1/2" x WOF from each of the 4 colors.
4. Place two fabric strips together, one white and one color and align the raw edges together. Trim the selvage edge of strips.

5. Lay fabric strips on cutting mat, align top of side B of half square triangle ruler with the top of the strip. The bottom of the fabric strip will align with corresponding measurement line of 2 1/2" on ruler. Use rotary cutter to cut fabric diagonally with ruler.



6. Keep fabric triangles together as they are ready to be sewn.

7. Rotate ruler 180 degrees and align with diagonally cut edge of fabric and make the next cut.

Repeat along the strip for 15 more time to get a total of 16 sets of triangles.



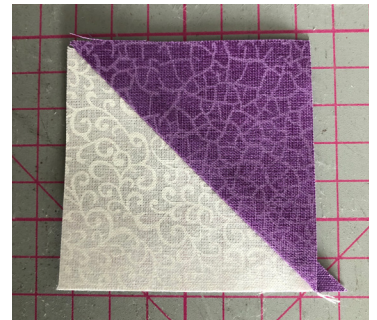
8. Cut the rest of the 6 strips same as previous steps.
9. Cut 2 1 1/2" x 9 1/2" strips from sashing fabric.
10. Cut 3 - 1 1/2" x 18 1/2" strip from sashing fabric.
11. Cut 2 - 1 1/2" x 21" Strip from sashing fabric.
12. Cut 1 - 21" x 21" square from batting and muslin.
13. Cut 1 - 20" x 20" Square from backing fabric for back of pillow.

Sewing Half -Square Triangles:

1. Attach 1/4" Seam foot O and select a pre-set 1/4" seam straight stitch.
2. Insert a fresh Blue Tip needle in machine.
3. Thread machine and place bobbin in holder.
4. Sew 1/4" from the long raw edge of the triangle pair unit. You can chain piece all 18 units then cut them apart.

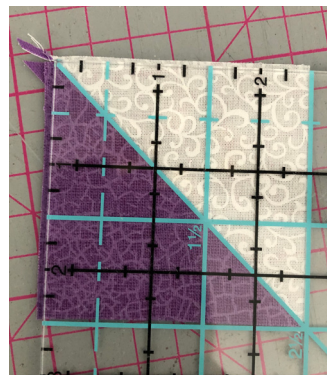


5. Press the seam towards the darker side of the fabric.



6. Repeat this for all the cut pieces.

7. Square up the unit and trim off "dog ears" by placing the unit on the Jelly roll ruler with the 45-degree angle line on the sewn part.

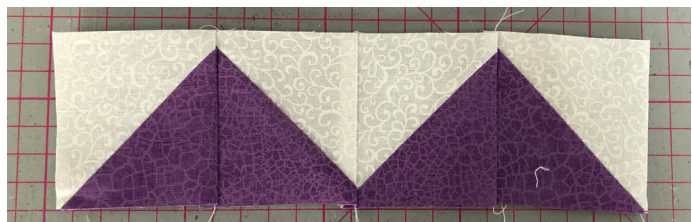


Putting the Blocks Together:

Block 1:



- 1.** Attach AcuFeed foot on the machine with the 1/4" foot OD attachment.
- 2.** Lay out each unit on a flat surface as pictured for block 1.
- 3.** Sew the 4 units together to create a row.



You will have a total of 4 rows per block.



- 4.** Press seam allowances to one side, alternating sides on each row to reduce the bulk.



- 5.** Sew the 4 rolls together to form a block. Press the seams towards one direction.
- 6.** Repeat this process until you have all 4 blocks sewn.

Block 2:



Block 3:



Block 4:



7. Square up all block and press all seams flat.

Sewing Sashing to Blocks:

1. Sew the $1\frac{1}{2}'' \times 9\frac{1}{2}''$ between block 1 and 2 and the same for block 3 and 4. Strips are cut longer, so you may have to even up after sewing.



2. Press seam toward the darker side.

3. Sew the $1\frac{1}{2}'' \times 18\frac{1}{2}''$ to bottom of block 1 and 2 and the other raw edge to block 3 and 4. Even up strips after sewing.

4. Sew the other $2\frac{1}{2}'' \times 18\frac{1}{2}''$ strips to the top of block one and 2 and the other to the bottom of 3 and 5. Event strips up after sewing.

5. Sew the last 2 strips to the side of block 1 and 3 and 2 and 4. Even up strips after sewing.

Quilting:

1. Make a quilt sandwich with muslin on bottom, batting, and quilt top. Pin inside the 4- block close to the sashing.



- 2.** Put the ditch stitching foot on the AcuFeed foot holder.
- 3.** Change top thread to match sashing.
- 4.** With the needle in the center needle position, change the stitch length to 3.0 and activate the auto lift on the machine.
- 5.** Starting on one of the inside blocks, stitch in the ditch around each of the blocks. When you get to the corner stop and foot will automatically lift, pivot, and continue until you have come back to the beginning, use the tie off key to finish.
- 6.** Repeat this for each block.
- 7.** Trim to outside sashing using ruler and rotary cutter.
- 8.** Place the right side of the backing on top of sandwich. Pin and sew around the square using a 1/4" seam allowance leaving an opening for stuffing.
- 9.** Turn inside out, push our corners.



- 10.** Stuff pillow and hand or machine stitch the opening closed ■