





Getting Started

Pillowcase Fabric Measurements

- ♥ Body – 24 inches x 40 The body is the main part of the pillowcase and usually a colorful pattern
- ♥ Cuff – 12 inches x 40 The cuff is the end piece; usually a complementary solid color to the body. This is the part that will ultimately be embroidered.
- ♥ Trim – 2 inches x 40 The trim is the small accent piece between the body and the cuff.

Cutting Tips

Tip #1: For the body of the fabric, it may be helpful to fold the fabric over the way it comes off the bolt and align with the left baseline of your cutting mat. If using scissors instead of a rolling cutter, you may find it easier to NOT fold over the fabric as cutting 2 pieces of fabric may be a little trickier than if rolling along a mat/board. Use whatever method is easiest for you.

Tip #2: Cut pieces of the Body out first, any leftover fabric after body pieces are used may be able to be used for Cuff or Trim pieces.

Tip #3 Check out the following YouTube videos for an overview of making a burrito style pillowcase. <https://www.youtube.com/watch?v=TAomYjHzUQk>
<https://www.seasonedhomemaker.com/pillowcase-tutorial-burrito-style/> *We use the measurements from *The Crafty Gemini* but find the tutorial on the *seasoned homemaker* website to be very helpful for a visual.

A teal ribbon banner with the word "Step" in white script font on the left and a yellow heart containing the number "1" in white script font on the right.

Cutting Pieces for your Pillowcase

- ♥ Body (Main Piece) - Fold the fabric the way it comes off the bolt. Place the folded edge along the left side baseline of your cutting mat. Make sure the fabric is not wrinkled and is stretched nicely to the edges. Measure 24" from the fold. Using your ruler and rotary cutter, cut along the 24" marking from top to bottom.
- ♥ Trim (Accent Piece) – Do not fold the trim when cutting. Lay the fabric on the mat so that the selvages are on the top and bottom. Using your ruler and rotary cutter, cut along the 2' marking from top to bottom.
- ♥ Cuff (End Piece – this is the piece that will be embroidered) – Do not fold the cuff when cutting. Lay the fabric on the mat so that the selvage is on the left

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Ironing Station

- ♥ To start, give all of your fabric pieces an iron over.
- ♥ Take the Trim piece only and fold it over lengthwise so that it is now a 1" section and iron flat.
- ♥ Take all of your ironed pieces to the pinning station!

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Step 3

Pinning

- ♥ Start with your Cuff fabric piece. Lay this flat with the right side of the fabric facing up.
- ♥ Take your folded trim piece and lay it so that the raw edge (NOT the folded edge) is aligned with the top of the cuff piece.
- ♥ Pin the Trim piece to the Cuff piece only to keep the Trim from moving. You will want to angle the pins in vertically along the fabric pieces.
- ♥ Lay your Body piece face down so that the patterned pieces face each other. Keep the edges aligned at the top. Remove the vertical pins one at a time and insert through Body, Trim, and Cuff pieces this time horizontally along the top edge of the fabric.
- ♥ Starting at the bottom of the Body, roll your fabric up towards the top edge. Once you can see the Cuff fabric, take the Cuff fabric and roll it over the Body fabric like a burrito.
- ♥ Align the Cuff fabric with all other previously pinned layers. You're your way back down removing and replacing each pin 1 at a time now placing through all layers (Cuff, Body, Trim, Cuff) again vertically along the raw edge.
- ♥ Now it's time to SEW...a little...

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Step 4

SEWING STATION!

- ♥ Using a 3/8 seam allowance; sew carefully along the raw edge.
- ♥ Remove your pins (you can remove them as you sew or when you are done – whichever method you find easier)
- ♥ Gently turn your burrito inside out (or right side out) by rolling back one end and gently pulling the fabric out.
- ♥ Return your pins to the pinning station and head to the Ironing station for a brief moment!
- ♥ Lay your pillowcase focusing on the Cuff and Trim.
- ♥ Press your Cuff and Trim flat with the iron.
- ♥ Head back to the Pinning Station

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Step 5

Pinning Station

- ♥ Fold your pillowcase lengthwise but with the wrong sides together (It will sort of like an unfinished pillowcase).
- ♥ Be sure to match your Cuff and Trim piece and pin first, then pin all raw edges together. Pins should be placed vertically along the fabric edge.
- ♥ Head over to the Sewing Station.

A teal ribbon banner with the word "Step" in white cursive on the left and a yellow heart containing the number "6" in white on the right.

Step 6

TIME TO SEW AGAIN!

- ♥ Stitch together starting along the top side and close to the Cuff and Trim, it is important that these pieces are closely aligned so that the finished pillowcase has a trim that appears to go all the way around the pillowcase and isn't crooked.
- ♥ Sew with a $\frac{1}{4}$ seam allowance from Top side all along to the bottom.

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Step 7

Time for a Trim

- ♥ Take your pins back to the pinning station then make your way over to the cutting station (did you know you are almost done with your pillowcase?!)
- ♥ Trim the edges carefully along your sewn borders.
- ♥ Trim the corner off to help reduce excess bulk when we finish the French Seams (Oh yeah – you're sewing French Seams – insert happy dance!)
- ♥ Head back to the Pinning station

A teal ribbon banner with a yellow heart in the center containing the number 8. The word 'Step' is written in white cursive on the left side of the ribbon.

Pinning Station

- ♥ Turn your pillowcase inside out, the right fabric pieces will now be facing each other.
- ♥ Ensure the fabric is laid out flat and as even as possible.
- ♥ Pin the side and bottom seams with the pins vertical to the fabric.
- ♥ Back to the Sewing Machine we go!

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Sewing Station

- ♥ Sew along the side and bottom using a ½" seam allowance.
- ♥ Return pins to pinning station.
- ♥ Turn the pillowcase right side out and....Ta-Dah! Look at how crafty you are!

A teal ribbon banner with a yellow heart in the center containing the number 10. The word 'Step' is written in white cursive on the left side of the ribbon.

Press for Perfection and Capture the Moment

- ♥ Give this beautiful pillowcase one last press and you are done!
- ♥ Ask a friend to take your picture of you and your masterpiece!



We believe in the power of prayer. This is why Alex's Army team members pray over all our pillowcases prior to mailing or handing them out.

We would like to invite you to take a quick moment to say a prayer over the pillowcase you so lovingly made and for the sweet child and family it will eventually be given to.

Thank you for giving of your time to show love to families who are going through so much!

