



Hearts United Against Cancer, Inc.

Homemade Small Pillows

Hearts United Against Cancer delivers or ships Homemade Pillows to Cancer Heroes for them to use underneath their heads or arms during treatment. These pillows are also something soft and comforting a young Cancer Hero can cuddle with while receiving treatment.

The fabric should be soft and washable. The pillows can be either sewed or made out of no sew fleece fabric. The filling for both types of pillows (sewed or no sew) should be polyester fiberfill, one that is washable and hypoallergenic.

For both types of pillows, the size should be around 6 inches by 10 inches. If they are a little bigger or smaller that's fine, this size is a general guideline.

Instructions for No Sew Pillows:

- 1) Materials Needed- Anti-pill or Blizzard fleece fabric, fabric scissors, measuring tape, pins, and washable, hypoallergenic polyester fiberfill is needed to make No Sew Pillows. Cut 1 yard of fleece into 8 squares, approximately 13in by 17in each. This will yield 4 pillows.
- 2) Take 2 of the 8 pieces of fleece fabric. Lie them down on a flat surface, wrong sides together. With the 2 pieces of fleece together, pin the fabric pieces together then trim off the selvage edges (edges with a seam or print on them). Next trim the fleece so that the edges are even all the way around.
- 3) Cut a 3in by 3in square of fleece from each corner of the pillow, cutting through both layers of the fleece at the same time. *(Please don't discard, as we use these pieces to sew patchwork pillows)*
- 4) Cut 3in by $\frac{3}{4}$ of an inch fringe on all 4 sides of the pillow, cutting through both layers of the fleece at the same time.
- 5) Knot your pillow by leaving the fleece laying on a flat surface with all the fringe pieces lined up. Starting on a short side, tie the matching top and bottom fringe pieces together into tight double knots. *(Note: You will need to tie your pillow tighter than a blanket so that the stuffing stays in)*
- 6) After you have knotted 3 sides, knot the last side leaving 4 fringe pieces unknotted to stuff. Stuff your pillow, working the stuffing into the corners as well. Then knot the last 4 fringe pieces.

Instructions for Sewed Pillows:

- 1) Trim your fabric 8 inches by 12 inches to allow for some shrinkage of the pillow once it is stuffed.

Send your lovely creations to:

Hearts United Against Cancer, Inc., PO Box 443 Sewell, NJ 08080

www.heartsunitedagainstcancer.org