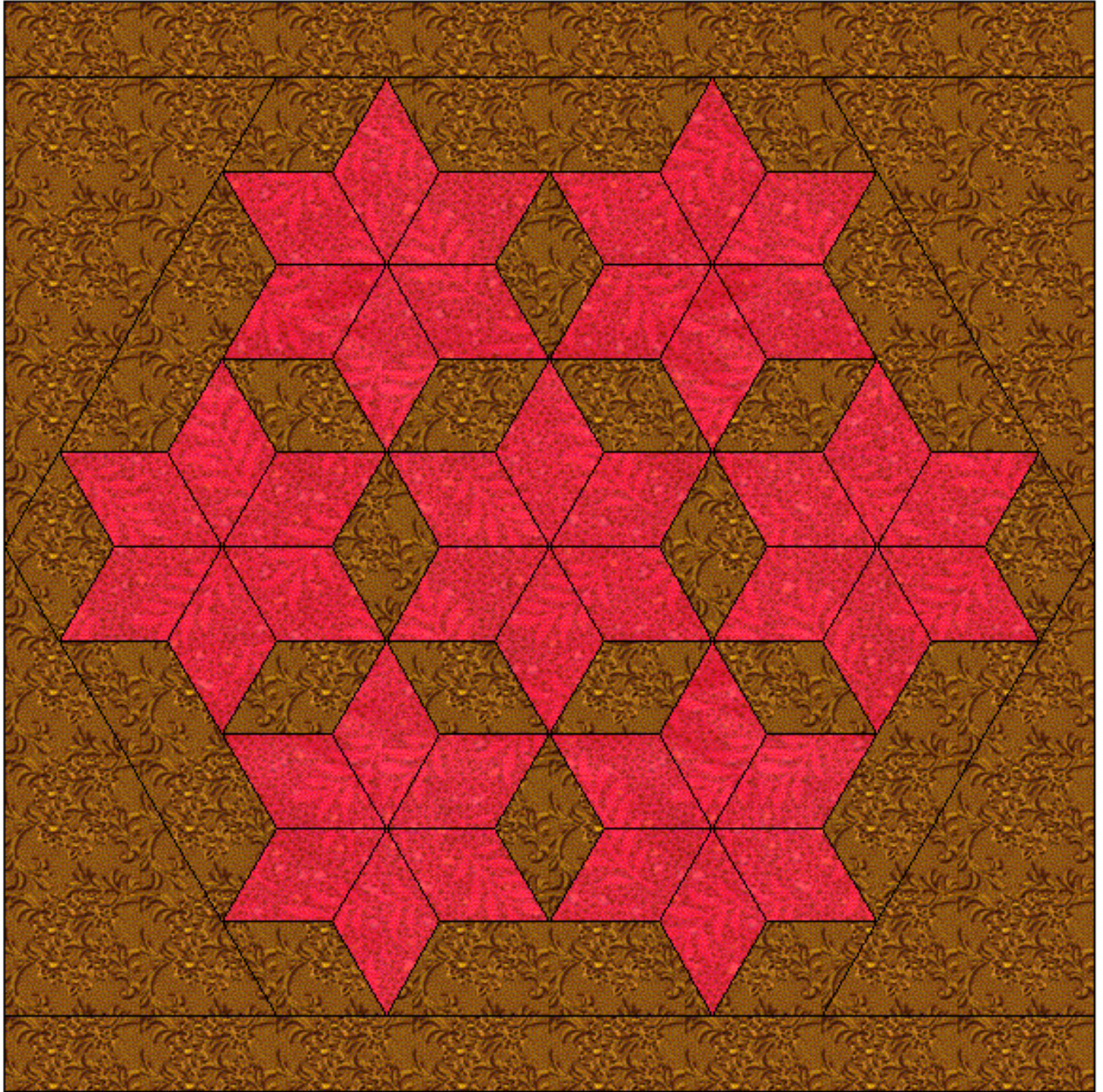


Seven Sisters Pillow Top

Overall Size: 18.00 by 18.00 inches



Seven Sisters Pillow – instructions, diagram and templates for 18” pillow

(Note: This is not typically a beginner’s block but don’t let that intimidate you. It will be a great learning experience.)

Make the Block

- The above image has a dark brown background and medium pink stars but be creative and pick whatever colors you like. You will need about ½ yard of fabric for each color.
- To create the templates, print this document on card stock. The templates include a ¼” seam allowance. I like to hand piece, so I cut the templates on the solid line.
- Mark your fabric on the wrong side using a #2 pencil or if the fabric is dark a white marking pencil. Start by marking a dot at each point of the template and then draw dot to dot to create the sewing line. Mark a quarter inch on all sides to form the cutting line.
- Cut the pieces from the fabric on the cutting line.
- Join the cut pieces right sides together. Match at the dots and pin, and then sew on the sewing lines. This ensures sharp points in your finished block. Use a single thread and knot at the beginning of each piece. Take three small running stitches - - - and then take a back stitch. Assemble the pieces based on the diagram on page 3.
- The seven sisters block is a hexagon shape. To make the finished block square, you will need to add a top and bottom border. To do this, cut 2 strips of background fabric 18 ½ “ long by 1 ¼” wide. Use ¼” seam allowance when sewing the borders to the block.
- Once the borders are added to the block, if it isn’t quite square (and that bothers you) you can trim the edges to “square up” the block before quilting.

Quilt the pillow top.

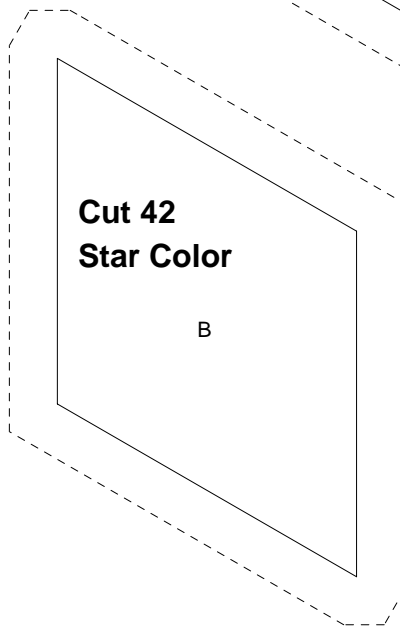
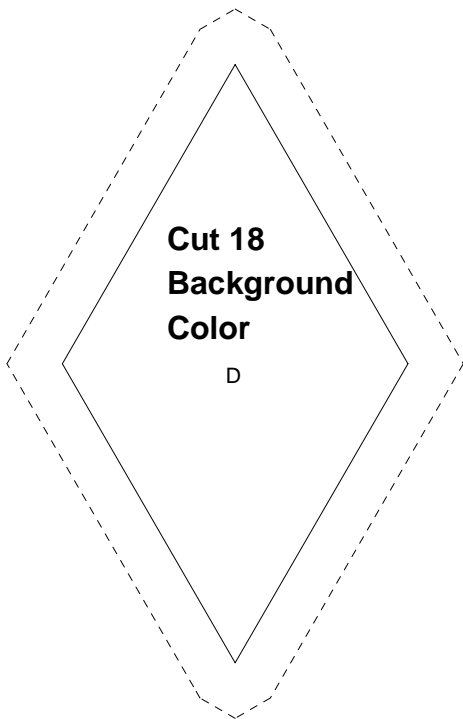
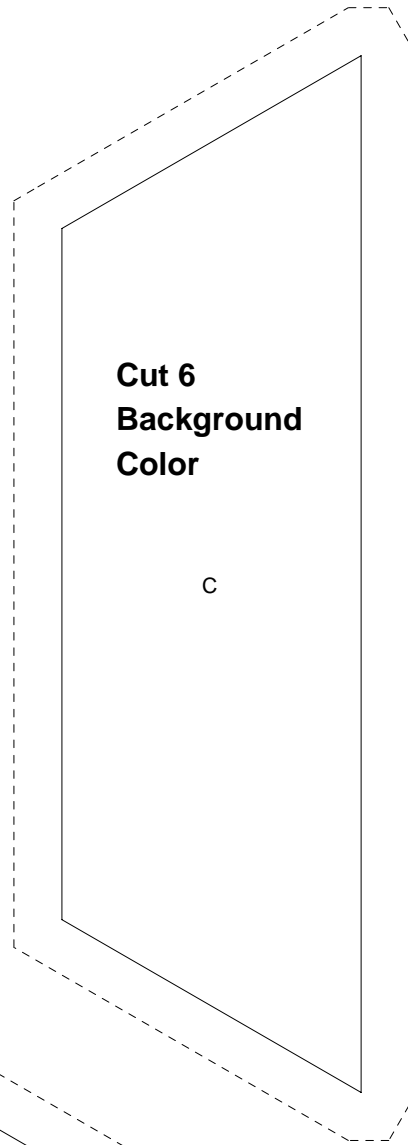
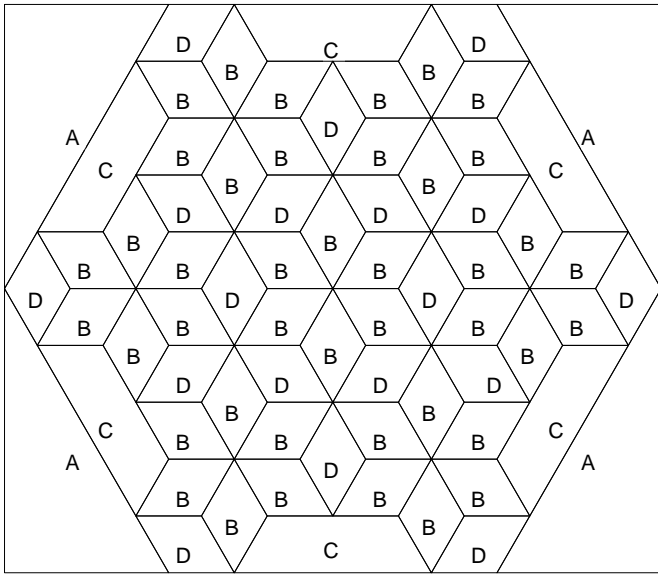
- Mark the quilting design on the right side of your block using a pencil or contrasting marking pen (just make sure it is not permanent). You can create a simple design by marking ¼” from each seam.
- Cut an 18 ½” square piece of batting.
- Cut an 18 ½” square of muslin for the backing.
- Assemble the layers (backing/batting/block). The block will be right side up on the top of the assembled layers.
- Baste the three layers together.
- If you prefer you can put the assembled layers in a hoop or you can lap quilt without a hoop.
- Quilt the marked design. To start, use a single thread with a small knot in the end. Take a small stitch through only the top and coming up where you want to start quilting. Then “pop” the knot through the top so that it is hidden in the batting. Use a small running stitch to quilt the design - - - - - You want to try for even length stitches that are the same size on the back as they are on the top.

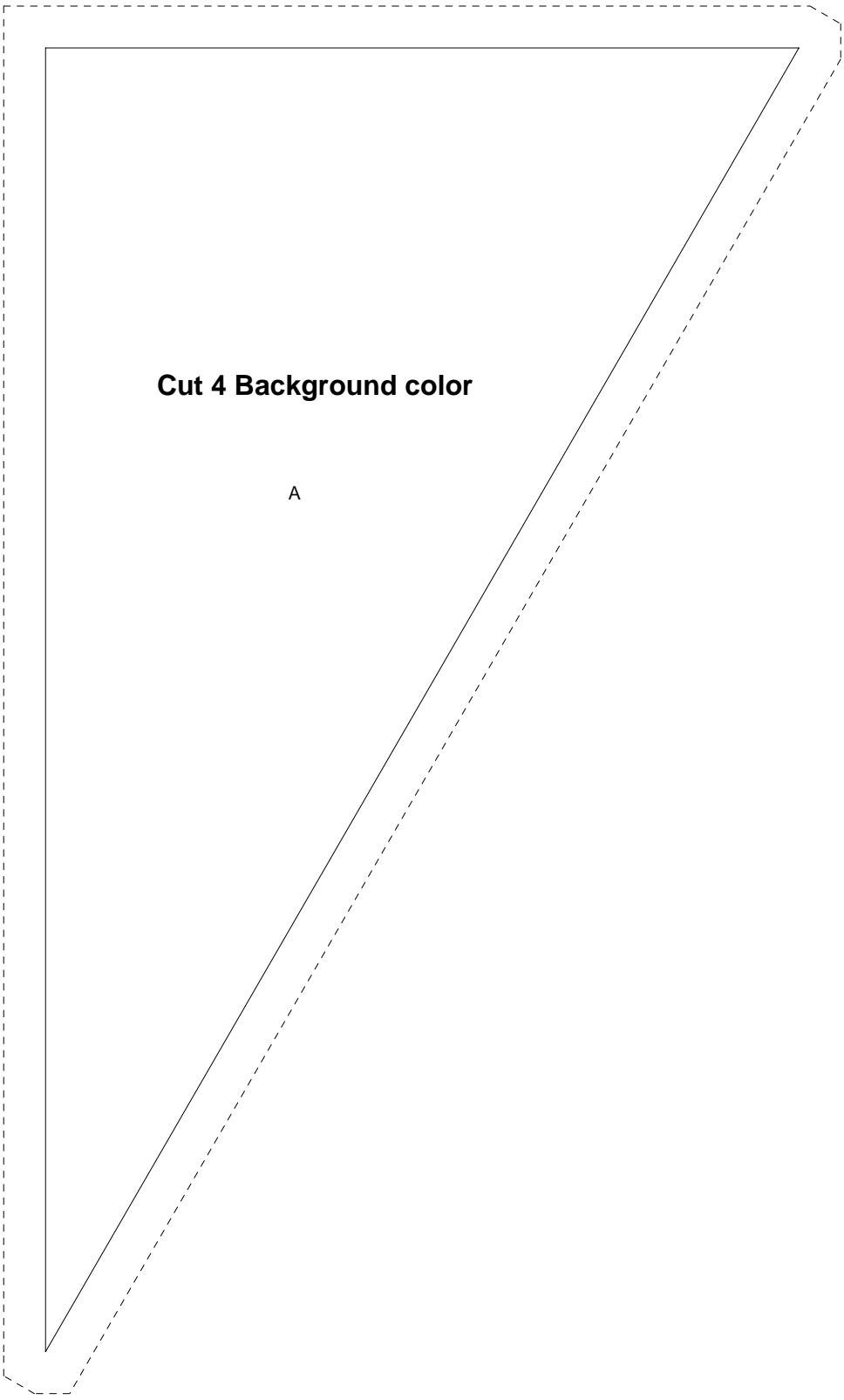
Make the pillow

- Buy an 18” pillow form.
- Cut two pieces of fabric 18 ½” by 12” for the back of the pillow.
- Turn under 2” of the 12” side wrong side to wrong side and press to form a finished edge
- Place the right side of one backing piece to the right side of the quilted pillow top aligning the unfinished edges.
- Place the right side of the other backing piece to the right side of the quilted pillow top, and overlapping the wrong side of the first backing piece. Align the remaining unfinished edges.
- Pin and sew ¼” seam through all layers.
- Turn right side out.
- Insert pillow form.

ENJOY

Worktable Block
 Pattern for 18.00x15.58 block
 Key Block (19/100 actual size)





Cut 4 Background color

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