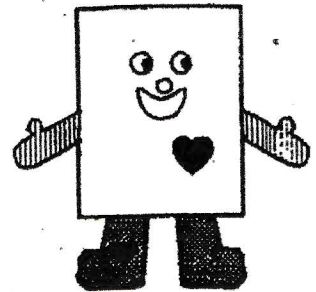


*one hour of your time...*

# Pillow Pals

*for children in crisis situations*



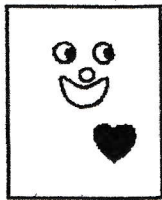
## Kit includes:

- 2 pcs. of fabric approx. 10" x 14" for body front & back
- 1 pc. of white fabric approx. 3" x 6" for white of eye (2)
- 1 pc. of fabric approx. 2-1/2" x 5" for pupil of eye (2)
- 1 pc. of fabric approx. 2-1/2" x 2-1/2" for nose
- 1 pc. of fabric approx. 2-1/2" x 3-1/2" for mouth
- 2 pcs. of fabric approx. 3-1/2" x 3-1/2" for hearts (2)

- 4 leg pieces
- 4 arm pieces
- 1 Gold Coast Quilters Guild I.D. label
- 1 pattern & instruction sheet (2 pgs.)

## Step 1)

Trace white of eye (2), pupil of eye (2), nose, mouth, and hearts (2) onto paper side of fusible web. Iron pieces to appropriate pieces of fabric and cut out on the line. Fuse eyes, nose, mouth and large heart to body front.

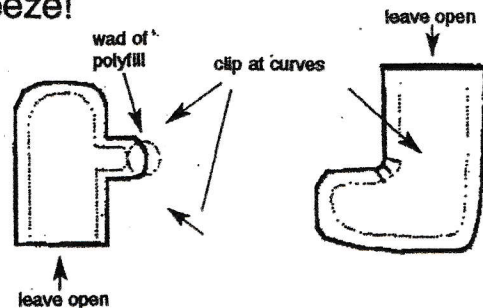


**Be careful with placement...  
keep features close  
together for a young look...**

Hand or machine stitch to secure, using a decorative stitch such as the blanket stitch. Also, a machine satin stitch might be used...

## Step 2)

Sew arms and legs using 1/4" seam allowance. Clip curves at arrows as shown. Stitch a wad of polyfill to the thumb, otherwise the thumb will be empty. Turn them to right side and fill with polyfill. Don't pack... it must be soft enough to squeeze!



## Step 3)

Sew the arms and legs to the body front as shown. Place body back, right side down, over the body front. Stitch around twice for durability (leave opening for stuffing as shown).

Start arm position  
half way down the  
side of body



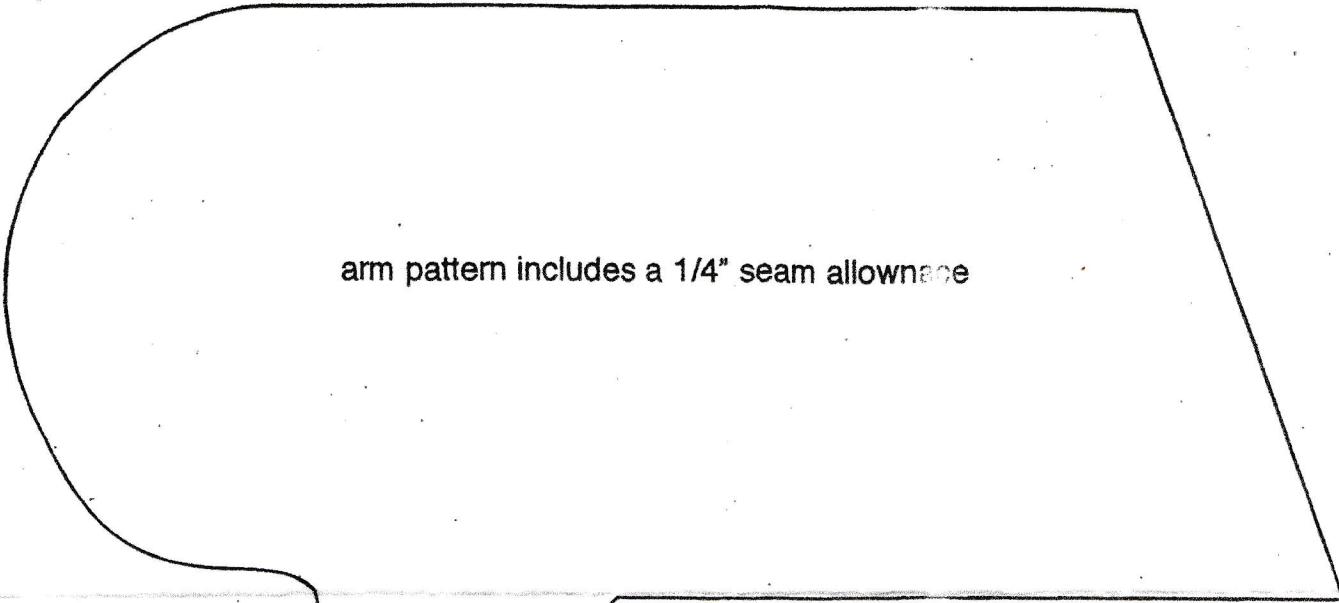
Leave an opening  
here for stuffing

Legs 1-1/2" apart

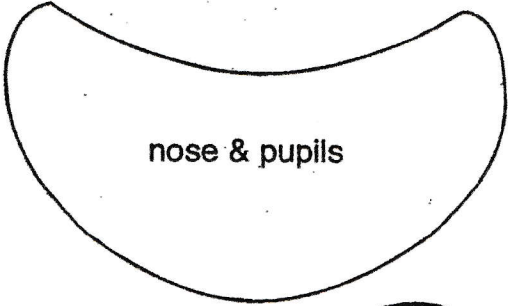
## Step 4)

Shred polyfill to avoid lumps and fill until squeezably soft. Stitch opening by hand or machine. Don't forget to attach Gold Coast Quilters Guild label.

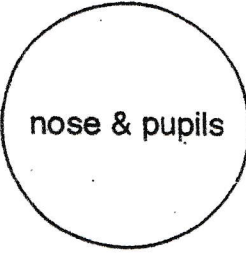
*The children thank you!*



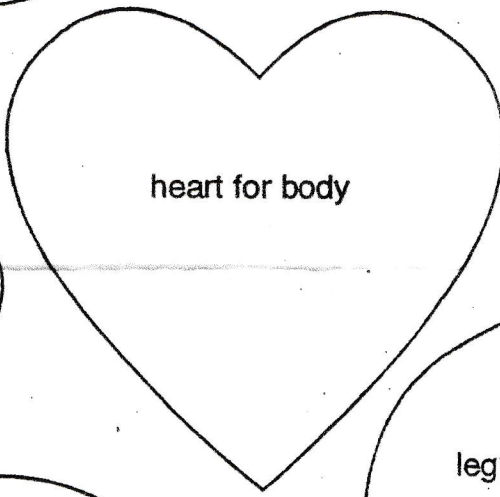
arm pattern includes a 1/4" seam allowance



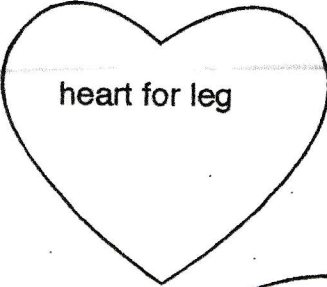
nose & pupils



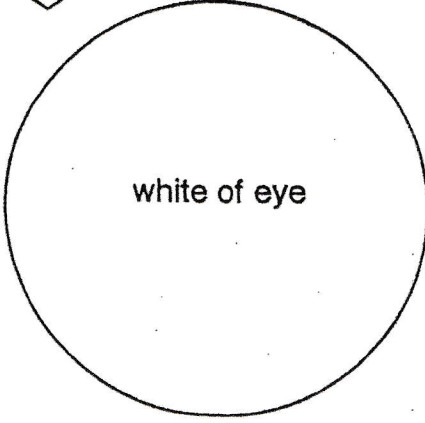
nose & pupils



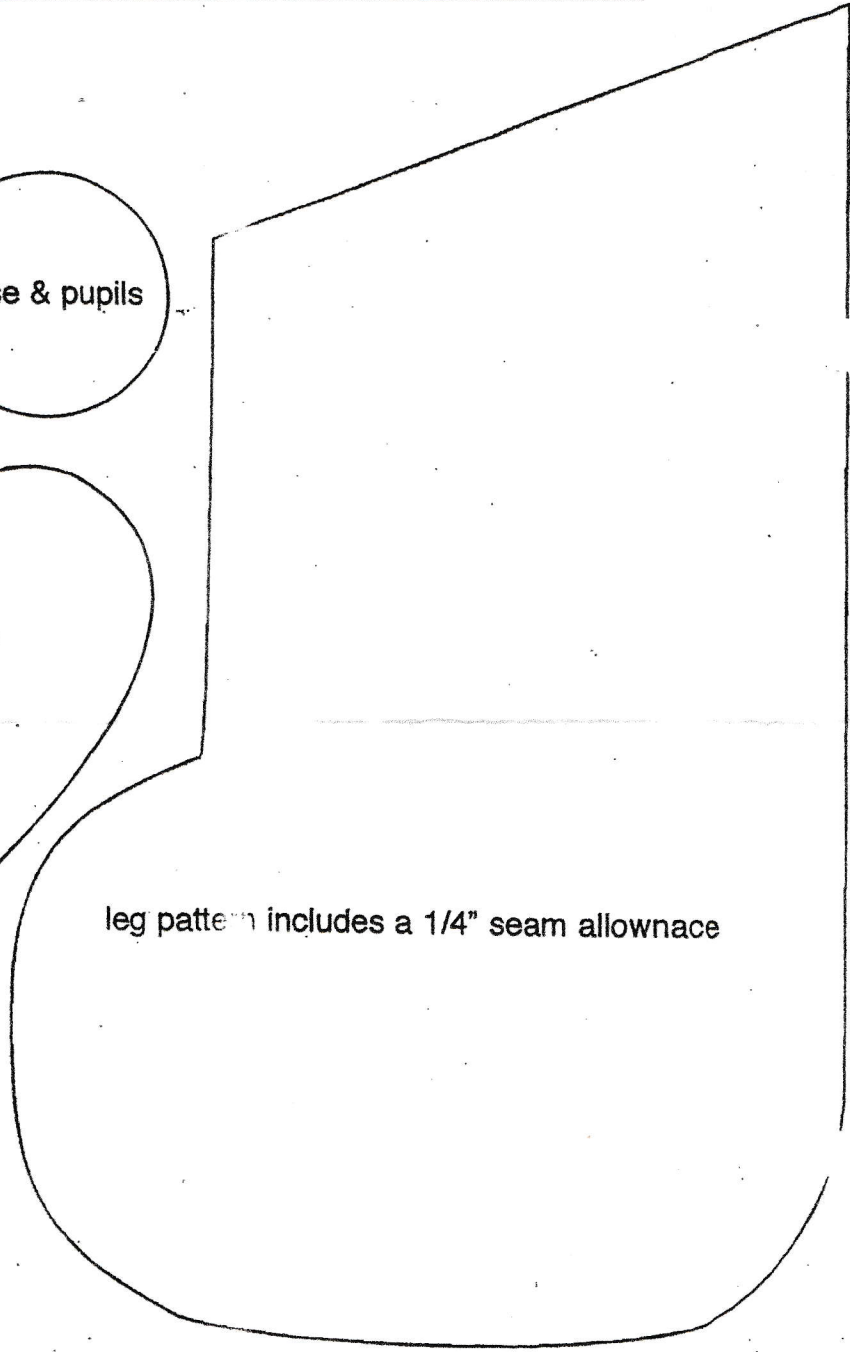
heart for body



heart for leg



white of eye



leg pattern includes a 1/4" seam allowance