

# BOLSTER PILLOW



This project will provide you with step-by-step instructions on how to create a bolster pillow similar to the one shown above. This pillow can be used as a great throw pillow or a support pillow for your back. It is recommended that you have *Let's Sew: A Beginner's Sewing Guide* by Nancy Zieman or another basic sewing book nearby for reference. This project is intended for beginning sewers. Have fun and be safe!

*Written by Ryan Lindell, Aaron Paquette, Jason Phillips, and Andrew Wirick*

## MATERIALS

- Two good-quality kitchen towels, preferably fringed (**hemmed** ends can be used as well)
- Needle and matching thread (doubled thread, buttonhole twist, even dental floss!)
- Terry cloth scraps, small bolster pillow form, cotton fiberfill or batting
- Sewing pins with colored heads and pin cushion
- Sewing machine
- Iron
- Ironing board

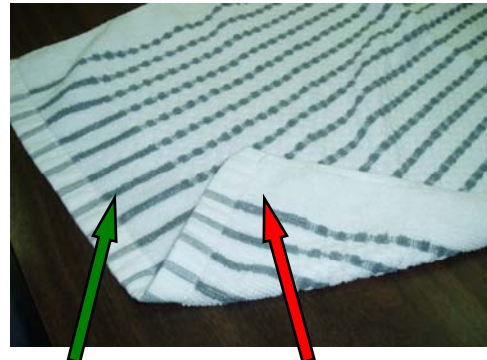
## SPECIAL NOTES

- Be sure that your towels are preshrunk before you start. Do this by washing the towels.
- In order for your project to look its best, be sure to press each line of stitching as it is completed. For instructions on proper pressing, consult your beginner's sewing guide.
- Although any of the fillings mentioned above will work, the pillow will look best by using bolster pillow form. See the note in step number 10 on how to use bolster form correctly.
- Any sewing terminology used during these instructions will be in **bold** lettering and highlighted in **blue**. These terms will be defined at the bottom of each page. For example, on this page, the word hemmed is defined below.

**Hemmed:** Hemmed ends are the edges of a garment that are sewn to prevent fraying.

## STEPS

1. Figure out which side of your towels is the right side and which is the wrong side.  
(Hint: The wrong side is usually not printed on and has a tag sewn on it.)



**Right Side!**

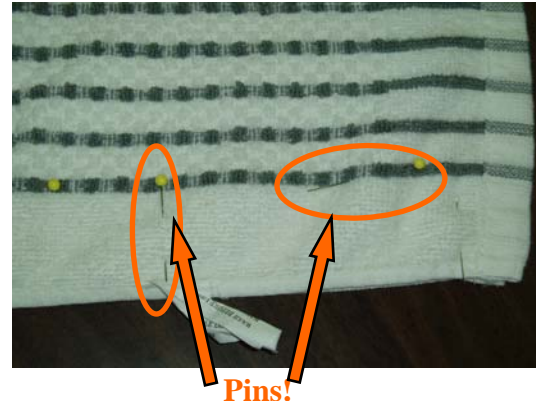
**Wrong Side!**

2. Lay one of the towels down with the right side facing up. Next, lay the second towel on the first with the right side facing down. Make sure the towels line up along the edges and top and bottom. (Note: The right sides should be facing each other and hidden from view.)



You can see the **wrong side** of one of the towels on top!

3. Pin the towels together. Pins should be arranged sideways with sharp end pointing toward edge of towel (pins should be about 1–2 inches apart).



4. Machine sew a seam down both of the long sides of the towels, removing the pins as you go (ask your instructor for help with this step). **Backstitching** is important. Clip threads when finished.



5. Press open the seams you just sewed on both sides and on the outside. This helps prevent a lumpy pillow!



**Backstitching:** Locking the stitches at the beginning and end of each seam by stitching in reverse.

6. Turn the tube right side out.



7. Thread the needle with matching thread and tie a small knot at one end. (Make the knot big enough so that it won't slip through the material.)

8. About 2–3 inches from one end make a **running stitch** all the way around the tube.



**Running Stitch!**

**Running Stitch:** A stitch that weaves in and out of the garment (done by hand).

9. Pull very tight on your thread. This should cause the opening to close. Afterwards, make a few stitches to secure the thread before cutting it off.



10. Now you should have an open end of the pillow and a closed end of the pillow. Stuff the open end of the pillow with whichever filling you desire. Stuff as tightly as possible for best results.



\*Note: If you are using bolster pillow form, roll the fill into a tube and push the tube into the pillow. Cut off any excess fill sticking out of the pillow with scissors.

11. Once that your pillow is filled, make another running stitch about 2–3 inches from the open end all the way around the tube.



**Running Stitch!**

12. Pull on the running stitch to close up the open end and then secure the thread by making a few stitches before clipping it off.



13. Fluff the ends of the pillow and press.

14. You are finished! Enjoy your pillow!



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Penn State College of Agricultural Sciences research, extension, and resident education programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

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