

Breast Cancer Heart Pillow

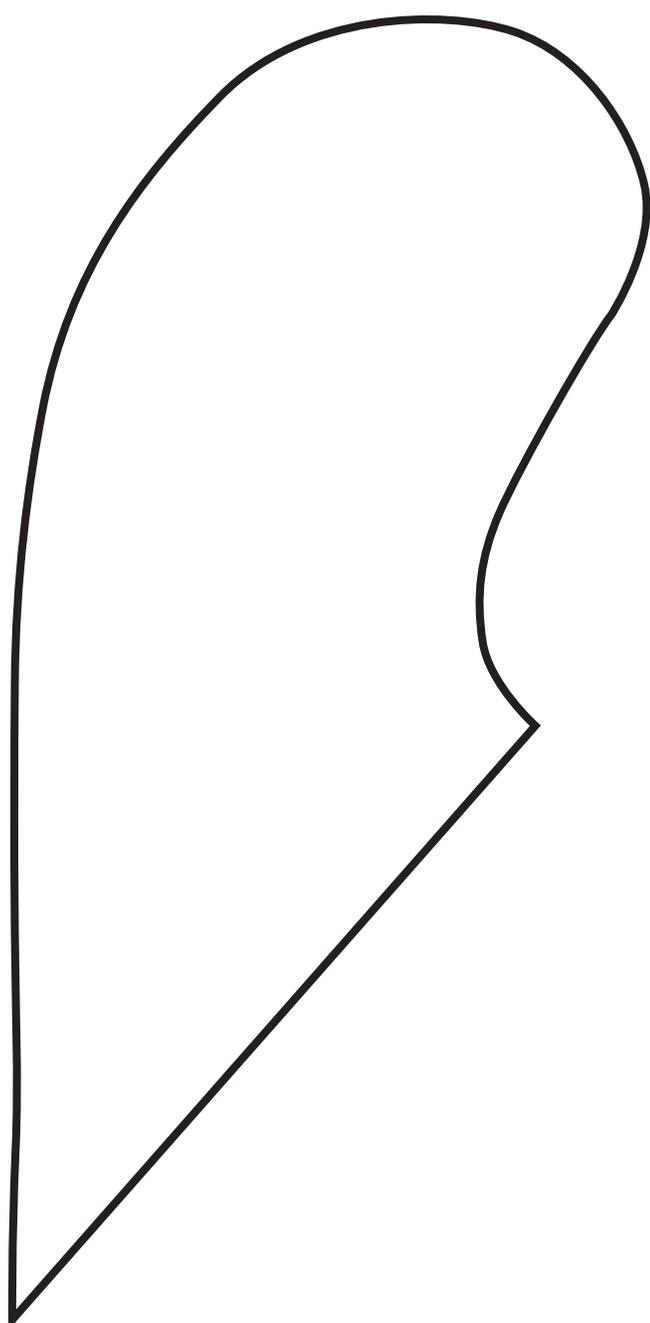
Supplies & Tools:

- Poly-Fil® premium polyester fiberfill (approx.. 7oz per pillow)
- (2) 12" x 12" squares of fabric
- Thread to match
- Piece of plain paper for template



Project Directions

1. Trace the attached template on a folded piece of paper starting at the fold and moving outward so you end with the bottom tip of your heart back at the fold again. With the paper still folded in half, cut on the drawn line and unfold it to reveal one large heart shape. (Diagram 1)
2. Trace two heart shapes onto your fabric and cut them out.
3. With right sides together, line up your fabric hearts.
4. Using $\frac{1}{4}$ " seam allowance, sew around the edges of the heart, leaving a 2" section open for turning.
5. Turn right side out and stuff with Poly-Fil® until it is firm.
6. Whipstich the opening closed.



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