

# Sarah Payne's Easy Heart Cushion

This is a fun and easy cushion to practice your applique skills, as well as showcasing the gorgeous fabrics you have in your collection.

## Requirements

- 2 fat quarters and a 10 inch square – Eastern Botanicals.
- 10 inch square of iron on adhesive sheet.
- Rectangular cushion pad 16 x 12 inches.

## Cutting instructions:

- Cut five strips 2 ½ inches wide from one fat ¼.
- Cut five strips 1 ½ inches wide from the second fat ¼.

## Sewing instructions:

1. Sew the strips together alternating the 2 ½ and 1 ½ inch strips. Press the seams to the darker fabric.
2. Trim to 16 x 12 inches and retain the access for the cushion back (fig 1). I like a nice poofy cushion so I make the cushion slightly smaller than the cushion pad. If you want a looser looking cushion, simply cut your fabric larger.

## Applique hearts:

3. Draw three heart shapes measuring approximately 3 x 4 inches onto the paper side of your iron-on adhesive sheet. Follow the manufactures instructions and place on the 10-inch square of fabric (fig 2).
4. Cut out the three hearts and place onto your cushion front (fig 3). Iron to set.
5. Stitch the hearts in place using an appropriate applique stitch (fig 4). I chose a pretty blanket stitch. This finishes the cover front.





Figure 4 Trim to size and save excess



Figure 3 Iron the adhesive sheet hearts onto the back of your fabric.



Figure 1 Iron the hearts onto the cushion front.



Figure 2 Sew in place with an applique stitch.

### Cushion backing

The easiest way to turn a block into a cushion back is with an envelope backing.

6. Trim the excess from the cushion front to create a piece measuring 5 ½ x 12 inch square. Cut 12 x 14 ½ inch piece from the other fat ¼.

7. Along the edge of each of the fabric pieces, make a fold measuring  $\frac{1}{4}$  inch and press it flat. Then fold it over again and press that flat to create a neat edge. Sew this down with a line of top stitching. Top stitching means that you sew a row of continuous stitches on the top of the fabric as a decorative feature. Repeat this with the second piece. These will create neat edges for the backing.
8. Now it is time to complete your pillow. Lay the front of your pillow right side up on your work surface. Lay the smaller piece of the backing fabric right side down with the top stitched edge across the middle of the pillow. Place the second piece on top. Pin all the way around the outside of the cushion. There should be an overlap of the backing in the middle so that the cushion can expand when the pad is placed inside. Stitch with a  $\frac{1}{2}$  inch seam allowance, turn the cushion through, press and pop in the cushion pad.



*Figure 5 Completed back*

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