

## Dining Room Pillows with Pizzazz – Coordinating Lumbar Pillows for Dining Chairs

Learn how to design a coordinated set of lumbar pillows for dining chairs, insert zippers into difficult to work with fabrics, and apply a variety of lumbar pillow fabrication techniques.

### Materials & Supplies

#### Rowley Products

- R-TEX Polyester Cluster Pillow Inserts
- Invisible Zipper Chain
- Invisible Zipper Slides
- Jumbo Wonder Clips
- Fringe Adhesive
- Pattern Making Paper
- Sealah No-Sew Adhesive Tape

#### Item #

- [PJ31](#)
- [EVR52](#)
- [EVP5](#)
- [QC42](#)
- [FA10](#)
- [DYC18](#)
- [SLT](#)

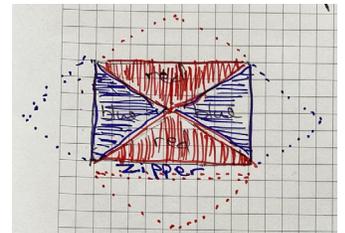


### Pillows with Pizzazz – Coordinating Lumbar Pillows for Dining Chairs: Step-By-Step Instructions

Each of the pillows in this collection is made to fit a R-TEX Polyester Cluster Pillow Insert PJ31 at 12" x 18".

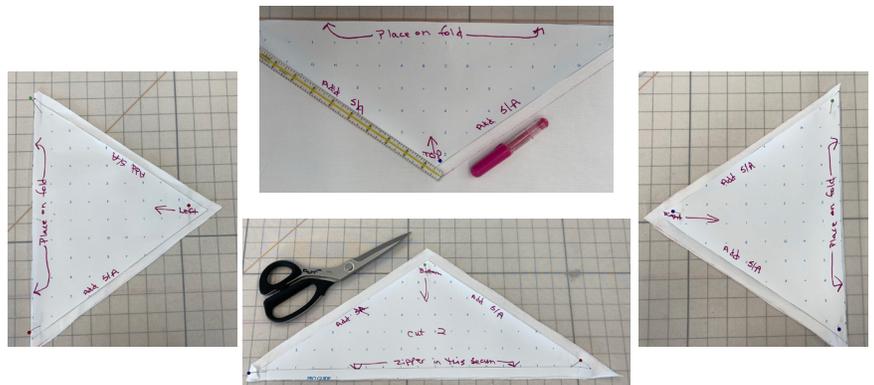
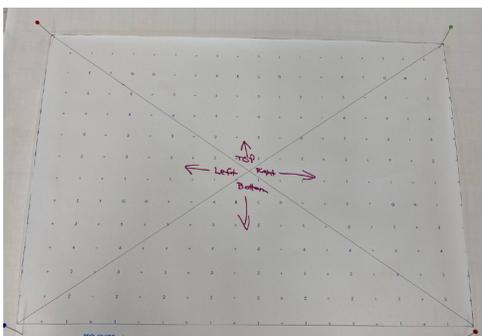
#### Pillow 1 - Color Blocked Pillow with Triangles:

This color blocked pillow has an invisible zipper at the bottom of the pillow. The triangular color blocks wrap from the front of the pillow to the back of the pillow, eliminating seams at the top and sides of the pillow.



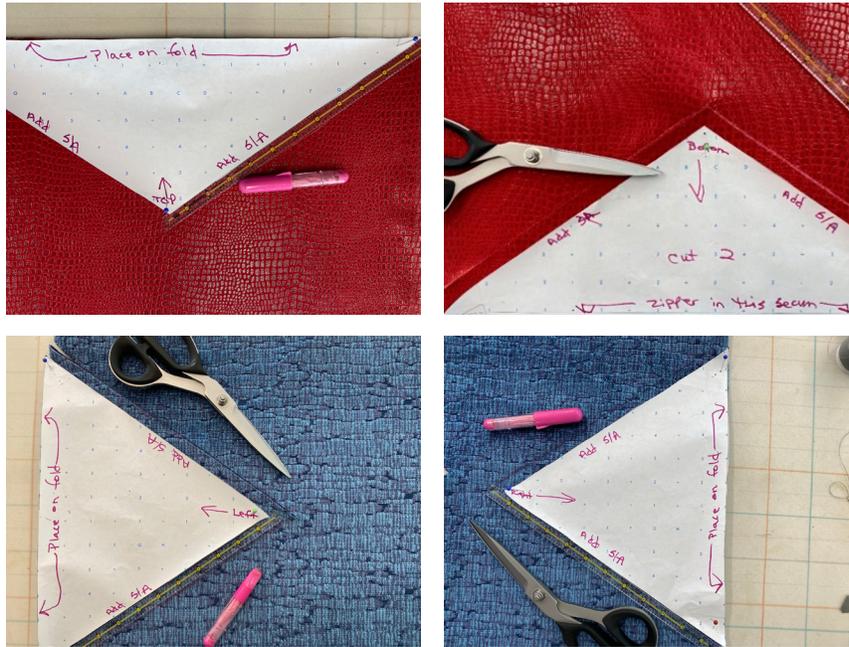
#### Make the Pillow Template:

- 1 Sketch the pillow to scale using graph or Pattern Making Paper DYC18.
- 2 Cut a pattern for the top, sides and bottom of the pillow. Be sure to add a Seam Allowance (SA) to the pattern sections. For this project, a 1/2" SA is used.



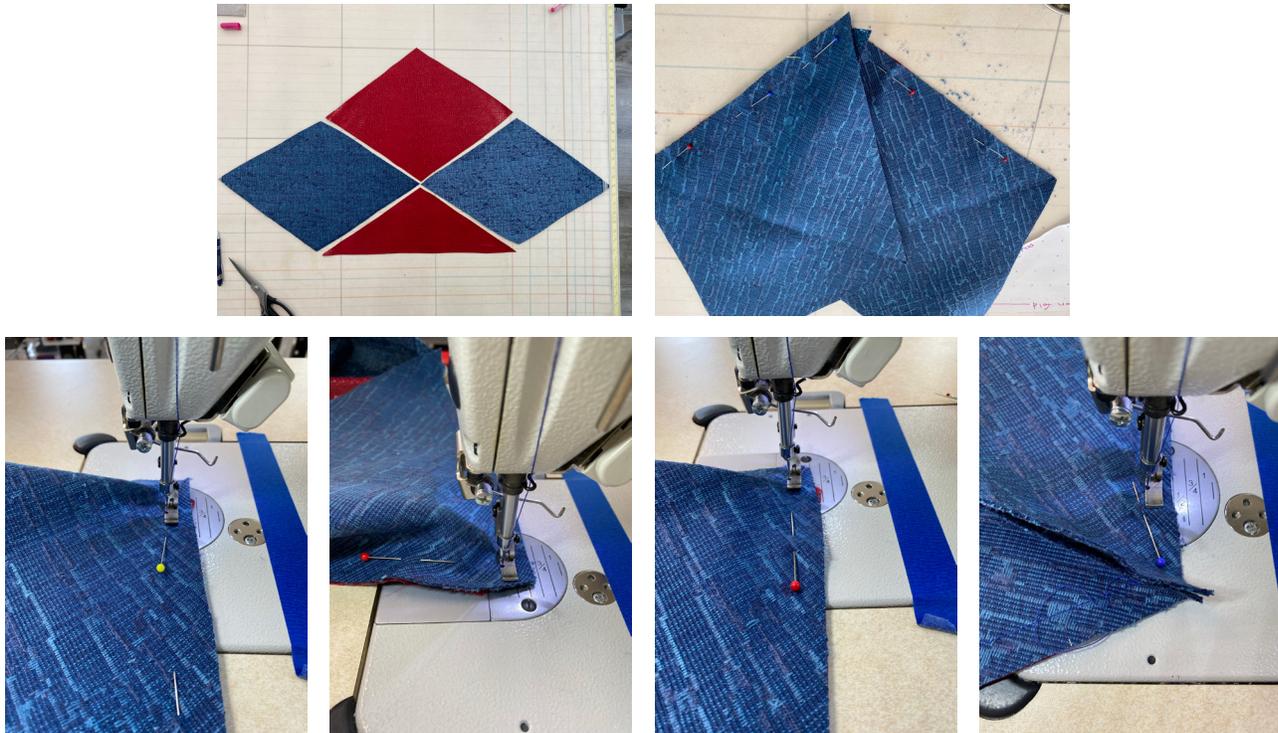
## Cut the Fabric:

- 3 Place the pattern sections on the fabric. The top and two side pattern sections are placed on a fabric fold. The bottom section is cut as two pieces of fabric as indicated on the pattern pieces.



## Sew the Seams for the Top Section of the Pillow:

- 4 Lay the fabric pieces on the table, face side up.
- 5 Place the pillow side pieces (blue fabric) on the pillow top section (red) and pin. Stitch a  $\frac{1}{2}$ " SA.
- 6 When you get to the corner, pivot the fabric, and continue stitching to the next corner.



## Sew the Seams for the Bottom Section of the Pillow:

After sewing the first seams your pillow will look like the below photos. You are now ready to sew the seams for the bottom section of the pillow.



7

Pin the bottom pillow sections (red) to the remaining side sections (blue). Stitch a  $\frac{1}{2}$ " SA.



## Prepare & Insert an Invisible Zipper to Complete the Pillow:

After sewing the remaining side sections to the bottom sections, your pillow will look like this:



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Prepare an invisible zipper for the pillow.

9

Pin the zipper to the bottom seam of the pillow.

10

Stitch close to the zipper teeth all the way across the bottom of the pillow.

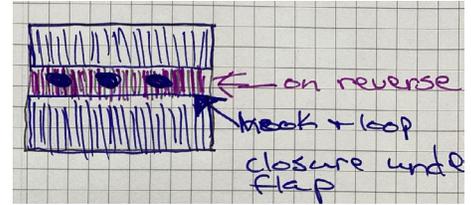
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Insert a pillow form to complete the pillow.



## Pillow 2 - Envelope Pillow with Contrast Band:

This envelope style pillow has a contrast color band on the front and reverses to the band fabric on the pillow back.



### Cut & Prepare Your Fabric:

- 1 Mark and cut the pillow back at 18" x 12"
- 2 The pillow front is cut in three sections. The top section is cut at 18" x 5", the bottom section is cut at 18" x 10", and the contrast band is cut at 18" x 8".
- 3 Serge around each fabric piece.
- 4 Fold the fabric band in half, right side in and matching the long sides. Press.
- 5 Press a ½" SA toward the wrong side along both long edges.



### Prepare the Pillow Front:

- 6 Place the contrast band and the pillow top section, right sides together and pin.
- 7 Stitch a ½" SA along the pinned edge.
- 8 Press the SA towards the contrast band.
- 9 Wrap the contrast band to the back and close using your method of choice. For this project, we used Sealah No-Sew Adhesive Tape SLT50.

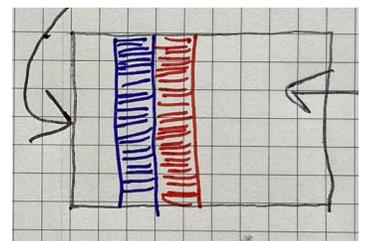


- 10 Place the top of the pillow front over the bottom section of the pillow front and sew the side seams together.
- 11 Place the pillow front and pillow back together, matching right sides. Pin and sew a ½" SA around all four sides.
- 12 Turn the pillow cover right side out.
- 13 Insert a pillow form to complete.
- 14 For this project, we added a small bow to the contrast band as an embellishment.



### Pillow 3 - Pillow with Multiple Contrast Bands:

This pillow has a contrast band set in from one edge of the pillow. An invisible zipper is used in the bottom seam of the pillow.

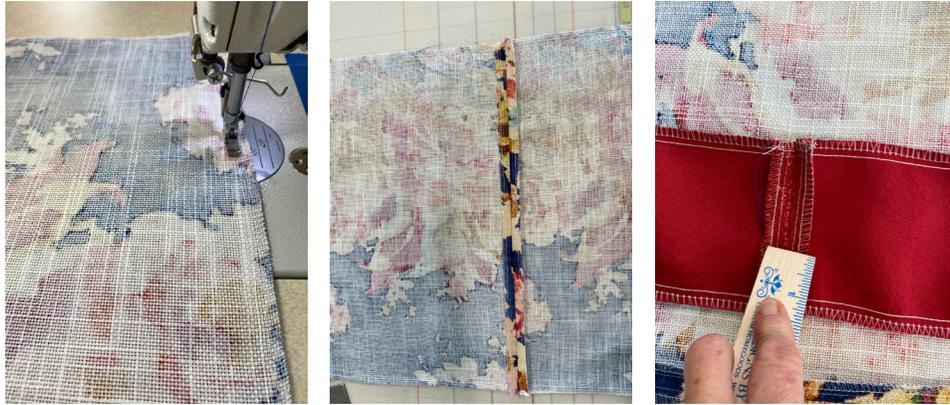


#### Cut & Prepare Your Fabric:

- 1 Mark and cut the fabric for the pillow front and pillow back.
- 2 Mark and cut a contrast band for the pillow front and pillow back. For this size pillow, the pillow band is cut at 4" wide.



- 3 Serge around all edges of the pillow fabric and the contrast band fabric.
- 4 Pin the pillow front and back fabrics along the top edge. Sew a 1/2" SA. Press the seam open.
- 5 Pin the contrast band front and back fabrics together along the top edge. Sew a 1/2" SA. Press the seam open.



### Prepare & Sew the Contrast Bands:

- 6 Cut two contrasting bands for the first contrast band. For this pillow, these are cut at 3" x 23".
- 7 Fold the contrast fabric in half lengthwise and press.
- 8 Pin the contrast bands together and stitch along each long edge.
- 9 Folds the edges of the bands under and pin to the pillow front and back.
- 10 Stitch in the ditch to apply the contrast band to the pillow front and back.



## Insert the Zipper to Complete the Pillow:

- 11 Cut and prepare an invisible zipper.
- 12 Sew along one long edge of the pillow bottom.
- 13 Pin and sew the zipper to the remaining side of the pillow bottom.
- 14 Sew the remaining sides of the pillow.
- 15 Turn the pillow right side out and insert the pillow form to complete the pillow.

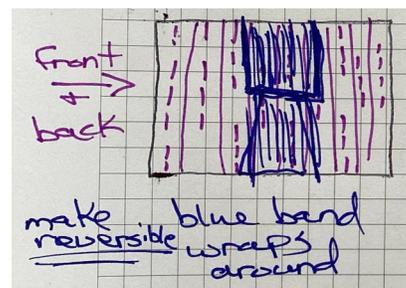


## Pillow 4 - Pillow with a Contrasting Cuff:

This simple looking pillow has a removable contrast cuff with a floral embellishment.

### Cut & Prepare Your Fabric:

- 1 Cut the pillow front and back fabrics. Serge around all four edges of the pillow front and back fabrics.
- 2 Cut and prepare a zipper.
- 3 Sew the zipper to the bottom edge of the pillow.
- 4 Pin and sew the remaining edges of the pillow. Turn right side out.
- 5 Insert the pillow form to complete the basic pillow.



## Make the Contrast Cuff:

Use a tape measure to determine the cuff cut size.

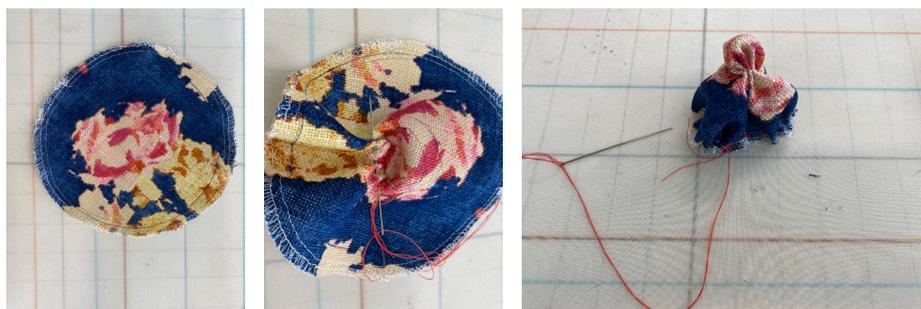
- 6 Cut the cuff fabric front and back. For this project, the cuff has a contrast fabric on the back.
- 7 Pin the cuff fabrics right side together and sew around three sides. Leave one short edge open for turning.
- 8 Turn the cuff right side out and press.
- 9 Close the hole using your method of choice. For this project, we used Sealah No-Sew Adhesive Tape SLT38.



## Make the Floral Embellishment for the Cuff:

Complete the cuff by making and attaching a floral embellishment. The embellishment is made from a small circle of fabric cut about  $2\frac{1}{2}$  x the finished desired size. For this project, the circle is cut at 7".

- 10 Cut the circle the size indicated above. Serge around the outside of the circle.
- 11 Draw a circle approximately  $\frac{1}{3}$  the size of the outer circle on the face of the fabric.
- 12 Use a needle and thread to sew a running stitch on the inner circle. Pull tight and knot the ends of the thread.
- 13 Now make a running stitch along the outer edge of the fabric. Pull tight and knot the ends of the thread.



- 14 Center the raw edges of the circle under the running stitches.
- 15 Flatten the flower by pulling the edges of the inner and outer circles out.
- 16 Place a bead on a needle and thread and sew to the center of the flower.
- 17 Overlap the ends of the cuff to fit the pillow. Sew together.
- 18 Stitch the floral embellishment to the cuff.



## Pillow 5 - Pillow with Hook & Eye Closure:

This great looking pillow is for those who shy away from zipper insertion. This color blocked pillow uses overlapping fabrics on the front and a decorative hook and eye as a closure method.

### Cut & Prepare Your Fabric:

- 1 Cut the pillow front and back fabrics 18" x 12". Serge around all four sides.
- 2 Fold one short edge of the pillow front to the back side. Press and stitch close to the serged edge.
- 3 Cut the pillow front overlay fabric 12 ½" x 12". Fold in half, matching the wrong sides, serge around the raw edges.
- 4 Place the contrast fabric over the pillow front fabric. Sew the top and bottom edges of the pillow front.





### Sew the Pillow Front & Back Together:

- 5 Place the pillow front and back right sides together. Pin.
- 6 Sew around all four sides of the pillow front and back.
- 7 Turn pillow right side out. Insert the pillow form inside the pillow cover.
- 8 Mark for placement of the decorative hook and eye. Sew in place.
- 9 Insert the pillow form, close the hook end eye to complete the pillow.

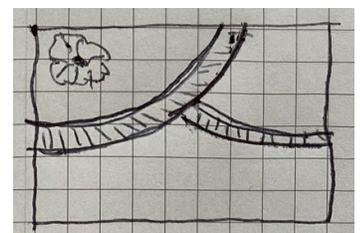


### Pillow 6 - Envelope Pillow with Ruffle Detailing:

Here is another pillow that uses no zipper. This pillow front has overlays that overlap in the center, a small gathered ruffle, and an embellishment that uses leftover ruffle to create.

#### Cut & Prepare Your Fabric:

- 1 Mark and cut the pillow back and front fabrics and serge around all four sides of each.



- 2 Cut the over lay fabric approximately 2/3 the length of the pillow front and wide enough to overlap 4".
- 3 Use a round roman shade rib to determine the curve of the overlay. Mark and cut each overlay.
- 4 Cut a piece of lining the same size as each overlay.



### Make the Overlay Ruffle Trim:

Cut enough bias strips to make a gathered ruffle for each overlay. For this project, we used about 3x fullness.

- 5 Sew the bias strips over a firm welt cord. We used the R-TEX Polyfoam Welt Cord WC39.
- 6 To make the ruffle, pull the welt cord and push the fabric up to form a gather. Sew back over the first stitching, forming a ruffle as you pull the welt cord out of the bias tube.
- 7 Pin the ruffle to the curved edges of the overlays. Stitch.
- 8 Pin the overlay to the lining. Stitch along the curved edge.
- 9 Clip the edges of the overlay. Turn right side out and press the curved edge.



## Prepare the Pillow Front & Sew to the Pillow Back:

- 10 Press 2 ½" along the pillow front underlay to the back.
- 11 Close using your method of choice.
- 12 Place the overlays over the prepared underlay. Pin and stitch the center of the overlays. Stitch the sides of the overlays to the underlay.
- 13 Place the pillow front and pillow back right sides together. Stitch around all four sides of the pillow.
- 14 Turn the pillow cover right side out and insert the pillow form.



## Prepare the Pillow Embellishment:

Use left over fabric ruffle to create a unique embellishment.

- 15 Add Fringe Adhesive FA10 along the SA.
- 16 Begin rolling up the ruffle.
- 17 When the embellishment reaches the desired size, clip the end.
- 18 Cut a piece of fabric to sew over the raw edges on the back.
- 19 Attach the embellishment to your project using your method of choice. For this project, we hand stitched this to the fabric.



