

Construct a Lightweight Headboard

Walk through how to construct a lightweight headboard with a hinge for easy transport or shipping.

Materials & Supplies

| Rowley Products | Item # |
|---|---------------------------|
| Headboard Cleat | AG76 |
| Polyester Batting | PF78 |
| FirmaFlex™ Z-Folded Bendable Fiber Board | BP48/72Z |
| Upholstery Air Stapler | NSG10 |
| 71 Series Staples | NS33/E |
| Mending Plates | MP40 |
| Skirtex Stiffener | SKX55/100 |
| Fringe Adhesive | FA10 |
| Gimp Trim | G20S/ |



Construct A Lightweight Headboard: Step-By-Step Instructions

Construct A Lightweight Headboard

- This headboard is designed and fabricated with a horizontal hinge in order to be able to be shipped to the client.
- The headboard is lightweight and is easily hung on the wall with headboard cleats.
- Mending plates to secure the headboard at the hinge were included with the headboard before shipping.
- 1/8" sanded plywood was used as the base for this headboard, but FirmaFlex™ would have worked great also.



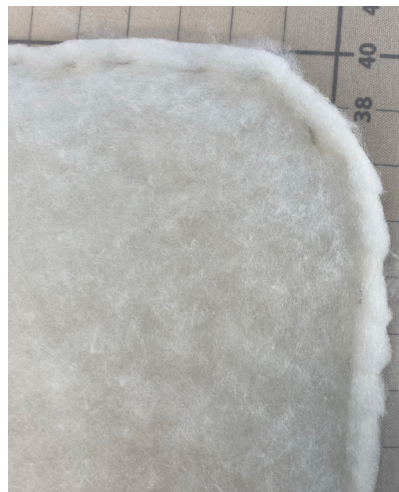
- 1 Determine the size for your headboard and the placement for the hinge.
- 2 Cut the wood for the headboard (or have a home store cut this for you).
- 3 Mark the corners and cut.

- 4 Cut a piece of Skirtex 10" x the length of the headboard. Fold the Skirtex in half lengthwise and crease.
- 5 Apply a good amount fringe adhesive to the Skirtex hinge.
- 6 Place the Skirtex, adhesive side down over the split of the plywood. Weight the Skirtex down until the adhesive is dry.



Add Batting & Lining to the Front of the Headboard

- 7 Layer pieces of batting over the front of the headboard base, with smaller pieces in the center.
- 8 Staple the top piece of batting around the perimeter of the headboard base.
- 9 Clip the edges of the batting close to the edges of the plywood.



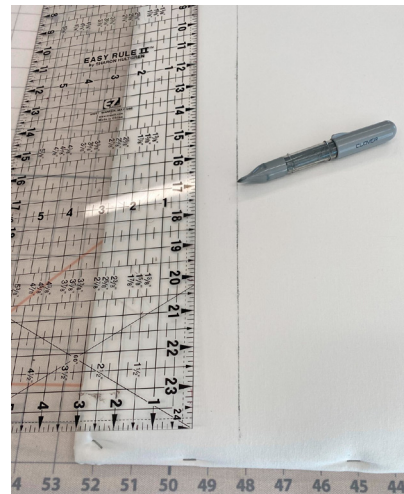
- 10 Cut a piece of lining large enough to wrap around the plywood and staple to the back.



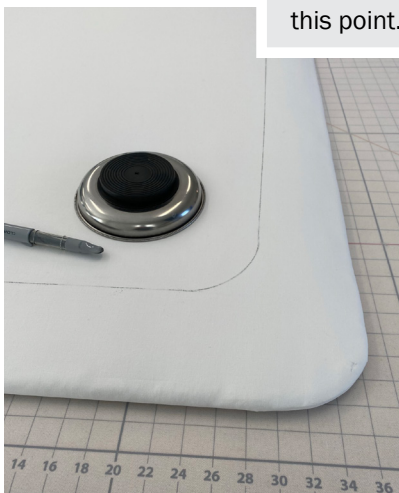
Mark for Trim Placement on the Headboard

This headboard will have a decorative trim set in from the edge.

- 11 Mark the placement for the trim using a ruler and chalk marker.
- 12 Create the curve at the corners and mark.
- 13 Staple along the line all the way around the headboard.

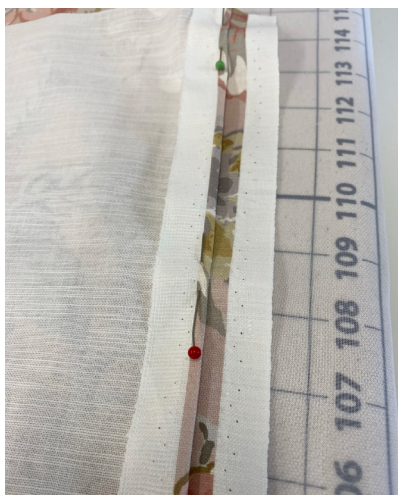


Take note of where the hinge is so that no staples are placed at this point.



Cut & Seam the Face Fabric (FF) for the Headboard

- 14 Determine fabric pattern placement for the headboard.
- 15 Cut the fabric large enough to wrap around the headboard for stapling.
- 16 Seam the fabric if necessary. Clip seams. Press the seams.
- 17 Place the fabric over the padded headboard.
- 18 Before stapling, take a photo to be sure you are pleased with the pattern placement.



- 19 Pin the fabric to the headboard.



Staple the Fabric to the Back of the Headboard

- 20 Flip the headboard, face down, and staple the fabric to the back side of the headboard.
- 21 Cover the back of the headboard with lining.
- 22 Cover the staples with a piece of gimp.



- 23 Attach one half of the pair of headboard cleats to the back of the headboard.
- 24 On the front of the headboard, place a line of staples at the trim placement, creating an indentation to attach the trim.

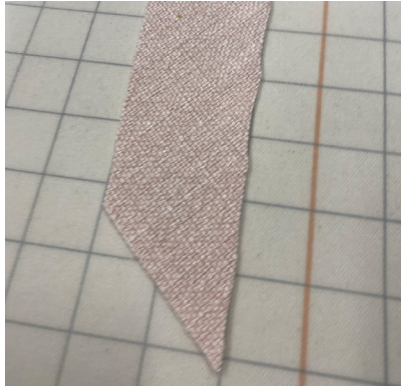


Make the Trim Embellishment & Attach to the Headboard

The trim is made from a bias strip of loosely woven fabric.

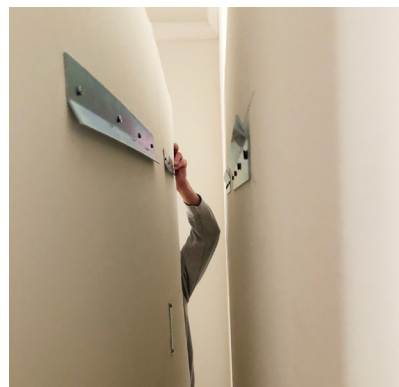
- 25 Cut enough 2" strips bias fabric to go around the trim placement on the headboard.
- 26 Stitch the strips together. Press seams open.
- 27 Fold in half lengthwise and press.

- 28 Stitch a ¼" Seam Allowance (SA) along the pressed edge.
- 29 Using a stiletto, separate the fabric fibers to fringe the bias strips.
- 30 Use fringe adhesive along the staples to attach the fringe to the headboard.



Install the Headboard Using Headboard Cleats

- 31 Mark the placement for the headboard on the wall.
- 32 Attach the headboard cleats to the wall and headboard.
- 33 Hold the headboard slightly above the cleat on the wall. Lower the cleat on the back of the headboard into the cleat on the wall.





Pillow Shams with Quilting Detail

Learn to fabricate pillow shams with a quilting detail with no-show seams on the inside.



Materials & Supplies

Rowley Products

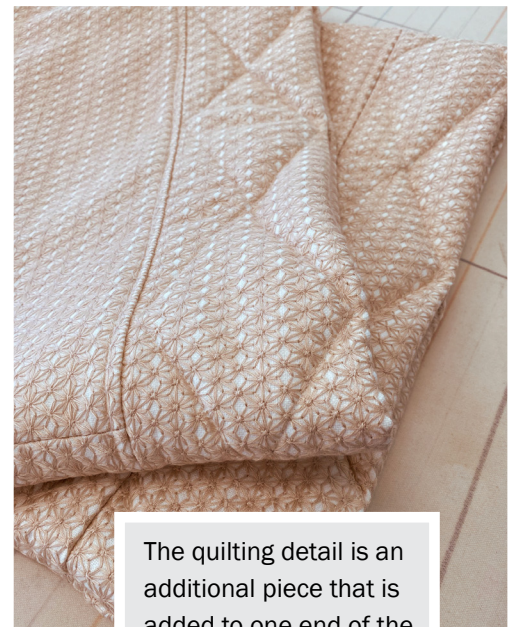
| | Item # |
|--|-------------------------------|
| Professional Shears | <u>CU24</u> |
| Pen Style Chalk Markers | <u>WW13/</u> |
| Waxed Silamide Skeins | <u>TWS23/</u> |
| R-TEX High Quality Polyester Cluster Pillow Inserts | <u>PJ272</u> |
| Glass Head Straight Pins | <u>TP49</u> |

Pillow Shams with Quilting Detail: Step-By-Step Instructions

Pillow Shams with Quilting Detail

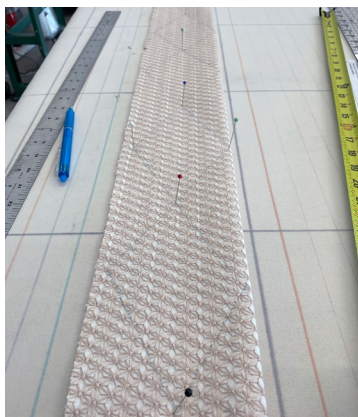
The pillow sham body will be cut the same size as the pillow insert for a snug fit.

- 1 Mark and cut a front and back for the pillow sham.
- 2 Cut lining for the pillow sham the same size as the pillow front and back.



The quilting detail is an additional piece that is added to one end of the pillow sham.

- 3 Pin and stitch the top seam of the pillow front and back.
- 4 Pin and stitch the top seam of the lining front and back.
- 5 For a 4" finished quilted band, cut a piece of fabric 10" wide and twice the size of the pillow insert, plus two ½" Seam Allowances (SA). For a 20" tall pillow insert, cut the band 10" x 41".
- 6 Fold the band in half matching the short ends and clip a notch indicating the center.
- 7 Fold the band in half matching the long ends, wrong sides in, and press.
- 8 Mark and draw the quilting pattern on the band using a disappearing fabric marking pen.
- 9 Insert a piece of Dacron inside the band.
- 10 Pin the raw edges and serge.



Sew the Quilting Detail to the Band & Sew to the Pillow Body

- 11 Pin and stitch the quilting detail.
- 12 Press the top seam in the pillow body and the lining open.
- 13 Pin and stitch the quilted band to the pillow body, matching the notch in the band to the center seam of the pillow body.



- 14 Pin the lining to the band and pillow body and stitch a ½" SA.
- 15 Press the lining away from the band.
- 16 Fold the pillow sham in half matching the edges.
- 17 Carefully stitch one half of the quilted band together from where it joins the pillow body to the fold line of the band. Leave the other half open for now.



Sew the Remaining Seams of the Pillow Sham

- 18 Fold the sham so that the pillow body right sides are together and the lining is right sides together. Pin.
- 19 Starting in one corner on the pillow body, stitch to the next corner, and pivot to sew to the place where the body and the lining come together. Be sure to keep the quilted band out of the way.
- 20 Continue stitching the lining to the bottom corner, turn and sew, but stopping to leave a hole for turning.
- 21 Turn the pillow sham right sides out.



Sew the Remaining Seams of the Pillow Sham

- 22 Press and close the hole in the lining.
- 23 Push the lining inside the pillow sham.
- 24 Press the lining seam.
- 25 Press the remaining seam of the band and close using your method of choice.



Color Blocked Bolster Pillows

Follow along step-by-step how to fabricate color blocked bolster pillows with a unique zipper closure to give your bedding a serene spirit.



Materials & Supplies

Rowley Products

Waxed Silamide Skeins

Item #

[TWS23/](#)

R-TEX High Quality Polyester Cluster
Pillow Inserts

[PJ55](#)

Crimp Button Forms

[FCA45](#)

R-TEX Iron-On Fabric Stabilizer

[FB](#)

Zippers by the Roll #4.5

[ENR25/](#)

Zipper Slides #4.5

[ENP2/](#)

Color Blocked Bolster Pillows: Step-By-Step Instructions

Color Blocked Bolster Pillows

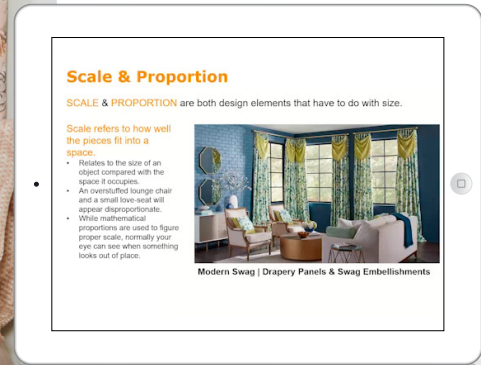
- For the main pillow body, measure the circumference of the bolster insert and add 3" to allow for the zipper flap and Seam Allowances (SA).
- For the color blocked side sections, measure the circumference of the bolster insert and add 1" for SAs.



This color blocked bolster pillow has a 2" zipper flap as a decorative element.

1 Determine the proportion for the color blocked sections and cut these adding SAs.

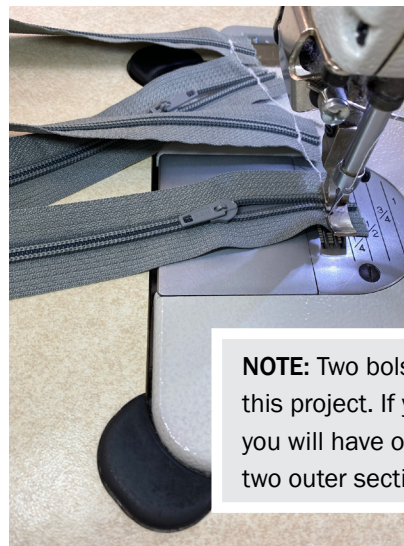
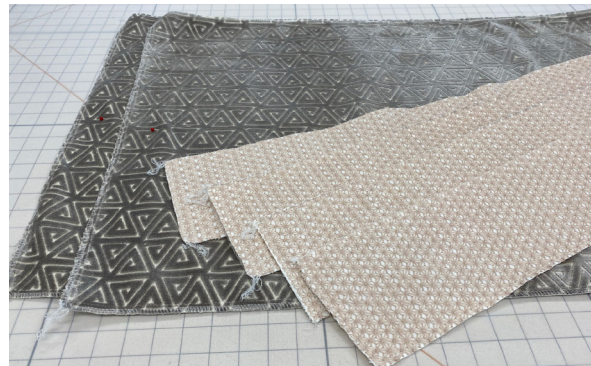
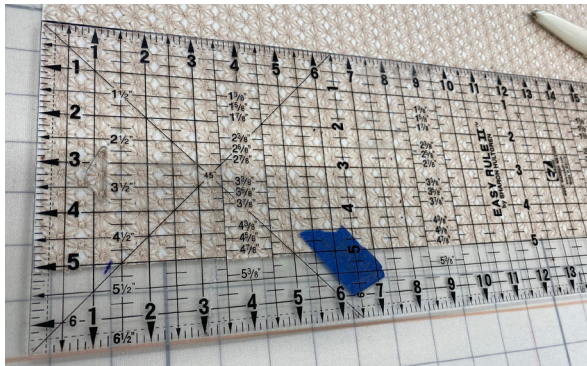
Watch this Recorded Webinar where we talk about proportions in soft furnishings: [Modernize Window Treatments](#)



Prepare the Fabric & Zipper for the Bolster Pillow

2 After cutting the color blocked pillow sections, serge around all four sides of each section.

3 The zipper is cut 2" smaller than the center section. Cut and prepare the zipper.



NOTE: Two bolsters were made for this project. If you are making one, you will have one center section and two outer sections.

- 4 Insert your zipper pull onto the zipper chain.

Watch this YouTube video: [How to insert a zipper pull onto regular zipper chain](#)



Sew the Zipper to the Bolster Pillow & Create the Zipper Flap

If your fabric has a nap or directional pattern, you will want to sew the first step of the zipper to the fabric which is the top of the pattern.

- 5 Place the zipper on the fabric right sides together, matching the edge of the fabric to the edge of the zipper tape. Pin & stitch.
- 6 The zipper will start and stop about 1" from each edge, creating less bulk in the seam when the color block section is added.
- 7 Fold the stitched zipper to the back of the fabric, creating a 2" flap. Pin.
- 8 Stitch the flap close to the zipper teeth.



Complete the Bolster Body

- 9 Fold the bolster and match the second side of the zipper, right side down to the other side of the bolster fabric. Pin and stitch close to the zipper teeth.
- 10 For the color block bands, fold in half matching short ends. Stitch a ½" seam.
- 11 Press seam open.
- 12 Place the color block bands on the bolster body, right sides together.
- 13 Pin the bands to the bolster body and stitch a ½" seam.

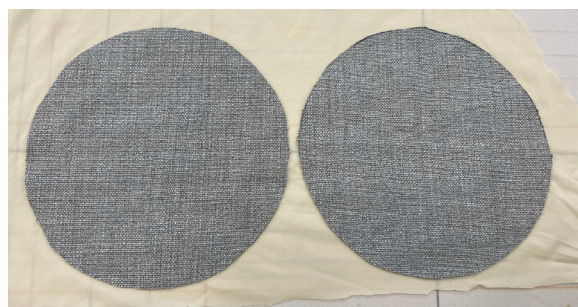


- 14 Depending on the weight of your fabric, press the seams open or to one side.



Make & Sew the Ends of the Bolster

- 15 Cut two circle ends to fit your bolster insert.



- 16 Press fusible stabilizer if your fabric needs more body.
- 17 Cut bias strips and make enough welt cord for the ends of the bolster.

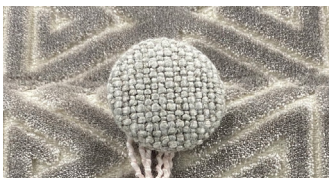


- 18 Notch the circle ends and the bolster body fabric.
- 19 Pin and stitch the welt to the bolster. Create a clean finish while joining the ends.
- 20 Pin and stitch the circle ends to the bolster matching notches.



Add an Embellishment to the Bolster

- 21 Make a fabric covered button for the zipper flap embellishment.



22

Make a small tassel using a thread or yarn of your choice.

- A. Take several strands of yarn or fabric fiber and fold in half.
- B. Take a few more strands to loop inside the first set of folded strands.
- C. Take the ends of this second set through the loop and pull tight.
- D. Tie a square knot, leaving a loop large enough to place over the fabric covered button.
- E. Take several more strands of yarn or fiber and wrap around the top of the tassel and tie off.
- F. Clip the ends of the tassel.
- G. Stitch the button to the zipper flap.
- H. Slip the loop at the top of the tassel over the button.

