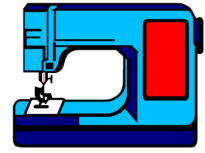




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Pink Project Butterfly Cushion

By Paula Storm

When it was time for me to create my project I did lots of googling and research to find out what would be most useful for Breast Cancer Sufferers. I found that having a soft cushion that could be placed under the arm can be a huge help. It gives pain relief and protection from accidental bumps. These cushions can also be placed between the breast and a seatbelt strap or cuddled to the chest for comfort or again protection from bumps.

I decided that a Butterfly shaped cushion would be the perfect shape.

Because we are all different shapes and sizes, I designed the cushion so it has both a small and large groove that would fit perfectly under the armpit.

Can't you just imagine how comforting it would be to cuddle a cushion made from Minky or Flannel!

I decided to pretty up my cushion a little with some appliqué, but if your an awesome human being and making up tonnes of these beauties, you could of course leave off the appliqué. Or maybe you could use Accuquilt shapes to add hearts or other fun shapes to your cushions.

If you would like to help out and make up some of these cushions I have created a free pattern .

Here's just a few tips before you get started:

1. I would just suggest that you don't use metallic threads or anything that could aggravate the skin (buttons etc.).
2. I suggest buying pillows and cutting them open to use as the stuffing rather than fibre fill. I prefer Tontine pillows as they are relatively inexpensive. I also like the pillows that are washable, so the finished cushion can be thrown in the washing machine.
3. Please use polyester thread when sewing the front and back of the butterfly together. A cotton thread will break as soon as you start stuffing and putting stress on the seams.

Ok lets get started



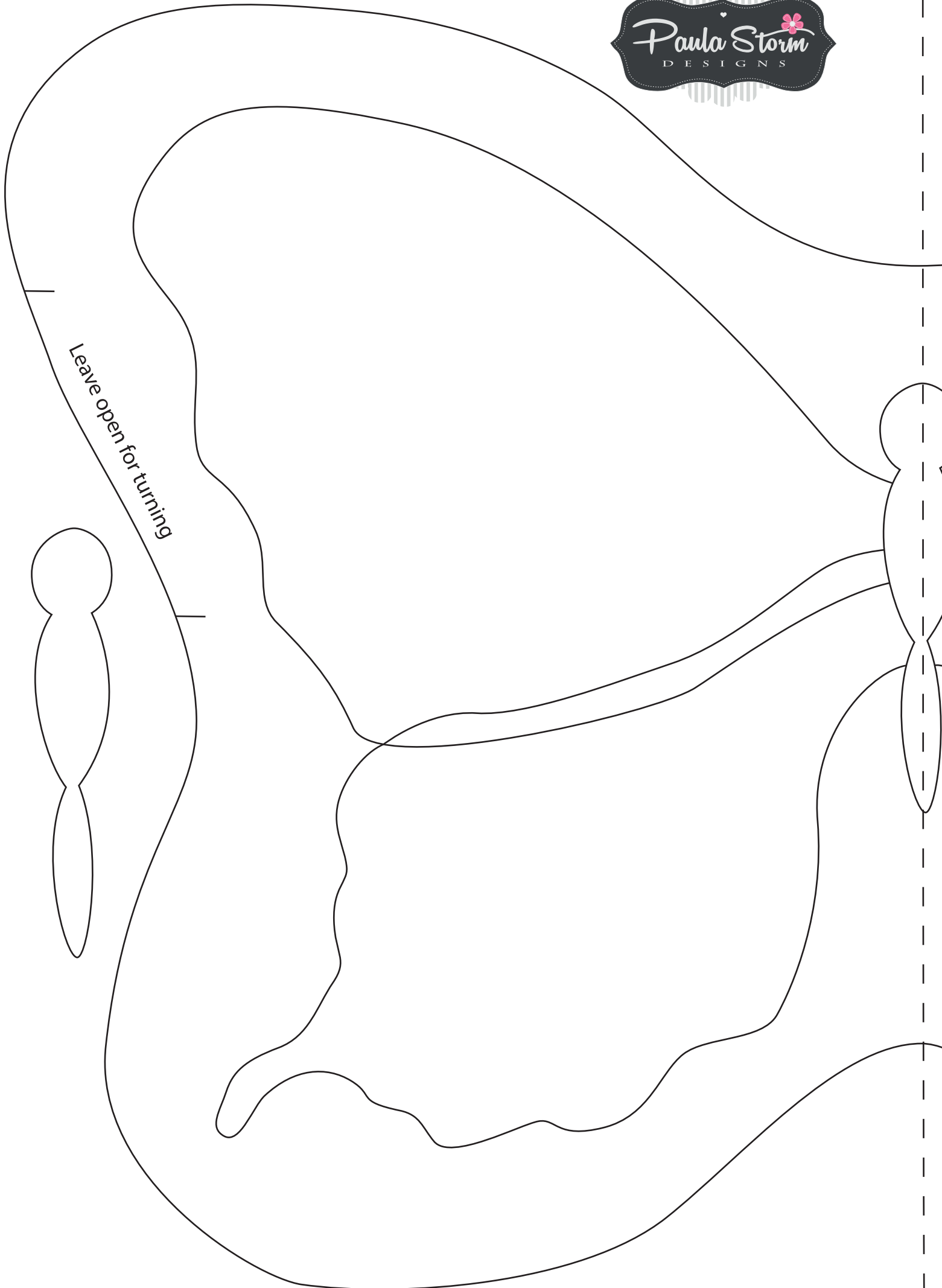
Pink Project Butterfly Cushion Pattern

Requirements:

- 30cm x Width of Fabric for Background
- 1 x Fat 1/8's of top Wing fabric
- 1 x Fat 1/8's of bottom Wing fabric
- Scraps of Butterfly body fabric
- Fusible Web
- Template Plastic
- Fabric Marking Pen
- Threads to match appliqué fabric
- Polyester thread to match background fabric

Construction:

1. See pattern attached at back.
2. If using the A4 pattern, join the two pages together and trace the design into the template plastic. Carefully cut out the template on the outside line.
3. Take the background fabric and put it right sides together.
4. Place the template on your background fabric and trace around the design. DO NOT cut on this line, this is your sewing line!
5. Cut out the shape making sure to add a 1/4" seam allowance. Set aside while you prepare the appliqué.
6. Take the Fusible web and trace the 2 x wing shapes and the body shape.
7. Iron the shapes onto your appliqué fabrics and trim to size.
8. Using the template plastic as a guide, place the appliqué fabrics into position and then iron them into place.
9. Using matching threads, sew around the outsides of the appliqué shapes to secure them. I used a blanket stitch.
10. Place the backing fabric on top of the butterfly front, using the traced guideline sew the two layers together. Make sure to leave a gap for turning.
11. Snip into all of the curves, making sure you don't cut through the sewing line.
12. Turn the butterfly right sides out and push out all of the seams. Using small amounts at a time, stuff the butterfly. I don't like to over stuff it as that can make it a bit stiff, but do fill it completely as the stuffing will settle over time.
13. Hand stitch the stuffing hole closed using a ladder stitch.
14. Add a cute tag to your Butterfly and return to Stumers Sewing Centre where it will be sent to the McGrath Foundation who will donate it to a person in need.



1"
test
Square

Paula Storm Designs 'Pink Project'
Templates

