

# Lilac Pillow

by Katrina Wright



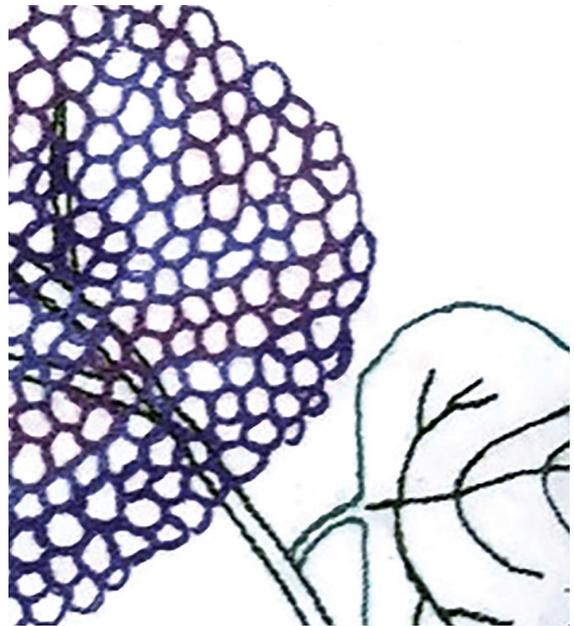
Create a decorative lilac pillow for your favorite chair featuring free-motion embroidery. This technique is a fun way to beat the winter blues and get ready for spring. Practice your free motion skills by following the free pattern, easily printed onto Sulky Stick 'n Stitch™ to provide stability as well as the lines to follow with your needle.



## Thread Choice:

Filaine™ is a new thread that looks and feels like wool with a vintage appeal. Sulky is introducing this thread later in the year, but here is a preview to get your creative juices flowing.

**[Sulky 12-wt cotton Petites™](#)** thread is a great substitute for Filaine. The heavyweight thread comes in comparable colors to the Filaine—the only thing missing is the nubby, wooly texture. To use Petites for this project, here is a color conversion chart:



Filaine	Cotton (30 or 12wt)
3992	<a href="#">0175</a>
3524	<a href="#">1232</a>
3266	<a href="#">1561</a>
3241	<a href="#">1296</a>
3264	<a href="#">1254</a>

## Supplies:

- Sulky Filaine™ Threads: #3992, #3524, #3241, #3266, #3264 (see Color Conversion chart to substitute Sulky Petites thread)
- [Sulky PolyLite™ thread #1001](#) (bobbin)
- [Sulky PolyDeco™ thread #1001](#) (construction)
- Package of 8-1/2" x 11" Sulky [Stick 'n Stitch™](#) (plus extra for practice)
- 2 - 16" squares of monk's cloth or similar fabric (reserve extra for practice)
- 16" square pillow form
- 2 yards of coordinating trim (pillow edges)
- Pencil for tracing (if not printing the patterns directly onto Stick 'N Stitch)
- Free-motion sewing machine foot
- Size 90/14 Organ sewing machine needle
- Lilac Pillow free-motion embroidery patterns

## Prep

1. Trace all the patterns onto the [Stick 'n Stitch](#) using the pencil or print the PDFs directly on to the Stick n Stitch.



2. Cut around each pattern piece, leaving a 1" margin.
3. Fold one fabric square in half. Fold in half again. Finger press the inner corner to find the square center. (This is the pillow top.)
4. Wind two bobbins of white PolyLite thread.

## Practice

1. Apply one layer of [Stick 'n Stitch](#) to a square of extra fabric. Adhere the stabilizer directly on the fabric right side. Place an additional layer on the fabric wrong side.
2. Install a free-motion foot onto the sewing machine and lower the feed dogs. Practice free-motion embroidery on the prepared piece. Play with the tension on the machine until a balanced stitch is achieved.



### Tip:

Take a [beginner Free-Motion class](#) with [Eric Drexler](#) as your guide. The free-motion pro takes you through setting up your machine and beginner lessons so you can master this fun technique in no time.



## Stitching



### Note:

The free-motion embroidery is completed in layers to achieve the realistic elements and allow for easy color changing. The [Stick 'n Stitch](#) works beautifully in layers, so no need to fear the needle gumming up. If desired, use a [90/14 Organ anti-glue needle](#) and/or add [Sewer's Aid](#) directly on the needle hole prior to stitching.

1. Unfold the pillow top and select the branch pattern. Print the pattern directly onto a sheet of [Stick 'n Stitch](#) or transfer it using a lightbox and marker. Cut around the motif, leaving a 1" margin. Remove the paper backing and center the pattern on the pillow top (The center is marked on the branch pattern with a +). Press firmly to adhere the stabilizer.
2. Repeat to print the three leaf patterns. Remove the paper backing and apply them to the pillow top so the stems touch the branch. Refer to the photo as a guide.



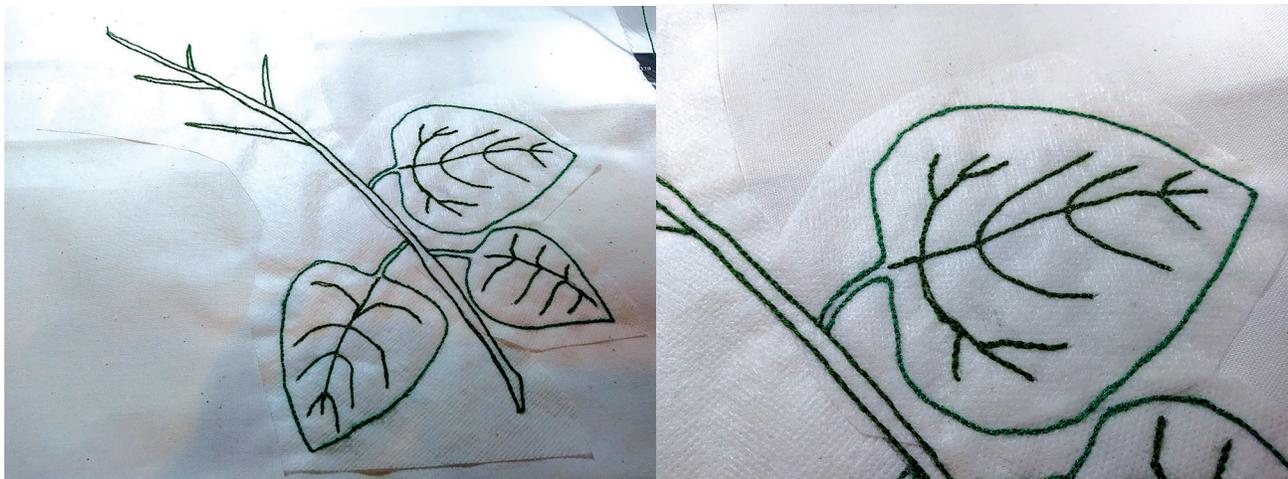
## Stitching continued

3. Apply a layer of blank [Stick 'n Stitch](#) to the pillow top wrong side for extra stabilization.
4. Thread the machine with Filaine thread #3992 (or Petites #0175) and begin stitching directly on the lines in a slow, steady pace. Follow the entire branch, and then tie off and clip the threads.
5. Stitch the veins of the leaves in the same color. Tie off and clip the threads.

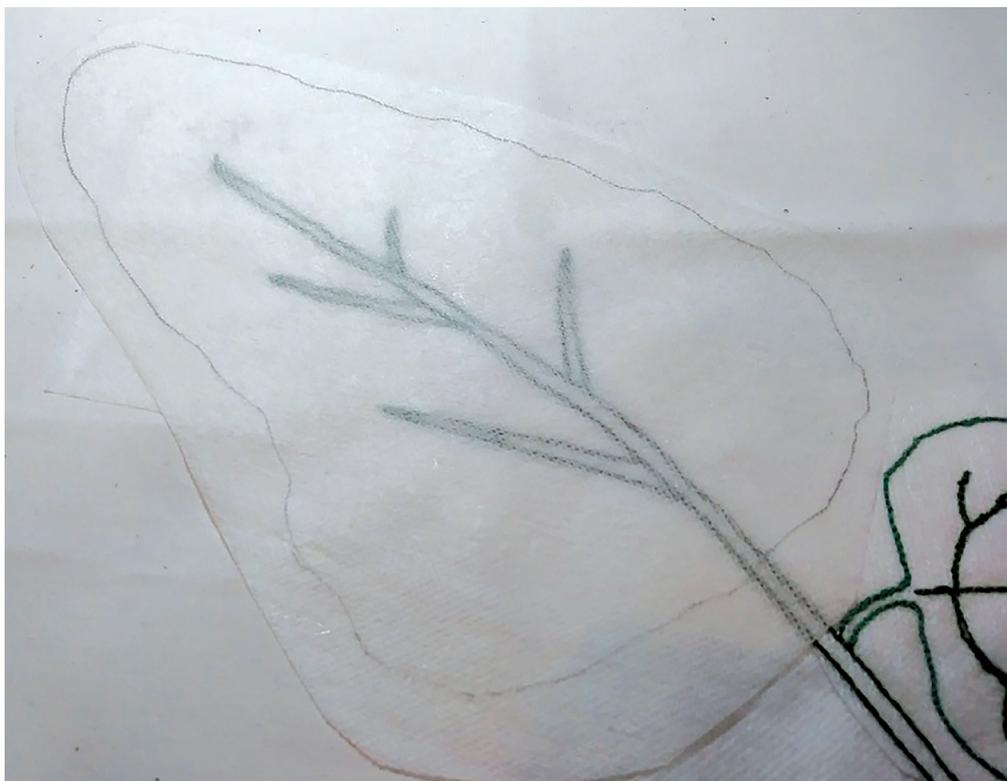


## Stitching continued

6. Using #3524 (or #1232), stitch the outer leaves and stems. Tie off and clip the threads.

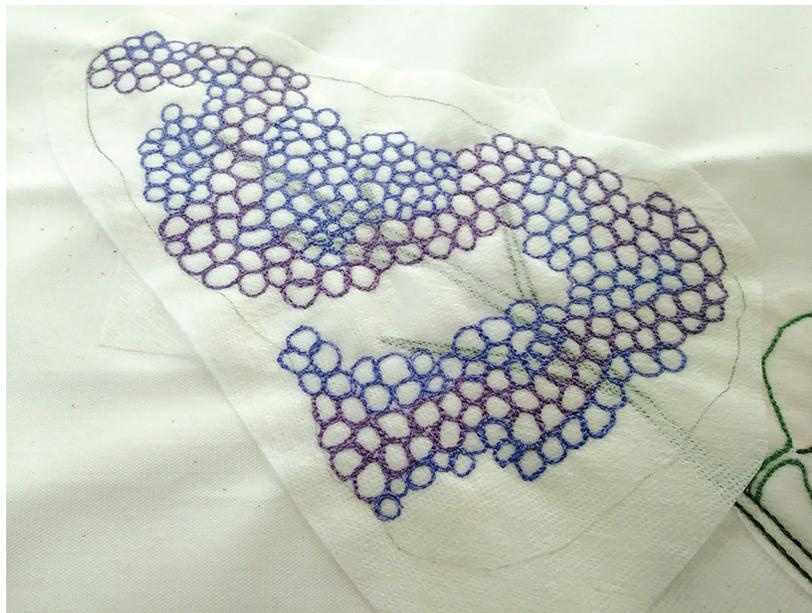


7. Print or transfer the blossom pattern, remove the paper backing and center it on the pillow top, on top of the branch.



## Stitching continued

8. The blossom is stitched with three colors of purple in a “pebble” design. Begin with one color and randomly stitch the conjoining circles, staying within the boundaries of the pattern to preserve the bloom shape. Leave empty areas, which are later filled in with the remaining colors. Circles that are close to the size of a pencil eraser are more realistic, but the sizes can vary slightly. Tie off and clip threads. Repeat the process with the remaining two purple thread colors.



## Pillow Construction

1. Soak the pillow top in warm water until all the Stick 'n Stitch is fully dissolved from both the front and the back.
2. Lay the top on a flat work surface to dry.

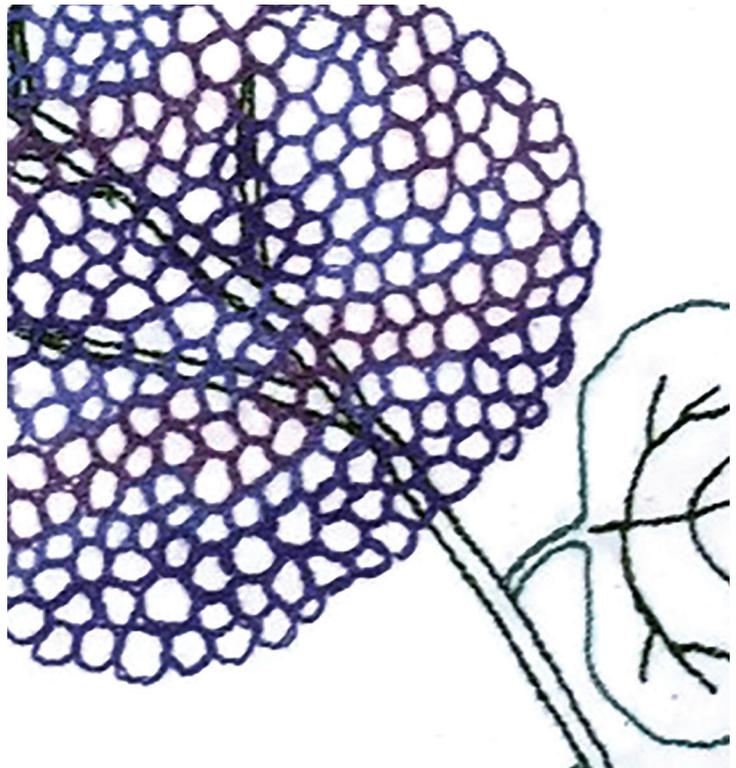


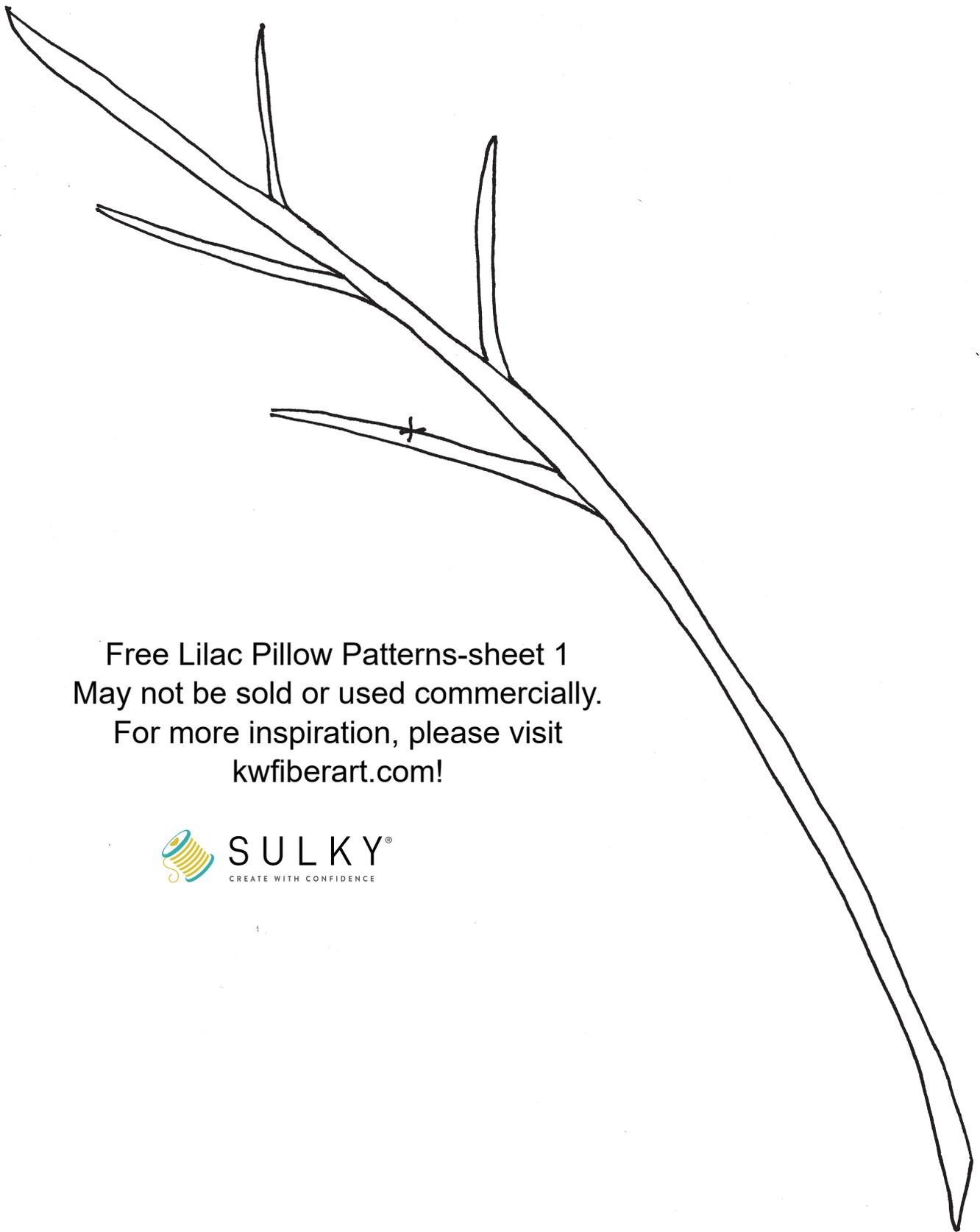
3. Once dry, press out wrinkles as much as possible.
4. Trim the pillow top and back to 14-1/2" square.
5. Beginning at the pillow-top lower-edge center, pin the trim to the pillow top right side, with the trim raw edge and pillow top raw edges aligned. Allow 4" or 5" of the trim beginning to hang off the pillow top. Pin the trim to the pillow-top perimeter. Position the trim end over the trim beginning, making an "X". Pin generously.

## Pillow Construction continued

6. Using PolyDeco thread, baste the trim a scant 1/8" from the raw edge. Sew slowly through the overlapped trim at the pillow-top edge lower edge to secure.
7. Place the pillow back and pillow front right sides together. Using a 1/4" seam, sew the perimeter, leaving a 5" opening for turning.
8. Slightly trim the corners to eliminate bulk; take care to not snip the seams.
9. Turn the pillow case right side out and gently pop out the corners using a blunt point turner, chopstick or pencil eraser.
10. Remove any tags from the pillow form and stuff inside the pillow case, making sure to align the corners of the form with the corners of the case. The pillow form is 2" larger than the case to ensure the completed pillow has firm shape.
11. Using a hand sewing needle and PolyDeco thread, whipstitch or ladder stitch the opening closed.

Stay tuned for the launch of Filaine thread so you can try this technique using the nice, new textured thread by Sulky!



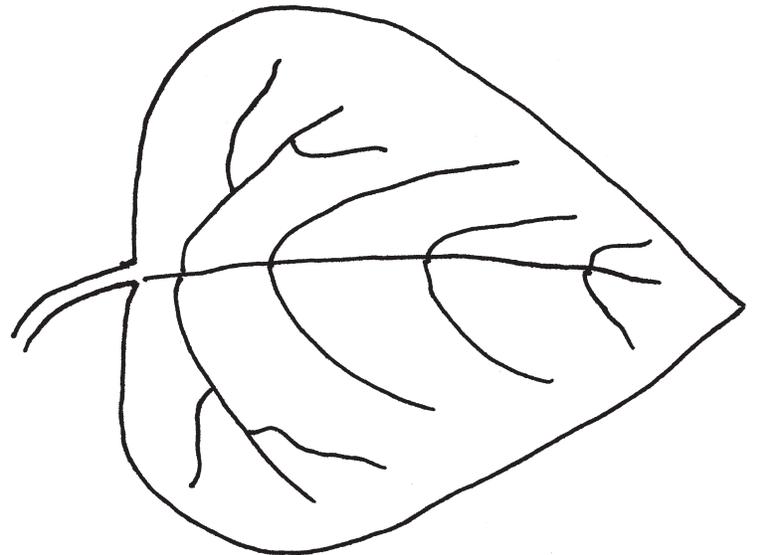
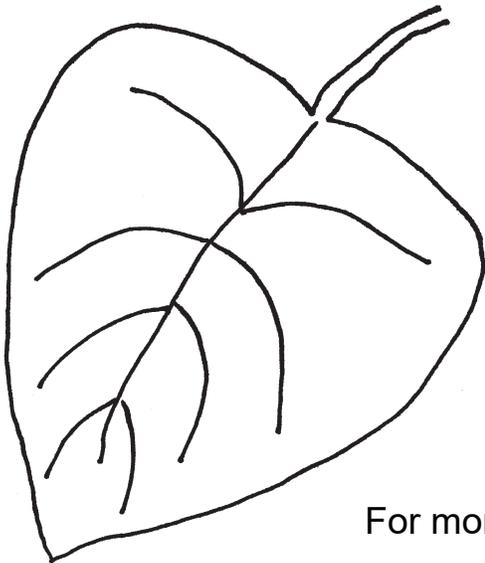
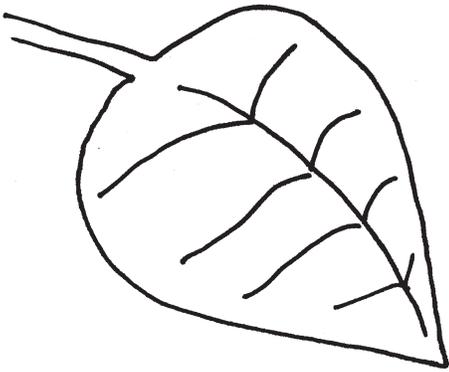
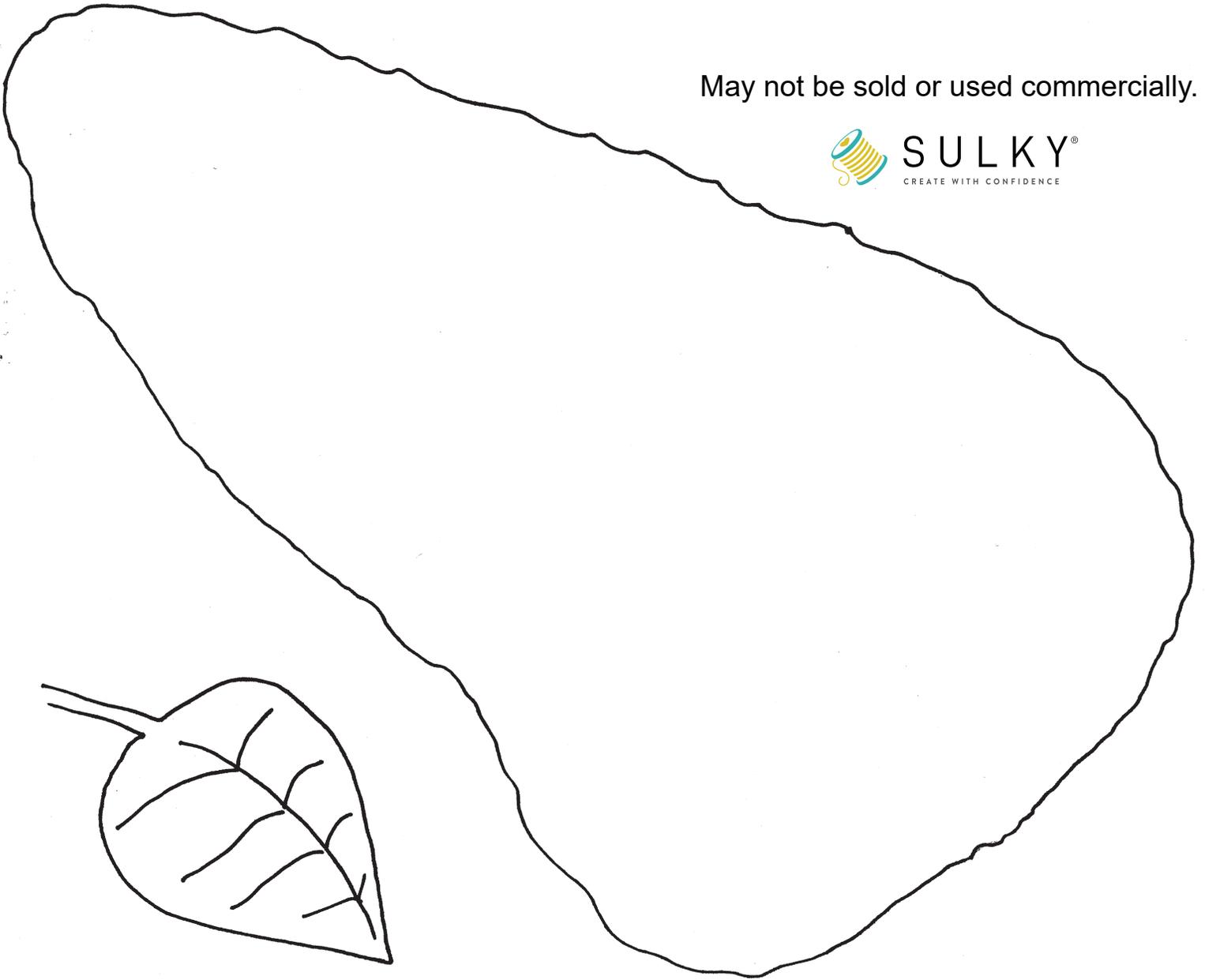


Free Lilac Pillow Patterns-sheet 1  
May not be sold or used commercially.  
For more inspiration, please visit  
[kwfiberart.com](http://kwfiberart.com)!



Free Lilac Pillow Patterns-sheet 2

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