I Heart Pizza Pillow Hand Sewing Project
another cool project for the ‘me made’ life

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How to Sew the I Heart Pizza Pillow

You will need:

- 2 pieces of felt 6 x 9 inches
- 2 pieces of felt about 3 x 6 inches
- Several small pieces of felt for the toppings
- Embroidery floss
- A small amount of stuffing or I will show you DIY stuffing
- Embroidery needle
- Scissors
- Pins

You’ll need to thread a needle and sew the Running Stitch to make this Project:

Threading Your Needle

This very first step in sewing can be a little intimidating - the eye of the needle looks so small! But it’s easy, especially if you begin with a needle with an elongated eye like an embroidery or chenille needle. Make sure you have good light. Use black all-purpose thread and a piece of white paper to act as a background. Cut a piece of thread that is about as long as your arm. Remove any frayed thread by snipping a fresh tip on the end. Dampen the tip of the thread with water or saliva to seal and stiffen as you guide it into the eye of the needle. Now, hold the thread between your forefinger and thumb with about 1/2 inch of thread showing. Hold the needle in your other hand near the eye. Then, gently push the thread through the eye of the needle. It may take a couple of tries. Once the thread goes through, pull it so that you have two equal lengths of thread.

How to Use a Needle Threader

The needle threader is a cool little tool. Just push the flexible wire loop through the eye of the needle. This is very easy to do because the wire and the holder give you plenty of stability. Put your thread through the wire loop and pull it back through the eye of the needle and presto! Your needle is threaded.

How to Make a Knot

To secure your hand stitching just make a simple knot at the end of one or two strands of thread by making a loop around your index finger and bring the thread
ends through the loop and pull gently to form the knot.

**Sewing the Running Stitch**

You may already know this stitch even if you don’t know it by name.

Make a Stitch Practice Line: Draw a straight line on a piece of paper with the pencil and ruler. On top of that line, draw about 10 dashes that are ¼ inch long and ¼ inch apart. Thread your needle. Push the needle from underneath the paper and pull gently until the knot catches beneath. Push the needle down at the end of the dash and pull again until the stitch is nice and flat. Continue for the remaining dashes.

**Knotting Off** - How to Finish a line of Hand Sewing

When you are just beginning, always make sure you have at least 5 inches of thread on your needle as you sew. This will make it easy to secure your sewing with a knot at the end of your stitches. To make the knot, take a tiny stitch and pull slowly until you have a small loop. Feed the needle through the loop and pull gently to create the knot. Make a second knot over the first one for extra security.

Try making stitches on a small piece of fabric just like you did on paper. Now you are ready to sew by hand!

**Let’s get started!**

1. Cut the Pizza lice, Crust, cheese and Toppings pattern pieces from the last page of these instructions.
2. Cut out a front and back for your pillow and your crust, cheese and toppings.
3. Position the crust on the pizza as shown. Sew in place with the running stitch. Sew near the edge of the crust.

4. Position the cheese so that it covers the edge of the crust that you’ve just sewn. Stitch the cheese in place sewing near the edge of both sides.

5. Position your toppings on the rest of the pizza wedge. Keep in mind that if your toppings are near the edge of the wedge, they will be caught in the seam when we sew the back and front of the pizza together. Pin in place or take a pic so you remember where everything goes.

6. Sew the toppings in place. You can sew a line of small running stitches along the center of each topping piece if you’d like it to look a little curly when we’re done OR you can sew a running stitch all the way around each piece. Or mix it up – the choice is yours!
7. Sew the front and back of the pillow together. Stack the front and back of the pillow as shown. Sew with a small running stitch all the way around the edge of the pillow leaving a 3” opening for stuffing.

8. Turn the pillow right side out. Stuff the pillow lightly with polyfill or DIY Plastic Bags (like the bags from the grocery store).

9. Stitch the opening closed with the running stitch. Yummy! That’s it!
toppings
Pizza Slice
Cut 2

Cheese
Cut 1

Pizza Crust
Cut 1