

# AMERICAN MUSCLE

• A Free Project Sheet •  
• NOT FOR RESALE •

PILLOWS



Pillow #1



Pillow #2



Pillow #3



Pillow #4

Featuring fabrics from the **American Muscle** collection by **Chelsea Designworks** for **STUDIO·e·fabrics**

## Fabric Requirements

### Pillow #1

(A) 5343-78 .....	1/3 yard
(B) 1351-Chambray+ .....	1/8 yard
(C) 1351-Stone+ .....	1/4 yard
(D) 5342-88 .....	1/8 yard
(E) 5337-78 .....	1/8 yard
(F) 5335-78 .....	1/4 yard
Backing	
5336-78 .....	1/2 yard

### Pillow #2

(A) 5343-78 .....	1/3 yard
(B) 5337-78 .....	1/4 yard
(C) 5342-88 .....	1/3 yard
(D) 5341-77 .....	1/4 yard
(E) 1351-Stone+ .....	1/4 yard
(F) 5342-11 .....	1/8 yard
Backing	
5338-78 .....	1/2 yard

### Pillow #3

(A) 5334-78 .....	3/4 yard
(B) 1351-Stone+ .....	1/4 yard
(C) 5341-77 .....	1/8 yard
(D) 5333-78 .....	3/4 yard
Backing	
5342-77 .....	1 yard

### Pillow #4

(A) 5333-78 .....	3/8 yard
(B) 1351-Stone+ .....	3/8 yard
(C) 5342-88 .....	1/4 yard
(D) 5338-78 .....	1/4 yard
Backing	
5336-78 .....	1 yard

## Additional Supplies Needed

Piecing and sewing thread  
Quilting and sewing supplies

Pillows designed by Heidi Pridemore

Finished Sizes: Pillow #1 – 20" x 20"

Pillow #2 – 20" x 20"

Pillow #3 – 24" x 24"

Pillow #4 – 24" x 24"

Skill Level: Advanced Beginner

\* Includes Binding

\*\* Peppercottons Collection

+ Just Color! Collection

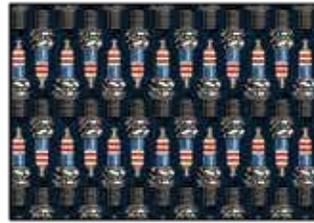
# Fabrics in the Collection



Garage Collage - Patriotic  
5333-78



On-Coming Cars - Patriotic  
5334-78



Spark Plugs - Patriotic  
5335-78



Tossed Muscle Cars - Patriotic  
5336-78



Tire Tracks Stripe - Patriotic  
5337-78



Furry Dice - Patriotic  
5338-78



Multi Stars - Patriotic  
5339-78



Flag - Patriotic  
5340-78



Tone-on Tone Car Parts - Navy  
5341-77



Mini Stars - Light Blue  
5342-11



Mini Stars - Navy  
5342-77



Mini Stars - Red  
5342-88



10" Blocks - Patriotic  
5343-78

Select Fabric from  
Peppered Cottons



Ink  
Ink-45



Oyster  
Oyster-35



Pepper  
Pepper-31

Select Fabric from  
Just Color!



Chambray  
1351-Chambray



Red Delicious  
1351-Red Delicious



Stone  
1351-Stone

## Cutting

### Cutting Instructions

*Please note: All strips are cut across the width of fabric (WOF) from selvage to selvage edge unless otherwise noted.*

WOF= Width of Fabric • LOF = Length of Fabric

#### **Pillow #1**

##### **Fabric A (5343-78 10" Blocks – Patriotic):**

- Fussy cut (1) 9 ½" square, centered on a car scene.

##### **Fabric B (1351-Chambray Just Color! – Chambray), cut:**

- (1) 1 ½" x WOF strip, sub-cut (2) 1 ½" x 9 ½" strips.
- (1) 1 ½" x WOF strip, sub-cut (2) 1 ½" x 11 ½" strips.

##### **Fabric C (1351-Stone Just Color! – Stone), cut:**

- (3) 1 ½" x WOF strips.

##### **Fabric D (5342-88 Mini Stars – Red), cut:**

- (1) 1 ½" x WOF strip.

##### **Fabric E (5337-78 Tire Track Stripe – Patriotic), cut:**

- (1) 1 ½" x WOF strip.

##### **Fabric F (5335-78 Spark Plugs – Patriotic), cut:**

- (1) 5 ½" x WOF strip, sub-cut (4) 5 ½" squares.

##### **Backing (5336-78 Tossed Muscle Cars – Patriotic), cut:**

- (1) 14 ½" x WOF strip, sub-cut (2) 14 ½" x 20 ½" strips.

#### **Pillow #2**

##### **Fabric A (5343-78 10" Blocks – Patriotic):**

- Fussy cut (1) 10" square, centered on a car scene.

##### **Fabric B (5337-78 Tire Track Stripe – Patriotic), cut:**

- (1) 2" x WOF strip, sub-cut (2) 2" x 10" strips.
- (1) 2" x WOF strip, sub-cut (2) 2" x 13" strips.

##### **Fabric C (5342-88 Mini Stars – Red cut:**

- (1) 4" x WOF strip, sub-cut (4) 4" squares.
- (1) 1 ¼" x WOF strip, sub-cut (2) 1 ¼" x 12" strips.
- (1) 1 ¼" x WOF strip, sub-cut (2) 1 ¼" x 13 ½" strips.

##### **Fabric D (5341-77 Tone-on-Tone Car Parts – Navy), cut:**

- (3) 1 ¾" x WOF strips, sub-cut (8) 1 ¾" x 11" strips.

##### **Fabric E (1351-Stone Just Color! – Stone), cut:**

- (1) 1 ½" x WOF strip, sub-cut (4) 1 ½" x 5 ½" strips.
- (1) 1 ¾" x WOF strip, sub-cut (8) 1 ¾" x 3" strips.

##### **Fabric F (5342-11 Mini Stars – Light Blue), cut:**

- (1) 1 ½" x WOF strip, sub-cut (8) 1 ½" x 4 ½" strips.

##### **Backing (5338-78 Furry Dice – Patriotic), cut:**

- (1) 14 ½" x WOF strip, sub-cut (2) 14 ½" x 20 ½" strips.

#### **Pillow #3**

##### **Fabric A (5334-78 On-Coming Cars – Patriotic), cut:**

- (1) 24 ½" x 6 ½" WOF strip.

##### **Fabric B (1351-Stone Just Color! – Stone), cut:**

- (4) 1 ½" x 24 ½" WOF strips.

##### **Fabric C (5341-77 Tone-on-Tone Car Parts – Navy), cut:**

- (2) 1 ½" x 24 ½" WOF strips.

##### **Fabric D (5333-78 Garage Collage – Patriotic), cut:**

- (1) 24 ½" x WOF strip, sub-cut (2) 24 ½" x 6 ½" strips.

##### **Backing (5342-77 Mini Stars – Navy), cut:**

- (2) 16 ½" x 24 ½" WOF strips.

#### **Pillow #4**

##### **Fabric A (5333-78 Garage Collage – Patriotic), cut:**

- (1) 9 ⅞" x WOF strip, sub-cut (4) 9 ⅞" squares. Cut the squares across (1) diagonal to make (8) 9 ⅞" triangles.

##### **Fabric B (1351-Stone Just Color! – Stone), cut:**

- (2) 3 ⅞" x WOF strips, sub-cut (12) 3 ⅞" squares. Cut the squares across (1) diagonal to make (24) 3 ⅞" triangles.

##### **Fabric C (5342-88 Mini Stars – Red), cut:**

- (1) 3 ½" x WOF strip, sub-cut (8) 3 ½" squares.

##### **Fabric D (5338-78 Furry Dice – Patriotic) cut:**

- (1) 3 ½" x WOF strip, sub-cut (8) 3 ½" squares.

##### **Backing (5336-78 Tossed Muscle Cars – Patriotic), cut:**

- (2) 16 ½" x 24 ½" WOF strips.

## Sewing

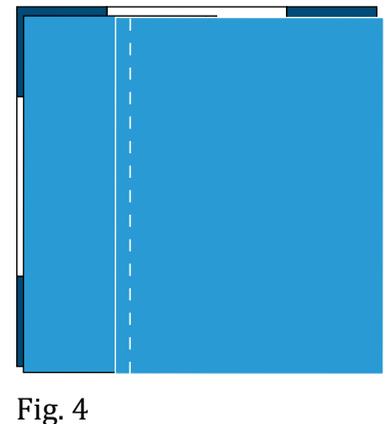
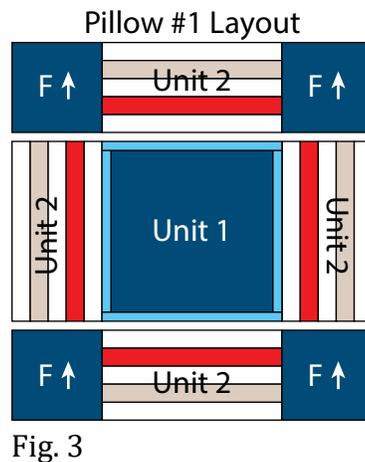
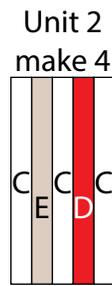
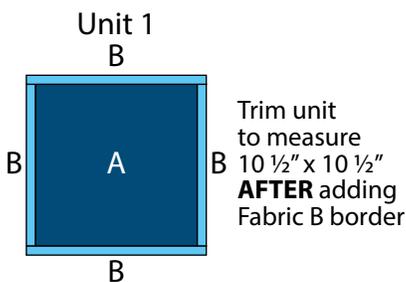
Sew using a  $\frac{1}{4}$ " seam allowance with right sides together (RST) unless otherwise indicated. Always press towards the darker fabric while assembling, unless otherwise noted by the arrows.

### Pillow Assembly

*Note: The arrows in figures represent the fabric print direction. Pay attention to the direction of the fabric and unit orientations when assembling the various components.*

#### Pillow #1 Assembly

1. Sew  $1\frac{1}{2}$ " x  $9\frac{1}{2}$ " Fabric B strip to each side of the  $9\frac{1}{2}$ " Fabric A square. Sew (1)  $1\frac{1}{2}$ " x  $11\frac{1}{2}$ " Fabric B strip to the top and to the bottom of the Fabric A square. **Trim the block to measure  $10\frac{1}{2}$ " square** to make (1) Unit 1 square (Fig. 1).
2. Sew together (1)  $1\frac{1}{2}$ " x WOF Fabric C strip, (1)  $1\frac{1}{2}$ " x WOF Fabric E strip, (1)  $1\frac{1}{2}$ " x WOF Fabric C strip, (1)  $1\frac{1}{2}$ " x WOF Fabric D strip and (1)  $1\frac{1}{2}$ " x WOF Fabric C strip, lengthwise and in that order from left to right, to make (1) Strip Set. Cut the strip set into (4)  $5\frac{1}{2}$ " x  $10\frac{1}{2}$ " Unit 2 strips (Fig. 2).
3. Sew (1)  $5\frac{1}{2}$ " Fabric F square to each end of (1) Unit 2 strip to make the top row. Repeat to make the bottom row. Sew (1) Unit 2 strip to each side of the Unit 1 square to make the middle row. Sew the (3) rows together to make the Pillow #1 top.
4. Turn under the  $20\frac{1}{2}$ " edge of (1)  $14\frac{1}{2}$ " x  $20\frac{1}{2}$ " backing strip approximately  $\frac{1}{4}$ ", press and repeat to make a finished edge on (1) edge of the Backing Piece. Repeat with the second  $14\frac{1}{2}$ " x  $20\frac{1}{2}$ " Backing Piece.
5. Position and pin each back envelope flap, right sides together with the pillow front, overlapping the finished edges in the middle and aligning the raw edges with the pillow front (Fig. 4). Stitch around the pillow front and back to complete the pillow.
6. Turn the pillow right side out.

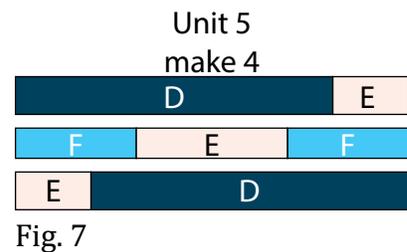
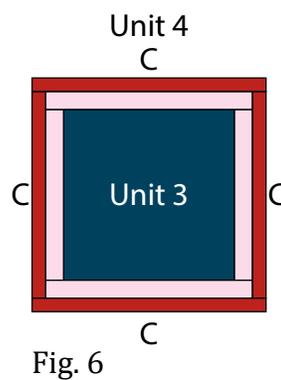
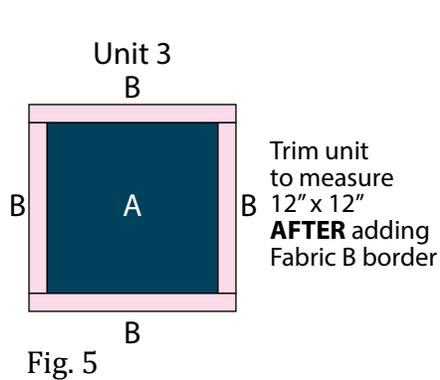


## Pillow #2 Assembly

7. Sew (1) 2" x 10" Fabric B strip to each side of the 10" Fabric A square. Sew (1) 2" x 13" Fabric B strip to the top and to the bottom of the Fabric A square. **Trim the block to measure 12" square** to make (1) Unit 3 square (Fig. 5).

8. Sew (1) 1 ¼" x 12" Fabric C strip to each side of the Unit 3 square. Sew (1) 1 ¼" x 13 ½" Fabric C strip to the top and to the bottom of the Unit 3 square to make (1) Unit 4 square (Fig. 6).

9. Sew (1) 1 ¾" x 11" Fabric D strip to the left end of (1) 1 ¾" x 3" Fabric E strip to make the top row. Sew (1) 1 ½" x 4 ½" Fabric F strip to each end of (1) 1 ½" x 5 ½" Fabric E strip to make the middle row. Sew (1) 1 ¾" x 3" Fabric E strip to the left end of (1) 1 ¾" x 11" Fabric D strip to make the bottom row. Sew the (3) rows together to make (1) Unit 5 strip (Fig. 7). Repeat to make (4) Unit 5 strips total.

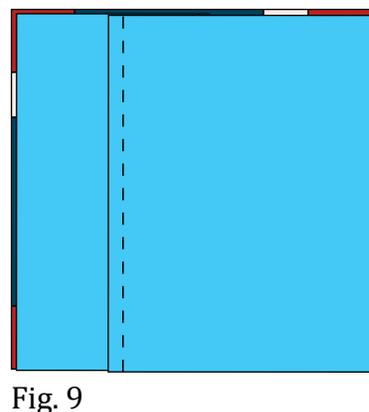
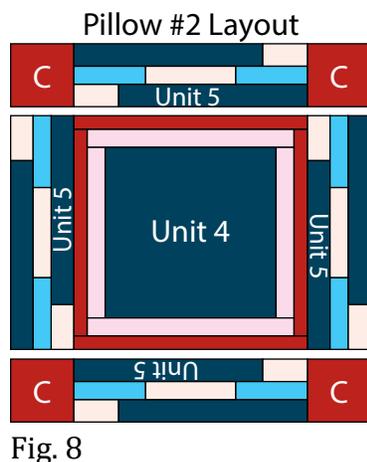


10. Sew (1) 4" Fabric C square to each end of (1) Unit 5 strip to make the top row. Repeat to make the bottom row. Sew (1) Unit 5 strip to each side of the Unit 4 square to make the middle row. Sew the (3) rows together to make the Pillow #2 top.

11. Turn under the 20 ½" edge of (1) 14 ½" x 20 ½" backing strip approximately ¼", press and repeat to make a finished edge on (1) edge of the Backing Piece. Repeat with the second 14 ½" x 20 ½" Backing Piece.

12. Position and pin each back envelope flap, right sides together with the pillow front, overlapping the finished edges in the middle and aligning the raw edges with the pillow front (Fig. 9). Stitch around the pillow front and back to complete the pillow.

13. Turn the pillow right side out.



### Pillow #3 Assembly

14. Sew (1) 1 ½" x 24 ½" Fabric B strip to each side of (1) 1 ½" x 24 ½" Fabric C strip lengthwise to make (1) Unit 6 strip (Fig. 10). Repeat to make a second Unit 6 strip.

15. Sew together (1) 6 ½" x 24 ½" Fabric D strip, (1) Unit 6 strip, (1) 6 ½" x 24 ½" Fabric A strip, (1) Unit 6 strip and (1) 6 ½" x 24 ½" Fabric D strip, lengthwise and in that order from left to right, to make the Pillow #3 top (Fig. 11).

16. Turn under the 24 ½" edge of (1) 16 ½" x 24 ½" backing strip approximately ¼", press and repeat to make a finished edge on (1) edge of the Backing piece. Repeat with the second 16 ½" x 24 ½" Backing piece.

17. Position and pin each back envelope flap, right sides together with the pillow front, overlapping the finished edges in the middle and aligning the raw edges with the pillow front (Fig. 12). Stitch around the pillow front and back to complete the pillow.

18. Turn the pillow right side out.

Unit 6  
make 2

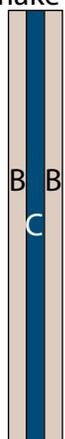


Fig. 10

Pillow #3 Layout

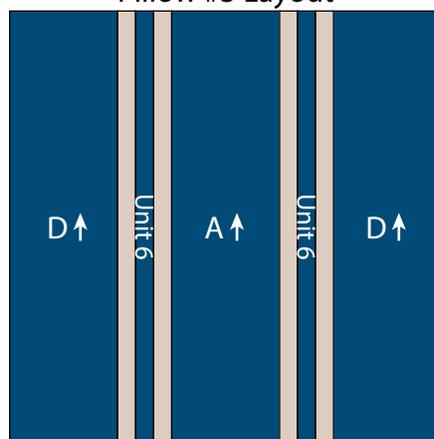


Fig. 11

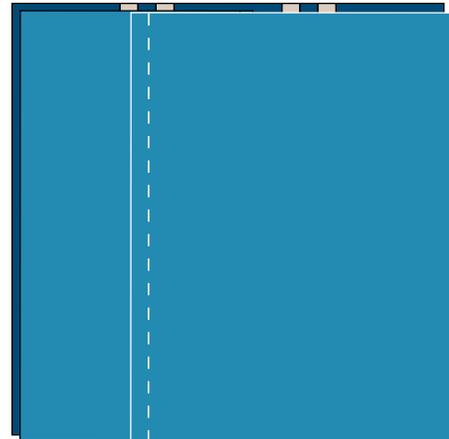


Fig. 12

## Pillow #4 Assembly

19. Follow Figure 13 and sew together (2) 3 ½" Fabric D squares, (2) 3 ½" Fabric C squares and (6) 3 ⅞" Fabric B triangles to make (1) Unit 7 strip. Repeat to make (4) Unit 7 strips total.

20. Sew (1) 9 ⅞" Fabric A triangle to each side of (1) unit 7 strip to make (1) Unit 8 square (Fig. 14). The square should measure 12 ½". Repeat to make (4) Unit 8 squares total.

21. Sew the (4) Unit 8 squares together into a 2 x 2 matrix to make the Pillow #4 top (Fig. 15).

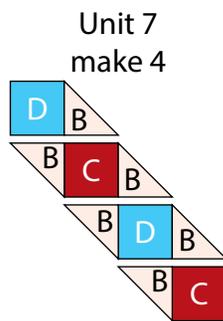


Fig. 13

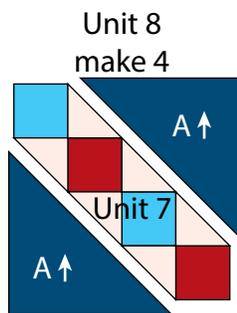


Fig. 14

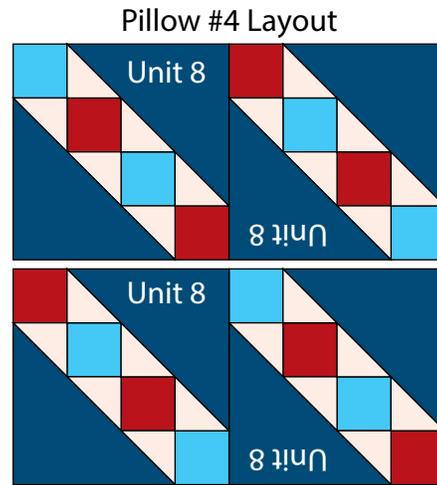


Fig. 15

22. Turn under the 24 ½" edge of (1) 16 ½" x 24 ½" backing strip approximately ¼", press and repeat to make a finished edge on (1) edge of the Backing Piece. Repeat with the second 16 ½" x 24 ½" Backing Piece.

23. Position and pin each back envelope flap, right sides together with the pillow front, overlapping the finished edges in the middle and aligning the raw edges with the pillow front (Fig. 12). Stitch around the pillow front and back to complete the pillow.

24. Turn the pillow right side out.

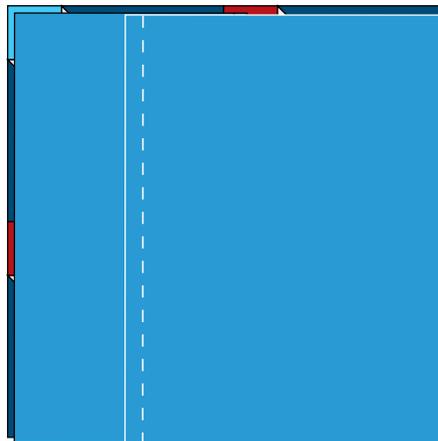


Fig. 16

*Every effort has been made to ensure that all projects are error free. All the information is presented in good faith, however no warranty can be given nor results guaranteed as we have no control over the execution of instructions. Therefore, we assume no responsibility for the use of this information or damages that may occur as a result. When errors are brought to our attention, we make every effort to correct and post a revision as soon as possible. Please make sure to check [www.studioefabrics.net](http://www.studioefabrics.net) for pattern updates prior to starting the project. We also recommend that you test the project prior to cutting for kits. Finally, all free projects are intended to remain free to you and are **not for resale**.*