

Just-my-size Dogbone Neck Pillow



**Short, medium & long
Choose the length that works for
you! Pattern makes finished pillow
lengths of 10", 12" and 14".**



**Complements of Sew from the
Heart and Sew about Quilting.
Enjoy!**

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Just-my-size Dogbone Neck Pillow

Fabric, Notions & Supplies

1/2 yard fabric

1 package polyester fiberfill for stuffing

Thread in color to match fabric

Sewing machine and basic sewing kit.

Erasable marking pencil or pen

Straight pins



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Just-my-size Dogbone Neck Pillow

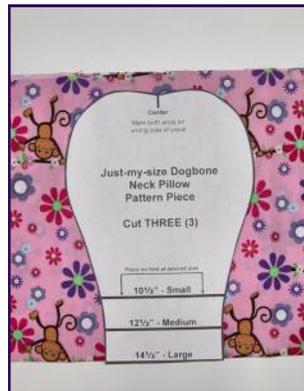
I love the dogbone neck pillows for travel and sometimes when sitting in my easy chair watching TV. But the ones in the store are often so fat they hold my head at an uncomfortable angle or too long that they cover my ears. For watching TV, having a pillow in front of the ears becomes a problem!



This pattern makes three lengths of pillow, small is about 10½”, medium is about 12½” and the long is about 14½”. The small works great for behind the head support, the large is good for the car. The pattern does not vary much in thickness at the center. When I want a pillow that is flatter, I do not stuff it as firm.

These pillows are easy to make and make for great gifts!

1. Using the pattern enclosed, cut three pattern pieces. Note that the pattern is to be placed on the fold. The *finished and stuffed* length of the longest pillow is about 14”, medium is 12” and the smallest is 10”.



2. Using the marks on the pattern enclosed as a guide, mark the center of each end of all three bone pieces with a visible marking tool. This mark is used to indicate where to start and stop sewing, so don't skip this step!



3. With right sides together, pin two of the pieces together. Sew with a ¼” seam allowance on one side from **center mark to center mark**. The smaller seam allowance helps the seams lay flat after the pillow has been turned right side out.



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4. With right sides together, pin the third piece to the open side of the pair just sewn. Sew from center to center, but make certain the seams of the new line meet the seams of the existing line. If you do not meet the seams, you will have a small opening in your finished pillow.



5. Sew the remaining open two open sides together, but leave a small 2"-3" opening near the center of the pillow seam for turning and stuffing.
6. Clip seam allowances at curves so the seams will lay flat. The narrow 1/4" seam allowance helps smooth the curves, but they still need to be clipped.



7. Turn right side out thru the opening. Use your fingers to turn the ends of the pillow out so it can be easily stuffed.



8. Stuff to desired fullness. Be certain you stuff into the dogbone ends. Fill will fiberfill so they are nice an full.
9. HINT: as you stuff try out the pillow in the seat you wish to use it on, the stuff to desired fullness. My pillow for the car is stuffed more firm than the pillow for my easy chair.



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10. You can hand sew or topstitch machine sew the opening closed.

11. To topstitch machine sew, pin the opening closed. I have found pinning makes this an easy job!



11. Using an edge foot for your machine, sew along the edge of the opening. Remove pins as you sew. Use matching thread so the seam is minimally visible.

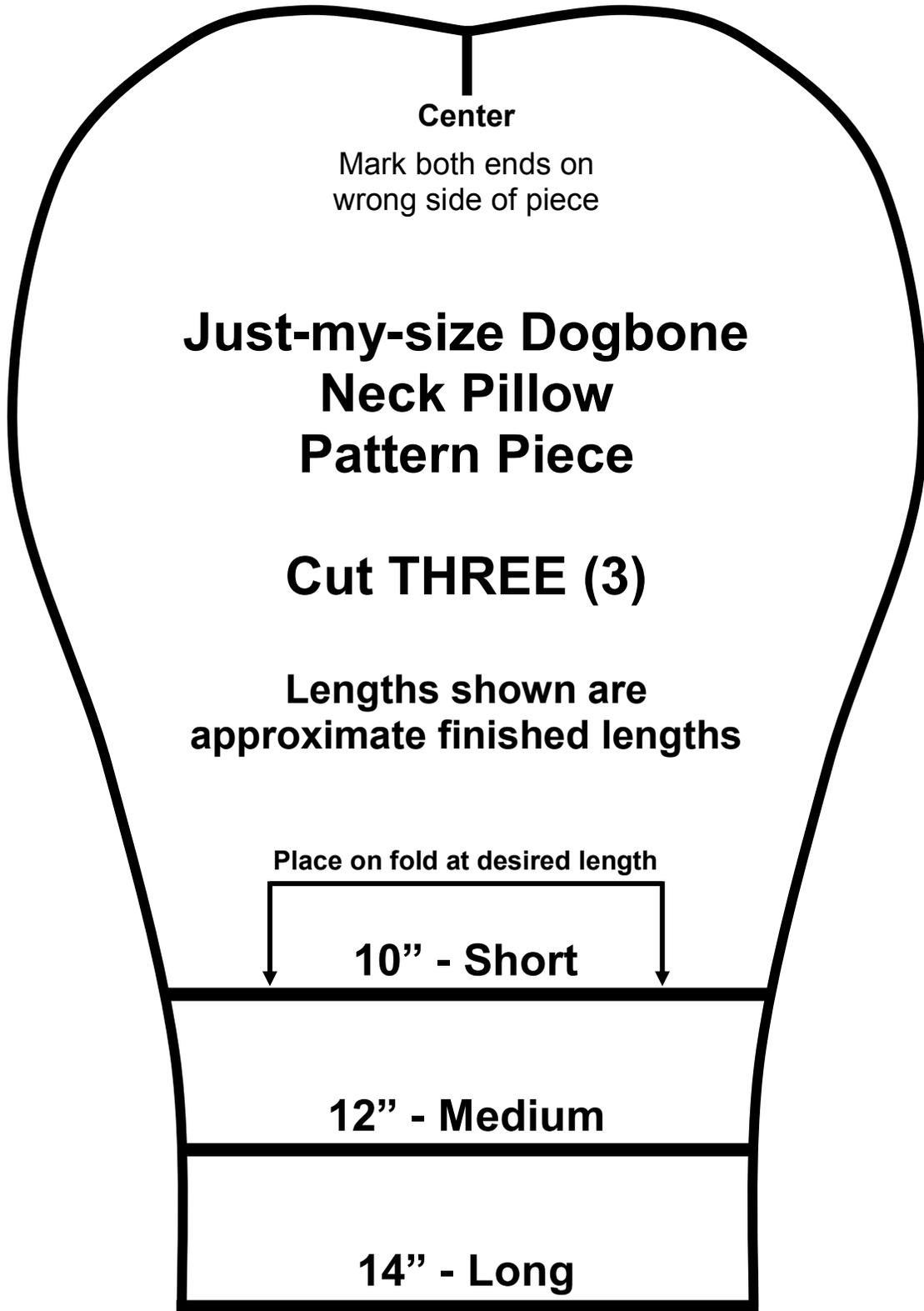


12. Finished seam by machine.



**Your dogbone pillow
is DONE!!!**





Pattern Hint

To make a re-usable pattern, print this page. Then cover with clear or semi-transparent Contact® paper. Cut out and the pattern is ready to use!

The Contact® paper gives the pattern strength and will through many uses.