Travel Companion
Neck Pillow

As featured in Simple Quilts & Sewing - Winter 2012

Project size: Adult Pillow: 12” x 16”
Child Pillow: 13” x 16”

Materials:
1/2 yard Cuddle fabric (for each pillow, adult or child)
polyfill

Sewing Directions:

Note: Use a 1/4” seam allowance unless otherwise stated.

Making the Pillow

1. Fold the fabric in half, selvage to selvage, right sides together. Lay the template (adult or child) on fabric and cut out the pillow shape.

2. Pin layers together enough to keep them from slipping as you work.

3. Sew around pillow with a 3/8” seam allowance, leaving approximately 5” open at back of neck for turning as indicated on template.

4. Turn pillow right sides out.

5. Stuff with polyfill to desired firmness.

Adult's Neck Pillow Template  
(bottom half of template)
Child's Neck Pillow Template

Opening for stuffing

Fold