

## STITCH PINK PROJECT PACK

STOCK #PS7400



**Project pack includes 4 small projects that benefit those going through treatment for breast cancer:**

**A. Heart Post-Surgery Pillow** - Ideal to support and separate arm from chest; Optional pocket and shoulder strap

**B. Snuggles Patchwork Throw** - An easy, extra-soft throw using the cheater patchwork print, backed in Moda's cozy Snuggles. 58" x 68"

**C. Seatbelt Pad** - A must for post-surgery and chemo port protection from a car's seatbelt

**D. Folio** - Convenient storage for patient appointment paperwork, fits a standard file folder, or keepsake storage for loving cards and notes

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## SUPPLIES

½ YARD FABRIC (7400 11)

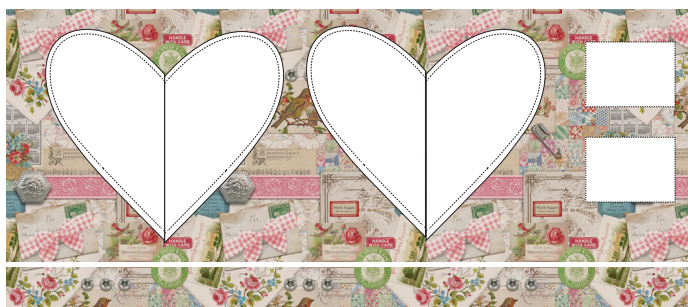
FIBERFILL OR OTHER STUFFING

OPTIONAL: Template plastic/cardstock

## INSTRUCTIONS

*Use a scant 1/4" seam allowance unless noted.*

1. Make a copy of the Heart template on Page 3 of pattern, and cut out/assemble shape following alignment instructions. If you have template plastic or other cardstock, trace the shape there for a more stable template.



Cutting Layout w/ Optional Strap & Pocket Pieces

2. Optional Strap & Pocket Cutting. Note, if using all one ½ yard of fabric, you will not have enough to fussy cut where the print lands on your heart.

- Before cutting your heart templates, cut (1) 2½" x Width of Fabric (WOF) strip from the half yard.
- From the remaining yardage, cut (2) 4"x5½" rectangles for the pocket.

*What works for some people going through chemo or surgery, does not work for everyone. In Cathe's experience, the pocket seams were an irritant, but others aren't bothered and like the storage. If you're making to donate, a plain heart pillow is best.*

### 3. Heart Template Cutting.

- Starting from one of the selvedge ends, fold over Right Sides Together (RST) approx. 8½". Place Heart Template on the fold, and confirm the full shape fits on this folded fabric and that the print is facing the right way.

- Cut Heart Front out around template. Repeat folding & cutting again with the remaining fabric for Heart Back.

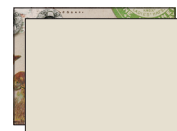


Fold Over & Cut Heart on Fold  
Make sure fabric is right side up!

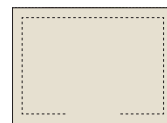
*Skip to Step 6 if not adding pocket or strap.*

### 4. Make the pocket.

- Place both pocket rectangles RST and pin to secure.



- Stitch around all 4 sides, making sure to backstitch at beginning and end, and to leave approx. 2" open on one long side to turn out.



- Turn pocket right side out and press flat, folding in the seam allowance from your opening. Top-stitch across TOP of the pocket before attaching.

- Center pocket on one of the heart pieces, on the Right Side of the heart fabric. Make sure your opening from turning out is at the bottom of the pocket so it catches in your top-stitching.

- Top-stitch around both sides and bottom of pocket to attach, approx. ⅛" from the pocket edge (make sure to backstitch at start and end of stitching to reinforce).



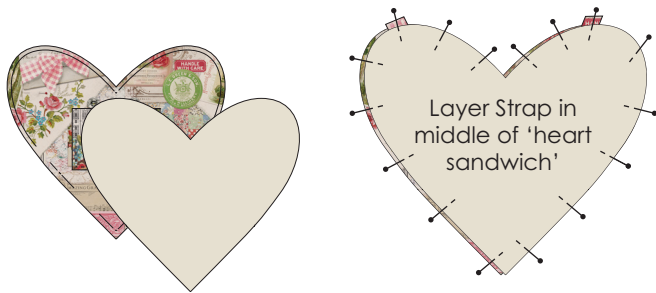
Center Pocket, making sure to leave over 1/2" around heart edges for seam allowance.

5. Make the strap.

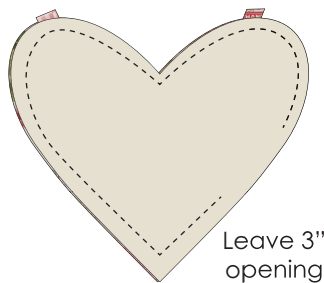
- Press in half Right Sides Together (RST) so that the long ends meet. Stitch down the long side, creating a long tube. Backstitch at beginning and end of seam.

- Turn tube right side out, and press flat. Top-stitch  $\frac{1}{8}$ " down both sides to finish.

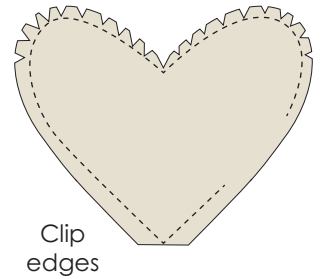
6. Layer heart shapes RST, and pin around edges to secure. If you are adding a strap, layer in the middle of the 'heart sandwich'. Pin each end to the tops of the curved sections of the heart as shown, making sure the bulk of the strap is out of the way in the center of the heart where it will not catch in the seam.



7. **USING A  $\frac{1}{2}$ " SEAM ALLOWANCE**, stitch around edges of the heart, making sure to backstitch at beginning and end of seam. Leave an approx. 3" opening on one side to turn right side out. If you have a strap, backstitch once or twice where the strap starts/ends to reinforce. Double check the strap is only sewn in at the top where it's pinned.



8. Clip edges around the curves so they lay flat, and also trim off the 'point', making sure not to cut through the thread, just the seam allowance.



9. Turn right side out, and press, making sure to fold the seam allowance at the opening inside.

10. Fill heart with stuffing, making sure not to over-fill. You want padding, but not too firm either.

12. Close opening with a ladder stitch. If you have added a shoulder strap, simply tie a knot to adjust to the correct length.



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@modafabrics for Stitch Pink 2022  
updates, additional projects, and more  
of Cathe Holden's journey.

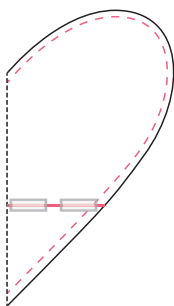
## HEART POST-SURGERY PILLOW PATTERN

Part of the Leather & Lace and  
Amazing Grace Project Pack  
(PS7400)

FOLD

HALF HEART TOP

Join template  
pieces at PINK  
LINE, making sure  
to align circles.



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ONE  
INCH

FOLD

#LeatherLaceandAmazingGrace  
#StitchPink2022

HALF HEART BOTTOM





# SNUGGLES PATCHWORK THROW

Finished Size: 58"x68"

## SUPPLIES

3½ YARDS CHEATER PATCHWORK FABRIC  
(7401 11)

2 YARDS MODA SNUGGLES (60000 40)

⅝ YARD BINDING (7406 16)

64" x 74" BATTING

## CUTTING

Cheater Patchwork Fabric: Cut yardage in half, making (2) 1¾ yard pieces.

Binding: Cut (7) 2½" x WOF strips

## INSTRUCTIONS

*Use a scant 1/4" seam allowance unless noted.*

*RST = Right Sides Together (the printed sides)*

1. Trim the yardage.

- Cut to match up the 'seams' of the cheater print rather than just knocking off the selvage.

- Going down one of the selvage sides, trim a scant ¼" out from the closest faux seam line to the selvage.

- Repeat for the other yardage cut, so that the sides you'll join both have a 'seam' line + seam allowance on one long edge.



Trim off selvage so there's a scant 1/4" 'seam allowance' out from the closest printed seam

2. Join the fabric.

- Using a ¼" seam allowance, join the two halves of fabric Right Sides Together, pinning so the patchwork grid will line up.

*TIP: If you're not sure if you're staying on the printed line, it's better to take a slightly larger seam so that you completely don't see the printed seams. No one will know the difference!*

- Press seam open. Quilt top will measure 63" x 80". Trim quilt top down to just smaller than the Snuggles, 58" x 68".

3. That's it! Moda's Snuggles is a 60" wide material, so you don't need to piece any backing. Baste, quilt, bind and enjoy!

*When making lap quilts for those going through chemo or other treatments, it's tempting to make a big quilt, but sometimes smaller is better for ease of transport. This is a good lap size, but you could trim it down smaller if you prefer.*

# SEATBELT PAD PATTERN

## SUPPLIES

½ YARD FABRIC (7402 12) - or 1 FQ  
8" SQUARE FOR HANDLES (7406 13)  
FIBERFILL OR OTHER STUFFING  
1" or ¾" WIDE VELCRO

## CUTTING

Main Fabric: Cut (2) 14"x9½" rectangles

Handles: Cut (2) 6¼" x 3½" rectangles

Velcro: Cut (2) 1½" long pairs of Velcro hook  
& loop tape

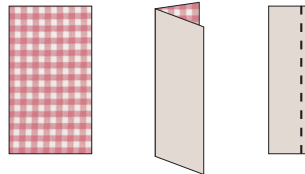
## INSTRUCTIONS

*Use a scant 1/4" seam allowance unless noted.*

*RST = Right Sides Together (the printed sides)*

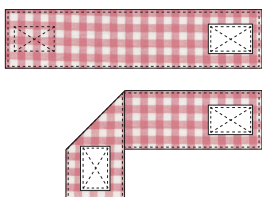
### 1. Make the Handles.

- Fold both handle pieces in half long-ways so that the 6¼" sides meet, Right Sides Together.
- Stitch down the long side, creating a tube.
- Turn right side out, tuck in short ends by ¼", and press to set. Top-stitch about ⅛" from the edge all the way around to enclose.



### 2. Attach the Velcro.

- To form a loop with the handle, attach each piece of the Velcro to opposite ends of the fabric, as well as on opposite sides of the fabric. Follow placement shown below.
- Place Velcro pieces ¼" in from the short ends of each strip. Making sure to backstitch at the start & stop of your stitches, sew around edges of the Velcro to attach, and also make X's across the diagonals for added security.



Attach matching Velcro Hook & Loops pieces to either end of each handle, also on opposite sides of the handle so it forms a loop when closed.

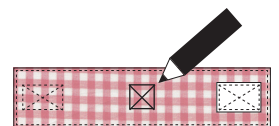
### 3. Attach Handles.

- On the Right Side of one of the main fabric pieces, measure approx. 4" in from either short side, centered on the fabric. A dot or small X will do, which will be covered by the handle.



Mark 4" in from both short edges, centered

- Lightly mark out a 1" box in the center-center of each handle, as a guide line for top stitching the handles to the pillow (or just eyeball it in the center). A water-soluble marking pen would do nicely.



- Make sure both handles open the same direction before you stitch down! It's not strictly essential, but it's a nicer finish.

- Attach handles to the pillow centered on your marked placement, so that the open handle is parallel to the short end of the fabric. Making sure to backstitch at the start & stop of your stitches, sew a 1" square to attach the handle, and also make X's across the diagonals for added security (as with the Velcro).



**TIP:** It's more important that your handles line up down the center of the seatbelt pad long-ways, than how far they are from the edges. Making sure they're aligned and centered will help you enormously when you get to later steps.



## 4. Make the Pillow.

- Before you sew, close the Velcro handle loops to keep them out of the way.

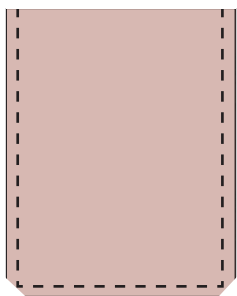
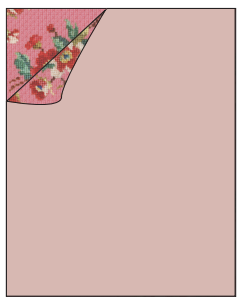
- Line up the two Main Fabric pieces, Right Sides Together, and pin all the way around to keep from shifting.

### - USING A ½" SEAM

**ALLOWANCE**, sew around THREE sides, leaving one of the short ends open. Clip seam allowance at the 2 fully-sewn corners to reduce bulk.

- Turn Right Sides Out, and use a chopstick or other tool to push out corners.

- Tuck in a ½" seam allowance at the open end, and then press the pillow flat.



Clip corners

## 5. Create Sections & Fill Pillow.

- Create 3 roughly-equal 'tunnels' for the filling, with the handles in the center tunnel.

- Topstitch 2 rows long-ways down the pillow from short edge to short edge, sewing through both layers of Main Fabric. If you need to, the center section can be a little wider to go on either side of the handles, but try to get them as close to even as you can. Backstitch at the start & stop of your stitches to secure.

- Fill the pillow. Add a little filling at a time, and use a chopstick or other long tool to help push it down to fill evenly. Make sure not to over-fill; you want padding but not too firm either.



## 6. Close pillow.

- Topstitch about ⅛" from the edge along the open side, making sure to backstitch at the start & stop of your stitches.



## SUPPLIES

- ½ YARD EXTERIOR FABRIC (7404 13)
- ½ YARD INTERIOR FABRIC (7405 11)
- 1 FQ FOR BINDING & HANDLES (7403 16)
- 1" or ¾" WIDE VELCRO
- ¾ YARD INTERFACING - DOUBLE SIDED FUSIBLE (PELLON 82)

## CUTTING

Both Exterior & Interior Fabric:

Cut (1) 14½" x 28½" rectangle

*Strongly directional prints are NOT recommended for the exterior of this bag. You could cut separate pieces for front and back, but the print will always get flipped where the folio closure folds over.*

Interfacing: Cut (1) 14½" x 28½" rectangle

Handles & Binding:

- FIRST, Cut (2) 2½" x 18" Strips from the Fat Quarter, leaving a piece measuring approx. 16½" x 18". Subcut (2) 2½" x 14½" rectangles for handles from the strips.
- THEN, use the 16½" x 18" remainder of the FQ to make bias binding.

Velcro: Cut (1) 1½" long pair of Velcro tape

## INSTRUCTIONS

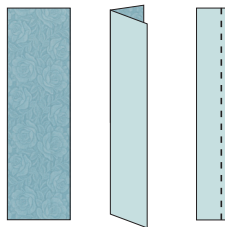
*Use a scant 1/4" seam allowance unless noted.*

*RST = Right Sides Together (the printed sides)*

### 1. Make the Handles.

- Fold both handle pieces in half long-ways so that the 14½" sides meet, Right Sides Together.

- Stitch down the long side, creating a tube.



- Turn right side out, tuck in short ends by ¼", and press to set. Top-stitch about ⅛" from the edge all the way around to enclose.

### 2. Make Bias Binding

- Use the leftover 16½"x18" piece of the accent Fat Quarter to make 2½" wide bias binding.

- There are ample tutorials available online for making bias binding, if you do not already have a preferred method.

We recommend this tutorial by Sherri McConnell:

[https://www.youtube.com/watch?v=Kp1yb\\_oiDA4](https://www.youtube.com/watch?v=Kp1yb_oiDA4)

### 3. Attach Interfacing.

- Before attaching interfacing, make sure to press the exterior and interior fabrics so that there are no creases.

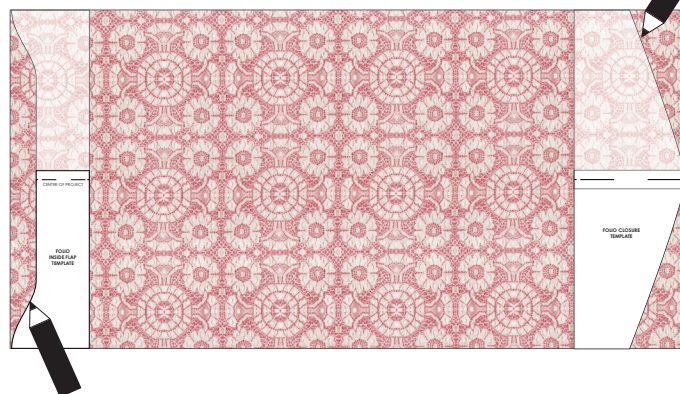
- Create a 'sandwich' around the interfacing, with the Exterior and Interior fabrics Wrong Sides Together.

- Follow manufacturer instructions to fuse whole sandwich together.

- Trim to 13¾" x 27½".

### 4. Use Templates to cut closure & inside flap.

- Make (1) copy of the Folio Template page at back of this booklet. Cut out both templates on the solid line.



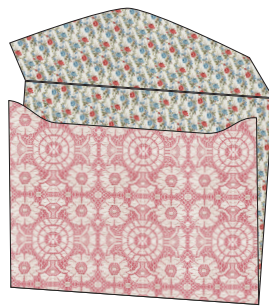
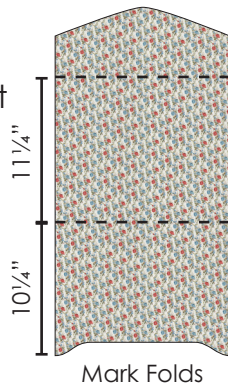
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- Line up the Closure Template so that the CUT LINE forms a point at a short edge of the fabric. Trace cut line, and then flip template to repeat to cover the full width. Cut on marked line so that the fabric forms a curved point.
- Repeat on opposite end for Inside Flap Template, so that the fabric forms a subtle inward curve.

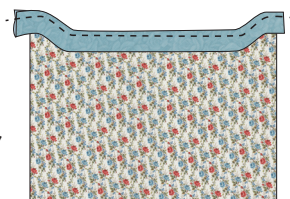
### 5. Fold into Folio Shape

- Mark both fold lines on the Interior of the folio. You do not need to mark the full width across, just hash marks on the edges where they will be covered by binding.
- Mark 10¼" up from the Interior Flap side on both sides of the folio.
- Measure another 11¼" up from the first set of marks, and mark again for the top fold.
- Fold at both marked points so that the folds are square to the sides, and the folded over fabric lines up straight. Press to set folds. You should be able to see the final shape of the folio pocket & closure.

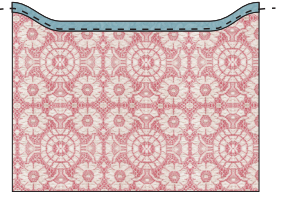


### 6. Bind

- First, cut a 15" length of binding to close the Inside Flap edge.
- Using a generous ¼" seam allowance, attach 15" binding piece to the INTERIOR of the Inside Flap, aligning the raw edges of binding & folio.



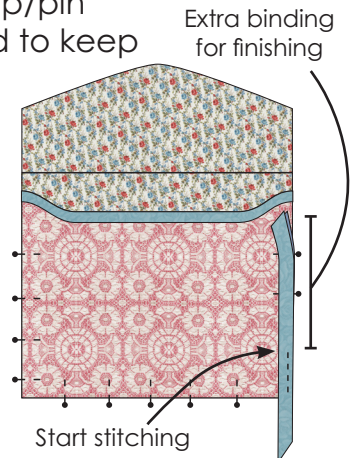
- Turn the folded edge of the binding around to the EXTERIOR of the folio, so that the main fabric 'fills' the binding—no wiggle room/extra space. Topstitch close to the folded edge of the binding to enclose the edge and secure, making sure to catch both sides of the binding. Trim any excess.



- To bind the full folio, arrange so that the Inside Flap is folded up (like how it will look as a finished project) and the Closure end is open. Clip/pin around where it's folded to keep from shifting.

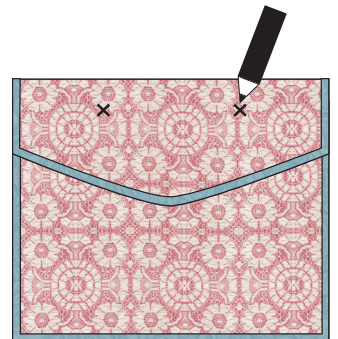
- From here, bind the project as you normally would. Make sure to start your stitching on one of the sides, leaving about 8" extra at the start for finishing.

- Like with the smaller piece for the Inside Flap, turn binding over to the back side, and topstitch down, making sure to catch both sides of the binding.



### 7. Attach Handles.

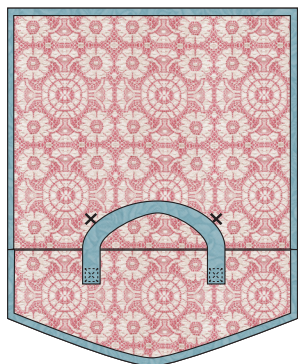
- With the folio closed, mark handle placement on either side of the top portion. Measure 1½" down from top fold, and 3½" in from either side on both front and back. A dot or small X will do, which will be covered by the handle.
- Open the folio before stitching so that you only sew to the one section and not through the whole thing.



- Line up the Front Handle so that the center of each end of the handle covers the marks you made earlier, making sure the handle doesn't twist around from one end to the other.

- Making sure to backstitch at the start & stop of your stitches, sew a square to attach the handle, and also make X's across the diagonals for added security. Use the existing topstitching as a guide for where to sew, so that they all blend together.

- Repeat for the Back Handle. For the Back Handle, make sure to push the inside flap of the folio out of the way so you don't accidentally catch it in your stitches!



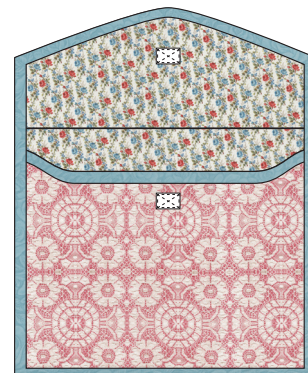
## 8. Attach Velcro.

- The Velcro piece should attach the Closure to the Inside Flap

- Open the folio, and measure 2 3/4" out either direction from the top fold, centered on the folio. The Velcro should attach to the Closure flap and the top of the Inside Flap (not the back of the folio). Mark a dot or small X, which will be covered by the Velcro.

- Center Velcro pieces on the marked placements, making sure they are both horizontal not vertical.

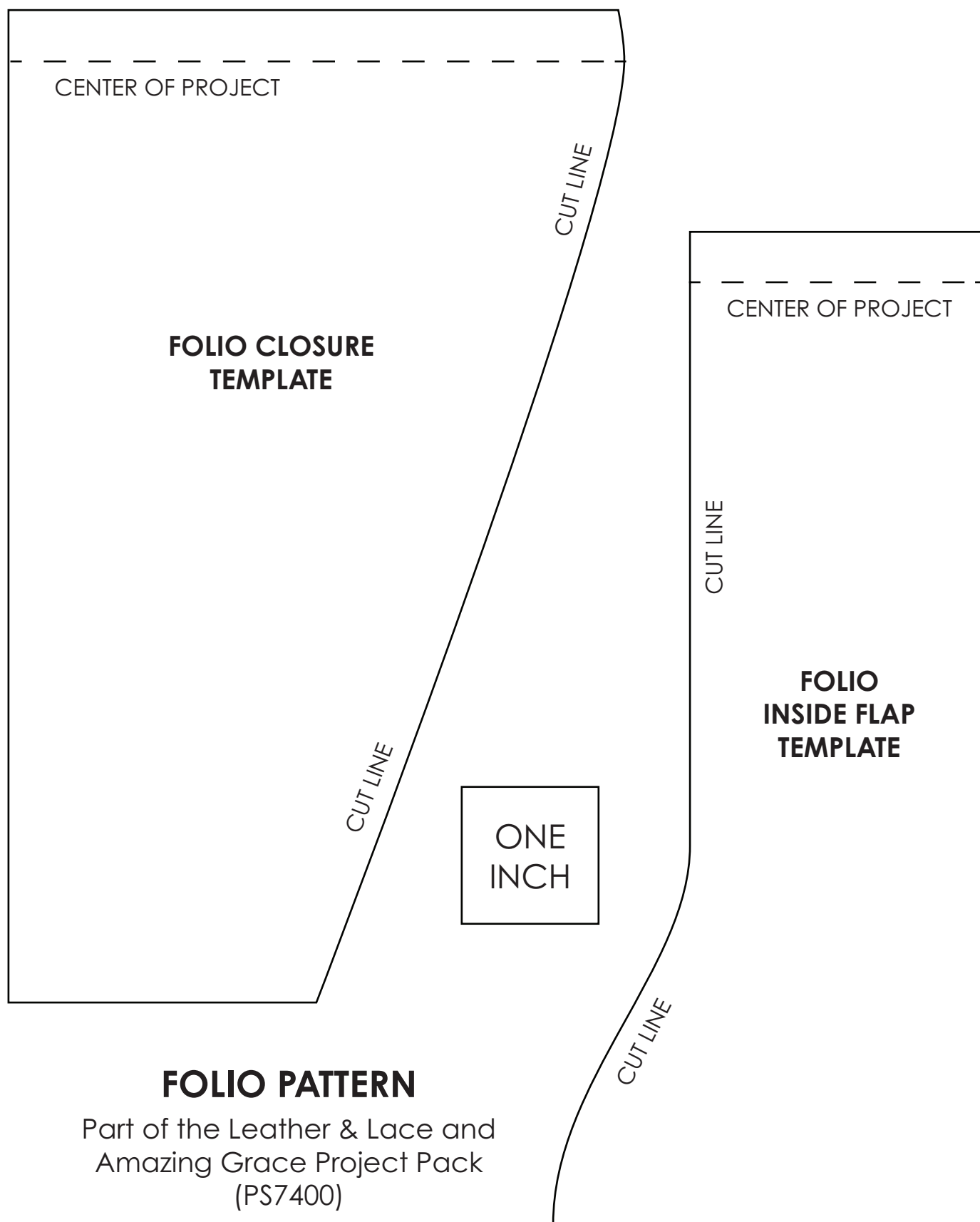
- Making sure to backstitch at the start & stop of your stitches, sew around edges of the Velcro to attach, and also make X's across the diagonals for added security. For the piece on the Inside flap, make sure to only sew through the one side of the folio-- don't accidentally sew it shut.



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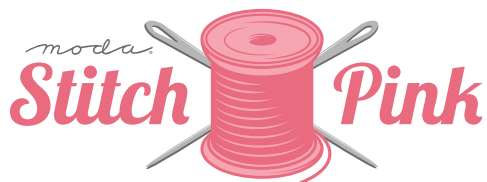
Follow Moda Fabrics on social media @modafabrics for Stitch Pink 2022 updates, additional projects, and more of Cathe Holden's journey.





## FOLIO PATTERN

Part of the Leather & Lace and  
Amazing Grace Project Pack  
(PS7400)



# STITCH PINK PROJECT PACK

STOCK #PS7400

Project pack includes 4 small projects that benefit those going through treatment for breast cancer.

## SUPPLY REQUIREMENTS

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FIBERFILL OR OTHER STUFFING

OPTIONAL: Template plastic/cardstock

### Snuggles Patchwork Throw

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2 YARDS MODA SNUGGLES (60000 40)

⅝ YARD BINDING (7406 16)

64" x 74" BATTING

### Seatbelt Pad

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8" SQUARE FOR HANDLES (7406 13)

FIBERFILL OR OTHER STUFFING

1" or ¾" WIDE VELCRO

### Folio

½ YARD EXTERIOR FABRIC (7404 13)

½ YARD INTERIOR FABRIC (7405 11)

1 FQ FOR BINDING & HANDLES (7403 16)

1" or ¾" WIDE VELCRO

¾ YARD INTERFACING - DOUBLE SIDED FUSIBLE (PELLON 82)

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Join Moda and Cathe Holden in October to Stitch Pink in support of breast cancer awareness.

Cathe will be sharing her personal journey as a breast cancer survivor, and we encourage sewists everywhere to make these small projects for their loved ones or to donate to others.

Follow Cathe Holden on Instagram **@CatheHolden** for more fabrics, crafting, and vintage inspiration.



Follow Moda Fabrics on social media **@modafabrics** for Stitch Pink 2022 updates, additional projects, and more of Cathe's journey.

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