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created by Deb Cacciamani

Spiral Pillow with a Twist

I love working with silks! The original project—a beautiful spiral pillow from Linda Wenturine's Pillow Panache Trio—is on the BERNINA USA website. I made two small changes to the spirals to completely change the look of the finished project. One was how I prepared the bias strips. I decided the flowers needed more lift... more dimension... more poof! I also decided that a cluster of flowers was more appealing to me than just one.

materials and tools

- ¾ yard of silk charmeuse or similar fabric for flowers
- ½ yard of white satin for pillow front and back
- 1½ yards of Whisper Weft fusible interfacing
- 20"-long invisible zipper
- Wonder Tape
- Spray starch
- 12" x 16" pillow form
- Water-soluble marker or tailor's chalk
- Rotary cutter, mat, and ruler
- Gathering foot (BERNINA Wide Gathering Foot #16)
- Clear all-purpose foot (BERNINA Clear Foot #34)
- Invisible zipper foot (BERNINA Invisible Zipper Foot #35)



• Tip: Look for a silk to match your pillow fabric. Before purchasing, consider how it might look cut into bias strips, and twirled into a flower.



• Download the Pillow Panache instructions at the BERNINA USA website.

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step one

- Cut two 16" x 21" of white satin for the pillow front and back.
- Cut three 16" x 21" rectangles of Whisper Weft interfacing. Affix it to the wrong side of the pillow front and back following the manufacturer's instructions. Apply a second layer to the wrong side of the pillow front for stability.

• Prepare the pillow front and back and the bias strips following the directions for the Carnation Spiral Pillow from the Pillow Panache Trio.

step two

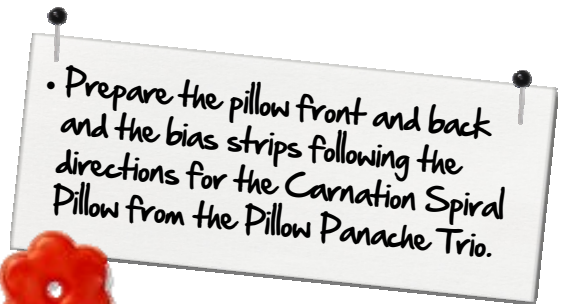
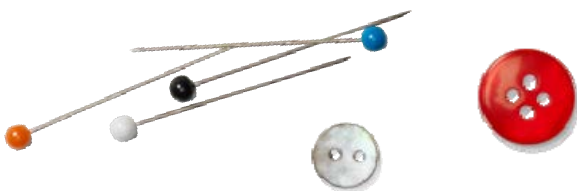
- Spray the silk charmeuse with four layers of spray starch. Layering the starch gives the silk fabric body and makes it easier to work with.
- Cut the starched fabric on the diagonal into 1½"-wide bias strips.

step three

- Join the ends of the strips together by placing the ends perpendicular to each other, right sides together. Stitch across diagonally.
- Press the seam allowances open and trim to ¼".

step four

- Fold the long bias strip in half lengthwise, wrong sides together, and press.



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step five

- Set the sewing machine for a straight stitch and set the stitch length as long as possible. The long stitch length allows for maximum gathering, and the bias will curl quickly and easily into those pretty circles.



step six

- Attach the gathering foot to the machine.
- Place the bias strip under the foot with the folded side to the right edge of the foot.
- Gather the entire length of the bias strip.

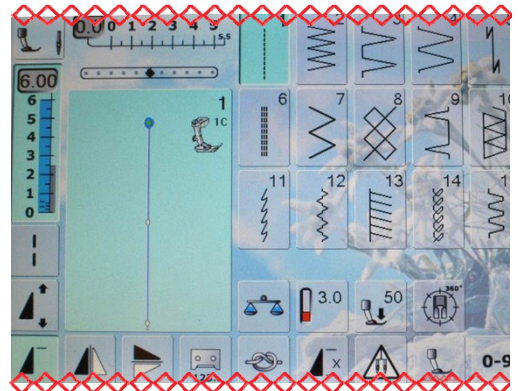


step seven

- Decide how many spiral flowers you want, and the size you want them to be. Instead of just one large flower, I chose to have three smaller spirals—3", 4", and 5"—clustered in the lower right corner of the pillow.
- Using a marking pencil, draw each circle on the pillow front.

step eight

- Set your machine for a straight stitch with a length of 2.0 mm, and move the needle position two steps to the left.
- Using Clear Foot #34, place the curly bias under the foot with the folded edge on the right edge of the foot.
- Fold under the raw edge to start, then stitch the bias in place following your drawn line.



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As you continue, remember one **IMPORTANT** thing:

There are no sewing police!

If you make an adjustment that makes you happy, that is just fine!



step six

- Continue sewing in circles, shifting the bias toward the center of the circle $\frac{1}{8}$ " to $\frac{1}{4}$ " as you sew.
- Sew in toward the center of the circle as far as possible.

step seven

- Leaving a 4"-6" tail of bias to weave into the center, cut off the extra bias and stitch the end down with a tiny straight stitch.
- Repeat for the remaining flowers.
- Add glitz or crystals to enhance the beauty of your spiral flowers.



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step five

- Place a strip of Wonder Tape on the right side of the pillow back along one long edge, 2" from each end.



step six

- Open the zipper and remove the paper from the Wonder Tape. Place the zipper top end right side down onto the Wonder Tape, aligning the raw edge of the zipper with the edge of the fabric.
- The zipper is longer than needed and will be trimmed later.

step seven

- Stitch the invisible zipper in place using an invisible zipper foot, referring to the directions included with the foot. Repeat to install the second half of the zipper on one edge of the pillow front.

step eight

- Close the zipper. Shorten the end by cutting about 1/2" below the stop point and zigzag-stitching over the coils to create a new "stop."



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step five

- To complete the zipper seam, bring the fabric right sides together. Using an all-purpose foot, sewing using a $\frac{1}{2}$ " seam allowance on the unsewn 2" ends. Press the seam allowances open.
- Sew both pillow side seams using a $\frac{1}{2}$ " seam allowance. Be careful not to catch the bias spirals in the stitching!
- Reach into the pillow cover and open the zipper partway, then stitch the remaining side seam. Clip the corners.
- Turn the pillow cover right side out and insert the pillow form.

