

# Lavender & Flax Allergy Pillow



## Fabric Requirements:

Fabric A (interior pocket) requires 1 fat quarter  
Fabric B (exterior sleeve) requires 1 fat quarter

## Cut pieces as follows:

Fabric A- 2 - 11" x 5" rectangles  
Fabric B- 1 - 12" x 5" rectangle  
          2 - 7" x 5" rectangles  
Batting- 1- 13" x 6" rectangle

## Additional supplies:

1 Cup of Flax Seeds  
2 Tablespoons of Lavender buds

Step 1. Sew three sides of the 2 Fabric A pieces RST, leaving one short side open.



Step 2. Turn the pocket right side out and fill with flax seeds and lavender buds. Clip or pin closed, scooting the filling to the opposite end and stitch closed.



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Step 3. Take a piece of 7" x 5" Fabric B. Fold one short side  $\frac{1}{4}$ " in, press and fold in another  $\frac{1}{4}$ " and sew a scant  $\frac{1}{4}$ " seam. Repeat with the second piece.



Step 4. Lay the Fabric B 12" x 5" right side up on top of the batting piece and quilt as desired. I suggest using the BERNINA #50 Walking foot for better gliding. Trim to 12" x 5".



Step 5. Lay the Fabric B 12" x 5" piece right side up. With fabric RST lay the two fabric B pieces from step 3 on top, overlapping the pieces to make the edges flush. Sew around entire perimeter.



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Step 8. Insert the filled pillow into the cover and put into the freezer for the next time your eyes need a little bit of cool comfort.



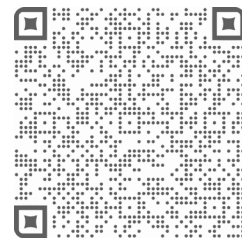
Allow me to introduce myself...

My name is Maelynn, my friends call me Mae. I live in the PNW with my husband and two children.

Mae Just Sew offers modern quilt patterns that blend traditional techniques with contemporary design. Each pattern is carefully written to support and inspire quilters.



Interested in more patterns? Scan this QR code to see other beginner friendly patterns.



This project was made using the Gulf Breeze collection by Becca Plymale for Art Gallery fabrics.