

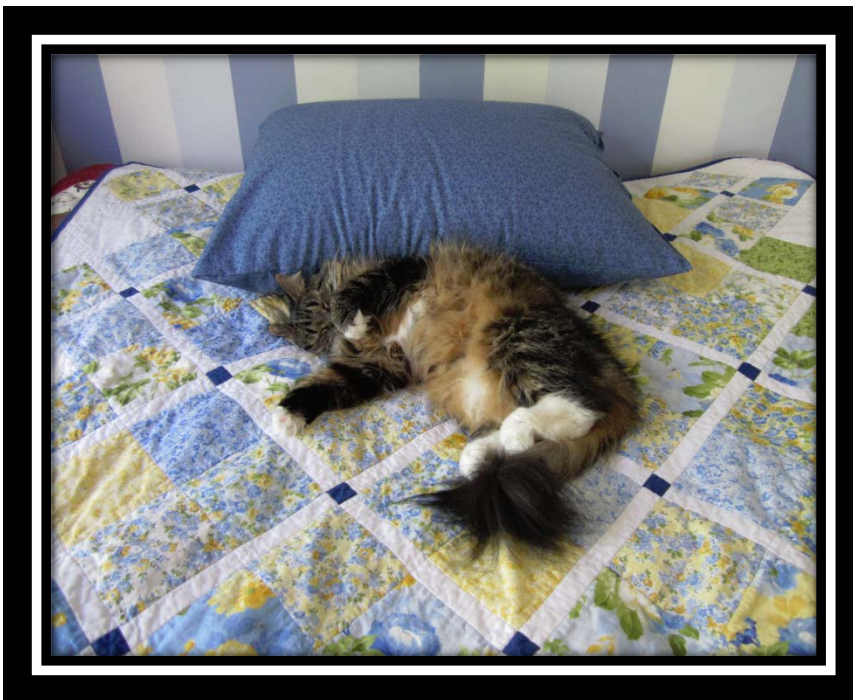
How to Make a Bed Pillow with Wool Batting

Created by:

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For Spinderella's Fiber Mill

www.spinderellas.com



MATERIALS:

At least 2 pounds [wool batts](#), any color (Romney lamb's wool in this case, a medium fineness)

Cotton or wool quilt batting, 30" x 42"

Cotton fabric for pillow covering, 30" x 42"

Sewing machine

Thread

Pins

There are many reasons you might wish to make your own wool pillows. You can customize the size, shape, and firmness and you can choose fun fabrics. Wool has the ability to wick away moisture without retaining it and this provides a very comfortable pillow that will be inhospitable to dust mites, mold, and mildew. Asthma and allergy sufferers may benefit from sleeping on a wool pillow.

For those allergic to lanolin, you can follow this same tutorial by substituting alpaca batts, though alpaca will yield a warmer pillow.

Your batts will arrive from Spinderella's Fiber Mill come folded and wrapped with tissue paper and a plastic bag. The batt is folded along the long axis and you want to leave it this way.



Stack your batts so that the first fold is facing you and the second fold is facing away. The stack is approximately 21 inches deep. Fold the stack in half along the short axis.

This will be less than 30 inches so you'll need to pull gently until it's measuring about 30 inches long by 21 inches wide. You may find it helpful to fold your cotton batting so that it forms a 21" by 30" rectangle. Lay your batts on top and adjust them to almost fill this rectangle.



Next you'll need to pin your batting to enclose the batts completely.



Sew the batting edges closed with a 1/4" seam, removing pins as you come to them and back-stitching at the beginning and end to secure the seam.



Be sure to push the batting down on the left to prevent it snagging on anything protruding from the side of your machine.

Fold your fabric in half, right sides together, to form a 30" x 21" rectangle. Sew along one 21" side and the open 30" side with a half inch seam allowance, back-stitching at the beginning and end to secure seam.



Clip corners. If you wish, reinforce this seam with a second line of stitching about 1/8" outside the first seam (inside the seam allowance).

Slip the batt package inside the turned pillow casing and pin the open edge closed, turning in about half an inch seam allowance as you go. You may need to tug and adjust it a little until the batting inside is aligned nicely with the cover outside. Stitch the open edge closed with a 3/8" seam, removing pins as you come to them, and back-stitching at the beginning and end of the seam to secure it.

Since this pillow is not washable, you do want to use a pillow case with it. You can fluff it in the dryer (with no heat) as needed. To air out, occasionally let the pillow sit out in direct sunlight for a few hours on each side.

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