



Technique:	Traditional Piecing, Quilting, Sewing
Designed By:	Doris Rushing
Skill Level:	Beginner
Crafting Time:	Day

Light and dark half-square triangles, turned this way and that, form an overall Spinning Arrows design on this delightful little toss pillow.

Finished Size of Project: 14" x 14" (35.56 cm x 35.56 cm)

Supplies:*

Coats Dual Duty XP® All-purpose Thread, color 100 white
Coats Cotton Covered Bold Hand Quilting Thread, color 900 black

Cotton Fabric:*

- (A) Light gray ½ yard (.46 m)
- (B) Off white ⅓ yard (.31 m)
- (C) Dark gray ⅓ yard (.15 m)
- (D) Tangerine ⅓ yard (.15 m)
- (E) Chartreuse ⅓ yard (.15 m)

*We used Nugray, Mist, Manatee, Tango, and Chartreuse cotton fabrics from FreeSpirit Designer Essential Solids.

Additional Requirements:

- Flat cotton batting, 16" x 16" (40.64 cm x 40.64 cm)
- Muslin, 16" x 16" (40.64 cm x 40.64 cm)
- Pillow form, 14" x 14" (35.56 cm x 35.56 cm)
- Rotary cutter, ruler, and mat
- Sewing machine
- Basic sewing and pressing supplies

Cutting:

Fabric A, cut:

- (1) 9½" (24.13 cm) x WOF; subcut
- (2) 9½" x 14½" (24.13 cm x 36.83 cm),
for pillow backs

- (1) 2⅞" (7.3 cm) x WOF; subcut
- (12) 2⅞" x 2⅞" (7.3 cm x 7.3 cm)

Fabric B, cut:

- (2) 2⅞" (7.3 cm) x WOF; subcut
- (16) 2⅞" x 2⅞" (7.3 cm x 7.3 cm)

Fabric C, cut:

- (1) 2⅞" (7.3 cm) x WOF; subcut
- (10) 2⅞" x 2⅞" (7.3 cm x 7.3 cm)

Fabric D, cut:

- (1) 2⅞" (7.3 cm) x WOF; subcut
- (10) 2⅞" x 2⅞" (7.3 cm x 7.3 cm)

Fabric E, cut:

- (1) 2⅞" (7.3 cm) x WOF; subcut
- (10) 2⅞" x 2⅞" (7.3 cm x 7.3 cm)

Instructions:

Note: Use a ¼" (.64 cm) seam allowance throughout. Sew all pieces with right sides together and raw edges even using matching thread.

Pillow Front Assembly

1. Cut each 2⅞" (7.3 cm) square diagonally in half once. Group the triangles into 49 pairs as desired, with each pair containing one color triangle and one off-white triangle or, alternatively, two contrasting color triangles.

Note: Some triangles will be leftover. If more triangles of a particular color are desired, cut additional pieces.

2. Place the paired triangles with right sides together, and then sew ¼" (.64 cm) away from the diagonal edge to make 49 half-square triangle blocks total. Press the blocks open and trim each one evenly to measure 2½" x 2½" (6.35 cm x 6.35 cm).
3. Arrange the blocks as desired in seven horizontal rows with seven blocks in each row, using the photo as a guide. Sew the blocks in each row together, and then sew the rows together matching all seams to complete the 14½" x 14½" (36.83 cm x 36.83 cm) pillow front. Press well.

Finishing:

4. Layer the pillow front right side up on top of the batting and muslin squares. Baste the layers together and hand quilt ¼" (.64 cm) away from the seam lines using a big stitch and hand quilting thread.
5. Trim the batting and muslin even with the pillow front.
6. Turn one 14½" (36.83 cm) edge of each **Fabric A** back piece under ¼" (.64 cm) and press. Turn under ¼" (.64 cm) again and press. Pin and stitch the hemmed edges.
7. Align both back pieces with the hemmed edges overlapping in the middle so that together they measure 14½" (36.83 cm) square. Pin the pieces together at the overlapped edges.
8. Layer the pillow front and back pieces right sides together with raw edges aligned. Stitch all the way around the perimeter including the overlap. Clip the corners and turn right side out.
9. Insert the 14" (35.56 cm) square pillow form.