



Mariette Giguere, 83, of Woonsocket R.I. shares her instructions for comfort pillows with us. Mariette is one of a group of about a dozen seniors who regularly meet at a church in Woonsocket to sew for charity. This prolific group sews baby caps, soft toys and quilts for children in need as well as chemo turbans and comfort pillows for cancer patients. The group has been active since 2000 and has donated over 3000 items to a local hospital. What a great example of how small acts of kindness can make a difference to those in need!

Comfort Pillow

Materials

Matching thread

Small piece of batting or polyester fiber fill

Cut

One 10" x 14" rectangle (pillow case)

One 8½" x 11½" rectangle (pillow)

NOTE: ¼" seams are used unless otherwise indicated

Construct Case

Fold rectangle in half, right sides together. Stitch side and bottom. Press top under ½", fold over ½" and stitch.

Construct Pillow

Fold rectangle in half. Stitch side and bottom. Stuff with batting or polyester fiber fill. Press ½" to inside at top of pillow. Stitch close to edge to close pillow.

Tuck pillow into case.