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Breast Cancer Heart Pillow



Supplies:

1. 2 - 10" x 10" squares of fabric
2. Polyester fiberfill - about 7 oz per pillow
3. Needle and Thread
4. Heart template

Directions:

1. Photo copy and cut out the heart template.
2. Fold each of the two fabric squares in half, right sides together.
3. Place the straight edge of the heart template on the fold of the fabric. Trace around the template, then cut along your traced line. Unfold the fabric to reveal a large heart shape. Repeat with the other fabric square.
4. Place the two fabric pieces right sides together, lining up cut edges.
5. Using a $\frac{1}{4}$ " seam allowance, stitch around the edges of the heart, leaving a 2" opening along one of the straight sides (as marked on the template). Be sure to backstitch at the beginning and end of your stitching.
6. Turn the heart right side out and stuff with fiberfill until the pillow is firm.
7. Whipstitch the opening closed, making sure to tuck the raw edges into the inside.

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