



Striped Fish Pillow

(Coral colourway)

This fun pillow features a striped fish block, with a border added to bring the pillow up to a useful size. The fish design is also available as a quilt, in two colourways, and there are also two other pillows in petrol and sage – see tildasworld.com for the instructions. The fabrics are from the Cotton Beach, Chambray and Classic Basics collections.

Materials

- Fabric 1: ¼yd (25cm) – Chambray coral (160014)
- Fabric 2: 3in (7.6cm) square – Chambray red (160001)
- Fabric 3: 12in (30.5cm) square – Tiny Dots light grey (130048)
- Fabric 4: 12in (30.5cm) square – Ocean Flower coral (100325)
- Fabric 5: 6in (15.2cm) square – Scallop Shell blue (100331)
- Fabric 6: 9in (23cm) square – Sea Anemone blue (100332)
- Fabric 7: 3in (7.6cm) square – Limpet Shell blue (100333) – will need to be fussy cut
- Wadding (batting): 26in x 13in (66cm x 33cm)
- Lining fabric (optional): 26in x 13in (66cm x 33cm)
- Fabric for back of pillow: ⅜yd (35cm) – Beach Shells coral (110024)
- Binding fabric: ¼yd (25cm) – Limpet Shell grey (100328)
- Piecing and quilting threads
- Small piece of stiff card and tracing paper for eye appliqué
- Four buttons for pillow fastening (optional) – Cotton Beach ½in (14mm) diameter (400045) or ⅝in (17mm) diameter (400046)
- Quilter's ruler, rotary cutter and mat
- Pillow pad to fit cover

Finished Size

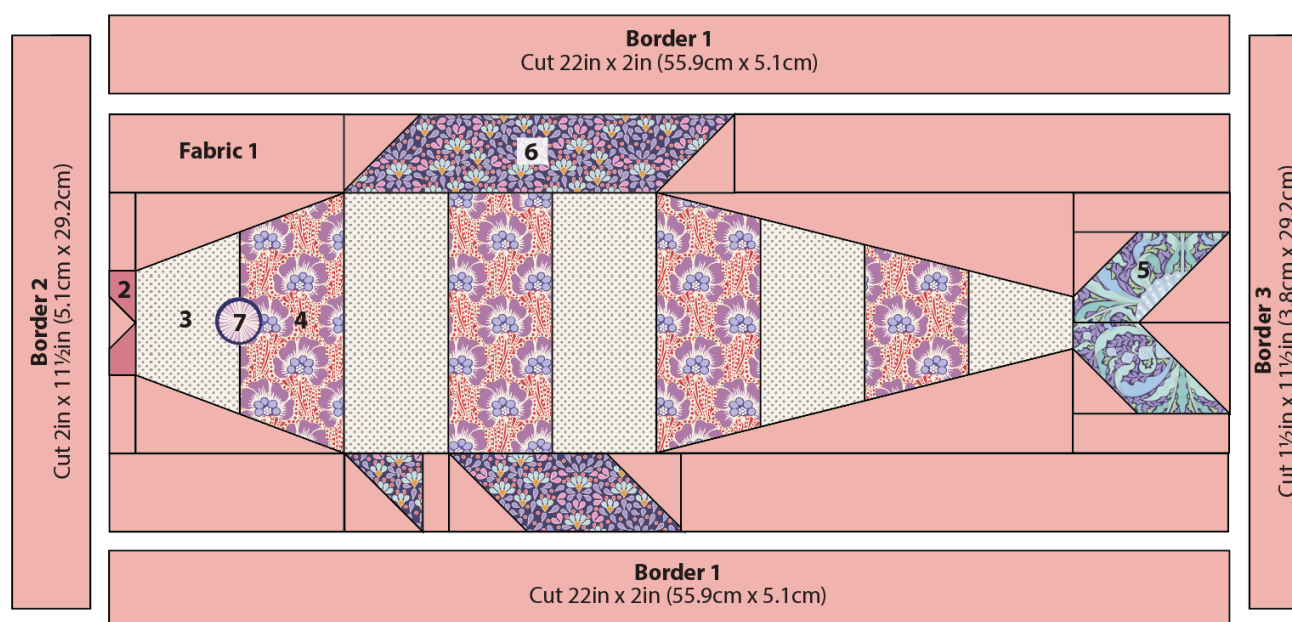
24½in x 11½in (62.5cm x 29.2cm)

General Notes

- Fabric quantities are based on a usable width of 42in (107cm), unless otherwise stated.
- Measurements are in imperial inches with metric conversions in brackets – use only *one* system throughout (preferably inches).
- Width measurements are generally given first.
- Press all fabrics before cutting.
- Use ¼in (6mm) seams unless otherwise instructed.
- Read all the instructions through before you start.

Pillow Layout

1 The pillow uses a single striped fish block, surrounded by a border of different widths. Refer to **Fig A** for the fabrics used and **Fig B** for the layout and the positions of the fabrics.

Fig A Fabric swatches (Striped Fish Pillow – coral colourway)**Fig B** Pillow layout and fabrics used

Cutting Out

2 The measurements of the cut pieces needed for the various parts of the block are given in **Fig C**. Follow the measurements carefully as you cut the fabric pieces. Sizes include seam allowances. Refer to **Fig B** for the fabrics to use. Cut Fabric 1 carefully and economically: the ¼yd (25cm) suggested in the Materials list is enough, but only just – buy ⅜yd (35cm) if in doubt. The fish eye is fussy cut from Fabric 7 and instructions are given for this later.

3 From Fabric 1 cut the border strips as follows.

- Two of Border 1 – 22in x 2in (55.9cm x 5.1cm).
- One of Border 2 – 2in x 11½in (5.1cm x 29.2cm).
- One of Border 3 – 1½in x 11½in (3.8cm x 29.2cm).

4 Cut the fabric for the back of the pillow into two pieces each 15in x 11½in (38cm x 29.2cm).

5 Cut the binding fabric into three strips 2½in (6.4cm) x width of fabric. Sew them together end to end and press seams open. Press in half along the length, wrong sides together.

Fig C Layout and cutting for the fish

Sizes include seam allowances

All pieces to be cut initially as squares or rectangles



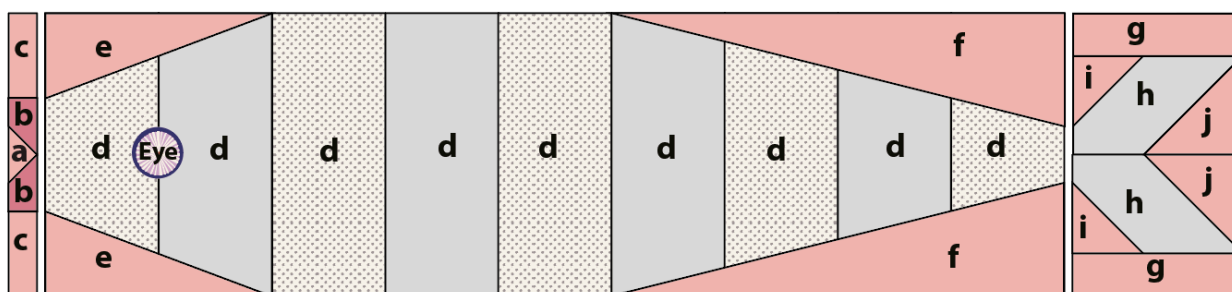
Upper fin

a 8in x 2in (20.3cm x 5.1cm)

c 5in x 2in (12.7cm x 5.1cm)

b 2in (5.1cm) square

d 10in x 2in (25.4cm x 5.1cm)



Body

a 1½in x 2½in (3.8cm x 6.4cm)

f 8½in x 2½in (21.6cm x 6.4cm)

b 1½in (3.8cm) square

g 3½in x 1¼in (9cm x 3.2cm)

(**a+b** unit will be cut down later)

h 3½in x 2¼in (9cm x 5.7cm)

c 1in x 2in (2.5cm x 5.1cm)

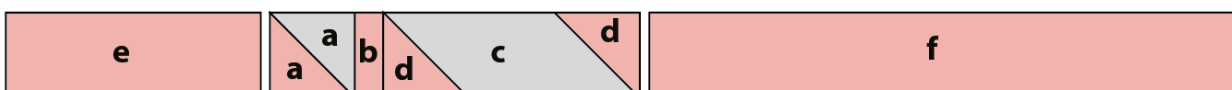
i 1¼in (4.4cm) square

d 2½in x 5½in (6.4cm x 14cm)

j 2¼in (5.7cm) square

e 4½in x 2in (11.4cm x 5.1cm)

Eye See pillow instructions for fussy cutting



Lower fin

a 2½in (6.4cm) square, for 2in (5.1cm) square unfinished half-square triangle

d 2in (5.1cm) square

b 1in x 2in (2.5cm x 5.1cm)

e 5in x 2in (12.7cm x 5.1cm)

c 5in x 2in (12.7cm x 5.1cm)

f 11in x 2in (28cm x 5.1cm)

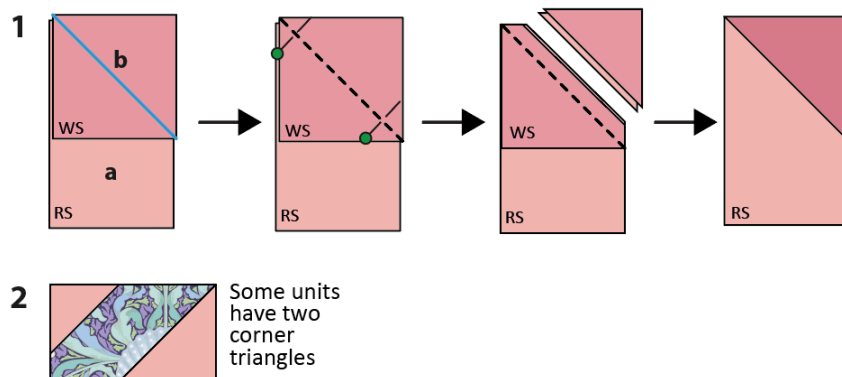
Making the Fish Block

6 The block uses some pieced units to create sharp corners – corner triangle units and a half-square triangle unit. These two techniques will be described first.

7 Making corner triangle units: The basic process for this technique is shown in **Fig D**. Following **Fig D 1**, take a rectangle of fabric and place it right side up. Take a square of Fabric 1 and pencil mark a diagonal line on the wrong side. Place the square right sides together with the rectangle, aligning the edges and with the marked line in the direction shown in the diagram. Sew along the marked line. Trim off excess fabric ¼in (6mm) past the sewn line and then press the triangle outwards. Check the unit is the size it is supposed to be.

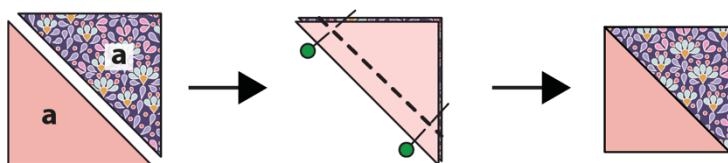
For units where more than one corner triangle is needed (example shown in **Fig D 2**), use the same process but take care to use the correct fabrics and sizes, and angle the sewn line in the direction needed so the triangle appears in the correct corner.

Fig D Making corner triangle units



8 Making a half-square triangle unit: This unit is used in the lower fin and is made by sewing two triangles together, with the basic process shown in **Fig E**. Take the two different **a** squares and cut each square in half along the diagonal. Take two triangles, pin them right sides together and use a $\frac{1}{4}$ in (6mm) seam to sew along the long edge, as shown. Press the seam towards the darker fabric. Check the unit is 2in (5.1cm) square, trimming as needed.

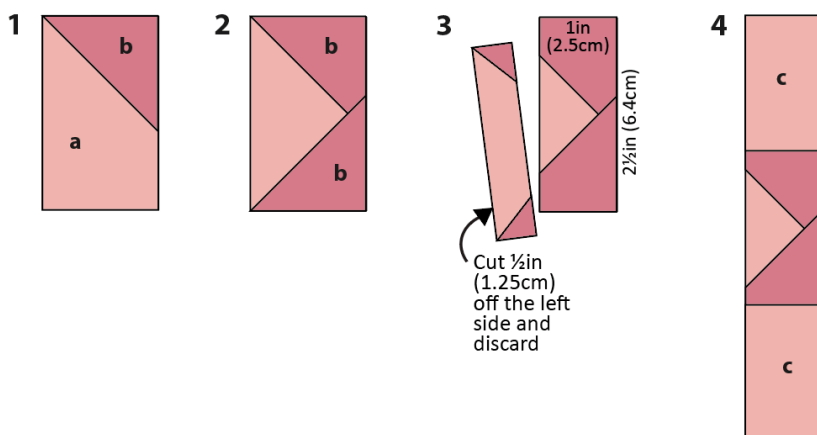
Fig E Making a half-square triangle unit



Making the Fish Mouth

9 To make the mouth, follow **Fig F**, using one piece **a** of Fabric 1 and two **b** squares of Fabric 2. Make corner triangles as described before and shown in **Fig F 1** and **Fig F 2** and then press. Lay out the unit as in **Fig F 3** and trim $\frac{1}{2}$ in (1.25cm) off the left side. Take two piece **c** of Fabric 1 and sew them to the top and bottom of the unit as in **Fig F 4** and press.

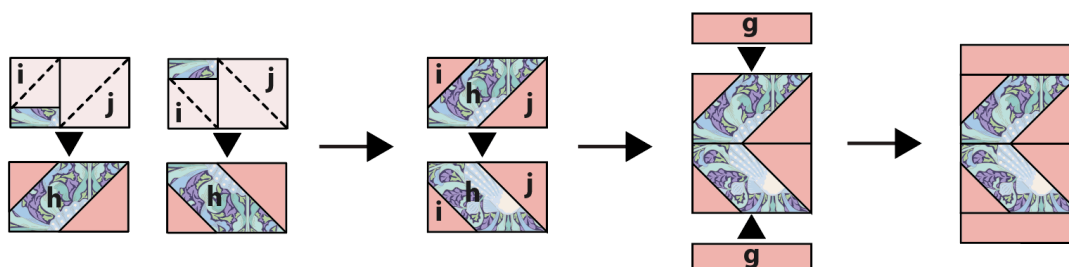
Fig F Making a fish mouth



Making the Fish Tail

10 To make the tail, make the necessary corner triangle units and then follow the stages shown in **Fig G**, pressing seams at each stage. Be sure to position the correct sizes of triangles in the right places.

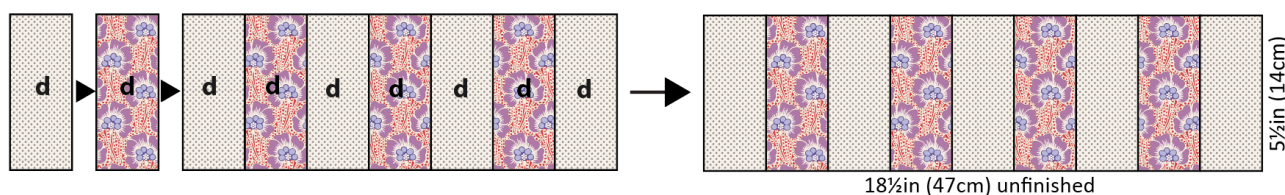
Fig G Making the fish tail



Making the Fish Body

11 To make the body, start by taking the **d** pieces for the body and sew them together as in **Fig H**. Press seams in one direction. Check that the unit measures $18\frac{1}{2}$ in (47cm) wide x $5\frac{1}{2}$ in (14cm) high.

Fig H Sewing the fish body stripes

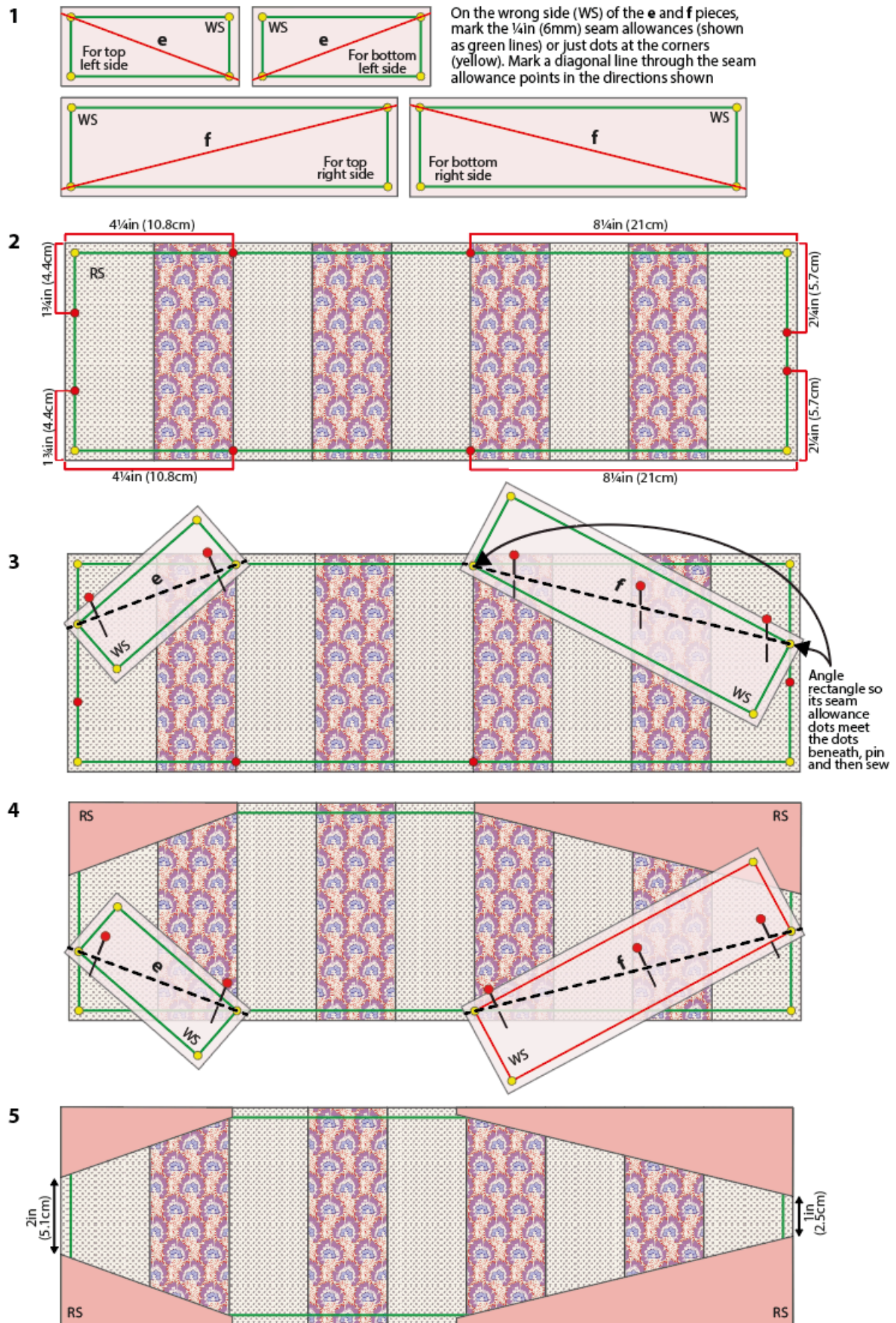


12 Adding the long triangles to the striped body unit is tricky, so detailed instructions and diagrams are given. Begin by following **Fig I 1**, taking the **e** and **f** Fabric 1 pieces and on the wrong side (WS) marking the $\frac{1}{4}$ in (6mm) seam allowances all round – you can just mark dots at the corners if you like (shown in yellow on the diagrams). Now mark the diagonal lines in the directions shown (shown in red on the diagrams).

13 Take the striped unit and place it right side (RS) up, as in **Fig I 2**. Carefully measure the piece, following exactly the measurements shown, and using an erasable marker, mark dots on the marked seam allowance line (shown by red dots). You should have eight dots.

14 Now take piece **e** for the top left side, place it right sides together with the striped unit, and angle it as shown, so its yellow seam allowance dots meet the red dots beneath, and pin (**Fig I 3**). Do the same with piece **f** for the top right side, angling as shown and pin. Now sew along the diagonal lines, remove pins and press the triangles upwards – the triangle edges should align with the edges of the striped unit. When you are happy that they fit correctly, trim excess fabric at the back of the work.

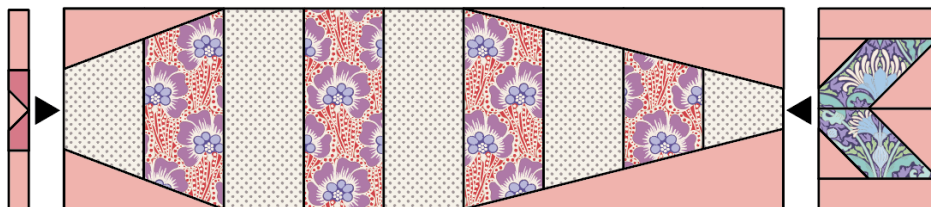
15 Repeat this process to add the other **e** and **f** pieces, to create the triangles on the lower edge of the striped unit (**Fig I 4**). Trim excess and press, as before. The body unit should look as shown in **Fig I 5**.

Fig I Making the fish body

Assembling the Body

16 Once the striped body unit is made, take the mouth unit, body unit and tail unit, sew them together in a row as in **Fig J** and press.

Fig J Assembling the body



Making the Fins

17 For the top fin, use print piece **a** with two **b** squares of background fabric and create corner triangles, as shown in **Fig K**. Add the background strips **c** and **d** to the left and right sides, as shown, and press.

For the bottom fin, make the half-square triangle unit as described previously. Make a **d/c/d** unit with corner triangles and then combine the units with piece **b**, as shown. Add the background strips **e** and **f** to the left and right sides, and press.

Fig K Making the fins

Top fin



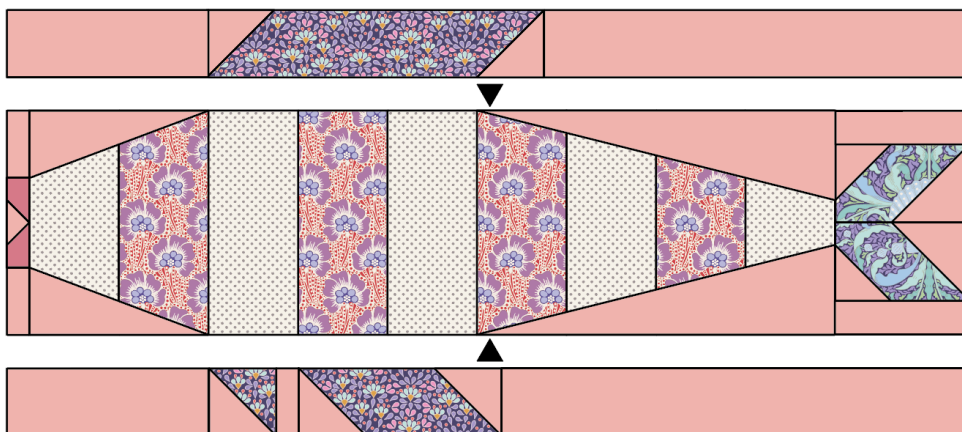
Bottom fin



Assembling the Fish Block

18 Take the fish body and the upper and lower fin units and sew them together as shown in **Fig L**. Press the seams outwards and check the fish block is 22in (55.9cm) long x 8½in (21.6cm) high.

Fig L Assembling the fish

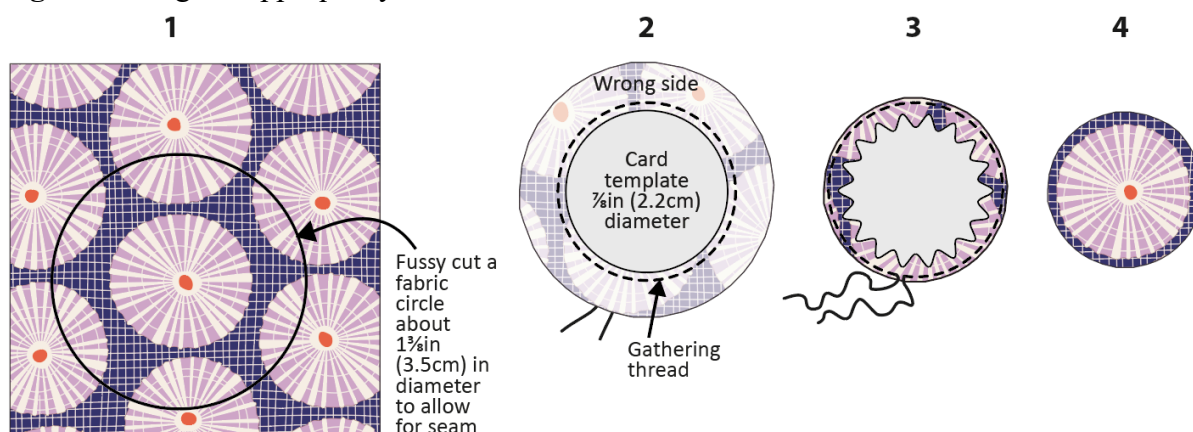


Adding the Eye

19 The appliqué eye is made using a card and gathering thread method. Cut a $\frac{7}{8}$ in (2.2cm) diameter circle from a piece of stiff card. Cut a $1\frac{3}{4}$ in (3.5cm) diameter circle from a piece of tracing paper. Press the piece of Fabric 7 and place the tracing paper circle on the right side of the fabric, so that you can see it contains a whole circle of the pattern (see **Fig M 1**). Mark the circle and cut out the fabric circle. Place the smaller card circle on the wrong side of the cut-out fabric, in the centre, and then mark the circle. Remove the card for the moment. Using a strong thread, hand sew a gathering stitch all around this marked inner circle, slightly *outside* of the marked line. Leave tails of thread on the right side, as in **Fig M 2**. Put the card circle back in place and pull on the gathering thread to gather it up over the edge of the card (Fig M 3). Press well, remove the card and then press again (Fig M 4).

20 Using a matching hand sewing thread and small slip stitches, sew the eye in place on the fish and press.

Fig M Making the appliqué eye



Adding the Border

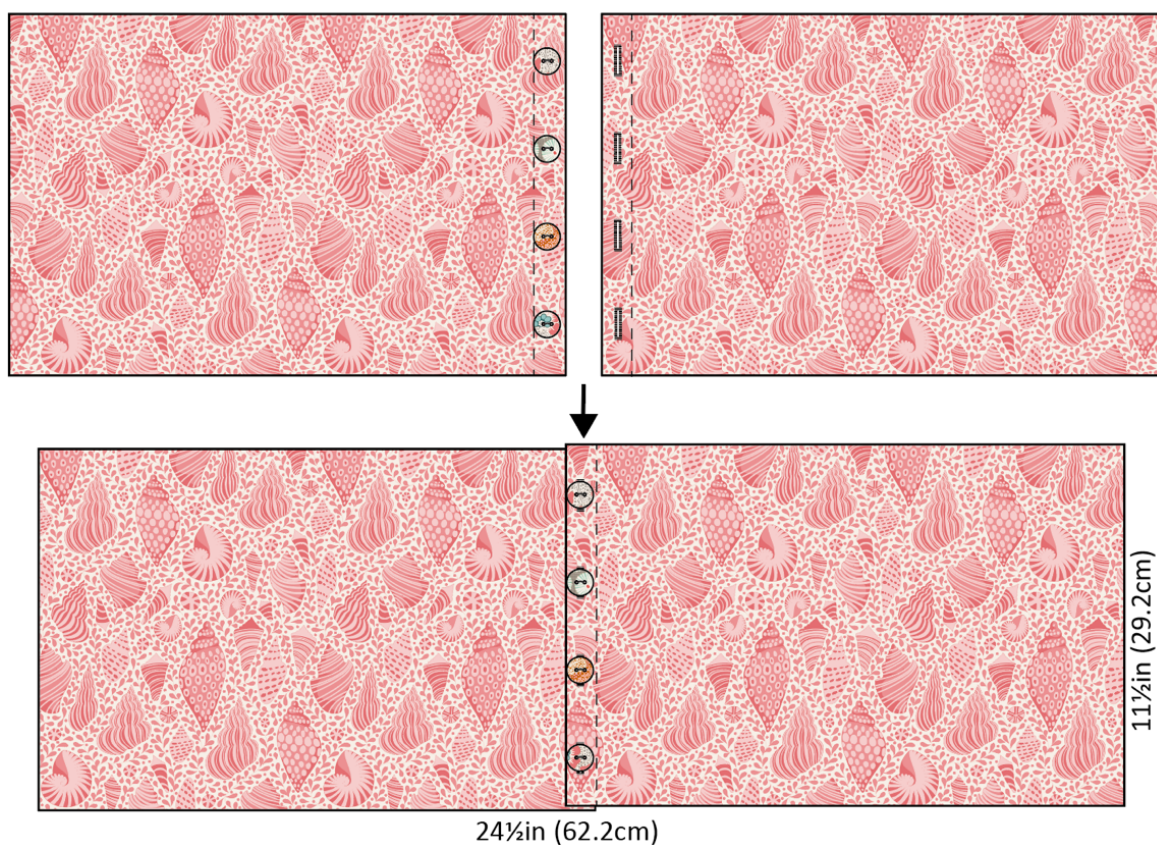
21 Take the two Border 1 strips and sew them to the long sides of the block (see **Fig B**). Press the seams outwards. Take the Border 2 strip and sew it to the left-hand side of the block and press the seam outwards. Take the Border 3 strip and sew it to the right-hand side of the block and press the seam outwards.

Quilting and Finishing

22 Make a quilt sandwich of the patchwork, wadding (batting) and lining fabric (if using). Quilt as desired. Trim off excess wadding and lining fabric to match the patchwork size.

23 To make up the pillow cover, take the two pieces of fabric for the pillow back and on the short side, create a hem by turning the edge over by 1 in (2.5cm), twice. Sew the seams with matching thread and press.

24 For the fastening, using your sewing machine, create four equally spaced buttonholes within the hem of the right-hand piece (see **Fig N**). Sew four buttons onto the left-hand piece, matching their positions to the buttonholes. **Note:** Instead of making buttonholes, you could use a hook and loop fastening, such as Velcro, to fasten the cover and then sew on the buttons as a decorative feature.

Fig N Making up with a button fastening

25 The pillow has a bound edge, so the pieces are assembled with right sides out, as follows. Place the quilted patchwork right side down. On the backing, fasten the buttons into the buttonholes and then place the whole piece on top of the patchwork, right side up. Check it is the same length as the patchwork, trimming the raw edges if need be. Make sure the outer edges of all pieces are aligned. Pin or tack (baste) the layers together and then bind as normal. As you sew the binding in place it will fix the other layers together. Press the cover and insert a pillow pad to finish.

Striped Fish Pillow

(Petrol colourway)

This fun pillow features a striped fish block, with a border added to bring the pillow up to a useful size. The fish design is also available as a quilt, in two colourways, and there are also two other pillows in coral and sage – see tildasworld.com for the instructions. The fabrics are from the Cotton Beach, Chambray and Classic Basics collections.

Materials

- Fabric 1: ¼yd (25cm) – Chambray petrol (160005)
- Fabric 2: 3in (7.6cm) square – Chambray coral (160014)
- Fabric 3: 12in (30.5cm) square – Tiny Star grey (130039)
- Fabric 4: 12in (30.5cm) square – Sea Anemone lilac (100322)
- Fabric 5: 6in (15.2cm) square – Limpet Shell grey (100328)
- Fabric 6: 9in (23cm) square – Coral Reef ginger (100329)
- Fabric 7: 3in (7.6cm) square – Limpet Shell blue (100333) – will need to be fussy cut
- Wadding (batting): 26in x 13in (66cm x 33cm)
- Lining fabric (optional): 26in x 13in (66cm x 33cm)
- Fabric for back of pillow: ⅜yd (35cm) – Beach Shells grey (110025)
- Binding fabric: ¼yd (25cm) – Ocean Flower grey (100330)
- Piecing and quilting threads
- Small piece of stiff card and tracing paper for eye appliqué
- Four buttons for pillow fastening (optional) – Cotton Beach ½in (14mm) diameter (400045) or ⅝in (17mm) diameter (400046)
- Quilter's ruler, rotary cutter and mat
- Pillow pad to fit cover

Finished Size

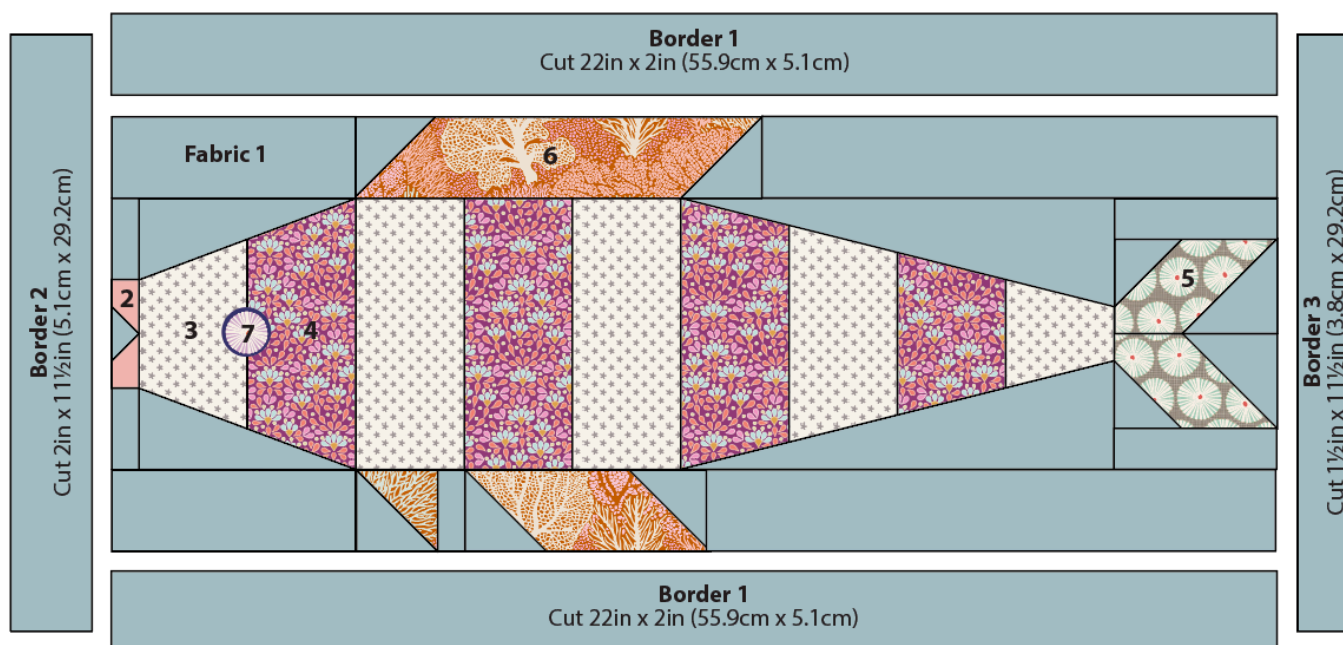
24½in x 11½in (62.5cm x 29.2cm)

General Notes

- Fabric quantities are based on a usable width of 42in (107cm), unless otherwise stated.
- Measurements are in imperial inches with metric conversions in brackets – use only *one* system throughout (preferably inches).
- Width measurements are generally given first.
- Press all fabrics before cutting.
- Use ¼in (6mm) seams unless otherwise instructed.
- Read all the instructions through before you start.

Pillow Layout

1 The pillow uses a single striped fish block, surrounded by a border of different widths. Refer to **Fig A** for the fabrics used and **Fig B** for the layout and the positions of the fabrics.

Fig A Fabric swatches (Striped Fish Pillow – petrol colourway)**Fig B** Pillow layout and fabrics used

Cutting Out

2 The measurements of the cut pieces needed for the various parts of the block are given in **Fig C**. Follow the measurements carefully as you cut the fabric pieces. Sizes include seam allowances. Refer to **Fig B** for the fabrics to use. Cut Fabric 1 carefully and economically: the ¼yd (25cm) suggested in the Materials list is enough, but only just – buy ⅜yd (35cm) if in doubt. The fish eye is fussy cut from Fabric 7 and instructions are given for this later.

3 From Fabric 1 cut the border strips as follows.

- Two of Border 1 – 22in x 2in (55.9cm x 5.1cm).
- One of Border 2 – 2in x 11½in (5.1cm x 29.2cm).
- One of Border 3 – 1½in x 11½in (3.8cm x 29.2cm).

4 Cut the fabric for the back of the pillow into two pieces each 15in x 11½in (38cm x 29.2cm).

5 Cut the binding fabric into three strips 2½in (6.4cm) x width of fabric. Sew them together end to end and press seams open. Press in half along the length, wrong sides together.

Fig C Layout and cutting for the fish

Sizes include seam allowances

All pieces to be cut initially as squares or rectangles



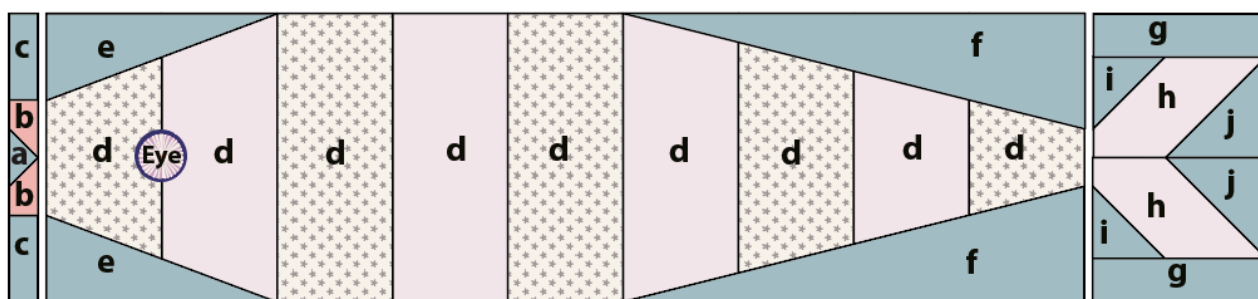
Upper fin

a 8in x 2in (20.3cm x 5.1cm)

b 2in (5.1cm) square

c 5in x 2in (12.7cm x 5.1cm)

d 10in x 2in (25.4cm x 5.1cm)



Body

a 1½in x 2½in (3.8cm x 6.4cm)

b 1½in (3.8cm) square

(a+b unit will be cut down later)

c 1in x 2in (2.5cm x 5.1cm)

d 2½in x 5½in (6.4cm x 14cm)

e 4½in x 2in (11.4cm x 5.1cm)

f 8½in x 2½in (21.6cm x 6.4cm)

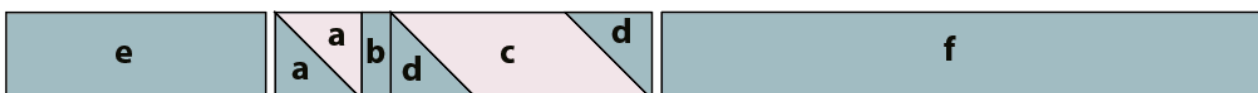
g 3½in x 1¼in (9cm x 3.2cm)

h 3½in x 2¼in (9cm x 5.7cm)

i 1¾in (4.4cm) square

j 2¼in (5.7cm) square

Eye See pillow instructions for fussy cutting



Lower fin

a 2½in (6.4cm) square, for 2in (5.1cm) square unfinished half-square triangle

b 1in x 2in (2.5cm x 5.1cm)

c 5in x 2in (12.7cm x 5.1cm)

d 2in (5.1cm) square

e 5in x 2in (12.7cm x 5.1cm)

f 11in x 2in (28cm x 5.1cm)

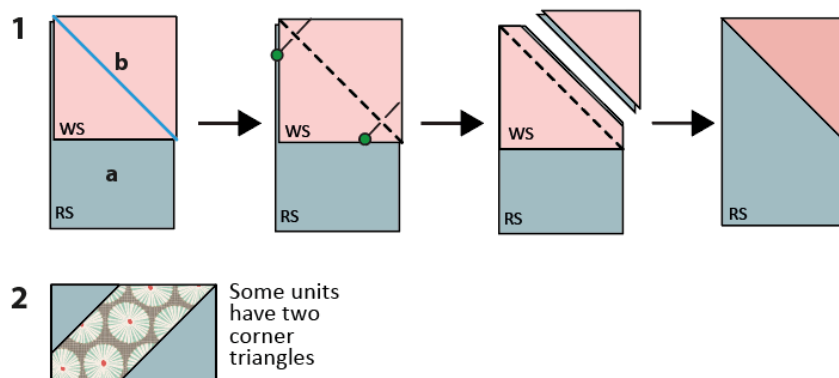
Making the Fish Block

6 The block uses some pieced units to create sharp corners – corner triangle units and a half-square triangle unit. These two techniques will be described first.

7 Making corner triangle units: The basic process for this technique is shown in **Fig D**. Following **Fig D 1**, take a rectangle of fabric and place it right side up. Take a square of Fabric 1 and pencil mark a diagonal line on the wrong side. Place the square right sides together with the rectangle, aligning the edges and with the marked line in the direction shown in the diagram. Sew along the marked line. Trim off excess fabric ¼in (6mm) past the sewn line and then press the triangle outwards. Check the unit is the size it is supposed to be.

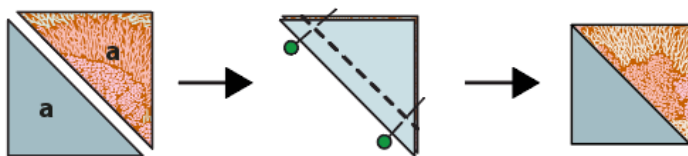
For units where more than one corner triangle is needed (example shown in **Fig D 2**), use the same process but take care to use the correct fabrics and sizes, and angle the sewn line in the direction needed so the triangle appears in the correct corner.

Fig D Making corner triangle units



8 Making a half-square triangle unit: This unit is used in the lower fin and is made by sewing two triangles together, with the basic process shown in **Fig E**. Take the two different **a** squares and cut each square in half along the diagonal. Take two triangles, pin them right sides together and use a $\frac{1}{4}$ in (6mm) seam to sew along the long edge, as shown. Press the seam towards the darker fabric. Check the unit is 2in (5.1cm) square, trimming as needed.

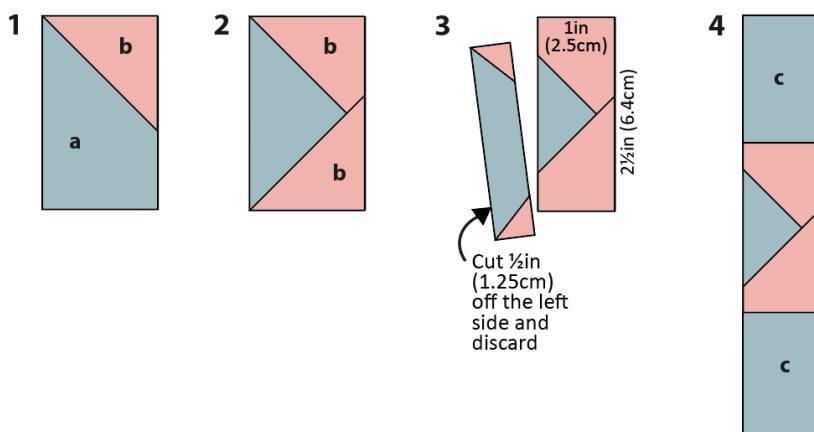
Fig E Making a half-square triangle unit



Making the Fish Mouth

9 To make the mouth, follow **Fig F**, using one piece **a** of Fabric 1 and two **b** squares of Fabric 2. Make corner triangles as described before and shown in **Fig F 1** and **Fig F 2** and then press. Lay out the unit as in **Fig F 3** and trim $\frac{1}{2}$ in (1.25cm) off the left side. Take two piece **c** of Fabric 1 and sew them to the top and bottom of the unit as in **Fig F 4** and press.

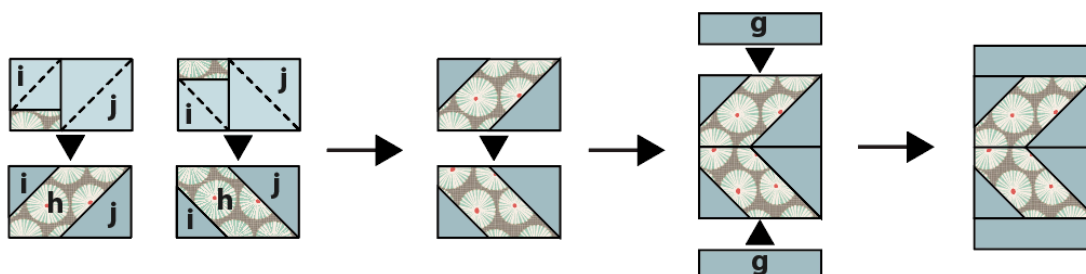
Fig F Making a fish mouth



Making the Fish Tail

10 To make the tail, make the necessary corner triangle units and then follow the stages shown in **Fig G**, pressing seams at each stage. Be sure to position the correct sizes of triangles in the right places.

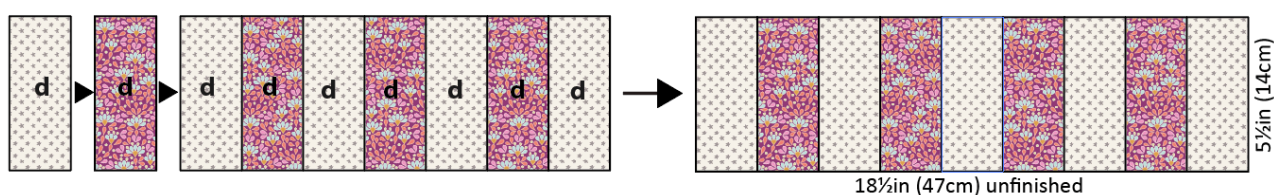
Fig G Making the fish tail



Making the Fish Body

11 To make the body, start by taking the **d** pieces for the body and sew them together as in **Fig H**. Press seams in one direction. Check that the unit measures 18½in (47cm) wide x 5½in (14cm) high.

Fig H Sewing the fish body stripes

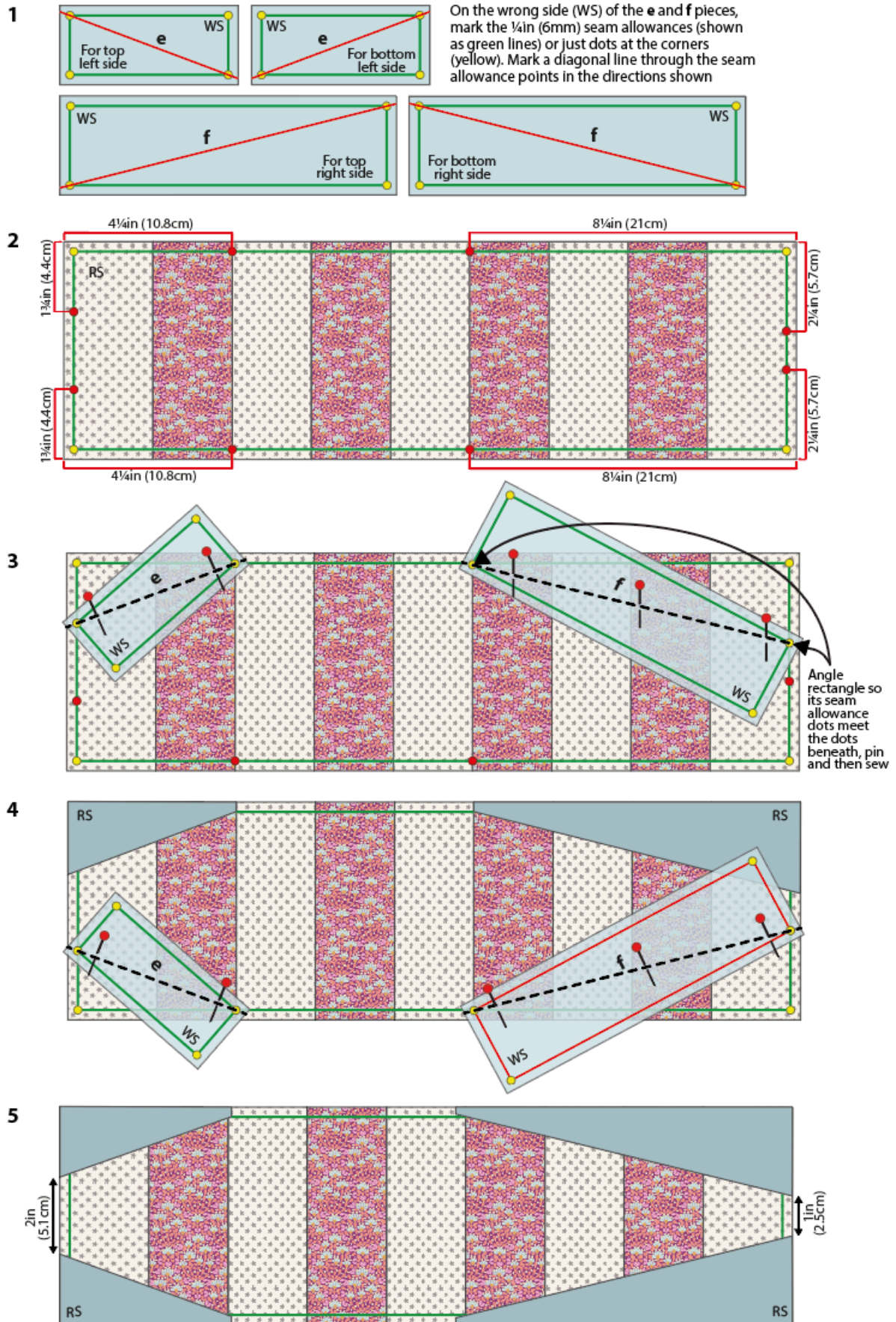


12 Adding the long triangles to the striped body unit is tricky, so detailed instructions and diagrams are given. Begin by following **Fig I 1**, taking the **e** and **f** Fabric 1 pieces and on the wrong side (WS) marking the ¼in (6mm) seam allowances all round – you can just mark dots at the corners if you like (shown in yellow on the diagrams). Now mark the diagonal lines in the directions shown (shown in red on the diagrams).

13 Take the striped unit and place it right side (RS) up, as in **Fig I 2**. Carefully measure the piece, following exactly the measurements shown, and using an erasable marker, mark dots on the marked seam allowance line (shown by red dots). You should have eight dots.

14 Now take piece **e** for the top left side, place it right sides together with the striped unit, and angle it as shown, so its yellow seam allowance dots meet the red dots beneath, and pin (**Fig I 3**). Do the same with piece **f** for the top right side, angling as shown and pin. Now sew along the diagonal lines, remove pins and press the triangles upwards – the triangle edges should align with the edges of the striped unit. When you are happy that they fit correctly, trim excess fabric at the back of the work.

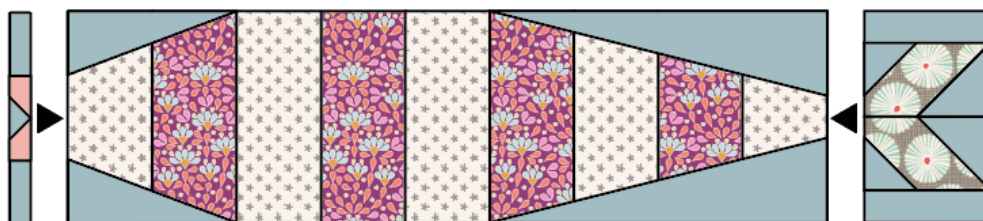
15 Repeat this process to add the other **e** and **f** pieces, to create the triangles on the lower edge of the striped unit (**Fig I 4**). Trim excess and press, as before. The body unit should look as shown in **Fig I 5**.

Fig I Making the fish body

Assembling the Body

16 Once the striped body unit is made, take the mouth unit, body unit and tail unit, sew them together in a row as in **Fig J** and press.

Fig J Assembling the body



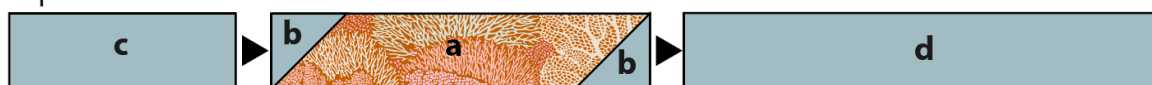
Making the Fins

17 For the top fin, use print piece **a** with two **b** squares of background fabric and create corner triangles, as shown in **Fig K**. Add the background strips **c** and **d** to the left and right sides, as shown, and press.

For the bottom fin, make the half-square triangle unit as described previously. Make a **d/c/d** unit with corner triangles and then combine the units with piece **b**, as shown. Add the background strips **e** and **f** to the left and right sides, and press.

Fig K Making the fins

Top fin



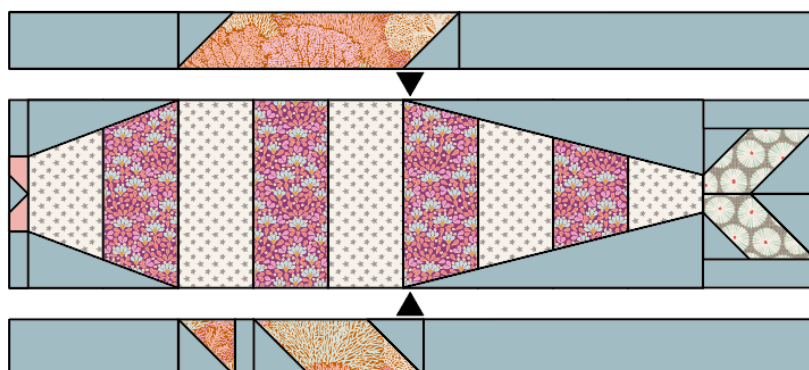
Bottom fin



Assembling the Fish Block

18 Take the fish body and the upper and lower fin units and sew them together as shown in **Fig L**. Press the seams outwards and check the fish block is 22in (55.9cm) long x 8½in (21.6cm) high.

Fig L Assembling the fish

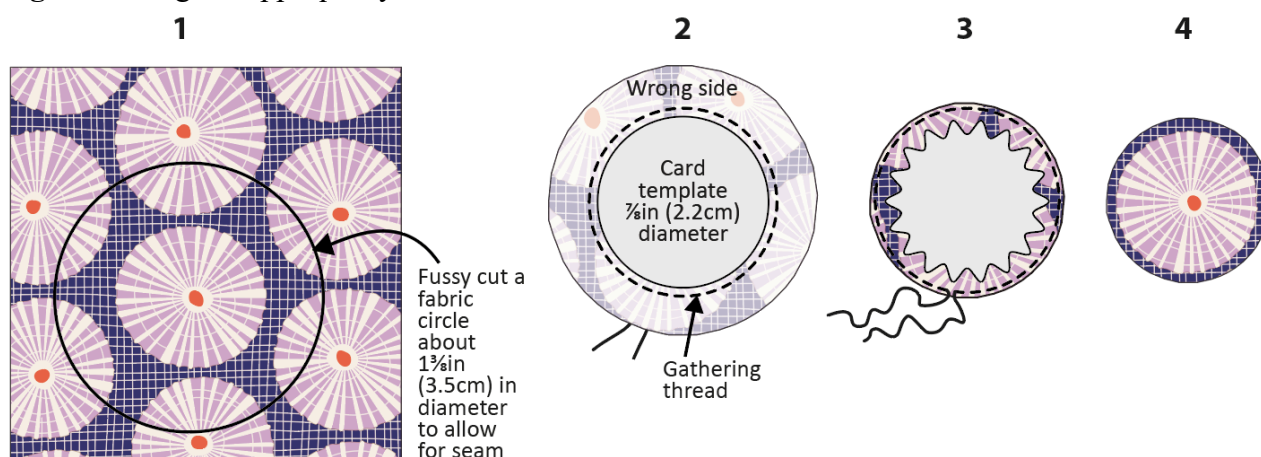


Adding the Eye

19 The appliqué eye is made using a card and gathering thread method. Cut a $\frac{7}{8}$ in (2.2cm) diameter circle from a piece of stiff card. Cut a $1\frac{3}{8}$ in (3.5cm) diameter circle from a piece of tracing paper. Press the piece of Fabric 7 and place the tracing paper circle on the right side of the fabric, so that you can see it contains a whole circle of the pattern (see **Fig M 1**). Mark the circle and cut out the fabric circle. Place the smaller card circle on the wrong side of the cut-out fabric, in the centre, and then mark the circle. Remove the card for the moment. Using a strong thread, hand sew a gathering stitch all around this marked inner circle, slightly *outside* of the marked line. Leave tails of thread on the right side, as in **Fig M 2**. Put the card circle back in place and pull on the gathering thread to gather it up over the edge of the card (Fig M 3). Press well, remove the card and then press again (Fig M 4).

20 Using a matching hand sewing thread and small slip stitches, sew the eye in place on the fish and press.

Fig M Making the appliqué eye



Adding the Border

21 Take the two Border 1 strips and sew them to the long sides of the block (see **Fig B**). Press the seams outwards. Take the Border 2 strip and sew it to the left-hand side of the block and press the seam outwards. Take the Border 3 strip and sew it to the right-hand side of the block and press the seam outwards.

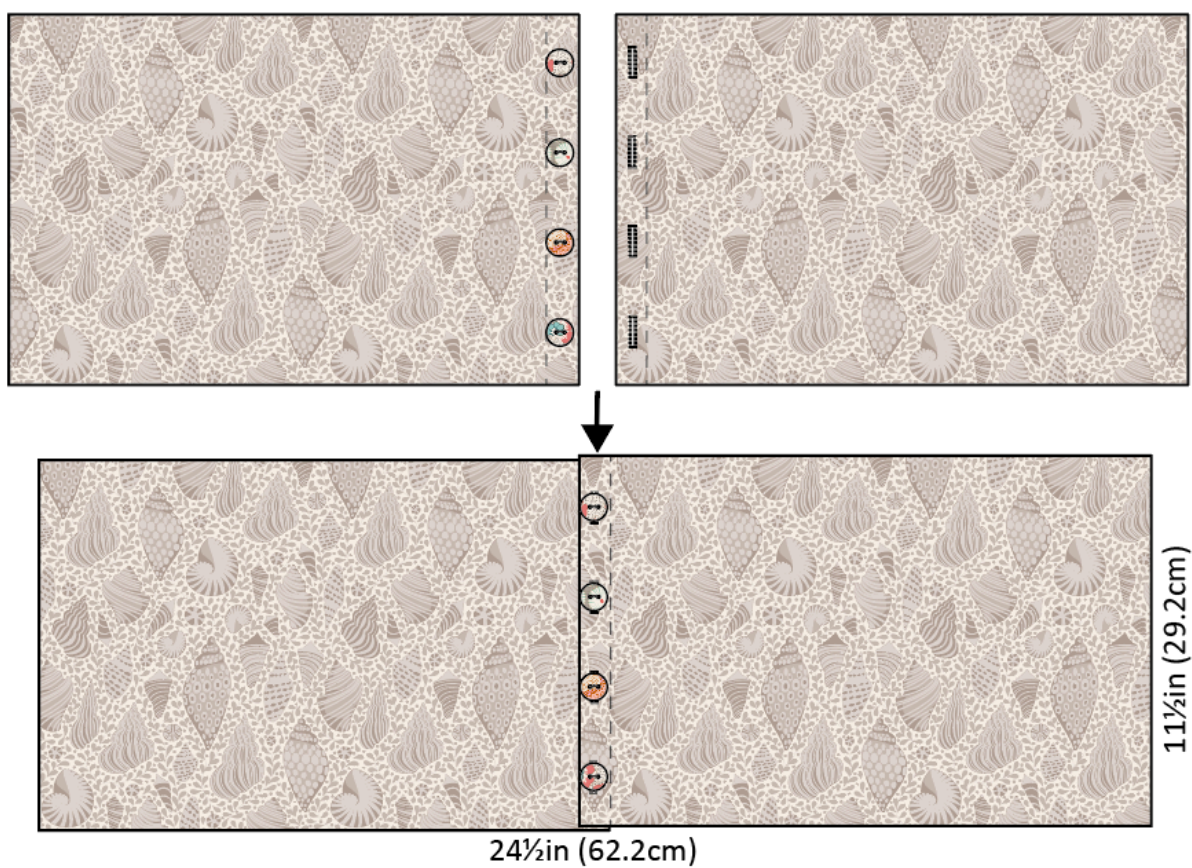
Quilting and Finishing

22 Make a quilt sandwich of the patchwork, wadding (batting) and lining fabric (if using). Quilt as desired. Trim off excess wadding and lining fabric to match the patchwork size.

23 To make up the pillow cover, take the two pieces of fabric for the pillow back and on the short side, create a hem by turning the edge over by 1in (2.5cm), twice. Sew the seams with matching thread and press.

24 For the fastening, using your sewing machine, create four equally spaced buttonholes within the hem of the right-hand piece (see **Fig N**). Sew four buttons onto the left-hand piece, matching their positions to the buttonholes. **Note:** Instead of making buttonholes, you could use a hook and loop fastening, such as Velcro, to fasten the cover and then sew on the buttons as a decorative feature.

Fig N Making up with a button fastening



25 The pillow has a bound edge, so the pieces are assembled with right sides out, as follows. Place the quilted patchwork right side down. On the backing, fasten the buttons into the buttonholes and then place the whole piece on top of the patchwork, right side up. Check it is the same length as the patchwork, trimming the raw edges if need be. Make sure the outer edges of all pieces are aligned. Pin or tack (baste) the layers together and then bind as normal. As you sew the binding in place it will fix the other layers together. Press the cover and insert a pillow pad to finish.

Striped Fish Pillow

(Sage colourway)

This fun pillow features a striped fish block, with a border added to bring the pillow up to a useful size. The fish design is also available as a quilt, in two colourways, and there are also two other pillows in coral and petrol – see tildasworld.com for the instructions. The fabrics are from the Cotton Beach, Chambray and Classic Basics collections.

Materials

- Fabric 1: ¼yd (25cm) – Chambray sage (160011)
- Fabric 2: 3in (7.6cm) square – Chambray coral (160014)
- Fabric 3: 12in (30.5cm) square – Pen Stripe light blue (130032)
- Fabric 4: 12in (30.5cm) square – Ocean Flower blue (100335)
- Fabric 5: 6in (15.2cm) square – Beach Shells coral (110024)
- Fabric 6: 9in (23cm) square – Sea Anemone honey (100337)
- Fabric 7: 3in (7.6cm) square – Limpet Shell teal (100338) – will need to be fussy cut
- Wadding (batting): 26in x 13in (66cm x 33cm)
- Lining fabric (optional): 26in x 13in (66cm x 33cm)
- Fabric for back of pillow: ⅜yd (35cm) – Beach Shells honey (110027)
- Binding fabric: ¼yd (25cm) – Scallop Shell coral (100321)
- Piecing and quilting threads
- Small piece of stiff card and tracing paper for eye appliqué
- Four buttons for pillow fastening (optional) – Cotton Beach ½in (14mm) diameter (400045) or ⅝in (17mm) diameter (400046)
- Quilter's ruler, rotary cutter and mat
- Pillow pad to fit cover

Finished Size

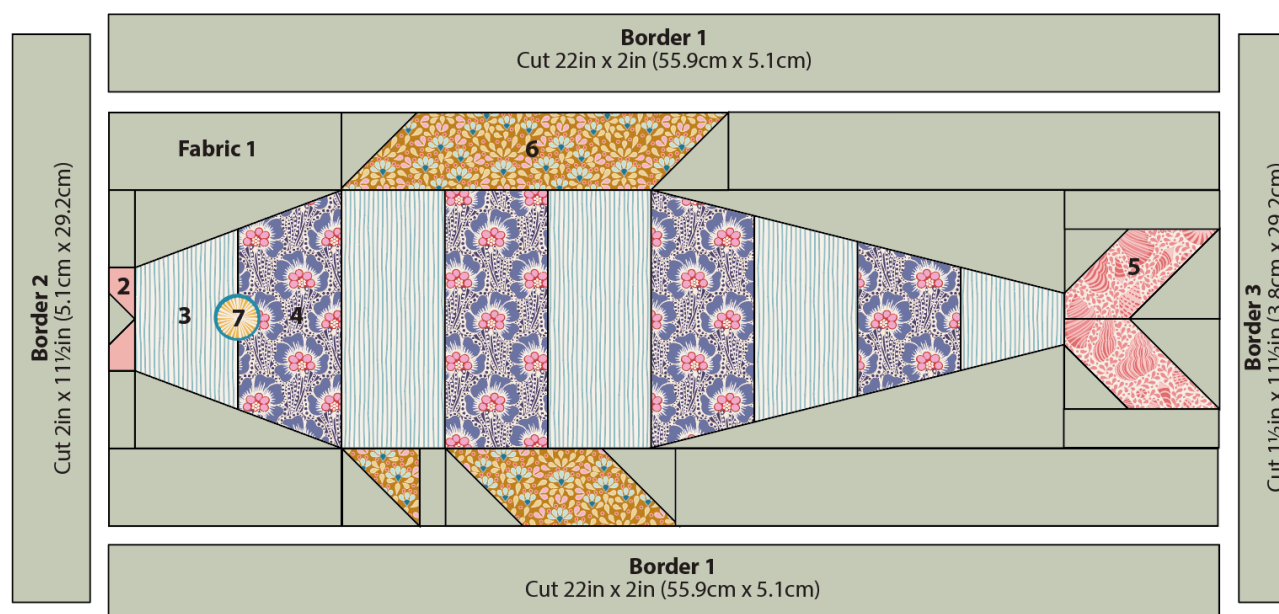
24½in x 11½in (62.5cm x 29.2cm)

General Notes

- Fabric quantities are based on a usable width of 42in (107cm), unless otherwise stated.
- Measurements are in imperial inches with metric conversions in brackets – use only *one* system throughout (preferably inches).
- Width measurements are generally given first.
- Press all fabrics before cutting.
- Use ¼in (6mm) seams unless otherwise instructed.
- Read all the instructions through before you start.

Pillow Layout

1 The pillow uses a single striped fish block, surrounded by a border of different widths. Refer to **Fig A** for the fabrics used and **Fig B** for the layout and the positions of the fabrics.

Fig A Fabric swatches (Striped Fish Pillow – sage colourway)**Fig B** Pillow layout and fabrics used

Cutting Out

2 The measurements of the cut pieces needed for the various parts of the block are given in **Fig C**. Follow the measurements carefully as you cut the fabric pieces. Sizes include seam allowances. Refer to **Fig B** for the fabrics to use. Cut Fabric 1 carefully and economically: the 1/4yd (25cm) suggested in the Materials list is enough, but only just – buy 3/8yd (35cm) if in doubt. The fish eye is fussy cut from Fabric 7 and instructions are given for this later.

3 From Fabric 1 cut the border strips as follows.

- Two of Border 1 – 22in x 2in (55.9cm x 5.1cm).
- One of Border 2 – 2in x 11 1/2in (5.1cm x 29.2cm).
- One of Border 3 – 1 1/2in x 11 1/2in (3.8cm x 29.2cm).

4 Cut the fabric for the back of the pillow into two pieces each 15in x 11½in (38cm x 29.2cm).

5 Cut the binding fabric into three strips 2½in (6.4cm) x width of fabric. Sew them together end to end and press seams open. Press in half along the length, wrong sides together.

Fig C Layout and cutting for the fish

Sizes include seam allowances

All pieces to be cut initially as squares or rectangles



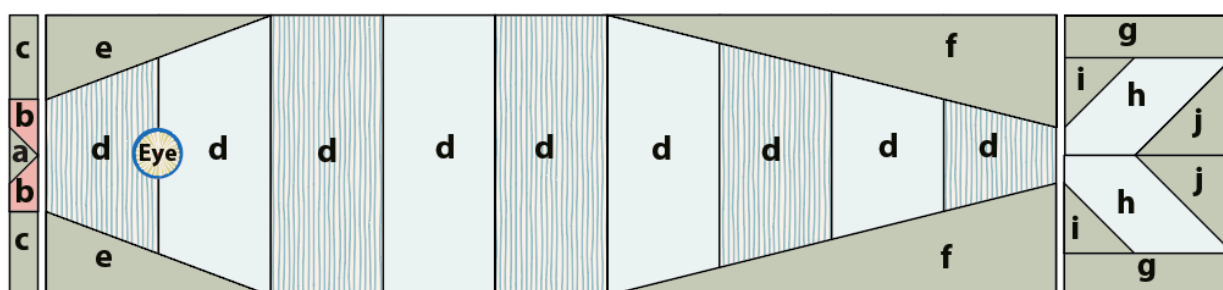
Upper fin

a 8in x 2in (20.3cm x 5.1cm)

b 2in (5.1cm) square

c 5in x 2in (12.7cm x 5.1cm)

d 10in x 2in (25.4cm x 5.1cm)



Body

a 1½in x 2½in (3.8cm x 6.4cm)

b 1½in (3.8cm) square

(a+b unit will be cut down later)

c 1in x 2in (2.5cm x 5.1cm)

d 2½in x 5½in (6.4cm x 14cm)

e 4½in x 2in (11.4cm x 5.1cm)

f 8½in x 2½in (21.6cm x 6.4cm)

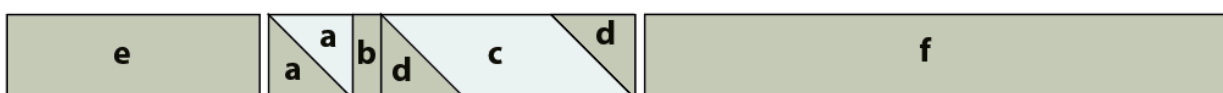
g 3½in x 1½in (9cm x 3.2cm)

h 3½in x 2½in (9cm x 5.7cm)

i 1¾in (4.4cm) square

j 2½in (5.7cm) square

Eye See pillow instructions for fussy cutting



Lower fin

a 2½in (6.4cm) square, for 2in (5.1cm) square unfinished half-square triangle

b 1in x 2in (2.5cm x 5.1cm)

c 5in x 2in (12.7cm x 5.1cm)

d 2in (5.1cm) square

e 5in x 2in (12.7cm x 5.1cm)

f 11in x 2in (28cm x 5.1cm)

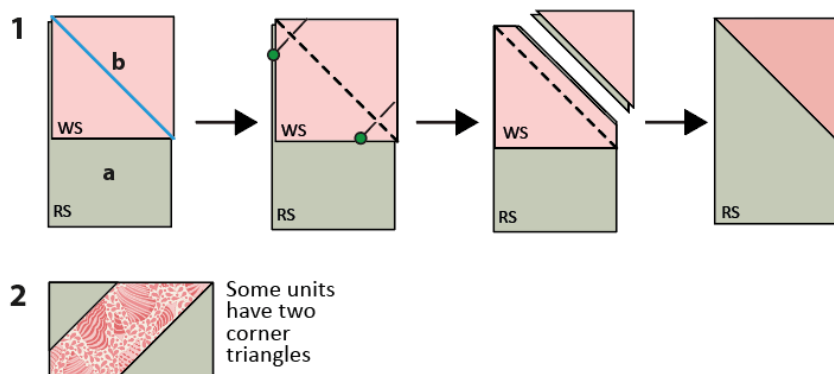
Making the Fish Block

6 The block uses some pieced units to create sharp corners – corner triangle units and a half-square triangle unit. These two techniques will be described first.

7 Making corner triangle units: The basic process for this technique is shown in **Fig D**. Following **Fig D 1**, take a rectangle of fabric and place it right side up. Take a square of Fabric 1 and pencil mark a diagonal line on the wrong side. Place the square right sides together with the rectangle, aligning the edges and with the marked line in the direction shown in the diagram. Sew along the marked line. Trim off excess fabric ¼in (6mm) past the sewn line and then press the triangle outwards. Check the unit is the size it is supposed to be.

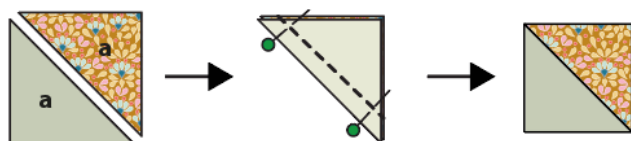
For units where more than one corner triangle is needed (example shown in **Fig D 2**), use the same process but take care to use the correct fabrics and sizes, and angle the sewn line in the direction needed so the triangle appears in the correct corner.

Fig D Making corner triangle units



8 Making a half-square triangle unit: This unit is used in the lower fin and is made by sewing two triangles together, with the basic process shown in **Fig E**. Take the two different **a** squares and cut each square in half along the diagonal. Take two triangles, pin them right sides together and use a $\frac{1}{4}$ in (6mm) seam to sew along the long edge, as shown. Press the seam towards the darker fabric. Check the unit is 2in (5.1cm) square, trimming as needed.

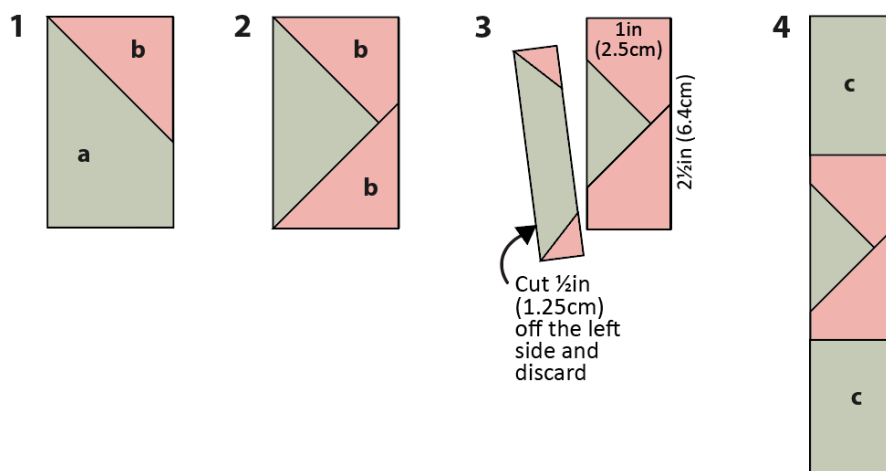
Fig E Making a half-square triangle unit



Making the Fish Mouth

9 To make the mouth, follow **Fig F**, using one piece **a** of Fabric 1 and two **b** squares of Fabric 2. Make corner triangles as described before and shown in **Fig F 1** and **Fig F 2** and then press. Lay out the unit as in **Fig F 3** and trim $\frac{1}{2}$ in (1.25cm) off the left side. Take two piece **c** of Fabric 1 and sew them to the top and bottom of the unit as in **Fig F 4** and press.

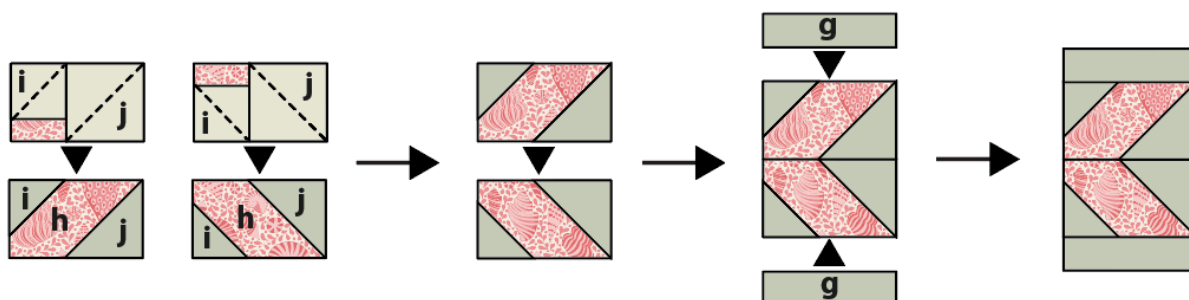
Fig F Making a fish mouth



Making the Fish Tail

10 To make the tail, make the necessary corner triangle units and then follow the stages shown in **Fig G**, pressing seams at each stage. Be sure to position the correct sizes of triangles in the right places.

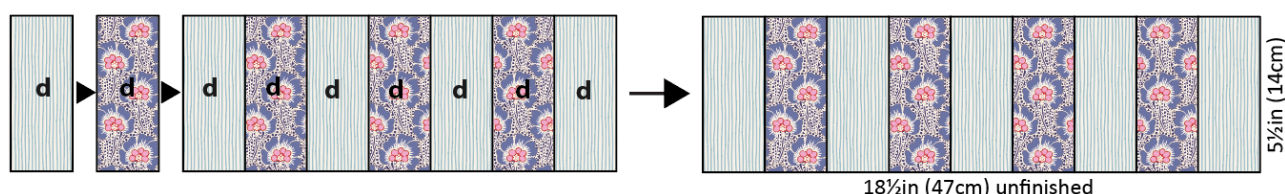
Fig G Making the fish tail



Making the Fish Body

11 To make the body, start by taking the **d** pieces for the body and sew them together as in **Fig H**. Press seams in one direction. Check that the unit measures 18½in (47cm) wide x 5½in (14cm) high.

Fig H Sewing the fish body stripes

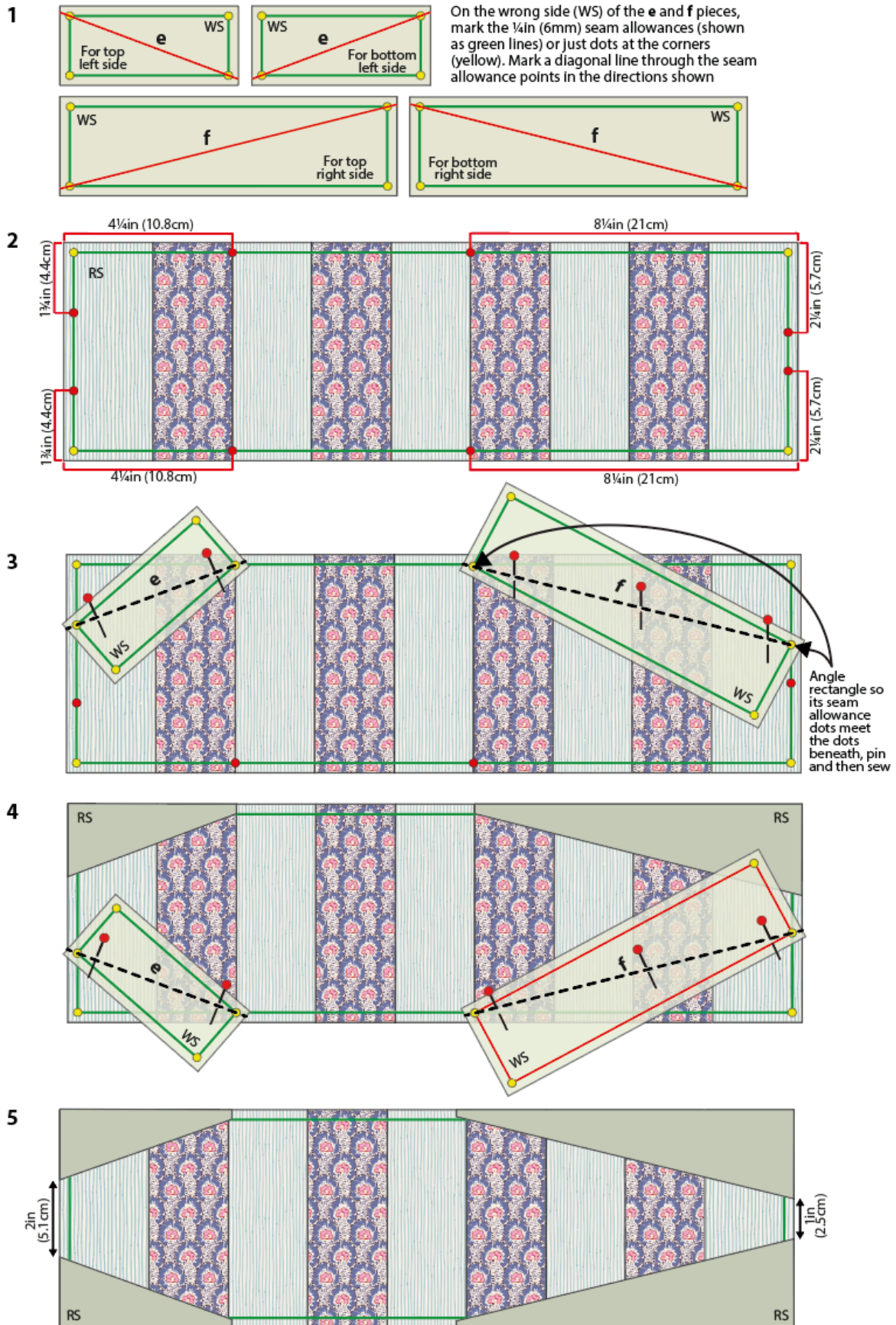


12 Adding the long triangles to the striped body unit is tricky, so detailed instructions and diagrams are given. Begin by following **Fig I 1**, taking the **e** and **f** Fabric 1 pieces and on the wrong side (WS) marking the ¼in (6mm) seam allowances all round – you can just mark dots at the corners if you like (shown in yellow on the diagrams). Now mark the diagonal lines in the directions shown (shown in red on the diagrams).

13 Take the striped unit and place it right side (RS) up, as in **Fig I 2**. Carefully measure the piece, following exactly the measurements shown, and using an erasable marker, mark dots on the marked seam allowance line (shown by red dots). You should have eight dots.

14 Now take piece **e** for the top left side, place it right sides together with the striped unit, and angle it as shown, so its yellow seam allowance dots meet the red dots beneath, and pin (**Fig I 3**). Do the same with piece **f** for the top right side, angling as shown and pin. Now sew along the diagonal lines, remove pins and press the triangles upwards – the triangle edges should align with the edges of the striped unit. When you are happy that they fit correctly, trim excess fabric at the back of the work.

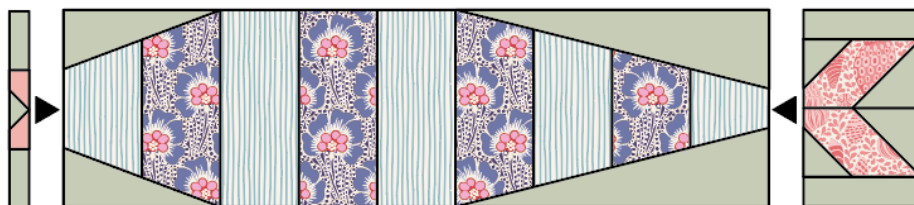
15 Repeat this process to add the other **e** and **f** pieces, to create the triangles on the lower edge of the striped unit (**Fig I 4**). Trim excess and press, as before. The body unit should look as shown in **Fig I 5**.

Fig I Making the fish body

Assembling the Body

16 Once the striped body unit is made, take the mouth unit, body unit and tail unit, sew them together in a row as in **Fig J** and press.

Fig J Assembling the body



Making the Fins

17 For the top fin, use print piece **a** with two **b** squares of background fabric and create corner triangles, as shown in **Fig K**. Add the background strips **c** and **d** to the left and right sides, as shown, and press.

For the bottom fin, make the half-square triangle unit as described previously. Make a **d/c/d** unit with corner triangles and then combine the units with piece **b**, as shown. Add the background strips **e** and **f** to the left and right sides, and press.

Fig K Making the fins

Top fin



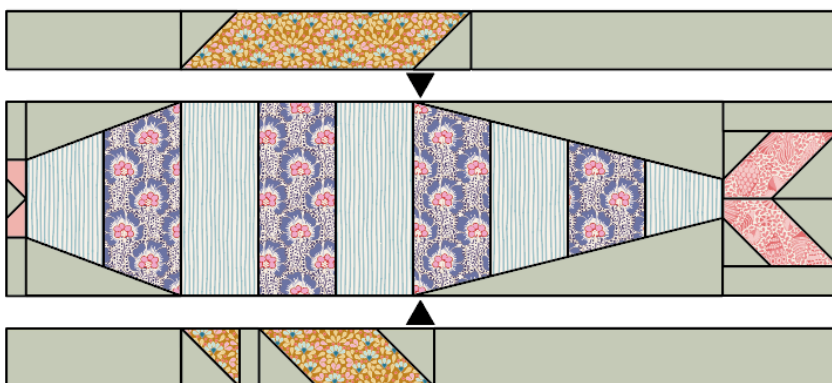
Bottom fin



Assembling the Fish Block

18 Take the fish body and the upper and lower fin units and sew them together as shown in **Fig L**. Press the seams outwards and check the fish block is 22in (55.9cm) long x 8½in (21.6cm) high.

Fig L Assembling the fish

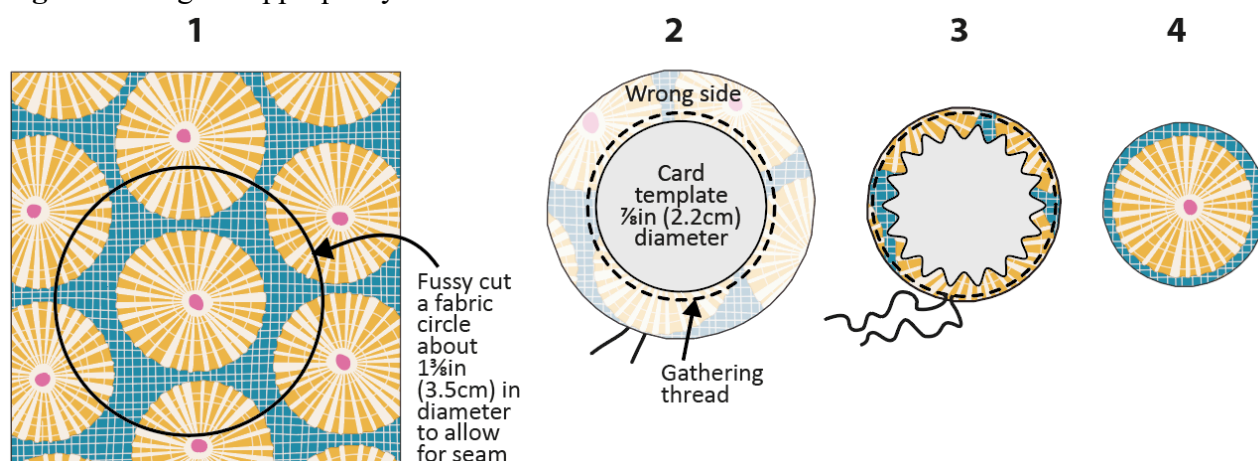


Adding the Eye

19 The appliqué eye is made using a card and gathering thread method. Cut a $\frac{7}{8}$ in (2.2cm) diameter circle from a piece of stiff card. Cut a $1\frac{3}{8}$ in (3.5cm) diameter circle from a piece of tracing paper. Press the piece of Fabric 7 and place the tracing paper circle on the right side of the fabric, so that you can see it contains a whole circle of the pattern (see **Fig M 1**). Mark the circle and cut out the fabric circle. Place the smaller card circle on the wrong side of the cut-out fabric, in the centre, and then mark the circle. Remove the card for the moment. Using a strong thread, hand sew a gathering stitch all around this marked inner circle, slightly *outside* of the marked line. Leave tails of thread on the right side, as in **Fig M 2**. Put the card circle back in place and pull on the gathering thread to gather it up over the edge of the card (Fig M 3). Press well, remove the card and then press again (Fig M 4).

20 Using a matching hand sewing thread and small slip stitches, sew the eye in place on the fish and press.

Fig M Making the appliqué eye



Adding the Border

21 Take the two Border 1 strips and sew them to the long sides of the block (see **Fig B**). Press the seams outwards. Take the Border 2 strip and sew it to the left-hand side of the block and press the seam outwards. Take the Border 3 strip and sew it to the right-hand side of the block and press the seam outwards.

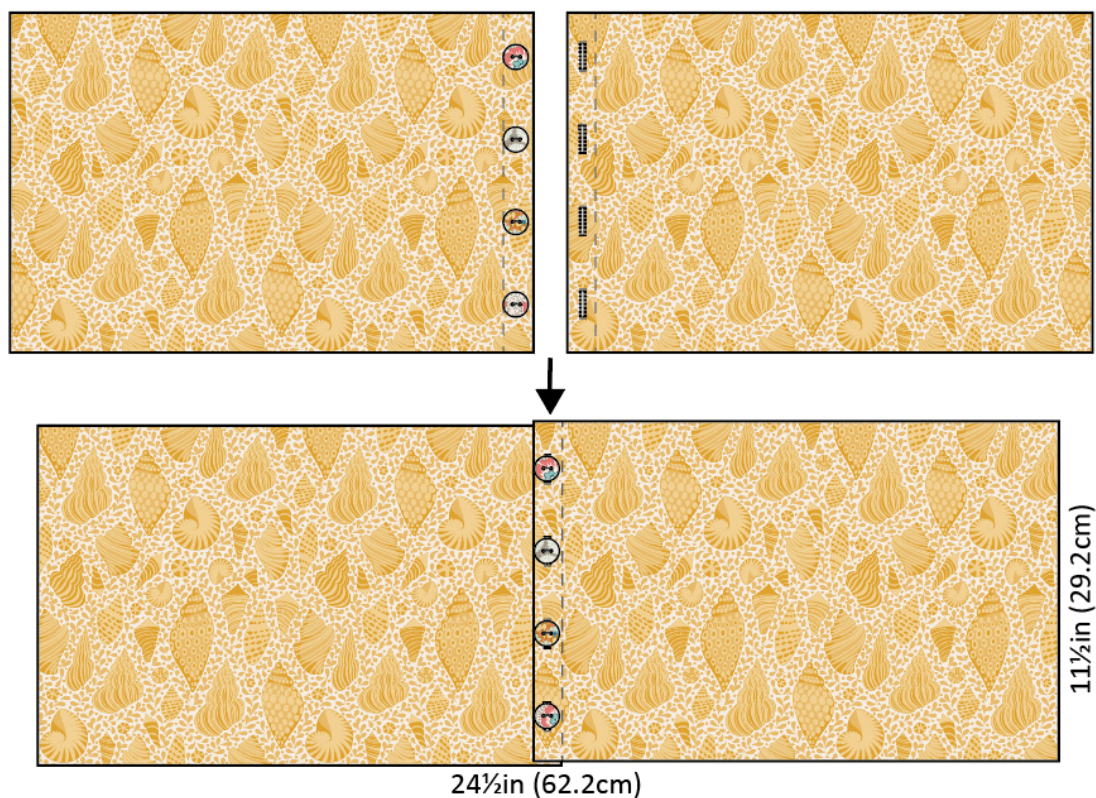
Quilting and Finishing

22 Make a quilt sandwich of the patchwork, wadding (batting) and lining fabric (if using). Quilt as desired. Trim off excess wadding and lining fabric to match the patchwork size.

23 To make up the pillow cover, take the two pieces of fabric for the pillow back and on the short side, create a hem by turning the edge over by 1in (2.5cm), twice. Sew the seams with matching thread and press.

24 For the fastening, using your sewing machine, create four equally spaced buttonholes within the hem of the right-hand piece (see **Fig N**). Sew four buttons onto the left-hand piece, matching their positions to the buttonholes. **Note:** Instead of making buttonholes, you could use a hook and loop fastening, such as Velcro, to fasten the cover and then sew on the buttons as a decorative feature.

Fig N Making up with a button fastening



25 The pillow has a bound edge, so the pieces are assembled with right sides out, as follows. Place the quilted patchwork right side down. On the backing, fasten the buttons into the buttonholes and then place the whole piece on top of the patchwork, right side up. Check it is the same length as the patchwork, trimming the raw edges if need be. Make sure the outer edges of all pieces are aligned. Pin or tack (baste) the layers together and then bind as normal. As you sew the binding in place it will fix the other layers together. Press the cover and insert a pillow pad to finish.