



Tilda®

Cotton Beach

Swim Team Pillows

The graphic is a teal rectangular box containing the Tilda logo at the top, followed by the text 'Cotton Beach' in a large, elegant script font, and 'Swim Team Pillows' in a smaller, clean sans-serif font below it. Decorative icons of seashells and a beach umbrella are placed around the text.

Swimmer Pillow

(Lavender colourway)

This pillow with its swimmer motif, would make a great gift for anyone who is a sports fan. Making the pillow would also be good practice for moving on to the matching quilt – see tildasworld.com for the quilt instructions. There is also a pillow design in a grey colourway.

Materials

- Fabric 1: $\frac{3}{8}$ yd (35cm) – Chambray lavender (160009)
- Fabric 2: $\frac{1}{8}$ yd (15cm) or fat eighth – Solid warm sand (120002) for skin
- Fabric 3: 6in (15.2cm) square – Chambray coral (160014)
- Fabric 4: 6in (15.2cm) square – Ocean Flower grey (100330)
- Fabric 5: 7½in x 2in (19cm x 5.1cm) – Beach Shells teal (110028)
- Wadding (batting): 27in x 13in (68.6cm x 33cm)
- Lining fabric (optional): 27in x 13in (68.6cm x 33cm)
- Fabric for back of pillow: $\frac{3}{8}$ yd (35cm) – Dottie Dots grey (130045)
- Binding fabric: $\frac{1}{4}$ yd (25cm) – Sea Anemone honey (100337)
- Piecing and quilting threads
- Black embroidery thread for French knot eyes
- Four buttons for pillow fastening (optional) – Cotton Beach ½in (14mm) diameter (400045)
- Quilter's ruler, rotary cutter and mat
- Pillow pad to fit cover

Fabric Notes

If you have already made the matching quilt, you may have scraps left over that you can use for the pillow. Wherever possible, cut the larger pieces of background Fabric 1 first.

Finished Size

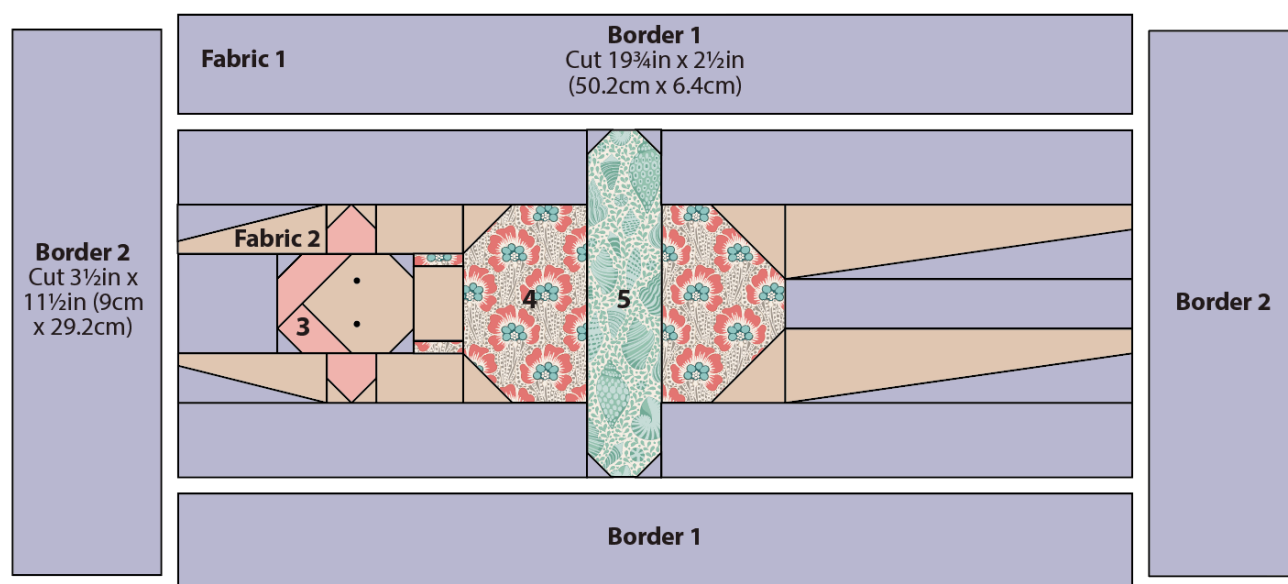
25¾in x 11½in (65.4cm x 29.2cm)

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 swimming girl block, surrounded by a border. Refer to **Fig A** for the fabrics used and **Fig B** for the layout and the positions of the fabrics.

Fig A Fabric swatches (Swimmer Pillow – lavender 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** and **Fig D**. Follow the measurements carefully as you cut the fabric pieces. Sizes include seam allowances.

3 From Fabric 1 cut the border strips as follows.

- Two of Border 1 – $19\frac{3}{4}$ in x $2\frac{1}{2}$ in (50.2cm x 6.4cm).
- Two of Border 2 – $3\frac{1}{2}$ in x $11\frac{1}{2}$ in (9cm x 29.24cm).

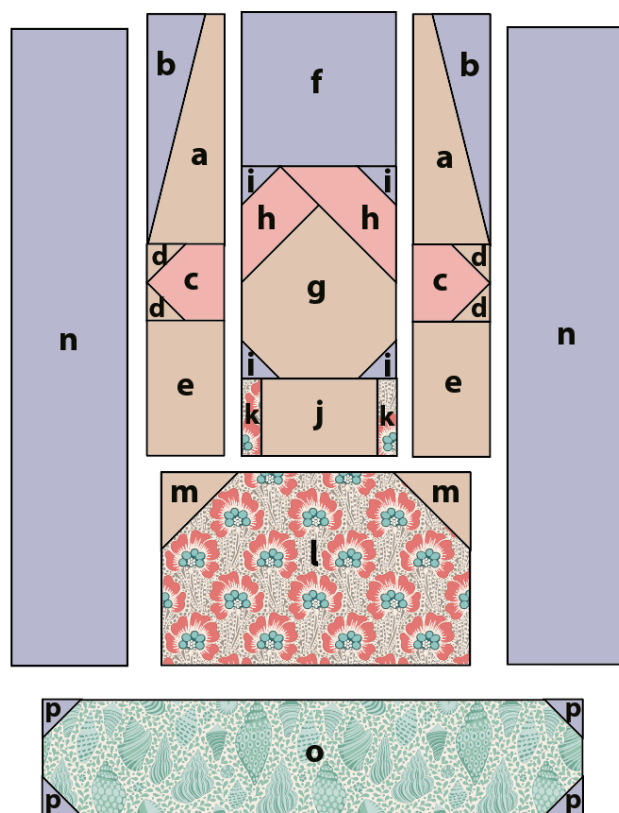
4 Cut the fabric for the back of the pillow into two pieces each 16in x $11\frac{1}{2}$ in (40.6cm x 29.2cm).

5 Cut the binding fabric into three strips $2\frac{1}{2}$ in (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 upper body

Sizes include seam allowances

All pieces to be cut initially as squares or rectangles

**Upper part of body**

- a** 1½in x 3½in (3.8cm x 9cm)
- b** 1¼in x 3½in (3.2cm x 9cm)
- c** 1½in (3.8cm) square
- d** 1in (2.5cm) square
- e** 1½in x 2¼in (3.8cm x 5.7cm)
- f** 2½in (6.4cm) square
- g** 2½in x 3¼in (6.4cm x 8.3cm)
- h** 2in (5.1cm) square
- i** 1in (2.5cm) square
- j** 2in x 1½in (5.1cm x 3.8cm)
- k** ¾in x 1½in (1.9cm x 3.8cm)
- l** 4½in x 3in (11.4cm x 7.6cm)
- m** 1½in (3.8cm) square
- n** 2in x 8¾in (5.1cm x 22.2cm)

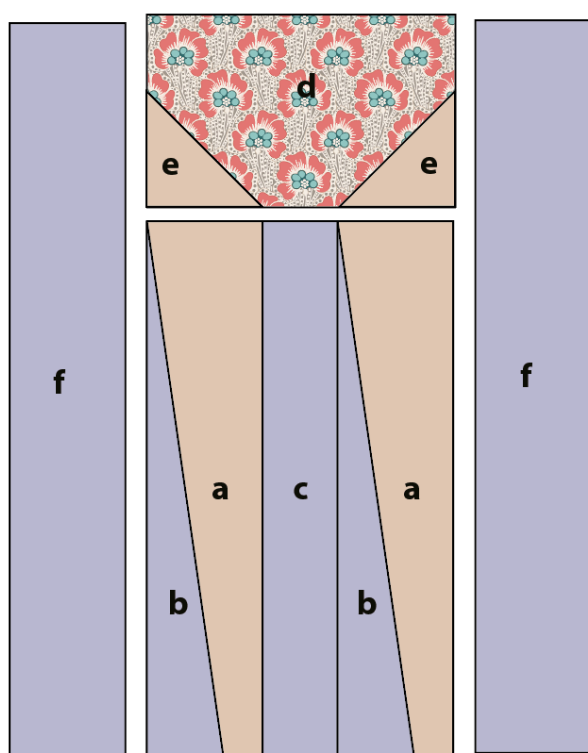
Swim ring

- o** 7½in x 2in (19cm x 5.1cm)
- p** 1in (2.5cm) square

Fig D Layout and cutting for the lower body

Sizes include seam allowances

All pieces to be cut initially as squares or rectangles

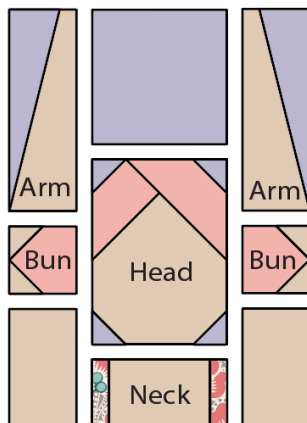
**Lower part of body**

- a** 2in x 7½in (5.1cm x 19cm)
- b** 1½in x 7½in (3.8cm x 19cm)
- c** 1½in x 7½in (3.8cm x 19cm)
- d** 4½in x 3in (11.4cm x 7.6cm)
- e** 2in (5.1cm) square
- f** 2in x 10in (5.1cm x 25.4cm)

Making the Block

6 We will start with the head and arms unit for the upper body. **Fig E** shows the parts needed.

Fig E The parts for the head and arms unit



Making the Arms

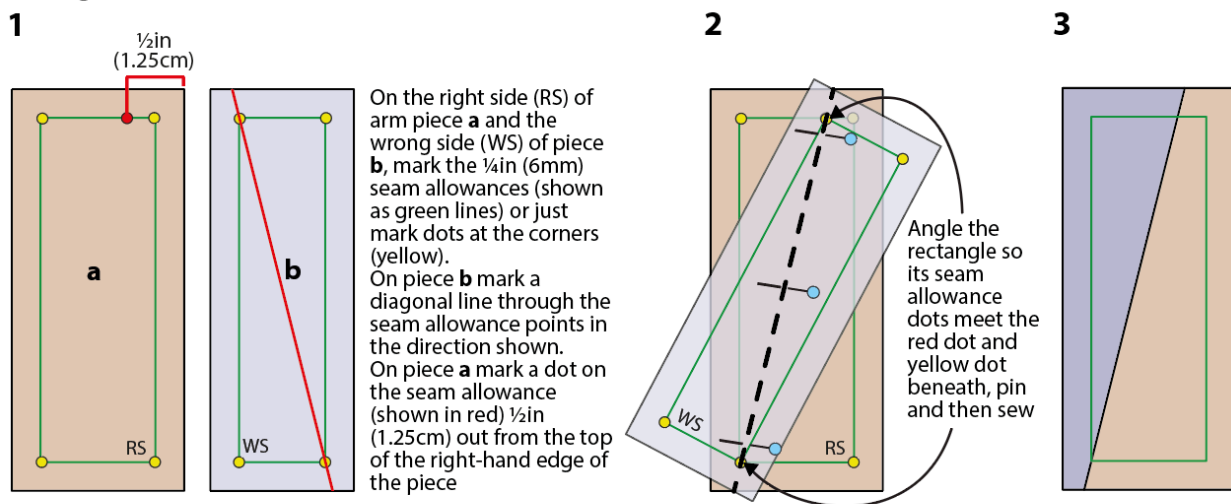
7 The half-rectangle triangle units used for the arms are a little tricky, so we will start with these. Following **Fig F 1**, take one rectangle **a** of Fabric 2 (skin) and one rectangle **b** of Fabric 1 (background). On the wrong side (WS) of the skin rectangle and the right side (RS) of the background rectangle, mark 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). On the skin piece, and using an erasable marker, mark a dot $\frac{1}{2}$ in (1.25cm) out from the top right corner, placing the dot (shown in red) on the marked seam allowance line. On the background piece, mark a diagonal line in the direction shown in red on the diagram, marking the line through the seam allowance dots.

8 Take piece **b** and place it right sides together with the skin rectangle, angling it as seen in **Fig F 2**, so the dots meet as shown, and pin. Now sew along the diagonal line, remove pins and press the triangle outwards – the triangle edges should align with the edges of the skin rectangle. When you are happy that it fits correctly, trim excess fabric at the back of the work and check the unit is $1\frac{1}{2}$ in x $3\frac{1}{2}$ in (3.8cm x 9cm) at this stage (**Fig F 3**).

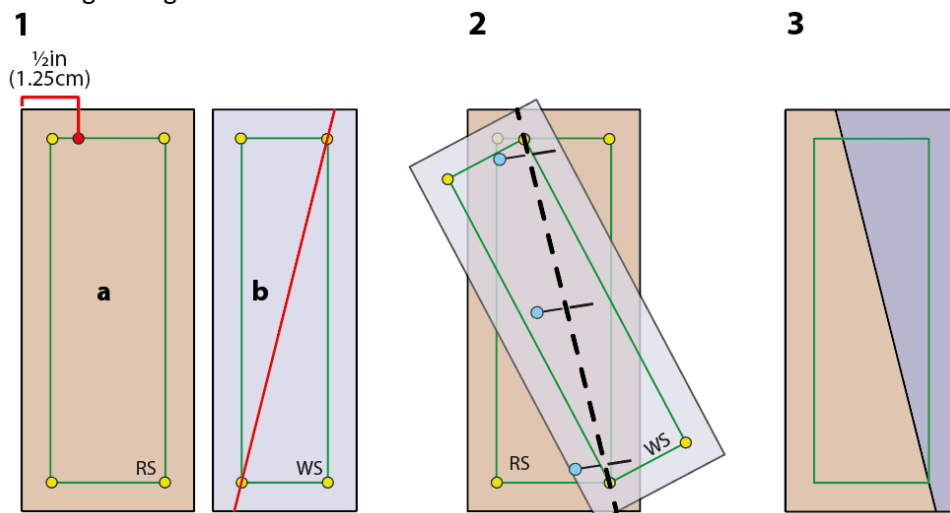
9 Make the other arm in the same way, but to have the unit facing the other way, reverse the sewing line and the position of the $\frac{1}{2}$ in (1.25cm) measurement, as shown in the last three stages of **Fig F**. Pin, sew, press and trim, as before.

Fig F Making the arms

Making the left arm



Making the right arm

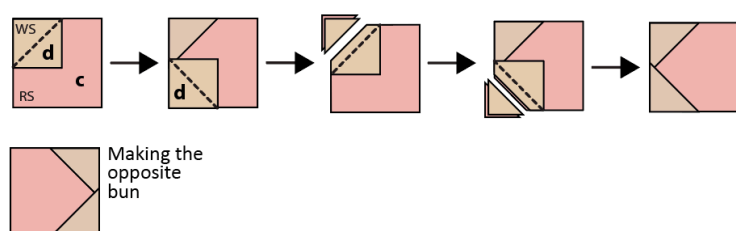


Making the Hair Buns

10 The girl has two side buns and each bun is made using corner triangle units. Follow **Fig G**, starting with piece **c** right side up. Take one square **d** of Fabric 2 (skin) and pencil mark a diagonal line on the wrong side. Pin the square right sides together with the larger square, aligning the edges and with the marked line in the direction shown in the diagram. Sew along the marked line. Trim off excess fabric $\frac{1}{4}\text{in}$ (6mm) past the sewn line and then press the triangle outwards. Add a second square of skin fabric in the same way, this time in the lower part of the large square. Pin, sew, trim and press, as before.

Make the other hair bun in the same way, but with the triangles formed on the opposite side.

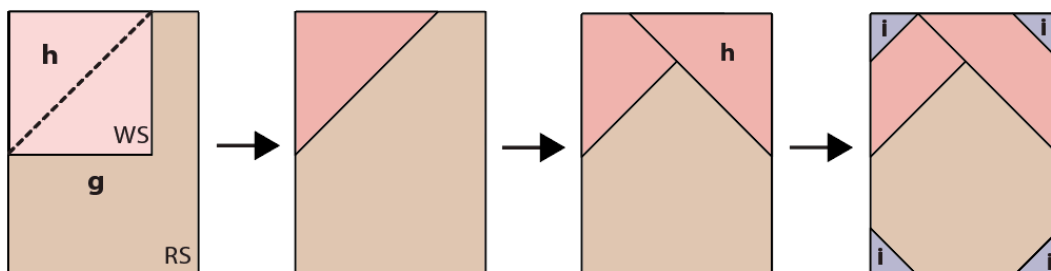
Fig G Making the corner triangle units for the hair buns



Making the Face

11 The face is also made using corner triangle units, so use the same method as you did for the hair buns. For the face, use pieces **g** and **h**, making two corner triangles on the top of the rectangle, as shown in **Fig H**. Press and trim excess fabric. Now make four smaller corner triangles in the four corners using Fabric 1, as shown. Sew, press and trim and check the face is 2½in x 3¼in (6.4cm x 8.3cm).

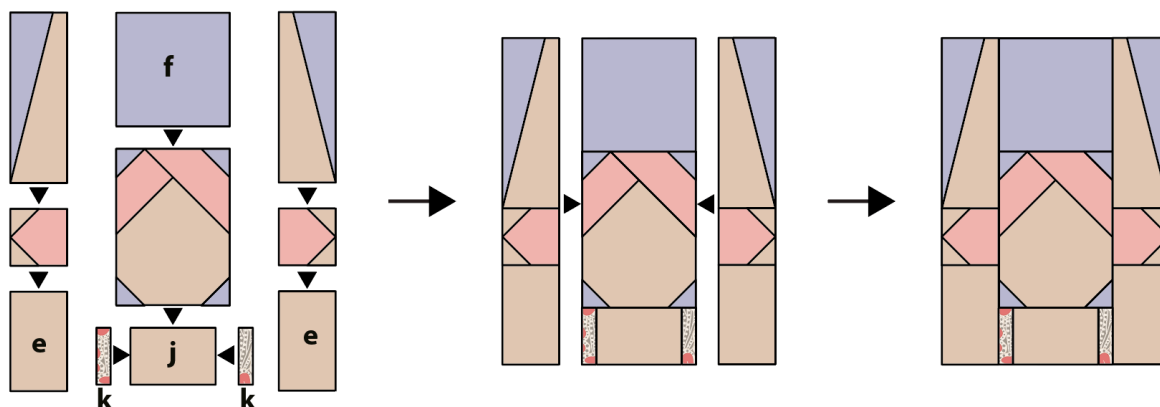
Fig H Making the face unit



Assembling the Head Unit

12 Once the arms, hair buns and face are made you can sew all of the pieces together, following the stages of **Fig I**.

Fig I Assembling the head unit



Making the Chest

13 The chest area is a unit with two upper corner triangles, so create this unit using the same method as before.

Making the Swim Ring

14 The swim ring is a unit with four corner triangles, so create this unit using the same method as before.

Making the Hips

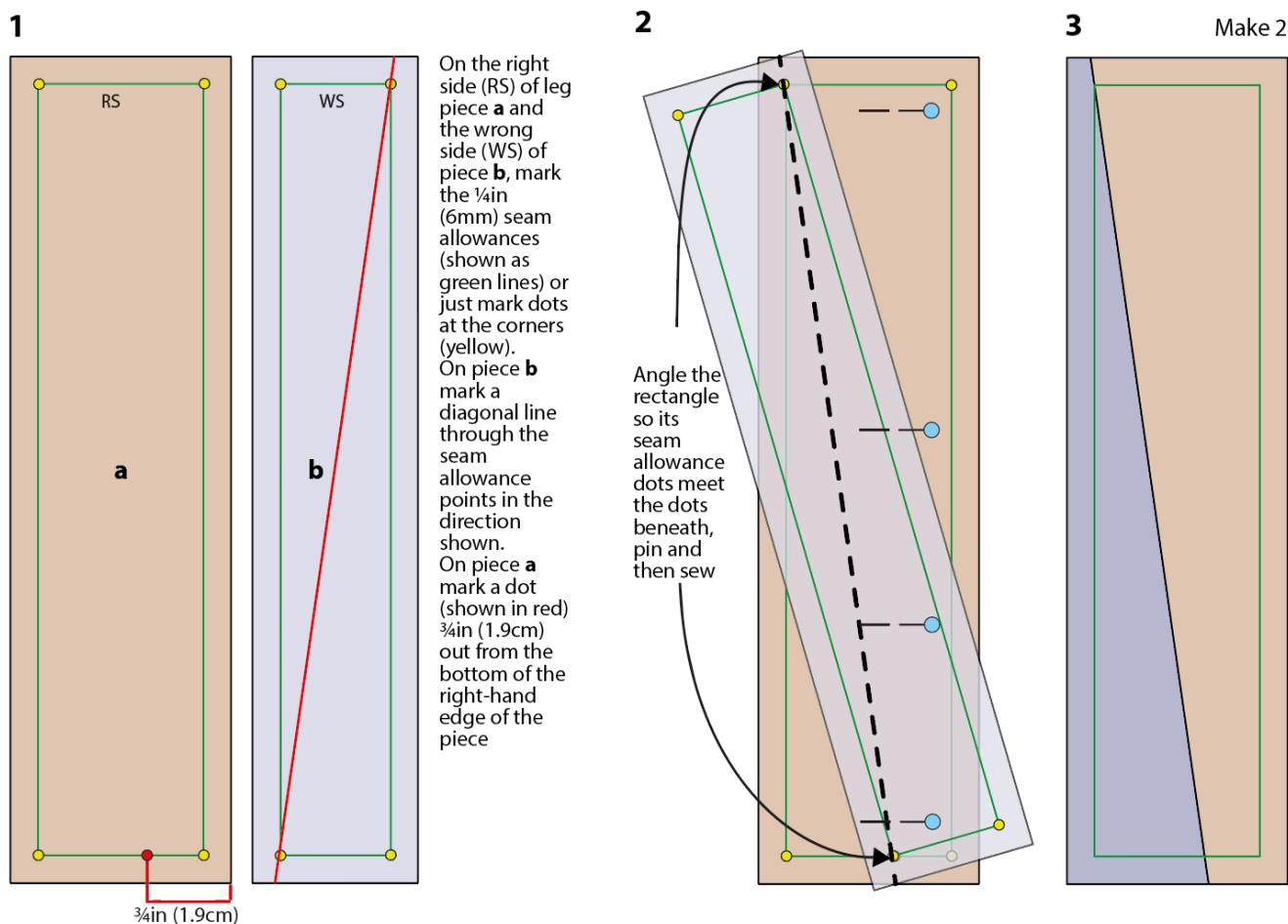
15 The hips area is a unit with two lower corner triangles. Make this unit using the same method as before, but with larger triangles on the lower corners.

Making the Legs

16 The legs are made using a similar process to the arms. Follow the three stages in **Fig J**, using the **a** and **b** leg pieces. Mark the seam allowances and the diagonal line as shown. Mark

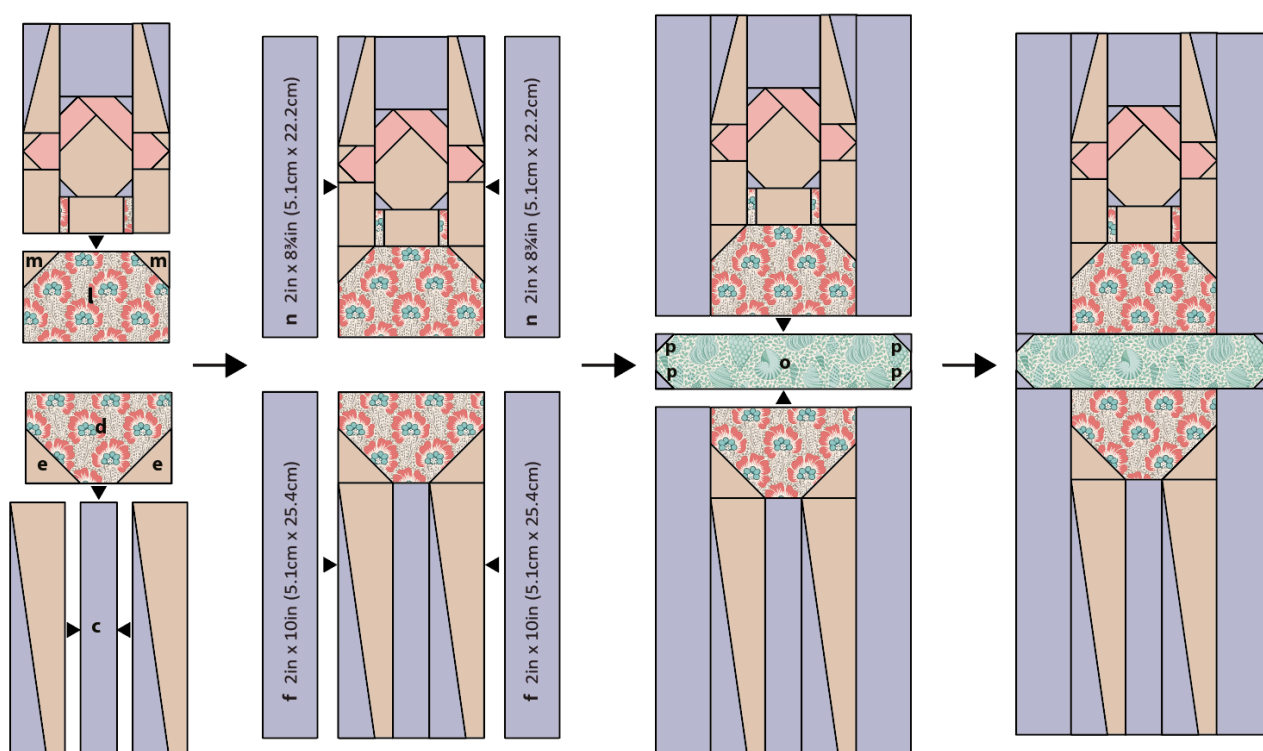
a red dot $\frac{3}{4}$ in (1.9cm) out from the bottom right edge of piece **a** (**Fig J 1**). Now angle the piece to align the correct dots and sew the diagonal line (**Fig J 2**). Press the triangle outwards to check it fits properly and then trim excess fabric (**Fig J 3**). Make two legs like this.

Fig J Making the legs

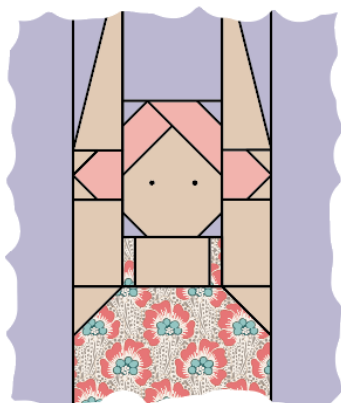


Assembling the Block

17 Once all of the pieced units have been made for the block, assemble it as shown in the three stages of **Fig K**, adding the Fabric 1 strips as shown. Press seams at each stage. Check that the block is $7\frac{1}{2}$ in x $19\frac{3}{4}$ in (19cm x 50.2cm).

Fig K Assembling the block**Sewing the Eyes**

18 The eyes are worked with French knots, with two strands of embroidery thread wrapped once around the needle. Sew them in the positions shown in **Fig L**.

Fig L Adding the French knot eyes**Adding the Border**

19 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 two Border 2 strips, sew them to the short sides of the block and press the seams outwards.

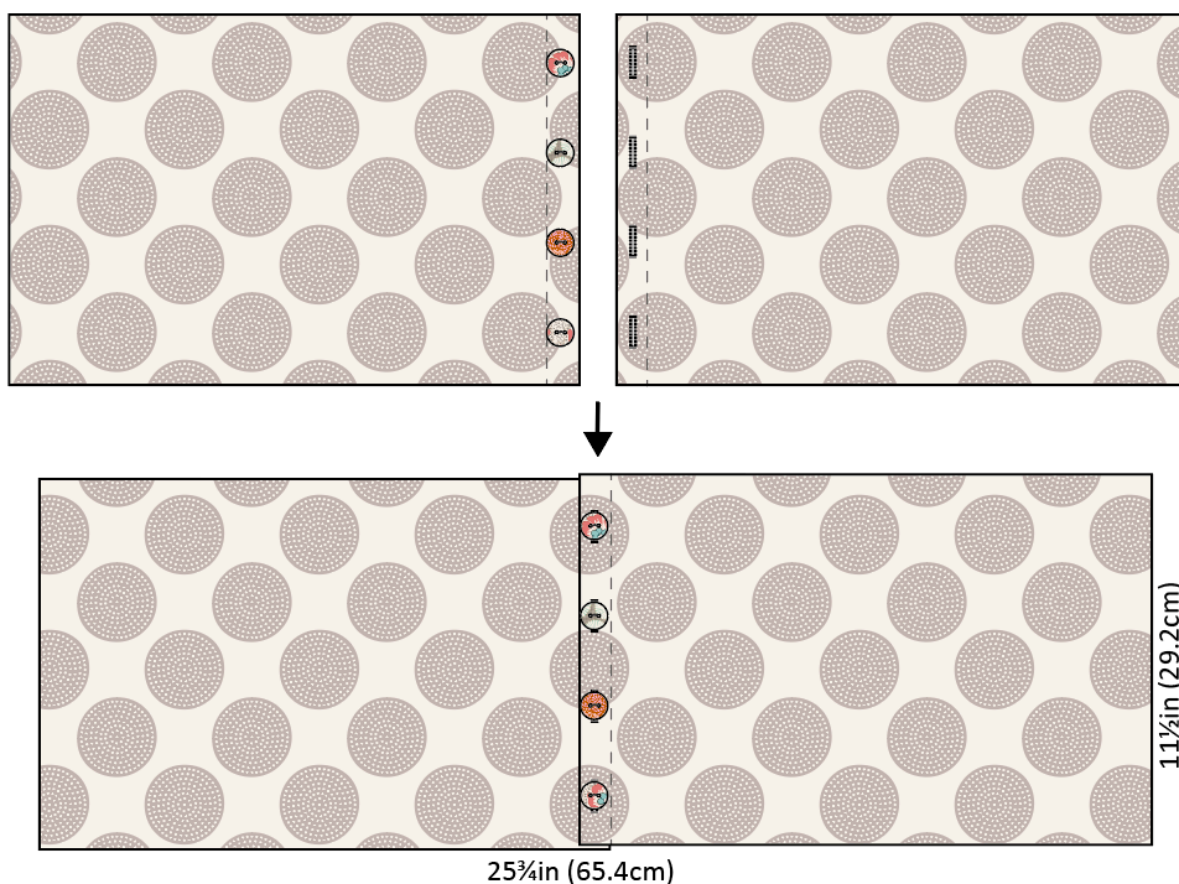
Quilting and Finishing

20 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.

21 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.

22 For the fastening, using your sewing machine, create four equally spaced buttonholes within the hem of the right-hand piece (see **Fig M**). 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 M Making up with a button fastening



23 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.

Swimmer Pillow

(Grey colourway)

This pillow with its swimmer motif would make a great gift for anyone who is a sports fan. Making the pillow would also be good practice for moving on to the matching quilt – see tildasworld.com for the quilt instructions. There is also a pillow design in a lavender colourway.

Materials

- Fabric 1: $\frac{3}{8}$ yd (35cm) – Pen Stripe grey (130033)
- Fabric 2: $\frac{1}{8}$ yd (15cm) or fat eighth – Solid cappuccino (120007) for skin
- Fabric 3: 6in (15.2cm) square – Chambray sage (160011) – you will have spare available from the fabric used for the pillow back
- Fabric 4: 6in (15.2cm) square – Sea Anemone grey (100327)
- Fabric 5: 7½in x 2in (19cm x 5.1cm) – Beach Shells coral (110024)
- Wadding (batting): 27in x 13in (68.6cm x 33cm)
- Lining fabric (optional): 27in x 13in (68.6cm x 33cm)
- Fabric for back of pillow: $\frac{3}{8}$ yd (35cm) – Chambray sage (160011)
- Binding fabric: $\frac{1}{4}$ yd (25cm) – Sea Anemone lilac (100322)
- Piecing and quilting threads
- Black embroidery thread for French knot eyes
- Four buttons for pillow fastening (optional) – Cotton Beach ½in (14mm) diameter (400045)
- Quilter's ruler, rotary cutter and mat
- Pillow pad to fit cover

Fabric Notes

If you have already made the matching quilt, you may have scraps left over that you can use for the pillow. Wherever possible, cut the larger pieces of background Fabric 1 first, with the stripe direction as shown in Fig B.

Finished Size

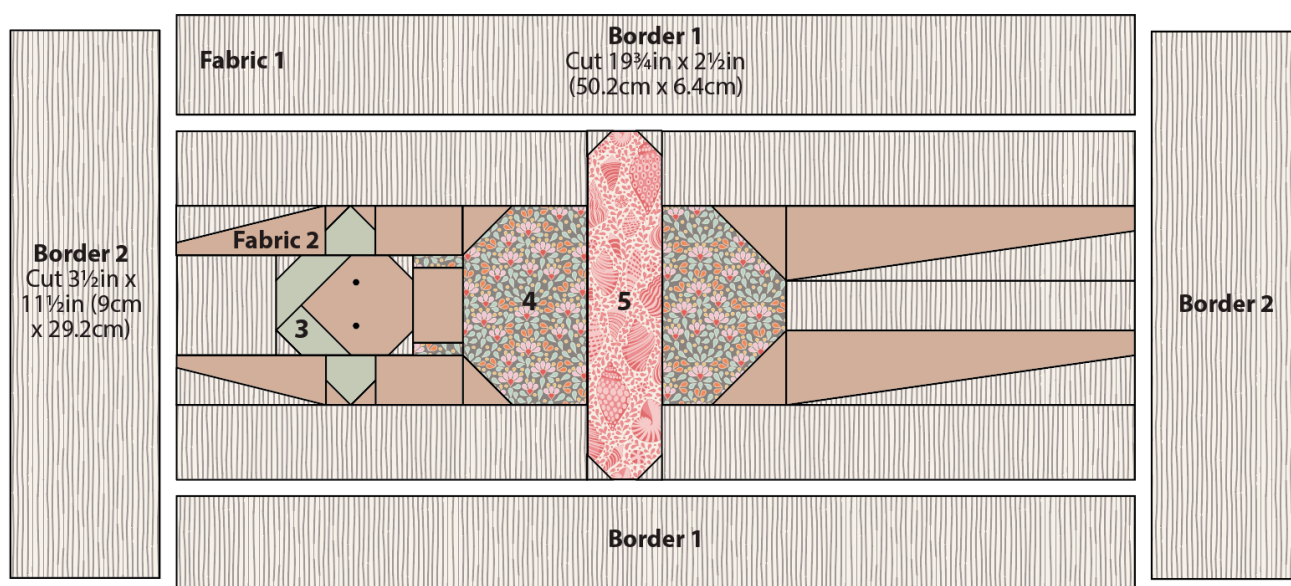
25¾in x 11½in (65.4cm x 29.2cm)

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 swimming girl block, surrounded by a border. Refer to **Fig A** for the fabrics used and **Fig B** for the layout and the positions of the fabrics.

Fig A Fabric swatches (Swimmer Pillow – grey 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** and **Fig D**. Follow the measurements carefully as you cut the fabric pieces. Sizes include seam allowances. **Note:** When cutting the striped Fabric 1, follow **Fig B** for the direction of the stripes – extra fabric has been allowed for this.

3 From Fabric 1 cut the border strips as follows.

- Two of Border 1 – $19\frac{3}{4}$ in x $2\frac{1}{2}$ in (50.2cm x 6.4cm).
- Two of Border 2 – $3\frac{1}{2}$ in x $11\frac{1}{2}$ in (9cm x 29.2cm).

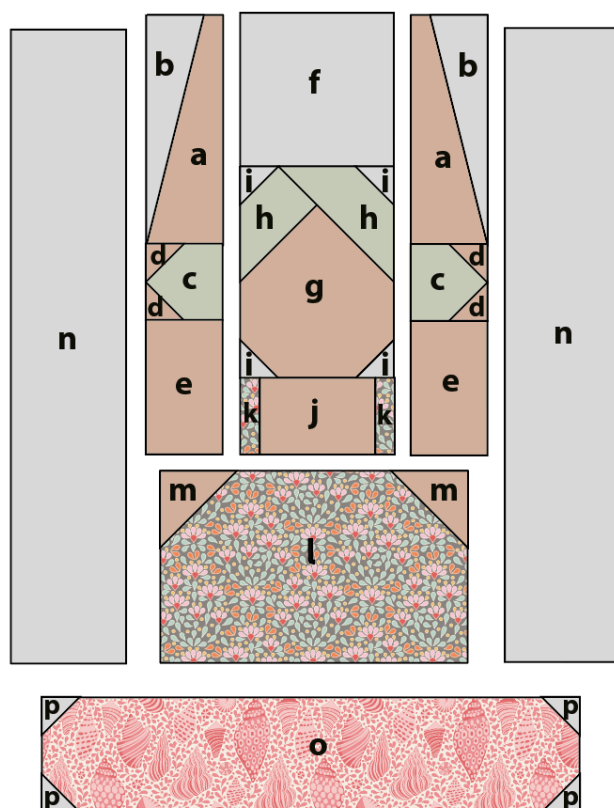
4 Cut the fabric for the back of the pillow into two pieces each 16in x $11\frac{1}{2}$ in (40.6cm x 29.2cm).

5 Cut the binding fabric into three strips $2\frac{1}{2}$ in (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 upper body

Sizes include seam allowances

All pieces to be cut initially as squares or rectangles

**Upper part of body**

- a 1½in x 3½in (3.8cm x 9cm)
- b 1¼in x 3½in (3.2cm x 9cm)
- c 1½in (3.8cm) square
- d 1in (2.5cm) square
- e 1½in x 2¼in (3.8cm x 5.7cm)
- f 2½in (6.4cm) square
- g 2½in x 3¼in (6.4cm x 8.3cm)
- h 2in (5.1cm) square
- i 1in (2.5cm) square
- j 2in x 1½in (5.1cm x 3.8cm)
- k ¾in x 1½in (1.9cm x 3.8cm)
- l 4½in x 3in (11.4cm x 7.6cm)
- m 1½in (3.8cm) square
- n 2in x 8¾in (5.1cm x 22.2cm)

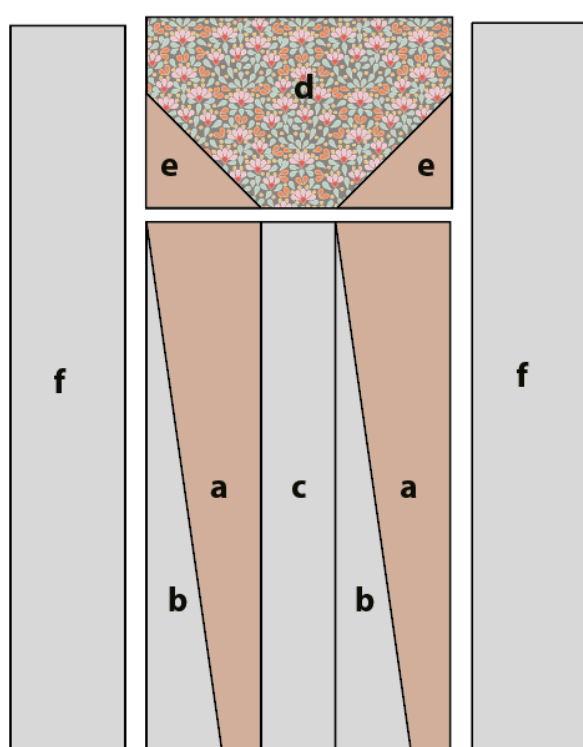
Swim ring

- o 7½in x 2in (19cm x 5.1cm)
- p 1in (2.5cm) square

Fig D Layout and cutting for the lower body

Sizes include seam allowances

All pieces to be cut initially as squares or rectangles

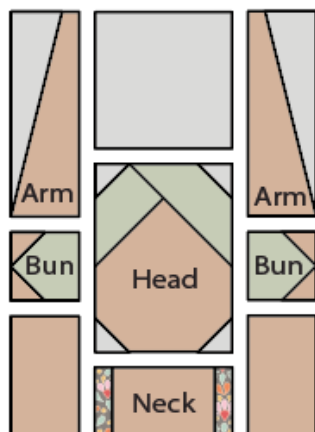
**Lower part of body**

- a 2in x 7½in (5.1cm x 19cm)
- b 1½in x 7½in (3.8cm x 19cm)
- c 1½in x 7½in (3.8cm x 19cm)
- d 4½in x 3in (11.4cm x 7.6cm)
- e 2in (5.1cm) square
- f 2in x 10in (5.1cm x 25.4cm)

Making the Block

6 We will start with the head and arms unit for the upper body. **Fig E** shows the parts needed.

Fig E The parts for the head and arms unit



Making the Arms

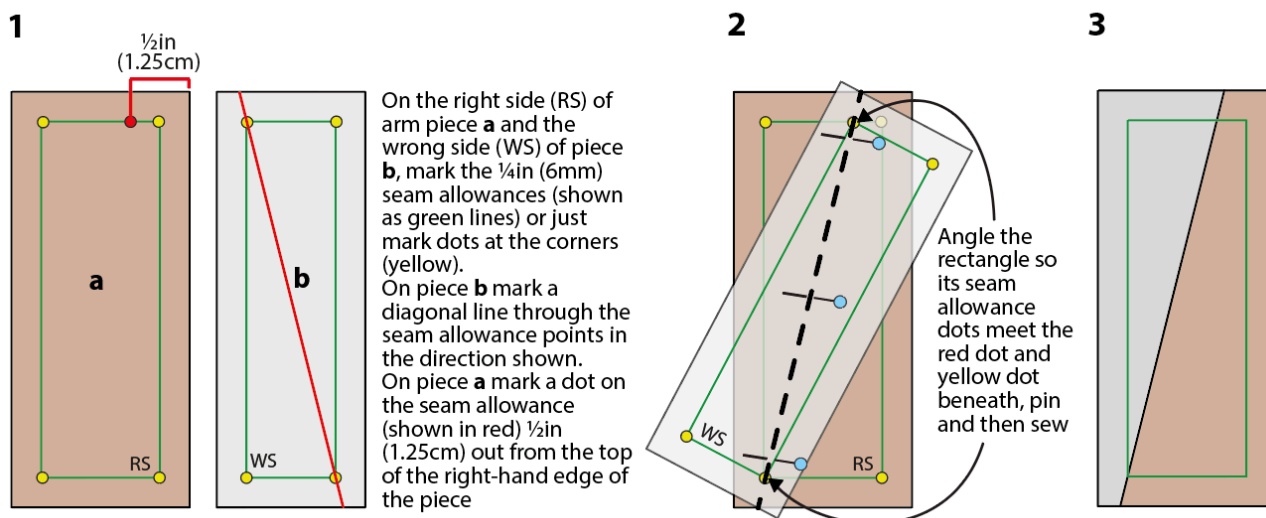
7 The half-rectangle triangle units used for the arms are a little tricky, so we will start with these. Following **Fig F 1**, take one rectangle **a** of Fabric 2 (skin) and one rectangle **b** of Fabric 1 (background). On the wrong side (WS) of the skin rectangle and the right side (RS) of the background rectangle, mark 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). On the skin piece, and using an erasable marker, mark a dot $\frac{1}{2}$ in (1.25cm) out from the top right corner, placing the dot (shown in red) on the marked seam allowance line. On the background piece, mark a diagonal line in the direction shown in red on the diagram, marking the line through the seam allowance dots.

8 Take piece **b** and place it right sides together with the skin rectangle, angling it as seen in **Fig F 2**, so the dots meet as shown, and pin. Now sew along the diagonal line, remove pins and press the triangle outwards – the triangle edges should align with the edges of the skin rectangle. When you are happy that it fits correctly, trim excess fabric at the back of the work and check the unit is $1\frac{1}{2}$ in x $3\frac{1}{2}$ in (3.8cm x 9cm) at this stage (**Fig F 3**).

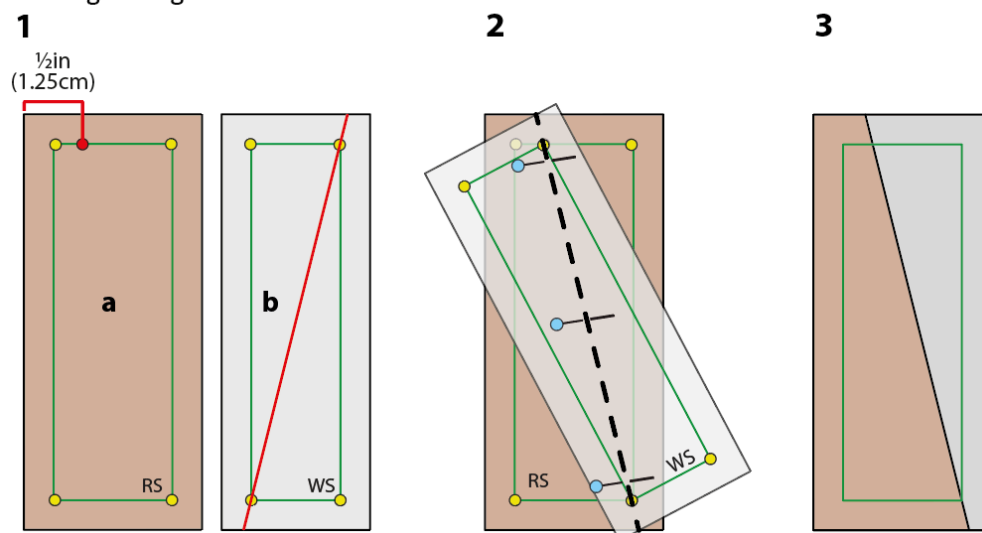
9 Make the other arm in the same way, but to have the unit facing the other way, reverse the sewing line and the position of the $\frac{1}{2}$ in (1.25cm) measurement, as shown in the last three stages of **Fig F**. Pin, sew, press and trim, as before.

Fig F Making the arms

Making the left arm



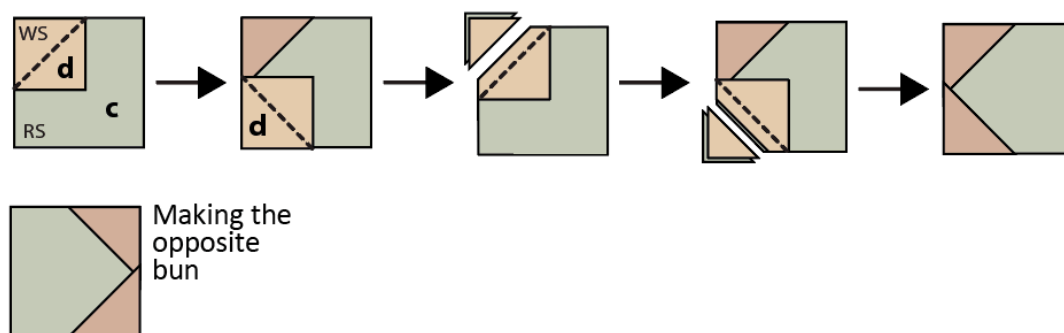
Making the right arm



Making the Hair Buns

10 The girl has two side buns and each bun is made using corner triangle units. Follow **Fig G**, starting with piece **c** right side up. Take one square **d** of Fabric 2 (skin) and pencil mark a diagonal line on the wrong side. Pin the square right sides together with the larger square, aligning the edges and with the marked line in the direction shown in the diagram. Sew along the marked line. Trim off excess fabric $\frac{1}{4}\text{in}$ (6mm) past the sewn line and then press the triangle outwards. Add a second square of skin fabric in the same way, this time in the lower part of the large square. Pin, sew, trim and press, as before. Make the other hair bun in the same way, but with the triangles formed on the opposite side.

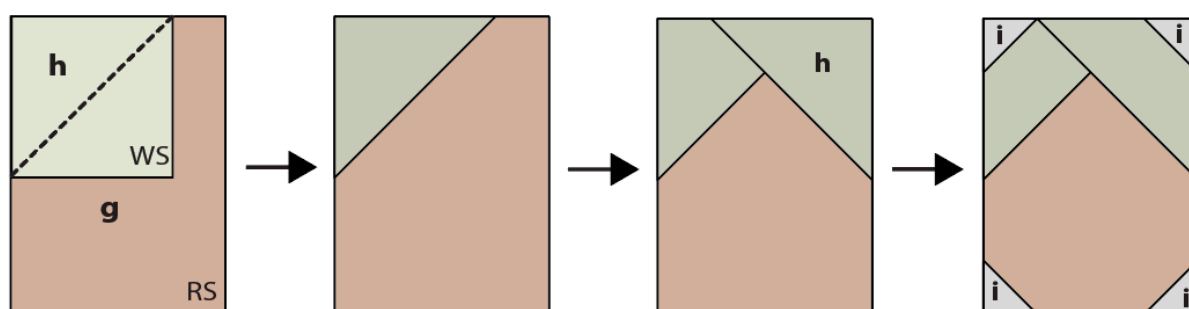
Fig G Making the corner triangle units for the hair buns



Making the Face

11 The face is also made using corner triangle units, so use the same method as you did for the hair buns. For the face, use pieces **g** and **h**, making two corner triangles on the top of the rectangle, as shown in **Fig H**. Press and trim excess fabric. Now make four smaller corner triangles in the four corners using Fabric 1, as shown. Sew, press and trim and check the face is 2½in x 3¼in (6.4cm x 8.3cm).

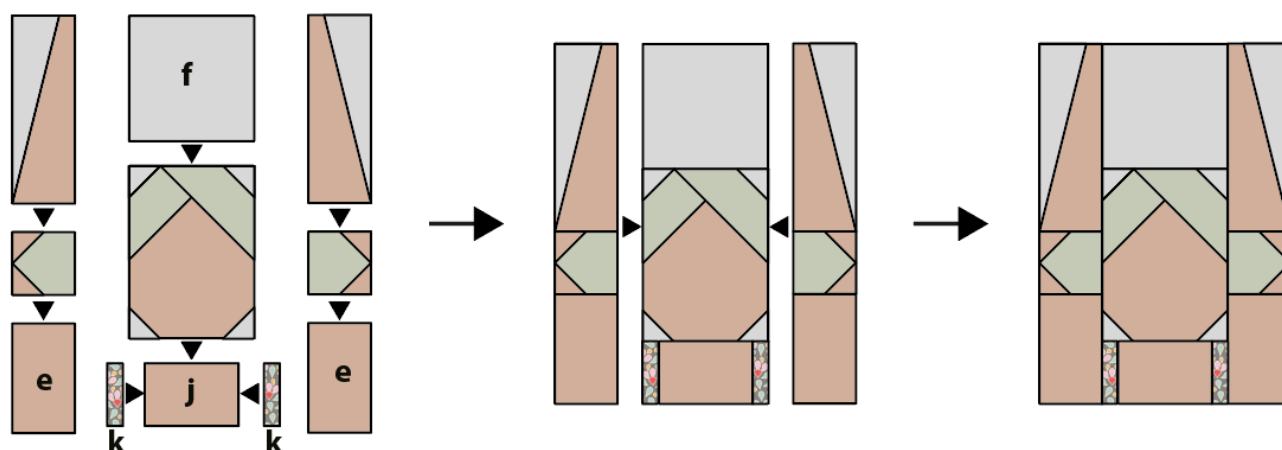
Fig H Making the face unit



Assembling the Head Unit

12 Once the arms, hair buns and face are made you can sew all of the pieces together, following the stages of **Fig I**.

Fig I Assembling the head unit



Making the Chest

13 The chest area is a unit with two upper corner triangles, so create this unit using the same method as before.

Making the Swim Ring

14 The swim ring is a unit with four corner triangles, so create this unit using the same method as before.

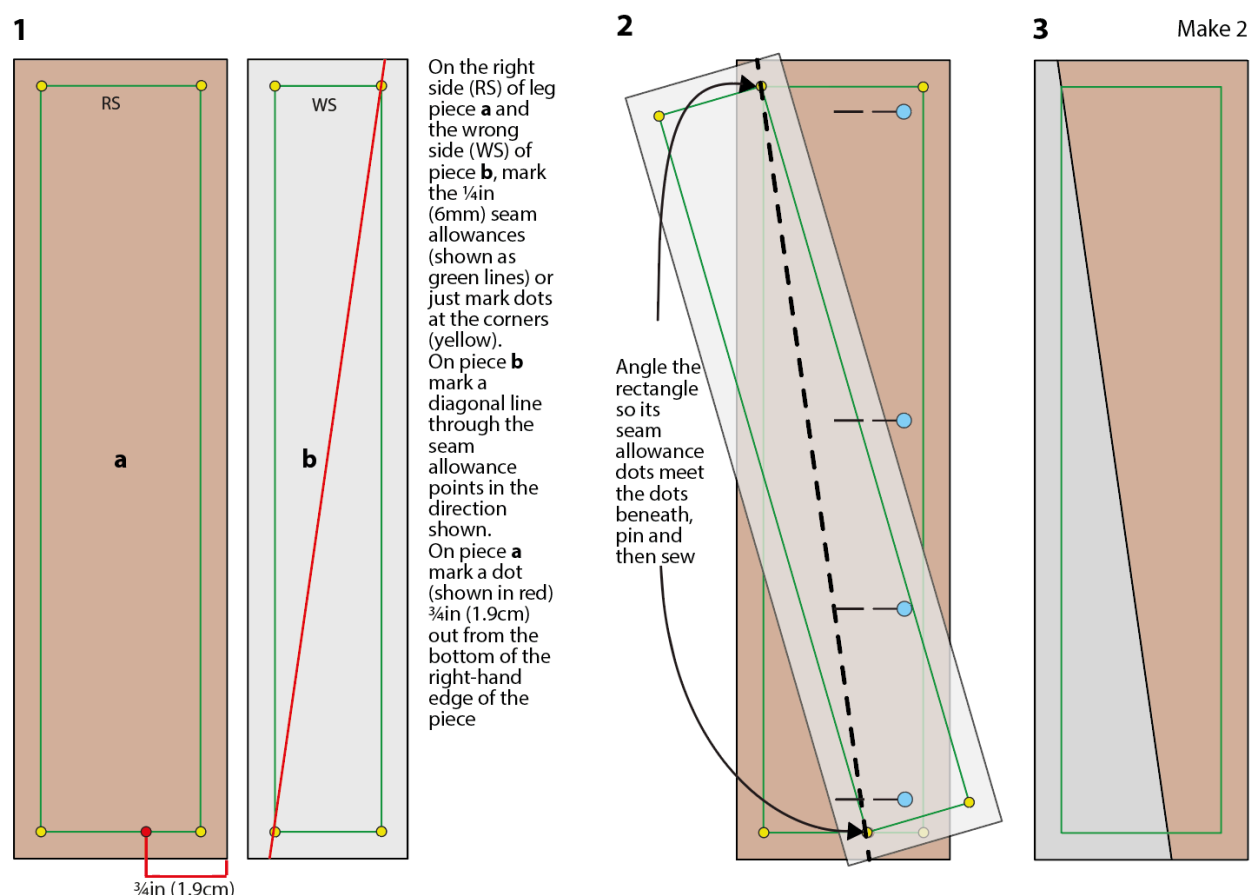
Making the Hips

15 The hips area is a unit with two lower corner triangles. Make this unit using the same method as before, but with larger triangles on the lower corners.

Making the Legs

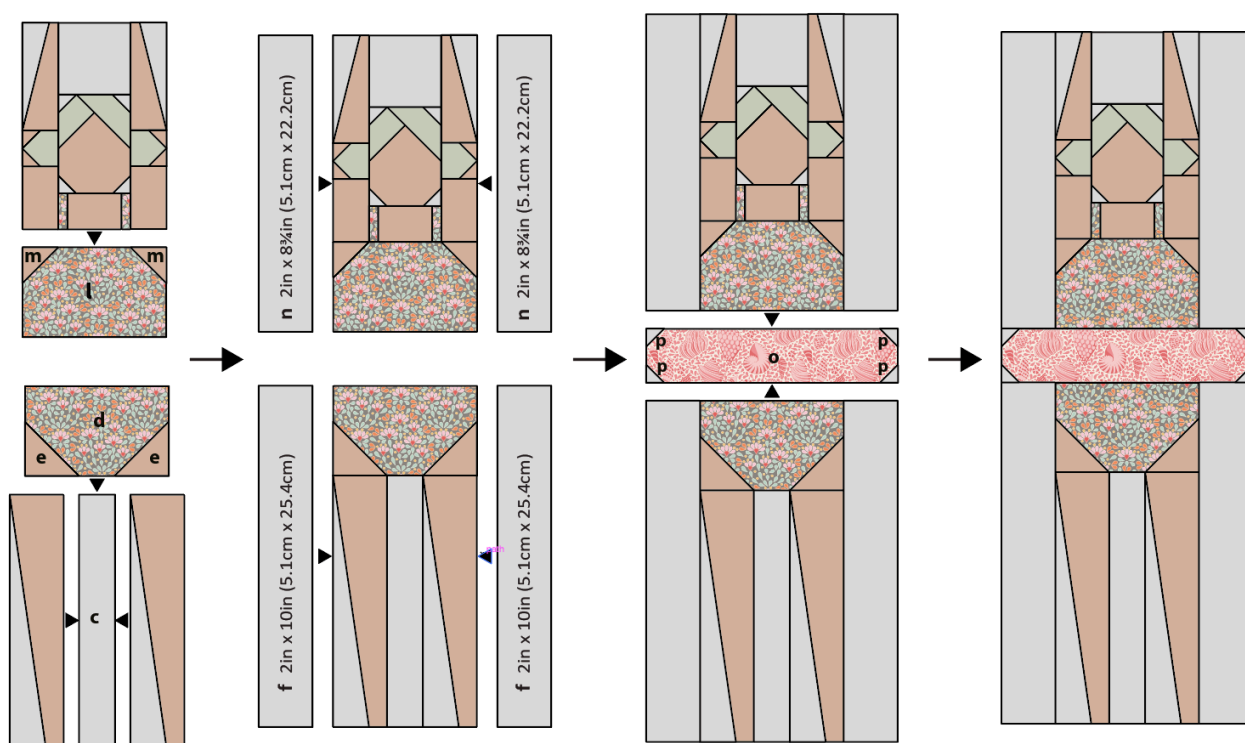
16 The legs are made using a similar process to the arms. Follow the three stages in **Fig J**, using the **a** and **b** leg pieces. Mark the seam allowances and the diagonal line as shown. Mark a red dot $\frac{3}{4}$ in (1.9cm) out from the bottom right edge of piece **a** (**Fig J 1**). Now angle the piece to align the correct dots and sew the diagonal line (**Fig J 2**). Press the triangle outwards to check it fits properly and then trim excess fabric (**Fig J 3**). Make two legs like this.

Fig J Making the legs

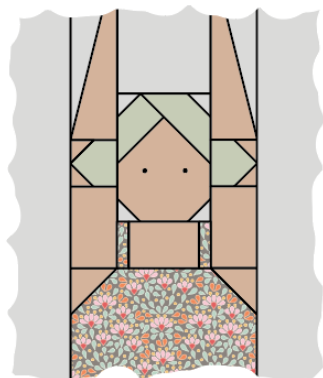


Assembling the Block

17 Once all of the pieced units have been made for the block, assemble it as shown in the three stages of **Fig K**, adding the Fabric 1 strips as shown. Press seams at each stage. Check that the block is $7\frac{1}{2}$ in x $19\frac{3}{4}$ in (19cm x 50.2cm).

Fig K Assembling the block**Sewing the Eyes**

18 The eyes are worked with French knots, with two strands of embroidery thread wrapped once around the needle. Sew them in the positions shown in **Fig L**.

Fig L Adding the French knot eyes**Adding the Border**

19 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 two Border 2 strips, sew them to the short sides of the block and press the seams outwards.

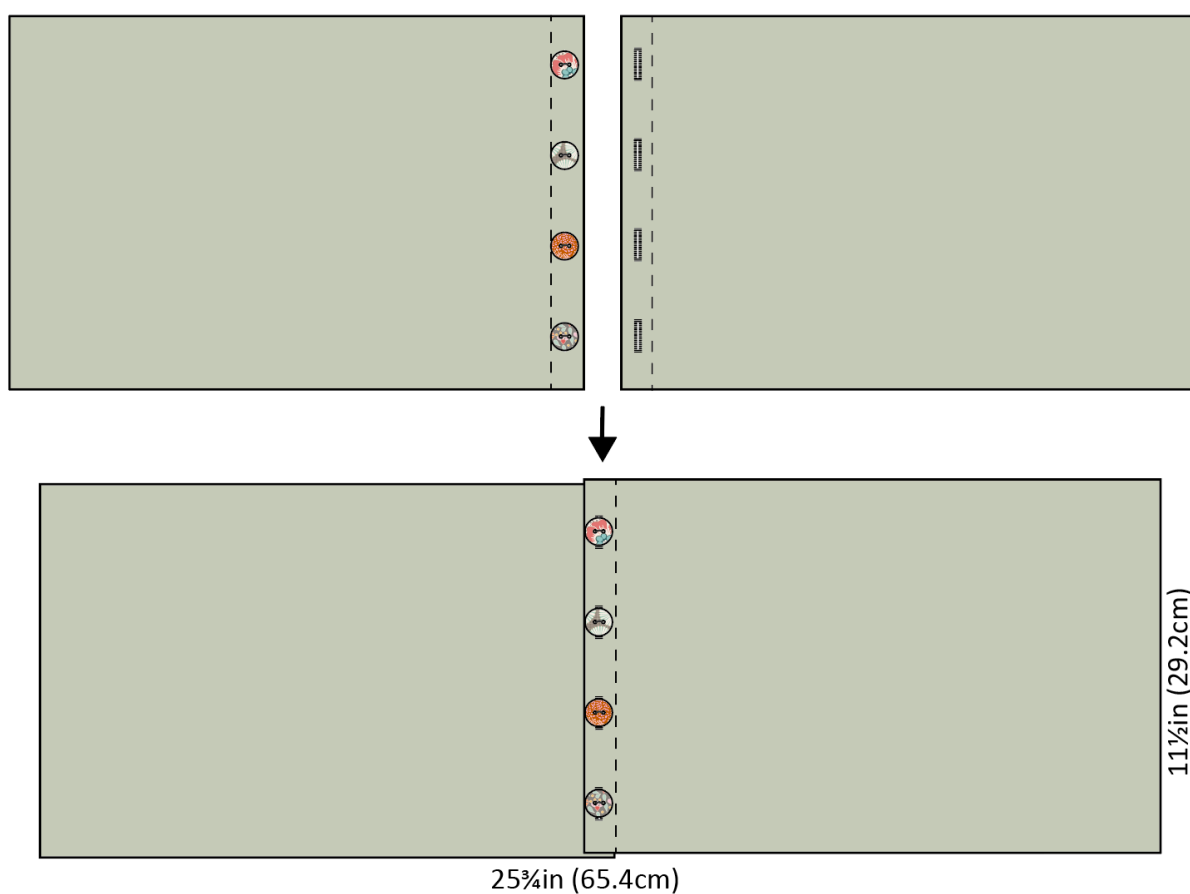
Quilting and Finishing

20 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.

21 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.

22 For the fastening, using your sewing machine, create four equally spaced buttonholes within the hem of the right-hand piece (see **Fig M**). 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 M Making up with a button fastening



23 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.