



Heart & Mastectomy Pillows

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Mastectomy Outline

Materials: 2 of 11x18" Fleece, Minky, or Flannel cut to template on FOLD
♥MS Label ♥Min. 4 oz. Poly-fill stuffing ♥Option: Appliques, Fabric markers

No-Sew FLEECE Option: Add 2" to outer template lines on FOLD. Cut 2 of Template on FOLD. Cut 2" fringe all around both layers. Tie fringe knots to connect layers. *Tip: If each layer is a different color, creates multi-color knots.*

Sewing Instructions: Cut 2 of Template on FOLD. (See *Mastectomy Outline* has deeper heart dip.) Open and align top and bottom layers. Add MS label and optional appliques with zigzag stitch around edges to prevent fraying. Personalize* fabric. Right Sides Together, straight stitch with 3/8" seam allowance but leave 3" opening for turn out. Turn out. Stuff **tightly** with poly-fill until snug, but not hard. Stitch closed by hand or machine.

***Personalize:** With fabric markers, write get well wishes; sign your first name! Marker-friendly fabric, (cotton, poly) can be 1 side of the pillow!

FOLD

