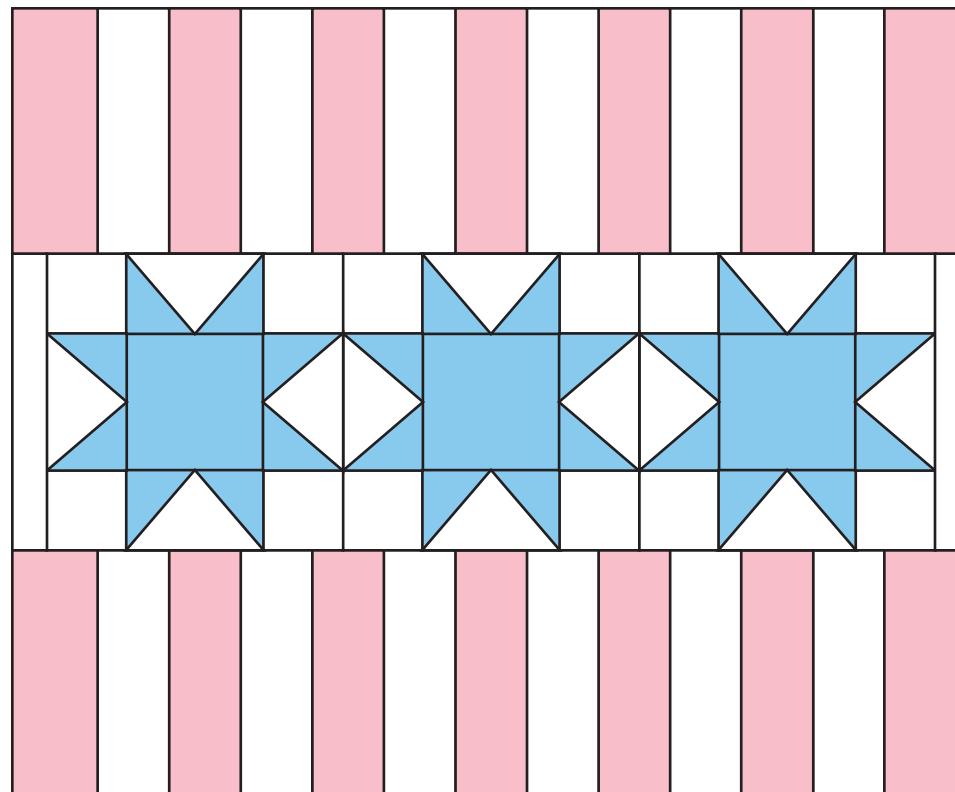


# Stripes & Three Stars Lumbar Pillow

Finished size: 14" x 20"



Designed by Carrie Nelson

*moda*  
FABRICS + SUPPLIES®

# STRIPES & THREE STARS LUMBAR PILLOW

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## FABRIC REQUIREMENTS

Assorted scraps of blue, red, and white/cream/low volume (background) fabrics:

- Up to 3 blue prints, up to 7 red prints, and up to 9 background prints
- You'll need at a few red and background prints with at least 13" in length for the stripes and a couple of background prints with at least 21" in length for the side sashings.

Additional supplies:

- 16" x 22" square each of batting and lightweight muslin (if you decide to quilt your pillow top)
- 14 ½" x 20 ½" square of coordinating fabric for the pillow back
- Coordinating zipper, at least 15" long (if you decide to make a zippered closure)

## CUTTING

FROM **EACH** OF 3 ASSORTED BLUE PRINTS,  
CUT:

- (4) 2 ¾" x 2 ¾" squares
- (1) 3 ½" x 3 ½" square

FROM THE ASSORTED RED PRINTS, CUT:

- (5) 2" x 10" strips
- (2) 2 ½" x 10" strips

FROM THE ASSORTED BACKGROUND PRINTS:

For the star blocks, pick 3 prints. From **each** of those 3 prints, cut:

- (4) 2" x 2" squares (or a total of 12, if you are using fewer prints)
- (1) 4 ¼" x 4 ¼" square (or a total of 3, if you are using fewer prints)

For the stripes, cut:

- (2) 1 ½" x 6 ½" rectangles
- (6) 2" x 10" strips

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## PIECING

Use a scant  $\frac{1}{4}$ " seam allowance throughout. Press seams as noted.

Draw a diagonal line from corner to corner on the wrong side of each blue print  $2\frac{3}{8}$ " square.

With right sides together, place 2 matching blue print squares on opposite corners of a background print  $4\frac{1}{4}$ " square as shown.

Stitch a scant  $\frac{1}{4}$ " seam on both sides of the marked line. Cut on the marked line and press the blue print triangles out.

With right sides together, place a matching blue print square on the large background print triangle as shown.

Stitch a scant  $\frac{1}{4}$ " seam on both sides of the marked line as before. Cut on the marked line and press the blue print triangles out to make a flying geese unit.

Each background print square and 4 blue print squares will make 4 matching flying geese. Make 3 sets of flying geese.

Trim units to 2" x  $3\frac{1}{2}$ ".

For the star block, gather the following pieces:

- (4) matching flying geese units
- (1) matching blue print  $3\frac{1}{2}$ " square
- (4) matching background print 2" squares

Lay out the pieces as shown.

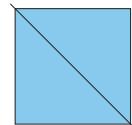
Join the pieces to make 3 horizontal rows.

Press the seams open or toward the background corner squares and the center print square.

Join the rows to make a completed star block.  
Press seams open or toward the center row.

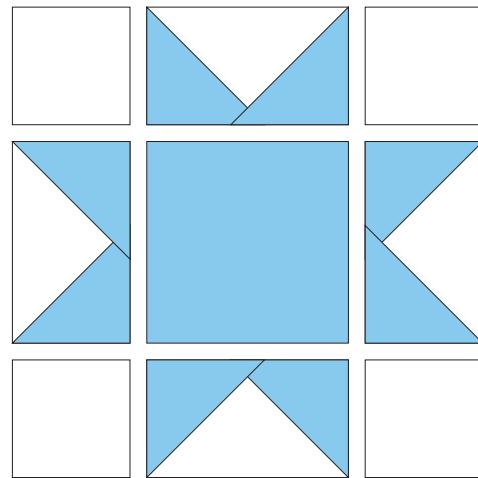
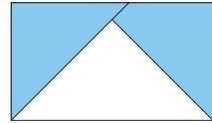
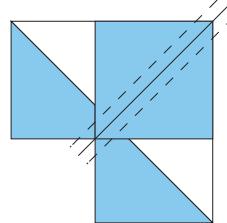
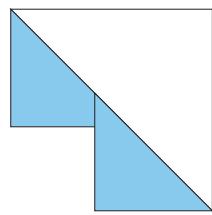
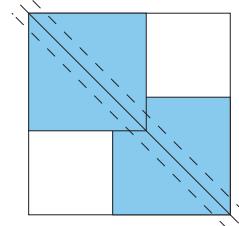
Repeat to make 3 star blocks.

Trim star blocks to  $6\frac{1}{2}$ " square.



Draw/stitch line

Cut line



# STRIPES & THREE STARS LUMBAR PILLOW

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## PIECING continued

Lay out the star blocks in a row of 3. Join the blocks to make a star row that measures 6 ½" x 18 ½".

Press the seams open or in one direction.

Sew a background print 1 ½" x 6 ½" rectangle to the left and right sides of the star row.

Press the seams toward the background print. The completed row should measure 6 ½" x 20 ½".

With the red print 2 ½" x 10" strips at the top and bottom, lay out the red print and background print 2" x 10" strips, alternating colors as shown.

Join the strips with a scant ¼" seam allowance to create a stripe panel that measures 10" x 20 ½".

Press seams open or toward the red strips.

From the pieced stripe panel, cut two strips measuring 4 ½" x 20 ½".

Find the center of your stripe panels and star row. Match the points and pin the stripe panels to the top and bottom of your star row, making sure the fabrics in your stripe panels line up across the star row. Join the stripe panels to the star row with a scant ¼" seam allowance.

Press the seam open or toward the stripe panels.

Trim pillow top to 14 ½" x 20 ½".

## ASSEMBLY

If desired, quilt the pillow top. For quilting pillow tops, Carrie likes to use a thin cotton batting and the thinnest bleached muslin she can find for the backing.

Finish the pillow in your preferred method. If you'd like to make a zipper closure for your pillow but you're not sure how to begin, check out this quick zipper tutorial by Carrie on the Moda blog: <https://my.modafabrics.com/inspiration-resources/scrapbook-quilts-week-5>.

Insert a 14" x 20" pillow form and enjoy!

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