

Pillowcases for Fisher House

Fisher House provides a “home away from home” for military families to be close to a loved one during hospitalization for an illness, disease, or injury.

Fisher House is a wonderful organization who helps military families. If a military veteran is in the hospital, Fisher House allows the families to stay on the hospital campus in an open house for free. Fisher House presents these families with a bag full of items, including a pillowcase. These families then take the pillowcases home with them. Let’s make as many pillowcases as possible to help these brave families. There are six locations throughout Texas <http://www.fisherhouse.org/houses/house-locations/>. 4-Hers can also donate store bought pillowcases, queen and twin sheets to the Fisher House. For more information about Fisher House visit <http://www.fisherhouse.org/>.



What You Need:

- 7/8 yard of fabric (body)
 The example fabric is a multicolored peace pattern.
 You can use whatever (preferably patriotic)
- 3/8 yard of another fabric (band)
 The example fabric is pink. You can use whatever
 (preferably patriotic)
- Pins (if you want)
- Sewing machine

Information:

- Finished pillowcase: 30×20" (fits a standard-size bed pillow)
- Quantities are for 44/45"-wide, 100% cotton fabrics
- Measurements include 1/2" seam allowances. Sew with right sides together unless otherwise specified
- From pink fabric cut: One 10×41" strip
- From multicolor print, cut: One 26 1/2 ×41" rectangle



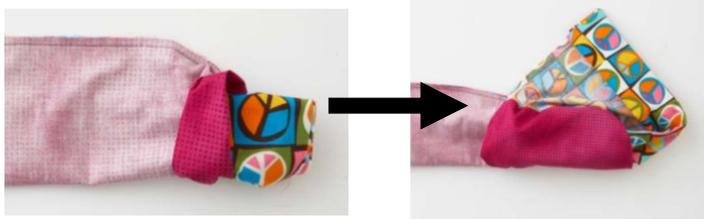
Sewing Directions:



1. Place pink strip right side up on work surface. Matching up long edges, put multicolor rectangle right side down atop pink strip. Pin edges together if desired.
2. Beginning at lower long edge, roll the multicolor rectangle toward the pink strip.
3. Stop rolling when you reach a point about halfway up the pink strip. The upper raw edges should still be aligned.



4. Wrap the pink strip around the rolled multicolor rectangle to form a tube. Pin the three raw edges together, making sure the rolled rectangle portion does not get pinned (inset).
5. Sew pinned edges together with a $\frac{1}{2}$ " seam allowance.
6. As if you were pulling a sleeve from a sweater, pull the multicolor print fabric from the tube, turning the pillowcase band right side out to make a pillowcase body.



7. Unroll the multicolor rectangle. All seam allowances should be encased within the pink pillowcase band.
8. Pulling slightly on the pink band, press the band flat with seam allowances going toward the band. Turn over and repeat to press opposite side.



French Seams

1. To complete a fray-free pillowcase, finish it with French seams. That way, you'll have no raw edges exposed!
2. With wrong sides together (yes...wrong sides together) and a scant $\frac{1}{4}$ " seam allowance; sew together the long raw edges of the pillowcase. For greatest accuracy, begin at the band and sew toward the opposite end. You may wish to pin the intersection where the band meets the body to make sure it aligns properly.
3. Turn the pillowcase wrong side out and press the seam allowance flat. For best results, you may need to roll the seam between your fingers to nudge it to the edge prior to pressing.
4. With the wrong side still out and using a $\frac{1}{4}$ " seam allowance, sew the long edge of the pillowcase again, enclosing the seam previously sewn in Step 1.
5. Repeat steps 1–3 along the bottom raw edges to complete the pillowcase.

Submitted by Sierra Martin, Montgomery County