



Butterfly Bamboo Pillow

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Painted Butterfly Bamboo Pillow

by Cherish Flieder

Cherish will teach you how to make a whimsical and nostalgic bamboo filled pillow that you and your environment can feel good about. Repurpose pre-printed fabric with a butterfly painting and hand stitching application that comes from the heart.



Enjoy long lasting beauty with Fairfield's earth-friendly pillow inserts filled with rayon fiber made from bamboo. The 100% cotton cover with 100% rayon filling give these pillow inserts a uniquely soft, silky texture. Derived from annually renewable and sustainable resources, these luxuriously soft pillows make a great addition to any home.

Materials:

18" x 18" Fairfield Bamboo Pillow Form

Approximately 1½ yards of light colored, printed upholstery fabric

Acrylic paint (forest green and grey violet or any two colors of your choice)

Sewing thread to match the ground color of your fabric

Embroidery floss (Ecru or a lighter accent color of your choice)

1" white artist's tape

Masonite board (approximately 30" x 30")

Enlarged copy (to 20"x 20") of the butterfly design by Cherish Flieder

Supplies:

Scissors

Pencil

Craft paint brushes

Small glass jars

Sewing Machine

Embroidery Needle

Embroidery Hoop



{A}



{B}



{C}



{D}



{E}

Instructions:

1. Cut two 20"x20" squares from pre-washed upholstery fabric with a light ground color. Florals work nicely as seen in the sample. {A}

2. Enlarge and print pattern to 20" x 20" and transfer it to the front side of fabric. (Tip: Using a lightbox or a window, lay the pattern over both squares before you cut to choose the one will show the collage effect best through the transparent butterfly wings.) {B}

3. Tape the square to be painted to a board. Run tape about 1/4" from the sides all the way around securing it completely.

4. Mix up the paints you are going to use in small jars. (Tip: You can add water to thin out the paint allowing more of the original pattern to show through, or add more paint for a more solid look.)

5. Begin painting the shapes in with the forest green color and then allow to it to dry. Then do the same with the grey violet paint. {D}

6. Once the paint is completely dry, erase any stray transfer marks. Then remove the tape. If you would like a softer vintage look, put the fabric into the wash on a gentle cycle and allow it to air dry.

7. Next, using 6 strands of embroidery floss and the pattern for a guide, apply a running stitch around the butterfly wings. {E}

8. Iron both the front and back fabric pieces and cut any loose threads.

9. Pin the right sides of the fabric together.

10. Sew around the edges 1" in from the side or so. The finished pillow size will be 18"x18". Be sure to leave enough room on the bottom side to insert the bamboo pillow form into your cover.

11. Using a needle and thread, sew up the bottom so your stitches are hidden.

12. Enjoy your new upcycled, earth-friendly, bamboo filled butterfly pillow! And if you find this to be easy and fun, make another for a friend or loved one!

See more of Cherish's art and projects on her online at:

www.SomethingToCherish.com &

www.facebook.com/somethingtocherish





*Cherish's Stitched
Butterfly Pattern*

Enlarge and print
pattern to 20" x 20"



----- Running Stitch ■ Grey Violet ■ Forest Green □ Ecriu/Fabric color