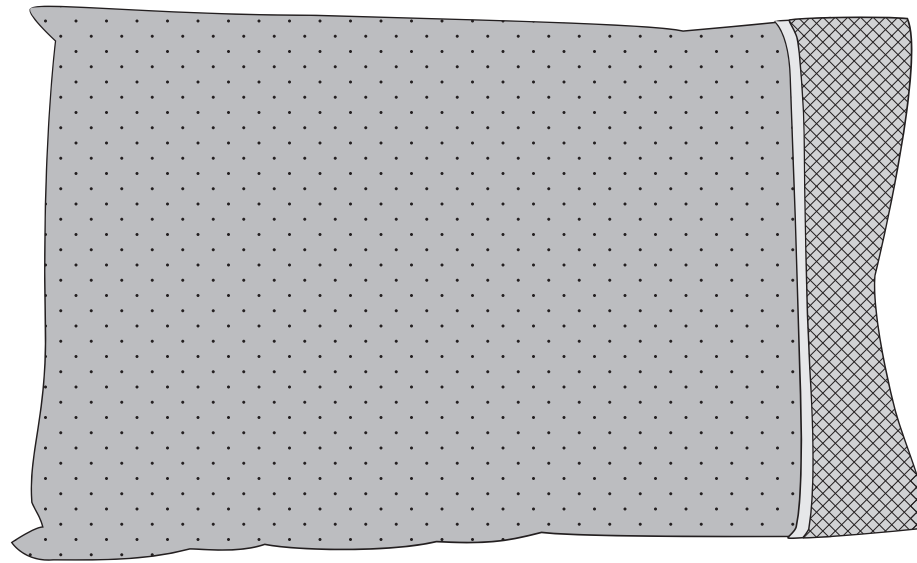


# SLEEPY TIME PILLOWCASE

## SEWING PATTERN

by Holly McBride of Hamster and the Bee



Finished size: 21" x 30"  
Fits a standard size pillow

This Sleepy Time Pillowcase pattern is an excellent project for a beginning sewer! Utilizing unlimited fabric combinations, you can create pillowcases to match your unique décor. Sleepy Time Pillowcases also make great gifts for children, newlyweds or college students. Including fully illustrated and easy-to-follow instructions for two seam finishes and a clever hem technique, this is a pattern you will return to again and again!

### SUGGESTED FABRICS:

For Main Fabric A, and Contrast Hem Fabric B: Lightweight wovens (preferably with a *non-directional pattern*), that are machine washable and soft, like quilting cotton, shirting, poplin, chambray.

For optional Trim C: All of the above, as well as linen and lawn.

### NOTIONS:

Coordinating thread

### YARDAGE REQUIREMENTS (based on 44"-45" fabric width)

FABRIC	YARDAGE REQUIRED
Main Fabric A	1 yard
Contrast Hem Fabric B	1/4 yard
Optional Trim Fabric C	1/8 yard

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**TERMS OF USE:** Feel free to sell items made from this pattern! If you know someone that might love this pattern, please feel free to direct them to [www.hamsterandthebee.com/...](http://www.hamsterandthebee.com/...), where they can download a free copy.

## **SUPPLIES NEEDED:**

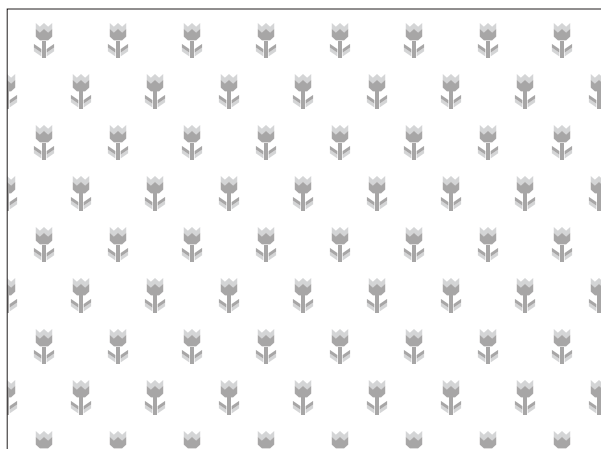
Sewing machine  
Scissors  
Ruler  
Marking tool  
Pins

Optional:  
Self-healing mat  
Rotary cutter

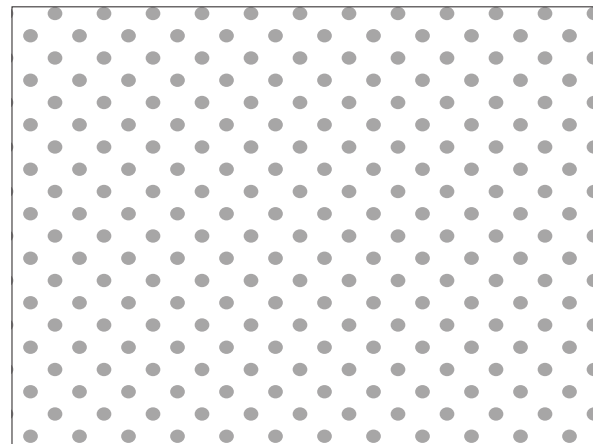
## **SELECTING NON-DIRECTIONAL FABRIC:**

The terms directional and non-directional refer to the orientation of the printed pattern on the fabric.

Directional fabric means that the printed pattern can only be viewed correctly one way; that the print has a top and a bottom.

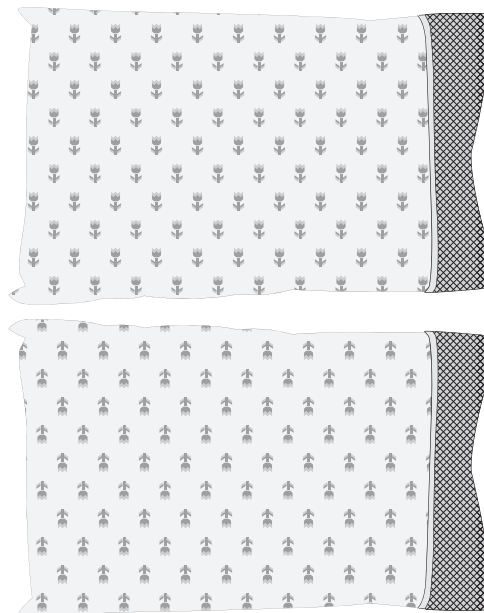


Non-directional means that the fabric can be rotated, and the printed pattern does not appear to be upside-down or sideways; there is no top or bottom to the print.

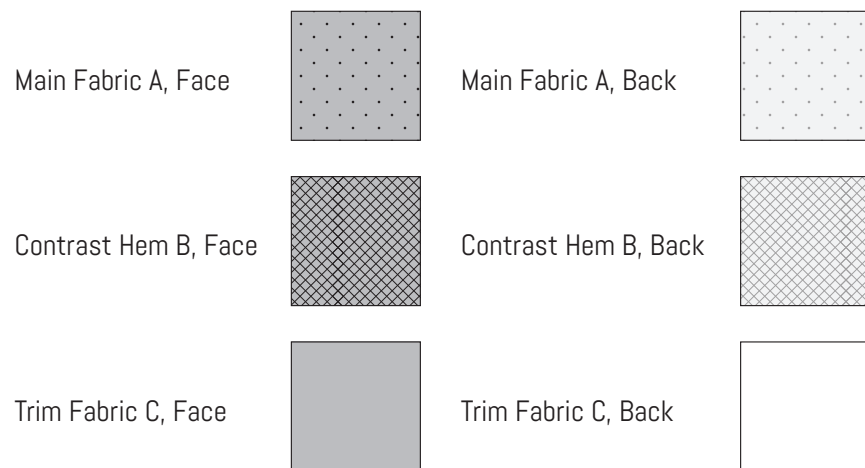


## **WORKING WITH DIRECTIONAL FABRIC:**

Using directional fabric is fine, but your pillowcase will appear to be right side up on one side, and upside down when flipped over.



## PATTERN KEY:



## PREPARING THE FABRIC:

HIGHLY RECOMMENDED! Prior to beginning your project, wash and dry your fabric as you would the finished item. Press.

## THE PATTERN PIECES (w" x h"):

From Main Fabric (A) - one 42" x 27" rectangle  
From Contrast Hem (B) - one 42" x 9" rectangle  
Optional: From Trim (C) - one 42" x 1 3/4" rectangle

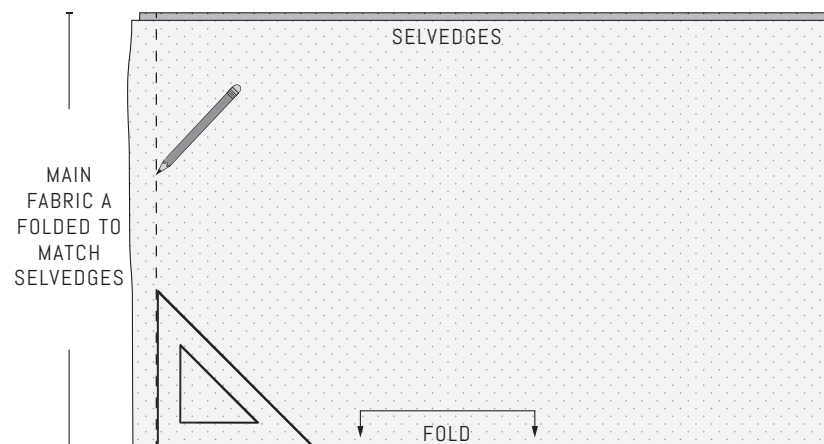
## CUTTING INSTRUCTIONS:

In order to reduce paper, and because of the simplicity of the pieces, this pattern does not include pattern pieces. Sizes are given for the rectangles of that you will need to cut from each piece of fabric. Cutting diagrams are used to illustrate how to cut out your pieces.

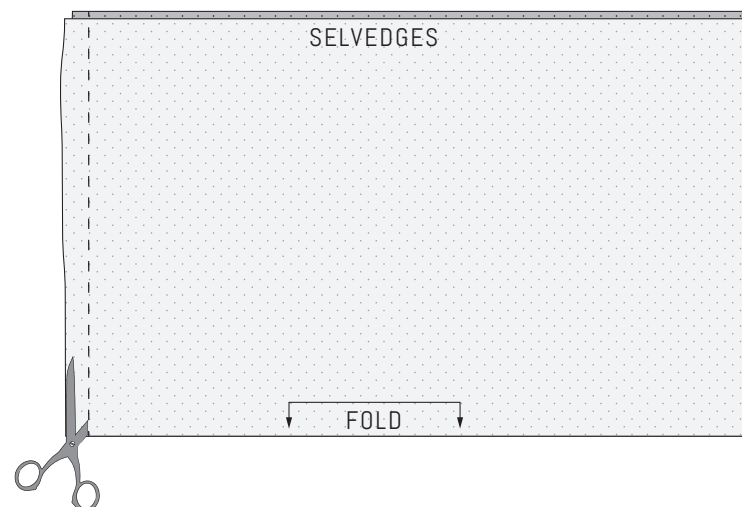
## MAIN FABRIC A CUTTING INSTRUCTIONS:

Cut one 42" wide x 27" high rectangle from Fabric A.

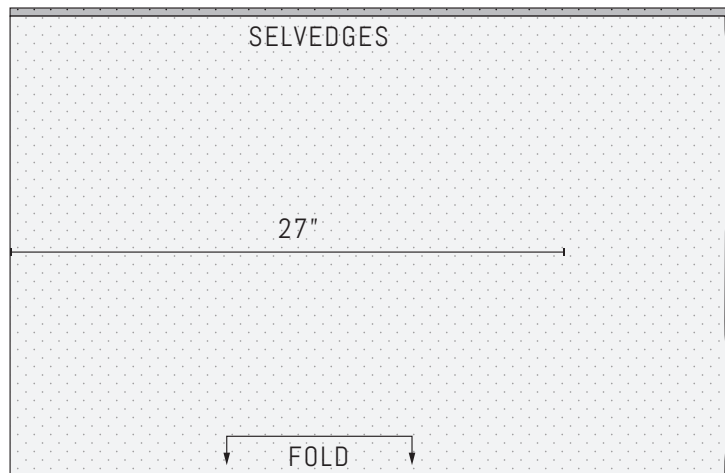
1. Begin by folding your fabric in half, matching the selvages. Smooth out any wrinkles.
2. Using a clear gridded ruler, triangle or t-square, to ensure that your mark is at a 90° angle (perpendicular) to your fold, draw a cutting line a small distance in from one raw edge of your fabric



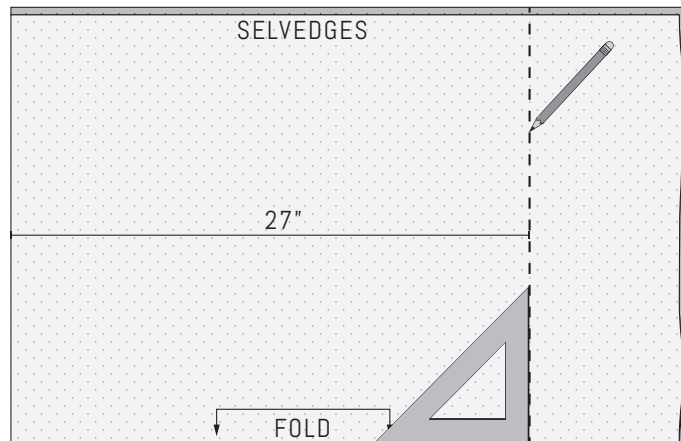
3. Trim off the raw edge along your cutting line.



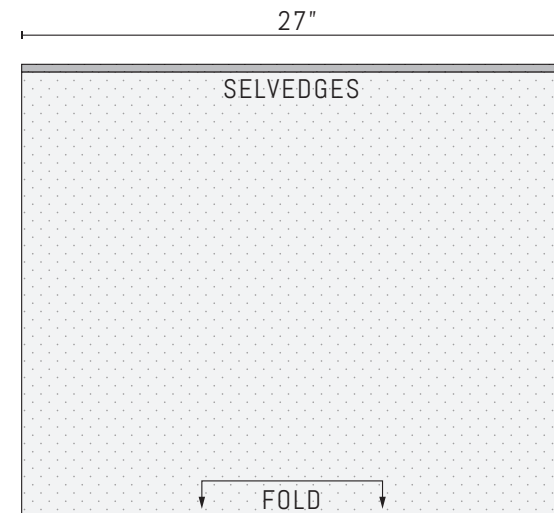
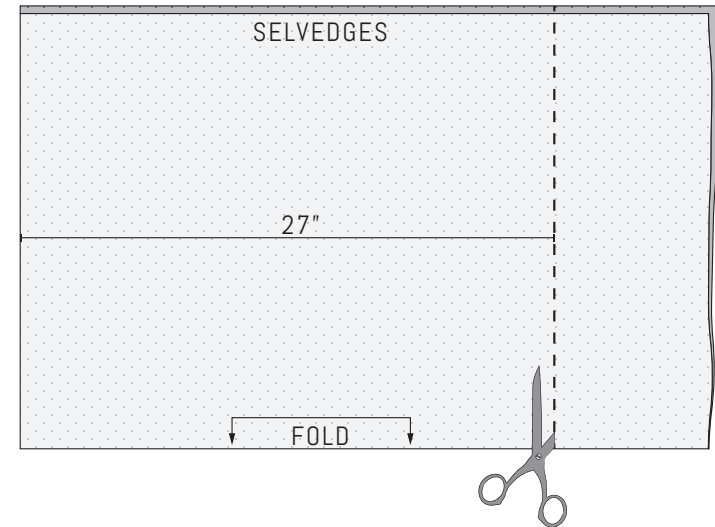
4. Next, measure 27" in from the straight edge you just cut.



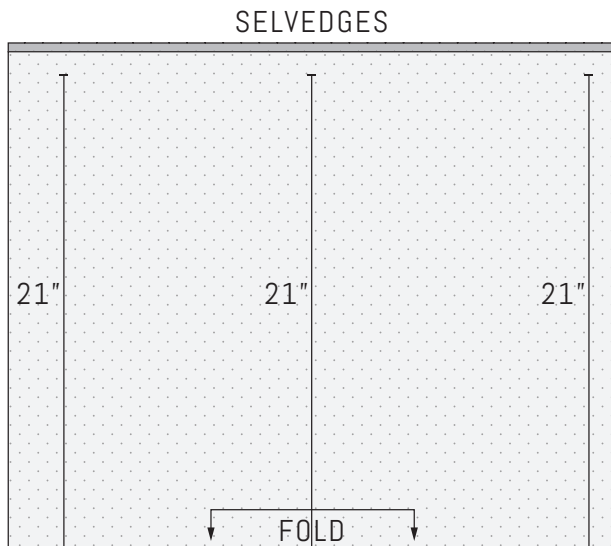
5. Use your clear gridded ruler, triangle or t-square to draw a line perpendicular to your fold along this 27" mark.



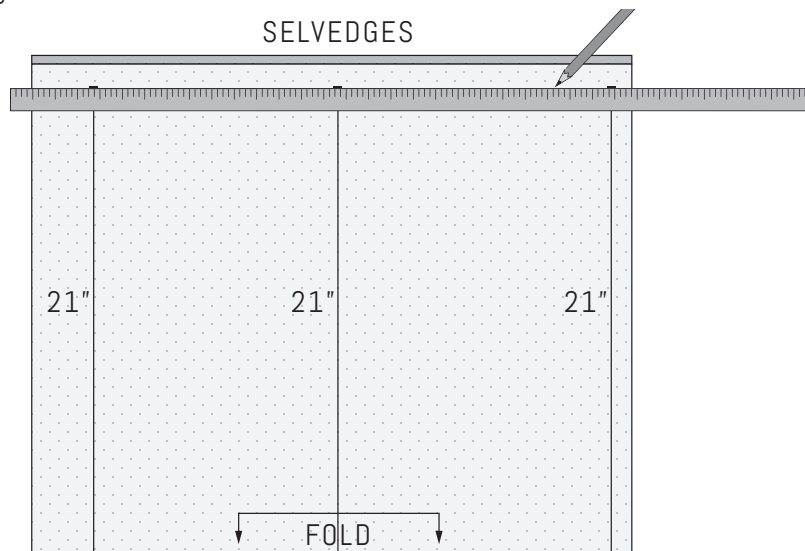
6. Cut along this line, removing the remaining raw edge and excess fabric.



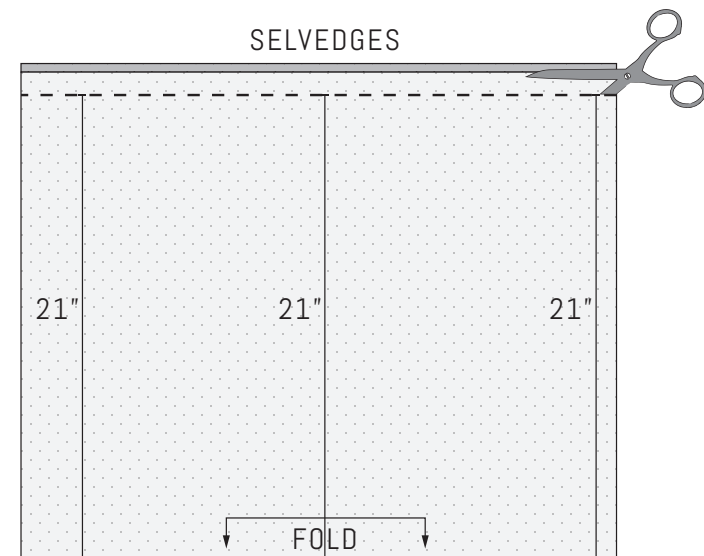
7. With your fabric still folded, measure 21" in from your fold, making a mark at three points along your fabric



8.. Align your ruler with those marks, and draw a cutting line parallel to the selvages.



8. Trim off the excess on the selvedge side.



9. If your fabric measured 21" to the selvedge, trim of the selvedge edge so that any printers' marks do not show on your finished pillowcase.

#### **CONTRAST HEM FABRIC B CUTTING INSTRUCTIONS:**

Cut one 42" wide x 9" high rectangle from CONTRAST hem Fabric B.

1. Using the same methods described above, cut a rectangle measuring 42" across and 9" high from your Contrast Hem Fabric B.

#### **OPTIONAL TRIM FABRIC C CUTTING INSTRUCTIONS:**

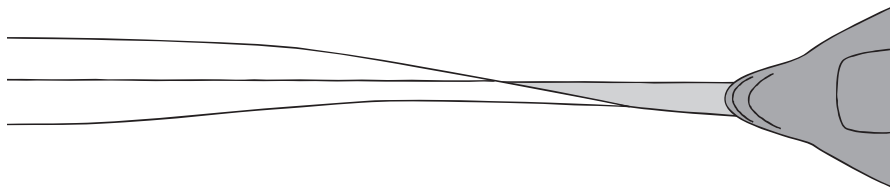
Cut one 42" wide x 1 3/4" high rectangle from trim Fabric C (optional).

1. Using the same methods described above, cut a rectangle measuring 42" across and 1 3/4" high from your Trim Fabric C.

### PREPARE TRIM FABRIC C (OPTIONAL):

Fold the 42" x 1 3/4" pattern piece for Trim Fabric C in half lengthwise, with wrong sides together. Press.

The finished piece will be 42" x 7/8".



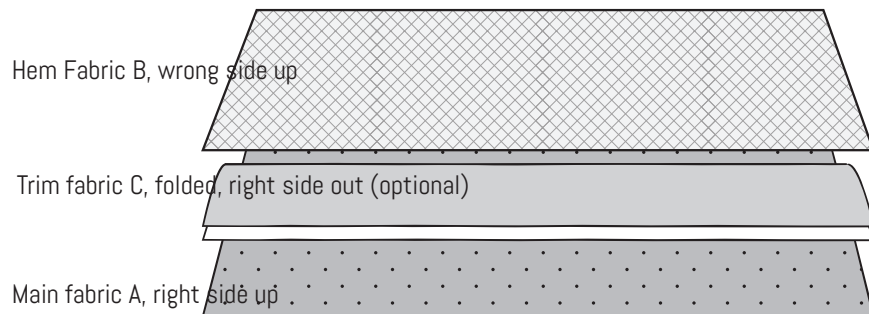
### CONSTRUCT THE HEM:

1. Lay your cut pattern pieces out in the following order to create a sandwich:

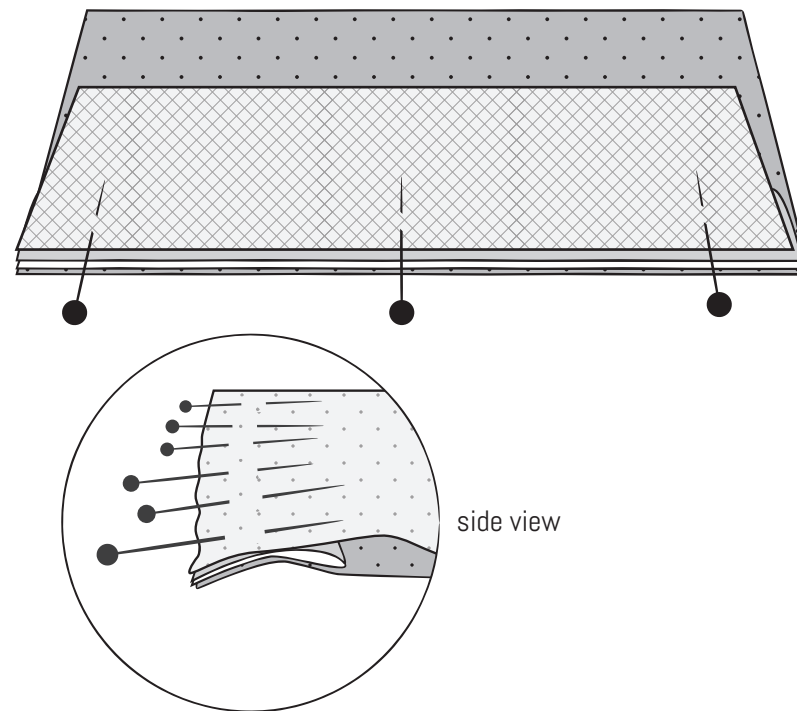
First, lay down Main Fabric A, right side up

Then, lay Trim Fabric C, folded, right side out, on top of Main Fabric A (optional)

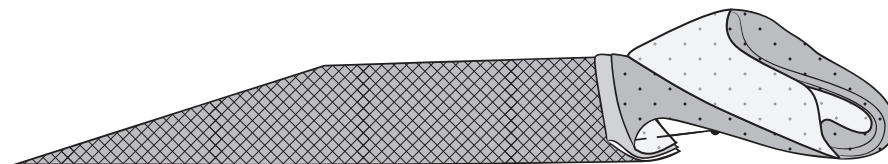
Last, place Contrast Hem Fabric B, wrong side up, on top of Trim Fabric C



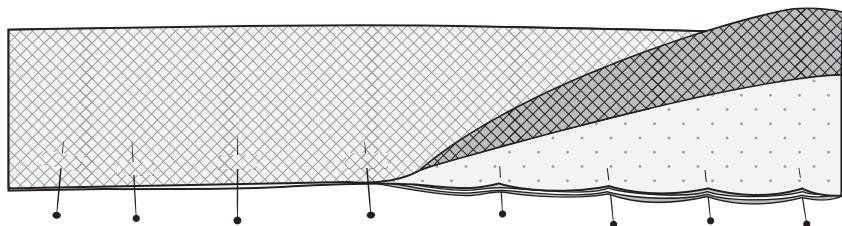
2. Aligning raw edges, pin all layers together.



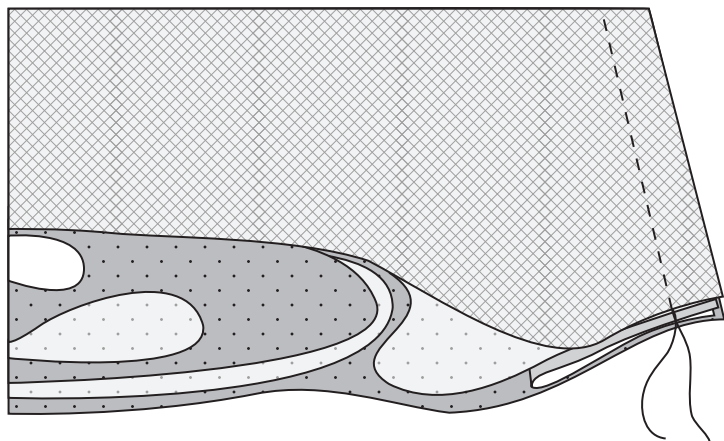
3. Roll up Main Fabric A towards the right sides of the fabrics, and towards the pinned edge.



4. Wrap Hem Fabric B around rolled Main Fabric A, right side in, to align long raw edge with opposite side of pinned raw edges. Re-pin to create a "burrito".

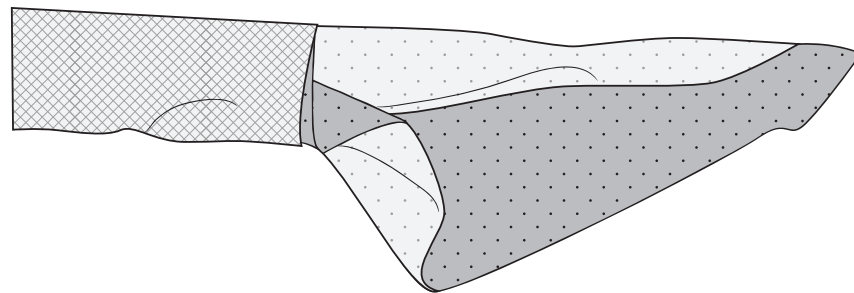


5. Stitch through all 3 (or 5, if you are using trim) layers of fabric along long edge, using a 1/2" seam allowance, backstitching at beginning and end.

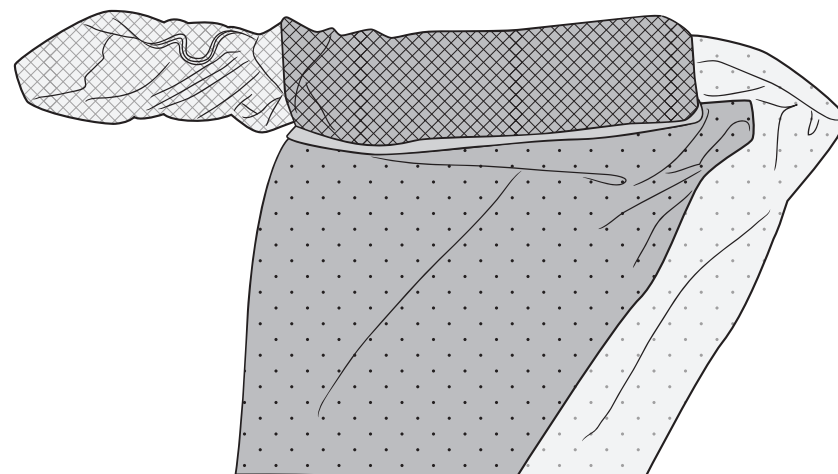


## NOW HERE'S THE MAGIC PART!

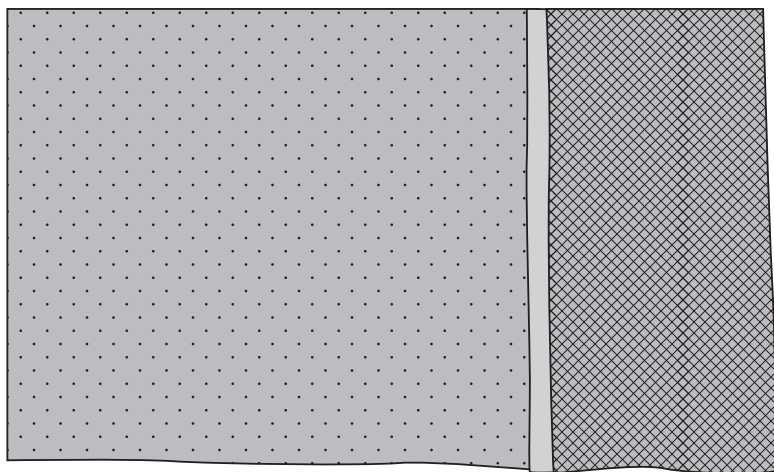
6. Pull all of your layers out through one side of the tube. It takes a bit of wiggling and patience, but you can do it! Go slowly, starting with one corner of Main Fabric A.



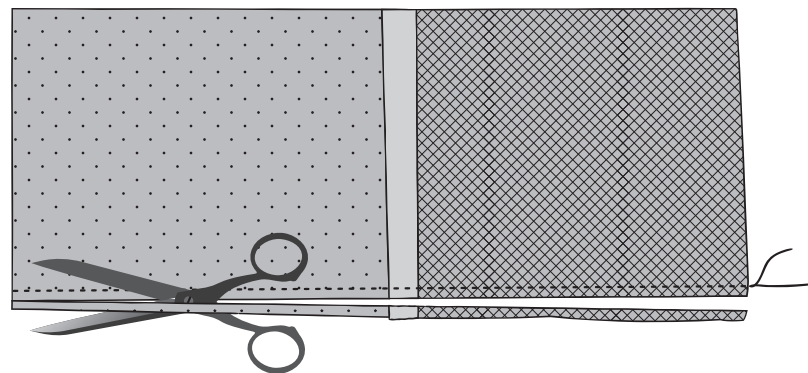
It will look very odd for a bit...



Ta-Da! Press the trim and the hem to create a nice, crisp edge.



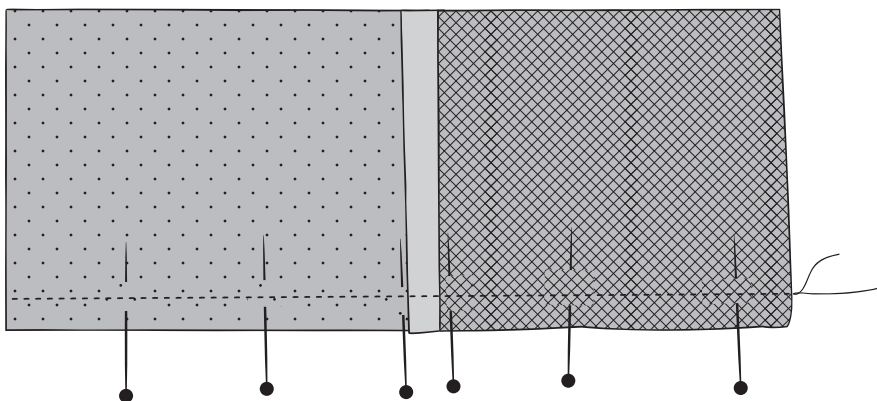
2. Trim seam allowance to 1/8".



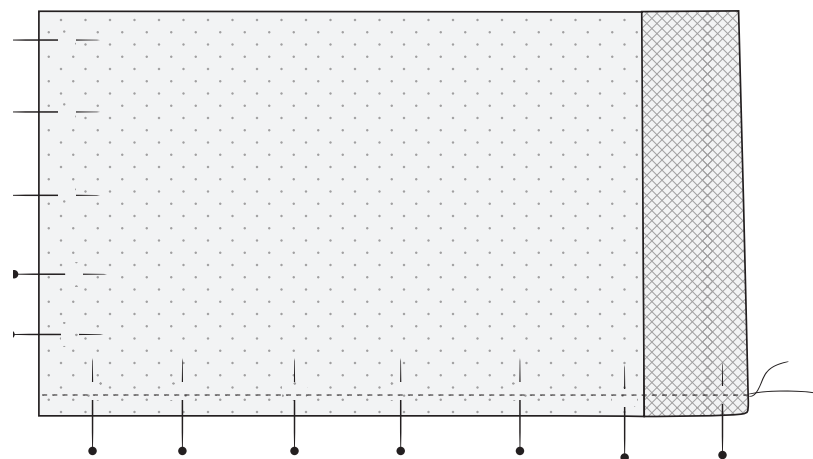
## CONSTRUCT THE PILLOWCASE:

First, sew a French seam along the long side of the pillowcase.

1. Fold fabric in half, *wrong* sides together, aligning raw edges and pressed hem edges. Pin the long raw edges, opposite the fold, and stitch with a scant 1/4" seam allowance.



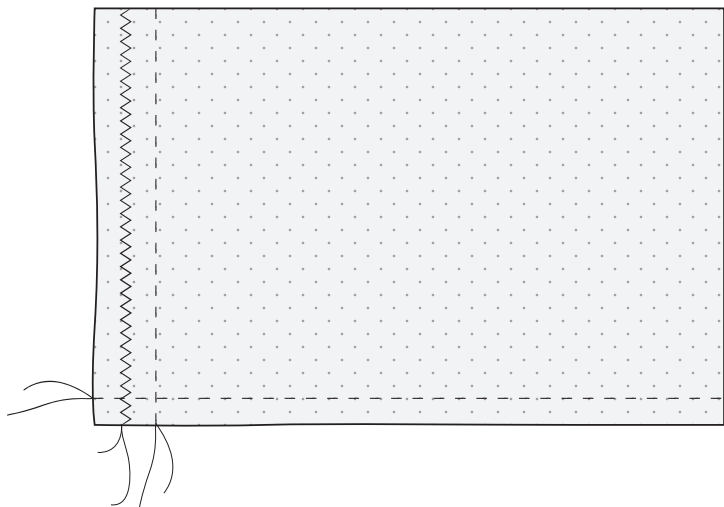
3. Turn pillowcase wrong side out and press long edge seam neatly. Pin. Align the raw edges of the short side, and pin. Stitch the long side seam with wrong side out using a 1/4" seam allowance. This will complete your French seam along the long edge.



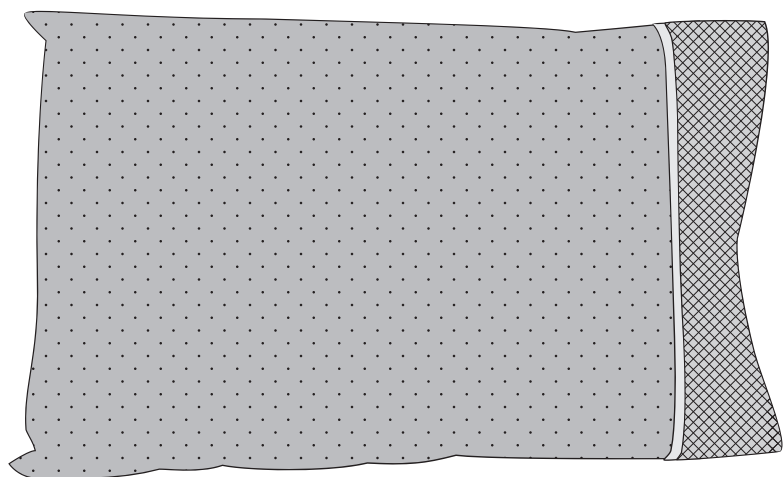


Finish the short edge.

4. With pillowcase still wrong side out, stitch the short edge using a 1/2" seam allowance. Using a zigzag stitch, sew between the raw edge and the row of stitches, using approximately a 1/4" seam allowance. Trim raw edge of seam allowance 1/8" from zigzag stitch.



5. Turn pillowcase right side out, gently pushing out the corners with your fingers, a point turner or a chopstick. Press.



**THANK YOU SO MUCH FOR USING MY SLEEPY TIME PILLOWCASE PATTERN!**

I hope you enjoyed it!