

No-Sew T-Shirt Pillow

by Krista Childers for allfreesewing.com

MATERIALS

- Shirt (this tutorial used an XL and 3XL shirt for two pillows of the same size)
 - Pillow form or polyfill stuffing (this tutorial used two 18" x 18" pillow forms) *See tips about this below!
 - Scissors
 - Rotary cutter and self-healing mat (optional)
 - Clear quilt ruler or other measuring devices
 - Ruler tape (optional)
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INSTRUCTIONS

1. Lay out the shirt on a large, flat, solid surface. Make sure the back and front are even and as flat as possible (in the main section you are using for the pillow). Pin the two sides together if desired. **Note:** The two sides should be kept together throughout this entire process.
2. If you DO NOT need to center a design, proceed to Step 3. To center the design, measure and mark (with pins, tape, or a fabric marker/pencil) the size of your pillow base. **Note:** In this case, my pillow form was an 18" square, so I measured and marked 18" for both the width and height to make sure my design was centered with nearly 3" allowances all the way around for the ties. For this design, it meant losing extra space above the top lettering and getting more at the bottom to avoid most of the shirt collar.



3. Measure (and mark if desired), then cut 2-3" beyond the pillow base for the ties. Again, in this case, my main design and pillow base and form is 18" x 18" and so I measured out 3" on each side and cut. After removing the pieces cut off, I was left with a 24" x 24" square. **Tip:** This is where a clear quilt ruler, along with a rotary cutter and self-healing mat are helpful tools for precision and speed.



4. Cut out a square in the same size as your ties from each corner. Note: In this case, the ties are 3" and so a 3" x 3" square was removed from each of the four corners.



5. With the front and back still together, cut 1" strips all the way around. **Tip:** This is where the ruler tape helps speed up the process for cutting. However, the cutting doesn't have to be perfect as long as they match as closely as possible.



6. Knot (twice, so that it is secure) the two strips of each piece of fabric together all the way across. Do this for three of the sides. Keep one side open to stuff or to place the pillow form.



7. Stuff until full or put the pillow form inside and center.
8. Pull or adjust the pillowcase as needed. Finish tying the final side. You're finished!

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