



Cross Patchwork Pillow Tutorial

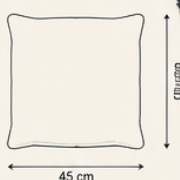


⇒ Step-by-Step Guide to Make the Pillow Shown ⇐



FINISHED SIZE

45 cm x 45 cm



FABRIC REQUIREMENTS

Fabric	Description	Cut Size	Amount
A	Navy floral (Border & Back)	8 x 8 cm (4" x 4")	16 squares Back: 2 pcs 47 x 47 cm
B	Cream (Background)	8 x 8 cm (4" x 4")	8 squares
C	Olive green (Cross)	8 x 8 cm (4" x 4")	5 squares
D	Mustard (Cross)	8 x 8 cm (4" x 4")	5 squares

* All seam allowances are 0.7 cm (1/4") unless noted.

1. CUTTING DIAGRAM

All squares cut 8 x 8 cm



- A = Navy floral
- B = Cream
- C = Olive green
- D = Mustard

2. SEW THE BLOCK

- Arrange the 25 squares as in the diagram.
- Sew each row together using a 0.7 cm seam allowance.
- Press seams to one side alternating each row.
- Sew the rows together to complete the patchwork block.

3. HALF-SQUARE TRIANGLES

The diagonal part of the cross is created with half-square triangles.



- Draw a diagonal line on the back of the cream square.
- Place right sides together with a mustard square.
- Sew 0.7 cm away from the line on both sides.
- Cut on the line and press open. Trim to 8 x 8 cm.



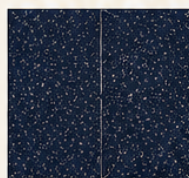
4. QUILT THE FRONT



- Layer: quilt top + batting + backing fabric.
- Baste the layers.
- Quilt as desired. (Straight lines, echo quilting, or diamond pattern work beautifully.)
- Trim the front panel to 46 x 46 cm.

5. MAKE THE BACK

Option 1 - Envelope Back



- Cut 2 pieces 47 x 47 cm
- Overlap 10-12 cm in the center.

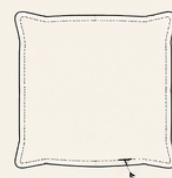
Option 2 - Zipper Back



- Insert zipper (40 cm) centered.
- Sew both sides of the zipper.

6. ASSEMBLE THE PILLOW

- Place front and back right sides together.
- Pin around all edges.
- Sew around the edges with 0.7 cm seam allowance.
- Leave an opening (10 cm) on the back for turning.
- Turn right side out.
- Push out the corners. (45 x 45 cm).
- Hand stitch or top stitch the opening closed.



Leave opening 10 cm

7. FINISHING TOUCHES

- Top stitch around the edge for a crisp finish.
- Add piping (optional) for a professional look.
- Use a 1.5 cm wide strip of navy fabric for piping.



8. PILLOW WITH PIPING



Piping 1.5 cm wide

QUILTING IDEAS

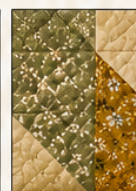
Straight Lines



Diagonal Grid



Echo Quilting



LEGEND - BASIC SEWING METHODS (US)

Seam Allowance 1/4" (0.7 cm)	Straight Stitch 2.5 mm length	Press Seams Open or to one side	Half-Square Triangle (HST) Sew - Cut - Press	Top Stitch 3-3.5 mm from the edge	Piping Wrap and sew with zipper foot	Basting Temporary long stitches	Turning Turn right side out
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♥ Handmade with love - Enjoy your beautiful quilted pillow!



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CROSS QUILT PILLOW – PATTERN

Finished Block Size: 40 cm x 40 cm (16" x 16")

All seam allowances are 0.75 cm (1/4").

FABRIC GUIDE

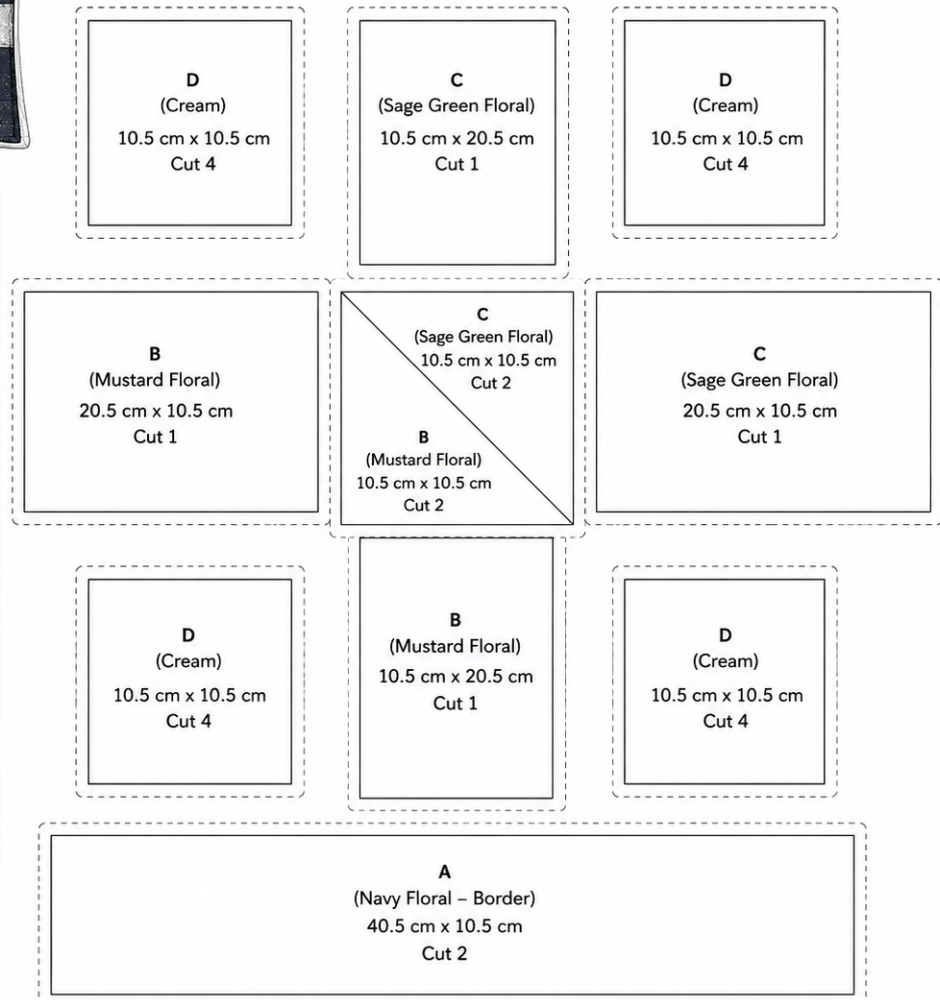
- A – Navy Floral (Border)
- B – Mustard Floral (Cross)
- C – Sage Green Floral (Cross)
- D – Cream (Background)

INSTRUCTIONS

1. Cut all pieces adding 0.75 cm (1/4") seam allowance around each shape.
2. Sew pieces into rows.
3. Join rows to complete the block.
4. Press seams open.
5. Layer with batting and backing, quilt as desired.
6. Make pillow cover.

LEGEND

- CUTTING LINE
- 1/4" SEAM ALLOWANCE



REMEMBER: MEASURE TWICE, CUT ONCE AND SEW WITH LOVE! ♥

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Cross Patchwork Pillow Tutorial

This Cross Patchwork Pillow Tutorial will guide you through making a beautiful quilted pillow featuring a modern cross

design in navy blue, cream, olive green, and mustard fabric. The finished pillow measures approximately 45 cm × 45 cm, or about 17¾ inches × 17¾ inches.

The front is assembled from a simple 5 × 5 patchwork grid. Most of the pieces are basic squares, while a few half-square triangle units create the diagonal section of the mustard cross. After piecing the design, the pillow front is layered with batting and backing fabric, quilted, trimmed, and joined to either an envelope-style or zipper-style pillow back.

This project is suitable for confident beginners and intermediate sewists. Read the entire tutorial before cutting so you can select the backing style, quilting design, and optional piping treatment that work best for your pillow.

Finished Size and Seam Allowance

The finished pillow cover measures approximately:

45 cm × 45 cm

17³/₄ inches × 17³/₄ inches

The quilted front panel should be trimmed to:

46 cm × 46 cm

Approximately 18¹/₈ inches × 18¹/₈ inches

The backing pieces are cut slightly larger so they can be adjusted after quilting and assembly.

Use a consistent 0.7 cm seam allowance, which is approximately 1/4 inch, unless another measurement is specifically mentioned.

For the best results, use a quilting ruler, rotary cutter, and cutting mat. Accurate cutting and a consistent seam allowance are especially important because the

design is made from several small squares that must align neatly.

Fabric Requirements

Choose four coordinating quilting cotton fabrics.

Fabric A – Navy floral

Use this fabric for the outer border, several background squares, and the pillow back.

Cut:

16 squares measuring 8 cm × 8 cm

Approximately 3 $\frac{1}{8}$ inches × 3 $\frac{1}{8}$ inches

You will also need enough navy fabric for the pillow back.

For the backing shown in the chart, prepare two pieces measuring approximately:

47 cm × 47 cm each

Approximately 18 $\frac{1}{2}$ inches × 18 $\frac{1}{2}$ inches

Additional navy fabric is needed when adding optional piping.

Fabric B – Cream background

Cut:

8 squares measuring 8 cm × 8 cm

Approximately 3 $\frac{1}{8}$ inches × 3 $\frac{1}{8}$ inches

The cream fabric creates contrast around the cross and helps the olive and mustard colors stand out.

Fabric C – Olive green cross

Cut:

5 squares measuring 8 cm × 8 cm

Approximately 3 $\frac{1}{8}$ inches × 3 $\frac{1}{8}$ inches

Fabric D – Mustard cross

Cut:

5 squares measuring 8 cm × 8 cm

Approximately 3 $\frac{1}{8}$ inches × 3 $\frac{1}{8}$ inches

Some mustard and cream pieces will be used to make the half-square triangle units.

You will also need:

Low-loft quilt batting

Lightweight backing fabric for the quilted front

Coordinating sewing thread

A 40 cm zipper, approximately 16 inches, if making a zipper back

A pillow insert measuring approximately 45 cm × 45 cm

Optional piping cord

Safety pins, basting spray, or long basting thread

Iron and ironing board

Sewing machine

Quilting ruler

Rotary cutter

Cutting mat

Fabric scissors

Pins or sewing clips
Hand-sewing needle

Wash and press the fabrics before cutting if you normally prewash quilting cotton. All fabrics should be smooth and free of wrinkles before measurements are taken.

Step 1: Cut the Patchwork Squares

Cut all patchwork squares to 8 cm × 8 cm.

Place the squares on a flat surface and organize them by color. Labeling the groups with small paper notes marked A, B, C, and D can prevent confusion while assembling the pillow front.

The design is arranged in five rows.

Use the following letter guide:

A = Navy floral

B = Cream

C = Olive green

D = Mustard

Arrange the rows as follows:

Row 1: A, A, C, A, A

Row 2: A, B, C, B, A

Row 3: D, D, C, D/B half-square triangle unit, B

Row 4: A, B, D/B half-square triangle unit, C, C

Row 5: A, A, D, A, A

The mustard and cream diagonal sections should be prepared as half-square triangle units before the complete rows are sewn together.

Keep the full layout beside your sewing machine or take a quick photograph of the arrangement before beginning. This makes it easier to return every piece to the correct position.

Step 2: Make the Half-Square Triangle Units

The diagonal part of the cross is formed with half-square triangles, commonly called HST units in American quilting.

Place one mustard square and one cream square right sides together.

Align all four edges carefully.

On the wrong side of the lighter cream square, draw one diagonal line from corner to corner using a removable fabric marker or pencil.

Sew one line approximately 0.7 cm or $\frac{1}{4}$ inch away from one side of the marked diagonal line.

Sew a second line approximately 0.7 cm or $\frac{1}{4}$ inch away from the opposite side of the marked line.

Cut directly along the drawn diagonal line between the two stitched seams.

Open the two triangle units.

Press the seam allowance toward the darker mustard fabric. Pressing toward the darker fabric helps prevent the seam allowance from showing through the cream section.

Trim each half-square triangle unit to exactly 8 cm × 8 cm.

Use the diagonal line on a square quilting ruler to keep the center seam positioned from one corner to the opposite corner while trimming.

Make enough mustard-and-cream half-square triangle units to complete the two diagonal sections shown in the pillow design. Select the units that have the correct mustard orientation when placed in the 5 × 5 layout.

Return the completed units to their positions in Rows 3 and 4.

Step 3: Arrange the Complete Pillow Block

Lay all 25 units on a large flat surface.

Check that the navy floral fabric creates the strong outer border.

The olive green pieces should form a mostly vertical cross through the center, with an additional horizontal extension on the lower-right side.

The mustard pieces should create a horizontal section from the left and continue diagonally downward through the center.

The cream squares should create the light background around the cross.

Pay special attention to the half-square triangle units. The mustard triangles should connect visually with the mustard squares so the cross appears continuous.

Step away from the layout and look at it from a distance. This is often the easiest

way to notice a rotated triangle or misplaced square.

After confirming the design, stack each row from left to right. Place a label on each stack so the rows remain in the correct order.

Step 4: Sew the Squares into Rows

Begin with the first row.

Place the first and second squares right sides together.

Align the edges and pin or clip them in place.

Sew using a consistent 0.7 cm or ¼-inch seam allowance.

Add the remaining squares one at a time until the first row is complete.

Repeat the process for Rows 2 through 5.

After sewing each row, press the seam allowances.

For easier seam matching, press the seams in alternating directions.

For example:

Press the seams in Rows 1, 3, and 5 toward the right.

Press the seams in Rows 2 and 4 toward the left.

This alternating system allows the seam allowances to nest together when the rows are joined.

Avoid stretching the patchwork while pressing. Lower the iron onto the seams instead of sliding it back and forth.

Check that each completed row is straight and that the squares remain square.

Step 5: Join the Patchwork Rows

Place Row 1 and Row 2 right sides together.

Match each vertical seam intersection.

Because the seam allowances were pressed in opposite directions, the seams should fit closely together and feel as though they lock into place.

Pin at every intersection.

Sew across the entire row using the same 0.7 cm or ¼-inch seam allowance.

Open the joined rows and inspect the points.

The corners of the squares should meet neatly. Minor imperfections are normal and will be less noticeable after quilting.

Continue joining the remaining rows in order.

Press the horizontal seam allowances to one side. Alternatively, press the seams open if the intersections feel bulky.

The completed patchwork block should now show the full cross design surrounded by navy floral fabric.

Measure the block. Slight variations are normal, but the panel should remain square.

Step 6: Prepare the Quilting Layers

Cut a piece of low-loft batting slightly larger than the patchwork block.

Cut a piece of lightweight backing fabric slightly larger than the batting.

The backing fabric used in this quilt sandwich will remain inside the finished pillow. It does not need to match the visible pillow back.

Place the backing fabric wrong side up on a clean surface.

Smooth the batting over the backing.

Place the patchwork front right side up over the batting.

You now have a three-layer quilt sandwich:

Patchwork top

Batting

Backing fabric

Smooth the layers carefully from the center outward.

Make sure there are no wrinkles, folds, or loose areas.

Baste the layers together using safety pins, temporary basting spray, or long hand-basting stitches.

When using safety pins, position them every 8 to 10 cm, or approximately every 3 to 4 inches.

Do not place pins directly where you plan to quilt.

Step 7: Quilt the Pillow Front

Quilting holds the three layers together, strengthens the patchwork seams, and adds texture.

Use a walking foot when possible. A walking foot helps move all three layers evenly through the sewing machine.

The chart suggests three suitable quilting designs.

Straight-line quilting

Sew straight lines along the patchwork seams or slightly away from each seam.

This is the easiest option for beginners and emphasizes the geometric structure of the pillow.

You may quilt in the ditch by stitching directly in the seam lines, although

stitching slightly beside the seams is often easier and more visible.

Diagonal grid quilting

Mark diagonal lines across the pillow front.

Sew parallel diagonal lines in one direction.

Turn the panel and sew a second set of diagonal lines in the opposite direction.

The crossing lines create a diamond grid.

Echo quilting

Stitch around the edges of the cross shape.

Add more lines parallel to the first quilting line, gradually moving outward.

Echo quilting emphasizes the cross motif and gives the pillow a custom quilted appearance.

Begin quilting near the center of the panel and work toward the outside.

Smooth the layers regularly to prevent puckers.

Use a slightly longer stitch length than normal piecing stitches. A length of approximately 3 to 3.5 mm works well for machine quilting.

Backstitch briefly at the beginning and end of each quilting line, or secure the thread ends by hand.

Step 8: Trim the Quilted Front

After quilting, place the front panel on the cutting mat.

Use a large square ruler or a combination of quilting rulers to trim the panel evenly.

Trim the quilted front to approximately:

46 cm × 46 cm

Approximately 18 $\frac{1}{8}$ inches × 18 $\frac{1}{8}$ inches

Check that all four corners form right angles.

The cross should remain centered within the navy floral border.

Remove loose threads from the edges.

Sew a line of stitching approximately 3 mm or $\frac{1}{8}$ inch from the raw edge around the entire panel. This stay-stitching helps keep the layers together during final assembly.

Step 9: Choose a Pillow Back

The tutorial provides two backing options: an envelope back and a zipper back.

The envelope back is easier and does not require zipper installation.

The zipper back gives the pillow a more tailored finish and helps the cover remain securely closed.

Both options allow the pillow cover to be removed for cleaning.

Step 10: Make an Envelope Pillow Back

Cut two navy floral backing pieces.

The chart recommends beginning with two pieces measuring approximately:

47 cm × 47 cm each

Approximately 18½ inches × 18½ inches

Because the pieces overlap, you may trim their final width after creating the finished edges.

Choose one edge on each backing piece to form the center opening.

Fold the selected edge approximately 1 cm or $\frac{3}{8}$ inch toward the wrong side and press.

Fold it again approximately 1.5 cm or $\frac{5}{8}$ inch and press.

Topstitch close to the inner folded edge.

Repeat for the second backing piece.

Place the quilted pillow front right side up.

Position the first backing piece right side down, aligning its raw edges with the left, top, and bottom edges of the pillow front. The finished hem should extend toward the center.

Position the second backing piece right side down from the opposite side.

Overlap the two finished center edges by approximately 10 to 12 cm, or about 4 to $4\frac{3}{4}$ inches.

Adjust the backing pieces until the outside edges match the front panel.

Trim away excess fabric when necessary.

Pin or clip around the entire pillow.

Baste through the overlapping sections near the top and bottom so the layers cannot shift during assembly.

Step 11: Make a Zipper Pillow Back

For the zipper option, use a zipper approximately:

40 cm long

Approximately 16 inches

Cut the backing fabric into two pieces that together will cover the entire pillow back with extra fabric for trimming.

Finish the raw fabric edges that will be attached to the zipper with a zigzag stitch or overlock stitch.

Place one zipper edge right sides together with one backing section.

Center the zipper so there is an equal amount of fabric extending beyond both ends.

Pin or clip the zipper in place.

Using a zipper foot, sew close to the zipper teeth.

Fold the fabric away from the zipper and press carefully.

Topstitch beside the folded fabric edge for a neat finish.

Attach the second backing section to the opposite side of the zipper using the same method.

Open and close the zipper to confirm that the fabric does not catch in the teeth.

Topstitch both sides of the zipper.

Lay the completed zipper back right side down.

Place the trimmed quilted front over it and align the design.

Trim the zipper backing to match the size of the quilted front.

Open the zipper at least halfway before sewing the pillow together. This is essential because the zipper opening will be used to turn the pillow right side out.

Step 12: Add Optional Piping

Piping creates a raised decorative edge around the pillow.

Cut bias or straight-grain fabric strips approximately:

3.8 cm wide

Approximately 1½ inches wide

Join enough strips to go around the entire pillow, plus an additional 10 to 15 cm, or approximately 4 to 6 inches.

Place piping cord along the center of the wrong side of the fabric strip.

Fold the strip around the cord with the wrong sides together.

Align the raw edges.

Using a zipper foot or piping foot, sew close to the cord.

Do not stitch so tightly that the first seam will show after final assembly.

Begin attaching the piping near the center of one side of the quilted front.

Leave the first several centimeters of piping unsewn.

Align the piping's raw edges with the raw edge of the pillow front. The covered cord should face toward the center of the pillow.

Sew the piping around the pillow.

When approaching a corner, clip into the piping's raw seam allowance without cutting through the stitching. This allows the piping to turn smoothly.

Continue around all four sides.

Overlap or neatly join the piping ends.

Baste the piping in place before adding the pillow back.

Step 13: Assemble the Pillow Cover

Place the completed quilted front and pillow back right sides together.

For an envelope back, make sure the overlap remains flat and secure.

For a zipper back, confirm that the zipper is partially open.

Align all four edges.

Pin or clip around the pillow.

Sew completely around the outside using a 0.7 cm or ¼-inch seam allowance.

When piping has been added, sew with a zipper foot and follow the previous piping attachment line.

Stitch slowly around the corners.

For greater strength, sew a second line of stitching inside the seam allowance, especially near the envelope opening or zipper ends.

Trim the corners diagonally, being careful not to cut through the stitching.

Remove excess bulk from the seam allowances when needed.

Finish the raw edges using a zigzag stitch, overlock stitch, or pinking shears.

Step 14: Turn the Pillow Right Side Out

For an envelope back, turn the pillow through the center overlap.

For a zipper back, turn the pillow through the open zipper.

Gently push out each corner using a blunt turning tool, chopstick, or knitting needle.

Do not use sharp scissors because they may puncture the fabric.

Smooth the seams with your fingers.

Press the pillow cover lightly from the back.

Avoid crushing the quilted texture with excessive pressure.

Check the piping, if used, to make sure it is even around all four sides.

Step 15: Add the Pillow Insert

Insert a 45 cm × 45 cm, or approximately 18-inch, pillow form.

A full pillow insert will create the plump appearance shown in the tutorial.

Fold or compress the insert before placing it into the cover.

Push the corners of the insert into the corners of the pillow cover.

For an envelope back, smooth the overlapping panels over the insert.

For a zipper back, arrange the insert away from the zipper teeth and close the zipper slowly.

Adjust the filling until the pillow is evenly shaped.

Step 16: Add the Finishing Touches

Inspect the entire pillow and remove loose threads.

Topstitching around the outer edge can add a crisp, structured finish, especially when piping is not used.

For visible edge topstitching, sew approximately 3 to 3.5 mm from the edge.

Use a slightly longer stitch length so the topstitching looks smooth and professional.

Press the finished pillow gently.

Use steam cautiously, particularly when the batting is polyester.

Shape the corners and smooth the front panel with your hands.

The finished design should display a bold navy border, cream background sections, an olive green cross, and a mustard cross with diagonal half-square triangle details.

Basic Sewing Methods Used in This Project

Seam allowance

The project uses a 0.7 cm or ¼-inch seam allowance for patchwork construction and pillow assembly.

A quarter-inch presser foot can make the piecing more accurate.

Straight stitch

Use a standard straight stitch for joining patchwork squares.

A stitch length of approximately 2 to 2.5 mm is appropriate for piecing.

Pressing seams

Press each seam after sewing.

Seams may be pressed to one side or pressed open.

Alternating seam directions helps intersections nest together.

Half-square triangles

A half-square triangle is a square made from two fabric triangles.

The basic process is:

Sew

Cut

Open

Press

Trim

Accurate trimming is necessary so the finished HST units fit neatly into the patchwork rows.

Topstitching

Topstitching is visible stitching added near a finished edge.

It may be used on the pillow back, around the zipper, beside piping, or around the completed pillow.

Piping

Piping is fabric wrapped around a cord.

It is sewn into the pillow seam to create a decorative raised border.

A zipper foot helps the machine stitch close to the cord.

Basting

Basting temporarily holds layers together.

The quilt sandwich may be basted with safety pins, basting spray, or long temporary hand stitches.

Turning

After the front and back are sewn right sides together, the pillow is turned through an opening.

The corners are then gently pushed outward before final pressing.

Helpful Tips for Better Results

Test the 1/4-inch seam allowance on scrap fabric before beginning the patchwork.

Measure the first completed row.

Catching a seam allowance problem

early is easier than correcting the entire block later.

Press rather than iron. Pressing means lifting and lowering the iron instead of sliding it across the fabric.

Use a new sewing-machine needle. A universal needle in size 80/12 is suitable for most quilting cotton.

Change to a quilting needle if the machine struggles to sew through the quilt sandwich.

Wind extra bobbins before quilting.

Use thread that blends with the fabrics for subtle quilting or contrasting thread for a decorative effect.

Practice the selected quilting design on a fabric-and-batting sample before quilting the pillow front.

Always square the quilted front before cutting the back to its final size.

Keep the zipper partly open before stitching the zipper-backed pillow together.

When using an envelope back, make the overlap deep enough to prevent the pillow insert from showing.

Care Instructions

Wash the finished pillow cover according to the fabric manufacturer's recommendations.

A gentle machine-wash cycle with cool water is usually suitable for quilting cotton.

Remove the pillow insert before washing.

Close the zipper before washing a zipper-backed cover.

Reshape the pillow cover while damp.

Air drying is the safest option.

When machine drying, use a low-temperature setting.

Press the cover lightly if necessary, taking care not to flatten the quilting excessively.

Final Result

Your Cross Patchwork Pillow is now complete. The combination of simple squares, two half-square triangle units, straight piecing, and machine quilting creates a project that looks detailed without requiring complicated construction.

This pillow is a practical way to practice accurate cutting, quarter-inch seams, nested intersections, half-square triangles, quilt-layer basting, and decorative quilting. Once you understand the basic construction, the design can easily be customized with farmhouse prints, solid fabrics, seasonal

colors, scraps, or modern geometric collections.

Place your handmade quilted pillow on a chair, sofa, bench, or bed and enjoy the texture and character it adds to the room.  

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