

PATCHWORK STAR PILLOW – STEP BY STEP TUTORIAL

⇒⇒ Finished Size: 45 cm x 45 cm ⇒⇒

MATERIALS

- 100% Cotton Quilt Fabrics (U.S. Standard)
- Fabric for Front: 18 different prints (as shown)
- Fabric for Back: 2 pieces
- Batting: 1 piece 45 cm x 45 cm
- Pillow Insert: 45 cm x 45 cm
- Thread (matching colors)
- Fabric Marker, Ruler, Pins
- Scissors, Rotary Cutter
- Sewing Machine, Iron
- Hand Sewing Needle
- Zipper (optional)



CUTTING CHART

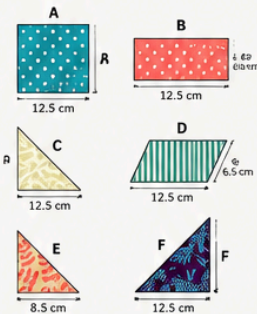
All seam allowances: 0.75 cm

PIECES	QUANTITY	SIZE (CM)
Square (A)	4	12.5 x 12.5
Rectangle (B)	4	12.5 x 6.5
Triangle (C)	8	Right triangle 12.5 cm (cut from square)
Parallelogram (D)	8	12.5 x 6.5 (cut on bias)
Triangle (E)	8	Right triangle 8.5 cm (cut from square)
Corner Triangle (F)	4	Right triangle 12.5 cm (for corners)
BACKING	2	47 x 47

HOW TO MAKE THE PATCHWORK STAR PILLOW

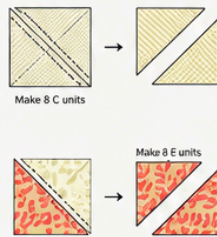
1. CUT THE FABRICS

Cut all pieces according to the Cutting Chart.



2. MAKE HALF-SQUARE TRIANGLES

For pieces C and E, place two squares right sides together, draw a diagonal line, sew 0.75 cm on both sides of the line, then cut on the line and press open.



3. MAKE UNITS

Arrange and sew pieces to create diamond and star units.



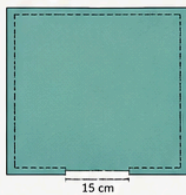
4. ASSEMBLE THE BLOCK

Lay out all units as shown. Sew rows together, then sew the rows to complete the star block.



5. PREPARE THE BACK

Place the two back pieces right sides together. Sew around the edges leaving an opening (15 cm) for turning.



6. LAYER AND QUILT

Layer the front (right side up), batting, and back (right side down). Pin or baste. Quilt as desired.



7. FINISH THE PILLOW

Trim the edges to square up if needed. Turn the pillow right side out through the opening. Press the edges. Hand stitch the opening closed.



8. INSERT THE PILLOW

Insert the 45 cm x 45 cm pillow form. Fluff and enjoy your beautiful patchwork star pillow!



MAIN SEWING METHODS



1/4" SEAM ALLOWANCE
Use 0.75 cm seam allowance unless otherwise noted.



STRAIGHT STITCH
Use for piecing all fabric edges.



PRESSING
Press seams open or to the side for a flat block.



TRIMMING
Trim dog-ears and excess fabric for sharp points.



TOPSTITCH (OPTIONAL)
Topstitch around the pillow edges for a crisp finish.

FABRIC TIPS (U.S. QUILTING COTTONS)

- Use high-quality 100% cotton quilting fabrics.
- Pre-wash and iron fabrics before cutting.
- Mix a variety of prints for contrast and balance.
- Use solids or low-volume prints for negative space.

MEASUREMENTS SUMMARY (CM)

Finished Pillow Size	45 x 45
Block Size (Unfinished)	44 x 44
Seam Allowance	0.75
Backing Pieces	47 x 47 (2 pcs)
Pillow Insert	45 x 45

CARE INSTRUCTIONS



EXTRA TIPS

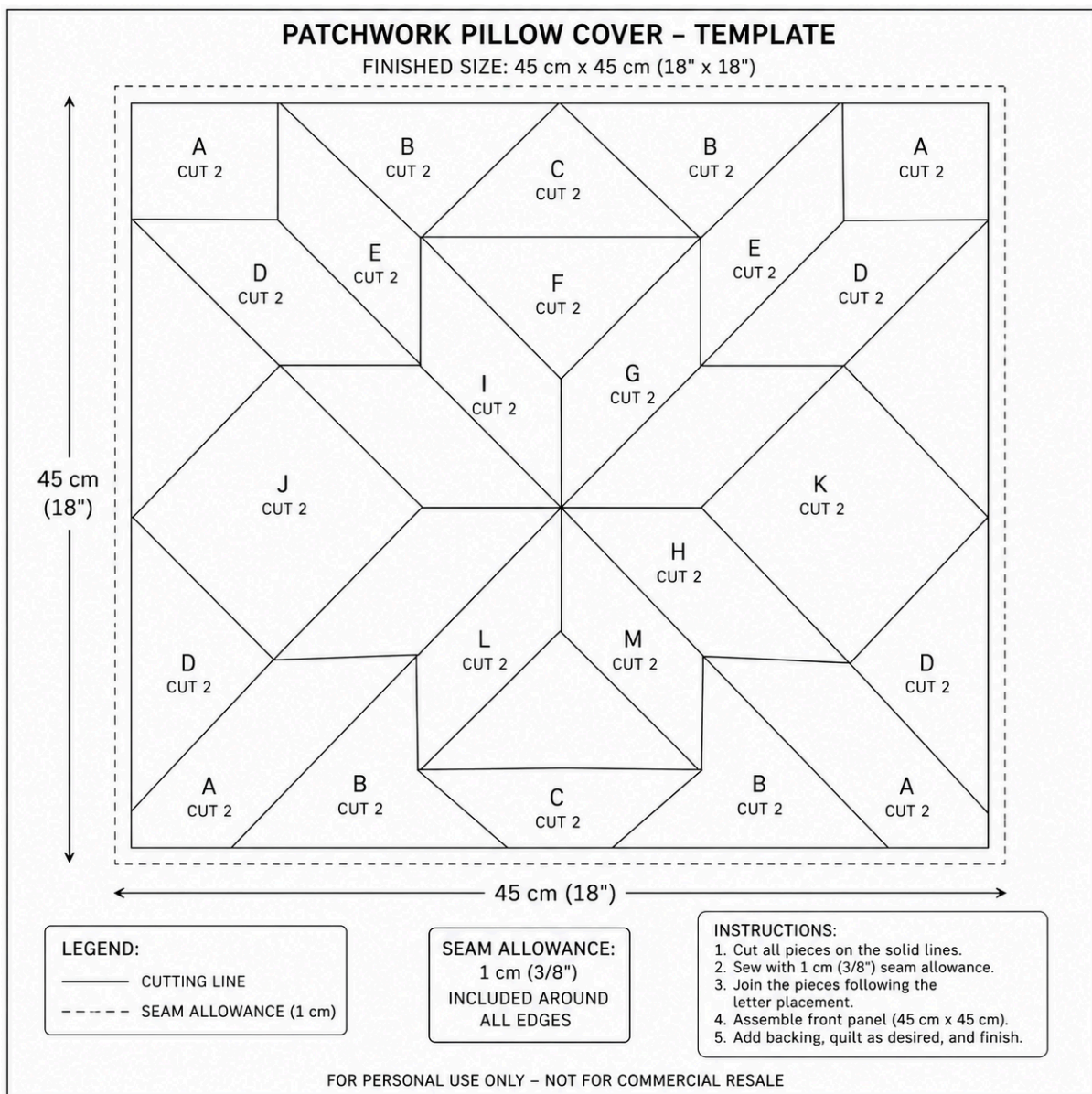
- Use a 1/4" foot for accurate piecing.
- Pin at seams to match points.
- Chain piece for faster assembly.
- Press often for best results.
- This pattern is perfect for other projects: quilts, table runners, or wall hangings!



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Patchwork Star Pillow – Complete Step-by-Step Tutorial

Create a colorful Patchwork Star Pillow using traditional quilt-piecing techniques, contrasting cotton fabrics, and a bold geometric star design. This project finishes at approximately

45 cm × 45 cm, or about 17¾ inches × 17¾ inches, making it suitable for a standard decorative pillow insert.

The design is assembled from squares, rectangles, right triangles, parallelograms, and corner triangles. Different prints are combined to create movement and contrast throughout the star. For the best result, use quilting-weight cotton and maintain an accurate 0.75 cm seam allowance, which is approximately ¼ inch.

This tutorial follows the construction shown in the reference chart, from cutting the individual pieces to quilting the front, assembling the pillow cover, and inserting the pillow form.

Finished Measurements

The completed pillow cover measures:

- **Finished pillow size: 45 cm × 45 cm**
- **Approximate size in inches: 17¾ inches × 17¾ inches**
- **Unfinished patchwork block: approximately 44 cm × 44 cm**
- **Recommended pillow insert: 45 cm × 45 cm**
- **Standard seam allowance: 0.75 cm, approximately ¼ inch**
- **Backing pieces: two pieces measuring 47 cm × 47 cm**

The slightly larger backing and finishing measurements provide enough fabric for trimming, seam allowances, and final assembly.

Materials and Supplies

Gather all your materials before beginning. Preparing everything in advance will make the cutting and sewing process much easier.

You will need:

- 100% cotton quilting fabric in approximately 18 coordinating prints
- Two fabric pieces for the pillow back
- One batting piece measuring 45 cm × 45 cm
- One pillow insert measuring 45 cm × 45 cm
- Strong all-purpose sewing thread in a coordinating or neutral color
- Fabric marker or removable marking pen
- Quilting ruler
- Cutting mat
- Rotary cutter
- Fabric scissors
- Straight pins or quilting clips
- Sewing machine
- Iron and ironing board
- Hand-sewing needle
- Zipper, optional
- Basting spray, optional
- Safety pins, optional for quilting

Choose fabrics with a mixture of light, medium, and dark values. This contrast is important because it helps the central star remain visible after all the patchwork units are joined.

Small geometric prints, florals, stripes, dots, chevrons, and low-volume fabrics work especially well. Try to distribute similar colors around the block instead of placing all matching fabrics in one area.

Cutting Chart

All measurements below include the 0.75 cm seam allowance shown in the tutorial chart.

Cut the following pieces:

- Square A: Cut 4 pieces measuring 12.5 cm × 12.5 cm

- **Rectangle B:** Cut 4 pieces measuring 12.5 cm × 6.5 cm
- **Triangle C:** Cut 8 right triangles with 12.5 cm sides, cut from squares
- **Parallelogram D:** Cut 8 pieces measuring 12.5 cm × 6.5 cm, cut on the bias
- **Triangle E:** Cut 8 right triangles with 8.5 cm sides, cut from squares
- **Corner Triangle F:** Cut 4 right triangles with 12.5 cm sides
- **Backing:** Cut 2 pieces measuring 47 cm × 47 cm
- **Batting:** Cut 1 piece measuring 45 cm × 45 cm

Before cutting all the pieces, prepare the fabric by washing, drying, and pressing it. Prewashing is optional for some quilting projects, but it is recommended when you want to reduce the risk of uneven shrinking or color bleeding later.

Use a sharp rotary cutter and an acrylic quilting ruler for the most accurate results. Small measurement errors can accumulate across the block and make the star points difficult to align.

Label each group immediately after cutting. Small paper labels marked A, B, C, D, E, and F will prevent the pieces from becoming mixed up.

Step 1: Cut and Organize the Fabrics

Begin by pressing every fabric to remove folds and wrinkles. Lay each fabric flat on the cutting mat with the selvage edges aligned.

Square one edge of the fabric using your ruler and rotary cutter. Measure carefully and cut the required squares and rectangles according to the cutting chart.

For the triangle pieces, first cut the appropriate square. Draw or visually identify a diagonal line from one corner to the

opposite corner, then cut directly along that diagonal to create two matching right triangles.

Cut the parallelogram pieces carefully because the angled edges may stretch more easily than straight-grain edges. Avoid pulling or handling these pieces excessively.

As you cut, arrange the pieces into labeled groups:

- Group A for the large squares
- Group B for the rectangles
- Group C for the large triangle units
- Group D for the parallelograms
- Group E for the smaller triangles
- Group F for the outer corner triangles

Place the pieces on a design board, clean table, or large piece of batting. This will allow you to experiment with color placement before sewing.

Step 2: Make the Half-Square Triangle Units

The tutorial uses half-square triangle construction for pieces C and E.

Select two fabric squares that are intended to become one half-square triangle unit. Place them right sides together, aligning all four edges.

Using a removable fabric marker and quilting ruler, draw one diagonal line from one corner to the opposite corner on the wrong side of the lighter fabric.

Sew one straight seam 0.75 cm away from the marked line on the first side. Turn the unit and sew another seam 0.75 cm away from the marked line on the opposite side.

After both seams are complete, cut directly along the drawn diagonal line. The original pair of squares will now produce two half-square triangle units.

Open each unit and press the seam carefully. You may press the seam allowance toward the darker fabric or press it open. Pressing toward the darker fabric usually prevents the seam allowance from showing through the lighter fabric.

Repeat this process until you have completed:

- 8 units using the C pieces
- 8 units using the E pieces

Do not stretch the diagonal edges while pressing. Lift and lower the iron instead of sliding it aggressively across the fabric.

Check each completed unit with a quilting ruler. Trim small fabric ears, often called dog-ears, from the corners. Square the units if necessary so they remain consistent.

Step 3: Create the Diamond and Star Units

The main star is built from smaller pieced sections. These sections include triangle units, rectangles, parallelograms, and square-based components.

Lay out the first set of pieces exactly as shown in the design. Place a square or half-square triangle unit in the center area and position the surrounding triangles and parallelograms around it.

Before sewing, check the direction of every printed fabric. Stripes, chevrons, and directional motifs can appear upside down or misaligned if the pieces are rotated incorrectly.

Join the smaller pieces in pairs whenever possible. Place the pieces right sides together and sew with a consistent 0.75 cm seam allowance.

Press each seam after sewing. Alternate the direction of the seam allowances when two sections will later be joined. Opposing seam allowances can nest together and make matching points easier.

To form the diamond-shaped units, join the angled pieces carefully. Match the ends of the seam lines rather than aligning only the raw outer edges.

The ends of angled pieces may extend slightly beyond one another before sewing. This is normal. The seam intersection is more important than making every raw corner appear perfectly aligned.

Continue assembling the small sections until you have the complete collection of diamond, triangle, and square units required for the star layout.

Step 4: Arrange the Complete Star Block

Place all completed patchwork units on a flat work surface.

Begin at the center of the pillow and work outward. The central portion forms a pinwheel-like star with alternating prints and colors.

Position the remaining units around the center to form the larger geometric star. Place the darker fabrics strategically around the outside and use lighter or lower-volume fabrics where you want the design to appear more open.

Arrange the four corner triangles at the outer corners. These pieces help convert the star arrangement into a square pillow front.

Step back and look at the entire layout before sewing. Check for the following:

- Repeated fabrics placed too close together
- Two dark fabrics creating an unintended heavy area
- Directional prints facing the wrong way
- Star points positioned incorrectly
- Missing or rotated units

Taking a quick photo with a phone can help you remember the correct arrangement while sewing.

Step 5: Sew the Block into Rows

Once you are satisfied with the layout, organize the units into horizontal rows.

Begin with the first row. Join the pieces from left to right using a 0.75 cm seam allowance. Keep the original arrangement beside the sewing machine so you do not accidentally rotate a unit.

Sew slowly as you approach angled points. Accurate seams are essential for preserving the geometry of the star.

After completing the first row, press the seams in one direction. Sew the second row and press its seams in the opposite direction.

Continue this alternating pressing pattern for the remaining rows. For example:

- Row 1 seams pressed to the right
- Row 2 seams pressed to the left
- Row 3 seams pressed to the right
- Row 4 seams pressed to the left

This method allows the seam intersections to nest together when the rows are joined.

Place the first two rows right sides together. Insert pins directly through the seam intersections to keep the points aligned.

Sew the rows together, removing each pin before the needle reaches it. Never sew directly over a pin because it may break the needle or damage the sewing machine.

Continue joining the rows until the complete star block is assembled.

Step 6: Press and Square the Pillow Front

Place the completed block on the ironing board with the wrong side facing upward.

Press the row seams carefully. If the seams naturally fall in one direction, press them that way. If the center becomes too bulky, press selected seams open to distribute the fabric layers.

Turn the block right side up and press again. Use steam only when appropriate for your fabrics and avoid stretching the block.

Allow the block to cool completely on a flat surface. Fabric can change shape while warm, so moving it immediately may distort the star.

Measure the block vertically, horizontally, and diagonally. The chart indicates an unfinished block size of approximately 44 cm × 44 cm before final pillow construction.

Use a large square ruler to trim the outside edges. Maintain an even amount of fabric around the star points.

Do not cut directly through the ends of the star points. Leave enough seam allowance beyond each point so it will remain sharp after the pillow cover is sewn.

Step 7: Layer the Front, Batting, and Backing

Prepare the quilt sandwich for the pillow front.

Place the backing or lining layer on the work surface with the wrong side facing upward. Smooth it completely.

Position the batting over the backing layer. Then place the finished patchwork front on top with the right side facing upward.

The layers should be arranged as follows:

- 1. Patchwork front, right side up**
- 2. Batting in the center**
- 3. Backing or lining fabric, right side down**

Smooth the layers from the center toward the edges. Remove all folds, bubbles, and wrinkles.

Secure the layers with safety pins, long basting stitches, or temporary fabric basting spray. Begin in the center and work outward.

If using safety pins, position them approximately 8 to 10 cm apart. Add extra pins near bulky seam intersections.

Basting prevents the layers from shifting while quilting.

Step 8: Quilt the Patchwork Front

Quilting joins the three layers and adds definition to the star design.

Install a walking foot on the sewing machine if available. A walking foot moves the upper and lower fabric layers together and helps reduce puckering.

Choose a quilting method that complements the geometric design. Suitable options include:

- **Stitching in the ditch along the main seam lines**
- **Quilting approximately 0.5 cm beside the seams**
- **Echo quilting around the star shapes**
- **Straight diagonal quilting**
- **A simple square grid**
- **Free-motion quilting in the background areas**

Begin near the center of the block and quilt toward the outer edges. This reduces the chance of trapping excess fabric in the middle.

Backstitch briefly at the beginning and end of each quilting line, or leave long thread tails and secure them by hand.

Check the back frequently to make sure there are no folds or large thread loops.

After quilting, place the front on a cutting mat and trim the edges so all layers are even and square.

Step 9: Prepare the Pillow Back

The original tutorial uses two backing pieces, although a zipper may be added if preferred.

Cut two backing pieces measuring approximately 47 cm × 47 cm, following the chart.

Place the two pieces right sides together. Align the edges and pin or clip around the perimeter.

Mark an opening approximately 15 cm wide along the bottom edge. This opening will be used to turn the pillow right side out and insert the pillow form.

Sew around the outside edges with a 0.75 cm seam allowance. Stop when you reach the first opening mark and backstitch.

Restart at the second opening mark, backstitch, and continue sewing around the remaining edges.

Press the seam allowances near the opening inward by 0.75 cm. Pre-pressing this area will make the final hand stitching easier.

For additional strength, sew a second line of stitching near the first seam at the corners and along the opening ends.

Step 10: Join the Pillow Front and Back

Place the quilted patchwork front on the table with the right side facing upward.

Position the prepared pillow back over it with the right side facing downward. The right sides of the front and back should be touching.

Match the raw edges and corners. Pin or clip around all four sides.

Sew around the entire pillow using a 0.75 cm seam allowance. Keep the previously prepared 15 cm turning opening accessible.

Reinforce the corners by stitching a second short line across each corner. This helps prevent the seams from opening when the pillow insert is added.

Trim excess batting and fabric from the seam allowances if necessary.

Clip diagonally across each corner, being careful not to cut through the stitching. Removing this small amount of bulk will create sharper corners after turning.

Step 11: Turn the Pillow Right Side Out

Reach through the 15 cm opening and gently pull the pillow cover right side out.

Work slowly to avoid stretching the opening or pulling on the seams.

Use a blunt corner-turning tool, chopstick, or capped fabric marker to shape the corners. Do not use scissors because the sharp point could puncture the fabric.

Smooth the seams between your fingers so the edges lie evenly.

Press the pillow cover carefully. Keep the iron moving and use an appropriate temperature for cotton fabric.

At the opening, make sure the pressed seam allowances remain folded inward and aligned with the finished edge.

Step 12: Insert the Pillow Form

Fold the 45 cm × 45 cm pillow insert in half or compress it gently.

Guide the first half of the insert through the opening. Push it toward the two far corners.

Insert the remaining portion and work the filling into the final corners.

Adjust the pillow form by pulling the cover over it rather than forcing the insert aggressively through the opening.

Fluff the pillow and check that all four corners are filled evenly.

The cover should appear full but not excessively stretched. If the seams are under too much pressure, remove the insert and check that no fabric or batting is trapped incorrectly.

Step 13: Close the Opening by Hand

Thread a hand-sewing needle with a strong coordinating thread.

Knot the end of the thread and hide the knot inside the folded seam allowance.

Use a ladder stitch, also called an invisible stitch, to close the opening.

Take a small horizontal stitch inside the folded edge on one side. Move directly across the opening and take another small stitch inside the opposite folded edge.

Continue alternating from side to side. Keep the stitches approximately 3 to 5 mm apart.

Pull the thread gently every few stitches. The folded edges should come together and hide the thread.

At the end, make a secure knot. Insert the needle into the seam, bring it out a few centimeters away, and trim the thread close to the fabric. The thread end will disappear inside the pillow.

Optional Zipper Closure

A zipper may be installed instead of closing the pillow permanently by hand.

Choose a zipper that is slightly shorter than the pillow edge. A zipper measuring approximately 35 to 40 cm is usually practical for this pillow size.

Finish the raw edges of the backing pieces with a zigzag stitch or serger.

Position the zipper along the bottom edge with the right side of the zipper facing the right side of the fabric.

Use a zipper foot to sew close to the zipper teeth. Attach the second backing section to the opposite zipper tape.

Open the zipper partially before sewing the front and back together. This is essential because the opening will allow you to turn the pillow cover right side out.

A zipper closure makes it easier to remove the cover for washing.

Main Sewing Methods Used

¼-Inch Seam Allowance

Use a consistent seam allowance of approximately 0.75 cm, or close to ¼ inch, unless another measurement is specifically indicated.

A quarter-inch presser foot can help maintain accuracy. You may also place removable sewing tape on the machine bed as a visual guide.

Straight Stitching

Use a standard straight stitch for piecing and pillow construction.

A stitch length between 2.0 and 2.5 mm works well for most quilting cotton. Use a slightly shorter stitch when sewing tiny pieces or bias edges.

Pressing

Press after every major seam.

Pressing is different from ironing. Instead of moving the iron back and forth, lower the iron onto the seam, hold briefly, and lift it again.

This method prevents the patchwork pieces from stretching or becoming distorted.

Trimming

Trim dog-ears from half-square triangle units and remove excess fabric from uneven edges.

A sharp rotary cutter produces cleaner and more accurate results than scissors for most straight cuts.

Stitching in the Ditch

Stitching in the ditch means quilting directly along or very close to an existing seam line.

This technique emphasizes the piecing without adding a distracting quilting pattern.

Optional Topstitching

Topstitch around the outside edge of the pillow for a crisp, structured finish.

Topstitching may be completed approximately 0.3 to 0.5 cm from the finished edge after the pillow is turned and pressed.

Avoid topstitching across the hand-sewn opening until it has been completely closed.

Tips for Accurate Star Points

Accurate star points depend on careful cutting, sewing, and pressing.

Use a scant $\frac{1}{4}$ -inch seam if your test pieces finish slightly too small. A scant seam is sewn just a thread-width narrower than a full $\frac{1}{4}$ inch.

Pin directly through important seam intersections. Insert the pin through the exact point on the first unit and then through the matching point on the second unit.

Sew with the piece containing the visible point on top whenever possible. This allows you to watch the needle pass just outside the point intersection.

Do not pull the fabric behind the presser foot. Allow the feed dogs to move it naturally.

If a point is slightly imperfect, avoid repeatedly unpicking the same area. Bias edges can stretch easily, and excessive handling may cause more distortion than the original error.

Fabric Selection Tips

Use high-quality 100% cotton quilting fabrics with a similar weight and weave.

Include a mixture of:

- **Small-scale prints**
- **Medium-scale prints**
- **Geometric patterns**
- **Dots**

- **Stripes**
- **Florals**
- **Low-volume fabrics**
- **Dark accent fabrics**

Place contrasting fabrics next to one another so each star section remains visible.

Avoid using too many medium-value fabrics. Without enough light and dark contrast, the geometric star may disappear into the background.

Take a black-and-white photograph of the layout before sewing. This removes the distraction of color and reveals whether the values are balanced.

Directional fabrics can add movement, but they require careful placement. Lay out all directional pieces before sewing and photograph the arrangement for reference.

Chain-Piecing for Faster Assembly

Chain-piecing can make the construction process faster and reduce thread waste.

Prepare several pairs of pieces and stack them beside the sewing machine in the correct order.

Sew the first pair without cutting the thread. Place the next pair under the presser foot and continue stitching, leaving a small thread connection between the units.

Repeat until all matching pairs are sewn.

Remove the chain from the machine and cut the connecting threads.

Press and return the units to their original positions on the design board.

Chain-piecing works especially well when constructing repeated half-square triangles and matching side units.

Final Measurement Check

Before inserting the pillow form, confirm the following measurements:

- Finished pillow cover: approximately 45 cm × 45 cm
- Unfinished patchwork block: approximately 44 cm × 44 cm
- Pillow insert: 45 cm × 45 cm
- Seam allowance: 0.75 cm
- Backing pieces: two pieces measuring 47 cm × 47 cm
- Turning opening: approximately 15 cm

Small variations are normal in handmade patchwork. The most important goals are a square finished cover, secure seams, evenly distributed quilting, and a comfortable fit around the pillow insert.

Care Instructions

Wash the completed pillow cover according to the fabrics and batting used.

For a removable cover, take out the pillow insert before washing.

Machine wash in cold water on a gentle cycle. Use a mild detergent and avoid bleach.

Do not use harsh stain removers unless they have been tested on the fabrics.

Tumble dry on low or air-dry flat.

Press with a warm iron when necessary.

If the cover is not removable, spot-clean whenever possible to preserve the pillow insert and hand-stitched opening.

Ideas for Using the Patchwork Star Design

The same star block can be used for many other sewing and quilting projects.

You can transform it into:

- A small wall hanging
- A quilted table topper
- A decorative mini quilt
- A tote bag panel
- A large quilt made from repeated blocks
- A chair cushion
- A seasonal pillow
- A memory project made from meaningful fabric scraps

For a larger quilt, make multiple star blocks and join them with solid or low-volume sashing.

You may also create several pillow covers in coordinating colors for a sofa, reading chair, guest room, or sewing studio.

Final Result ★

Your finished Patchwork Star Pillow should feature a bright central star, carefully matched points, balanced prints, and a softly quilted surface.

Give the pillow a final press, insert the 45 cm × 45 cm form, and gently fluff each corner. The combination of colorful quilting cotton, geometric piecing, and handmade quilting creates a decorative pillow that is both useful and unique.

Sew carefully, press frequently, check the layout before joining each section, and enjoy every stage of creating your handmade patchwork star pillow.

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