



The XPS extruded foam (also sold as builders insulation boards) come in various colours and thicknesses. I have used both blue and yellow. Check that the 'skin' is not too thick for the pins to enter.

# Basic Foam Pillow

by Jenny Brandis

# MATERIALS

50x50cm XPS Multi-use foam board 50x50cm Felt x 2 125x60cm Cotton fabric Dressmaking pins

## METHOD

 Place a square of felt on top of the foam. Angle the pins at 43 degrees and push them into the foam every 8-10cm around the edge. (*fig: 1 & 2*)

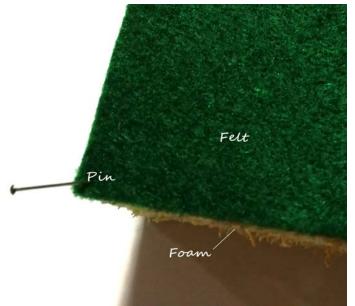


Fig: 1 Pin the felt to the foam



Fig: 2 every 8-10 cm

2. Turn it over and add the second square of felt to the reverse side.

This pillow is best for small pieces of lace such as bookmarks and small mats. The pillow is reversible (so you can turn it over and use the other side if the top gets too 'squishy').

Using pins rather than hand stitching allows you to take the fabric off for cleaning/replacing

3. Wrap the cotton fabric around the felt covered foam. Add temporarily pins to attach the fabric to narrow edge before easing the fabric around the entire pillow. Fold under the end of the fabric and add pins to attach the fabric tightly. (*Fig: 3*)



Fig: 3 Wrap the cotton fabric around the foam

4. Fold the corners over and secure with pins (*Fig: 4*)



Fig: 4 Fold over the corner, pin

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- 5. fold down and pin the top fabric
- 6. Add a fold to the base piece before pinning in place on both open sides. (*Fig. 6*)



Fig: 6 Fold and pin the fabric in place

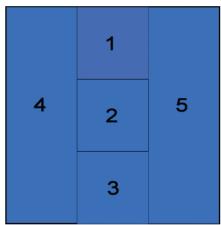
5 Piece Pillow by Jenny Brandis

### MATERIALS

46x46cm XPS Multi-use foam board 46x46cm Felt x 2 125x60cm Cotton fabric 46x46cm thin board or corflute 2mt elastic Dressmaking pins

### METHOD

- 1. Cut the foam with a hand saw into 3 even sized pieces (15 cm wide x 46 cm long)
- 2. Cut one of those pieces into 3 even sized pieces (15 cm wide x 15 cm long)
- 3. Cover the individual pieces using the same method as the basic foam pillow.
- 4. Place the 5 pieces on the board and wrap the elastic around at top and bottom (*Fig. 8*)



# Cutting the foam suggestions

I used a hand saw but the following have been suggested online.

- Serrated kitchen knife (bread knife)
- Dental floss tied between to 2 pencils
- bandsaw
- Extendable blade, score at 1 depth, extend the blade, score again until all the way through

#### Alternate finishing

Cover the base board with fabric then glue the outside lengths 4 & 5 to the base board - thus eliminating the need for the elastic.

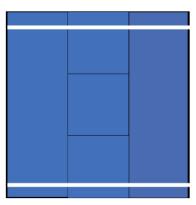


Fig: 8 Completed 5 piece pillow

The 5 piece pillow is best for pieces of lace such as lengths, bookmarks and small mats.

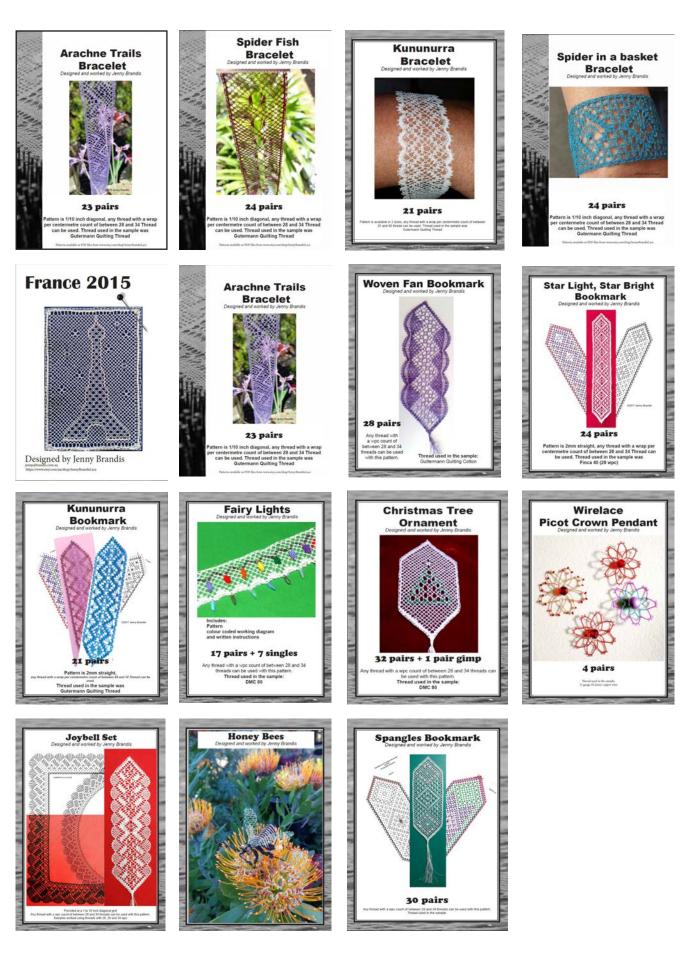
Use the centre set of blocks to make the lace lengths by rotating the blocks as you work.

Generally you work on the centre block (block 2 in fig 7) and as the lace progresses you rotate the blocks by taking the top one and placing it at the base, thus moving the 2 bottom blocks upwards.

As the lace gets longer and pins are moved you roll the lace onto a roller that you pin to the top block.

Fig: 7 Placement of covered foam pieces

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