



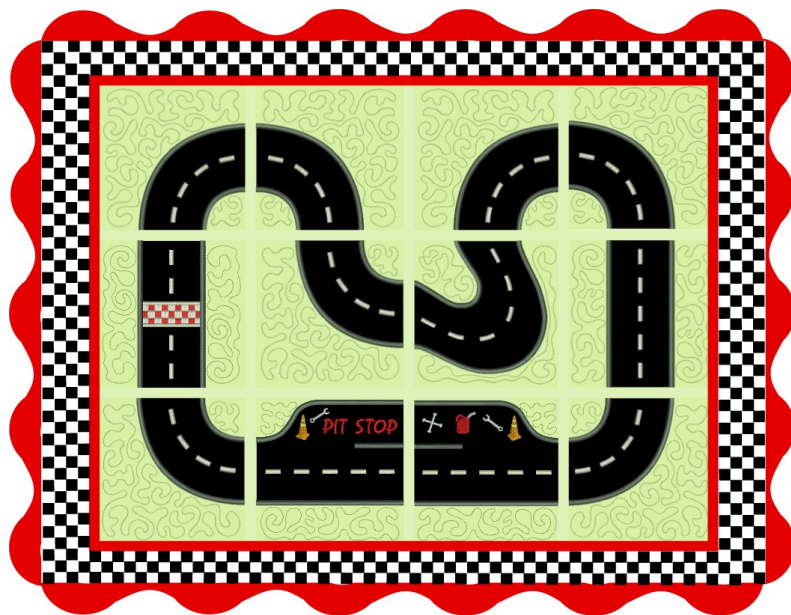
## AT THE TRACK PILLOW SHAM

HOOP SIZE: 5x7

The blocks in this pillow sham are from At the Track.  
They are sold separately.

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### SUPPLY LIST

- ✿ Cut away mesh stabilizer
- ✿ ¼ yd of 93" wide high loft batting for the track squares
- ✿ ⅓ yd base fabric (shown in green)
- ✿ ⅓ yd fabric for the track appliques (shown in black)
- ✿ ⅛ yd fabric for the sashing (shown in light green)
- ✿ ⅛ yd fabric for the trim (shown in red)
- ✿ ¼ yd fabric for the border (shown in black and white checks)
- ✿ ⅝ yd fabric for the pillow lining
- ✿ ½ yd fabric for the pillow back
- ✿ 3 yds jumbo rickrack
- ✿ Ruler
- ✿ Rotary cutter
- ✿ 80/12 sharp embroidery needles and regular needles
- ✿ Embroidery thread, sewing thread, and bobbin thread
- ✿ Embroidery nips (or small scissors)
- ✿ Temporary spray adhesive

Finished size: 18" x 24"

[www.shellysmola.com](http://www.shellysmola.com)  
[shelly@shellysmola.com](mailto:shelly@shellysmola.com)

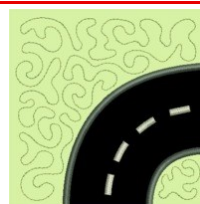
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[myfairladydesigns@hotmail.com](mailto:myfairladydesigns@hotmail.com)

### DESIGN YOUR PILLOW SHAM

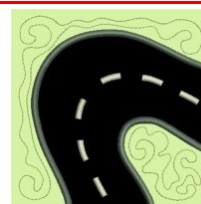
These instructions show how to make a sham with the track shown above. However, you can design your own track! Just cut out the templates on page 11, and arrange them so that you have 3 rows of 4 squares. Or you can use one of the tracks on page 10. Once you have decided on your track design, follow the instructions on pages 2-3 to make the track sections you need.

## TRACK SECTIONS

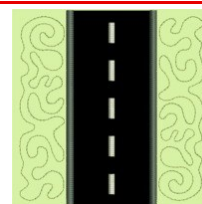
The instructions below show how to make the straight track section, but the instructions for the corner sections shown at the right are the same. Cut one piece of batting and one piece of base fabric (shown in green in the pictures) for each square (the measurements are shown below). Use a size 80/12 sharp embroidery needle and embroidery thread. Before you begin, make sure that you have plenty of embroidery thread for the track finish, the lane dividers, and the stippling. Your carrier will look its best if these threads are the same in every square. Also, lightly spray the inner ring of your hoop with temporary adhesive spray. This will keep the stabilizer from moving or getting loose while you embroider your squares.



Corner 1



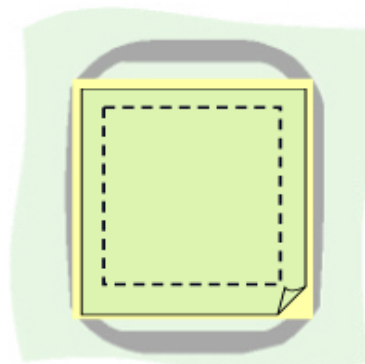
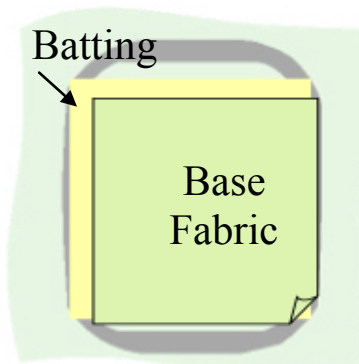
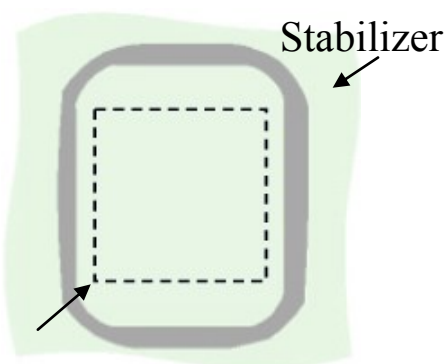
Corner 2



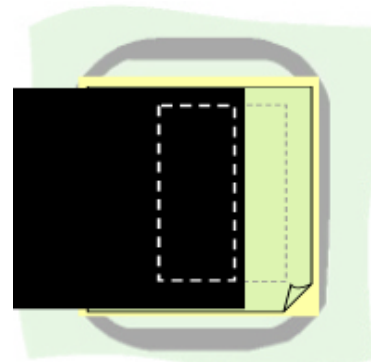
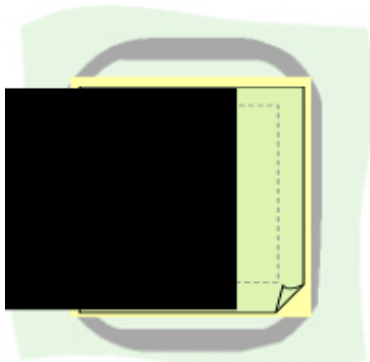
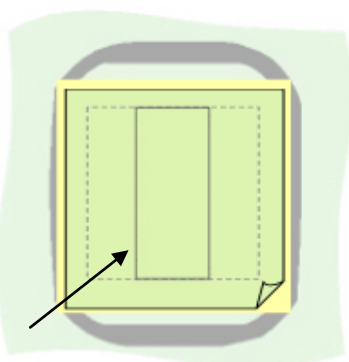
Straight

For each track section, cut:  
1 - 6" x 6" square of base fabric  
1 - 6" x 6" square of batting

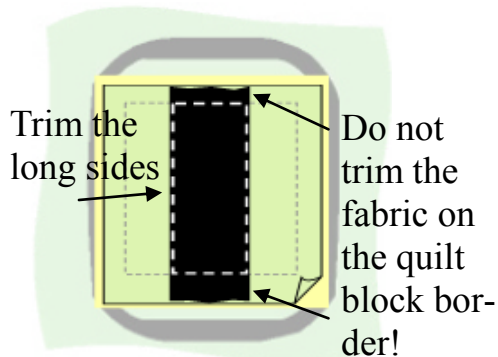
For the track appliqués, cut two 6" strips of 42" wide fabric.



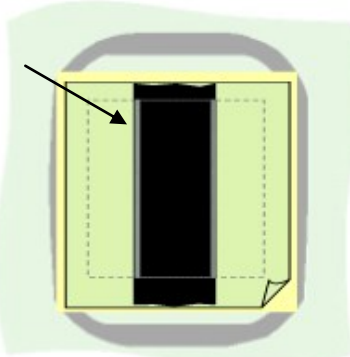
1. Hoop a piece of cut away mesh stabilizer. Embroider the placement line on the stabilizer (color 1). Use thread that will blend with your base fabric.
2. Place the batting and base fabric over the stitched outline. They should overlap the outline on all edges by at least  $\frac{1}{4}$  inch.
3. GENTLY hold the fabric and batting in place, and embroider the tackdown line (color 2). Use the same thread.



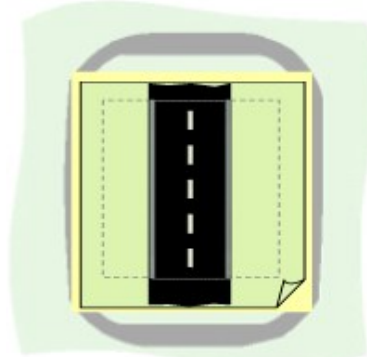
4. Embroider the placement line for the track (color 3). Use thread that will match or offset your track fabric. I used dark gray.
5. Place a strip of track fabric over the track placement line. Make sure that it covers the stitched line completely.
6. Embroider the cutting line for the track (color 4). You do not need to change thread! It is only shown in white here so that you can see it.



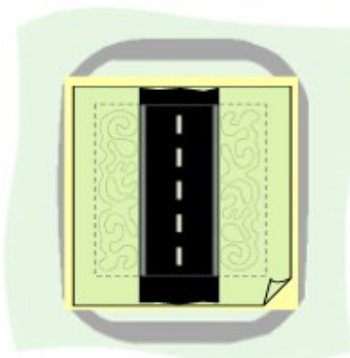
7. Trim the track fabric along the sides of the track. DO NOT trim the fabric along the top and bottom of the track - this fabric needs to be included in your seam allowance!



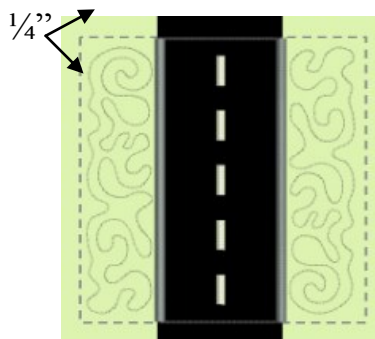
8. Embroider the finish for the sides of the track (color 5).



9. Embroider the lane dividers (color 6).



10. Embroider the stippling (color 7). Use thread that will match or contrast with the base fabric.

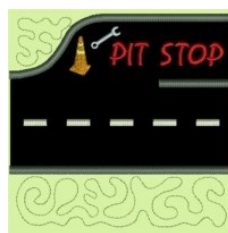


11. Unhoop the square, and use a ruler and rotary cutter to trim the square  $\frac{1}{4}$ " away from the stitched outline. This is your seam allowance.

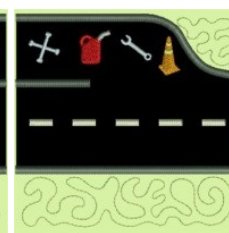
## PIT STOP AND START LINE

These sections start out exactly the same as the straight section, they just have more colors.

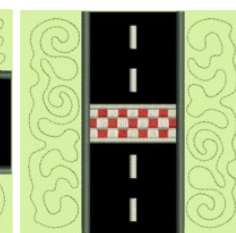
1. Cut one 6" x 6" square of base fabric and one 6" x 6" square of batting for each square.
2. Lightly spray the inner ring of your hoop with temporary adhesive spray.
3. Follow steps 1-9 for the straight track section.
4. Use the color charts on page 9 to embroider the rest of the squares. You will be on color 7.
5. Unhoop the square, and use a ruler and rotary cutter to trim the square  $\frac{1}{4}$ " away from the stitched outline. This is your seam allowance.



Pit Stop A



Pit Stop B

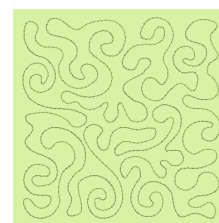


Start Line

## GRASS SQUARE

I didn't use this square in my track, but you might use it in yours. So...

1. Cut one 6" x 6" square of base fabric and one 6" x 6" square of batting.
2. Lightly spray the inner ring of your hoop with temporary adhesive spray.
3. Follow steps 1-3 on page 2.
4. Embroider the stippling.
5. Unhoop the square, and use a ruler and rotary cutter to trim the square  $\frac{1}{4}$ " away from the stitched outline. This is your seam allowance.

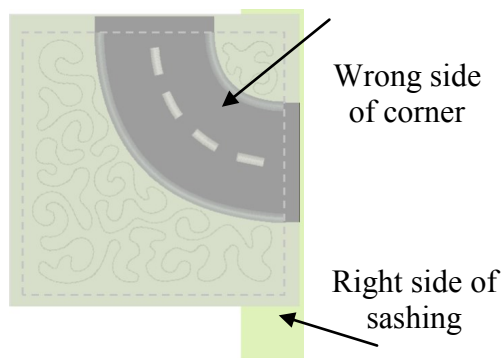
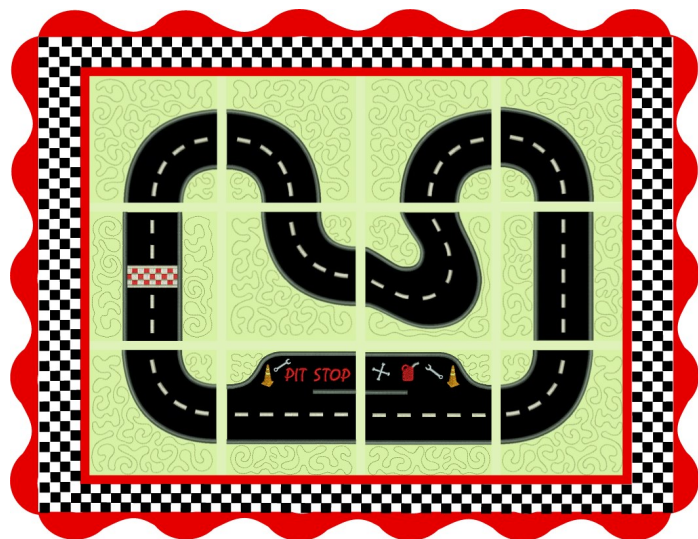


Grass Square

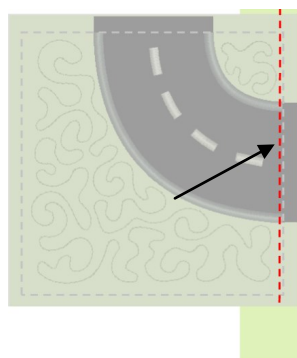
# PILLOW TOP

You will need the following:

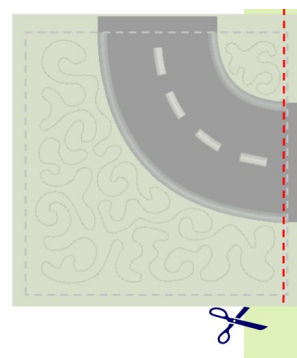
- Track squares - If you are making the track at the right, please make:
  - ☐ 1 straight track square
  - ☐ 1 start line square
  - ☐ 7 corner 1 squares
  - ☐ 1 corner 2 square
  - ☐ 1 Pit Stop A
  - ☐ 1 Pit Stop B
- 3 - 1½" strips of 42" wide fabric for the sashing (shown in light green)
- 2 - 1" strips of 42" wide fabric for the trim (shown in red)
- 1 - 2" strip of 42" wide fabric for the side borders (shown in black and white checks)
- 2 - 1½" strips of 42" wide fabric for the top and bottom borders (shown in black and white checks)
- ⅝ yd fabric for the pillow lining (this can be really inexpensive fabric like muslin)
- 1½ yds jumbo rickrack



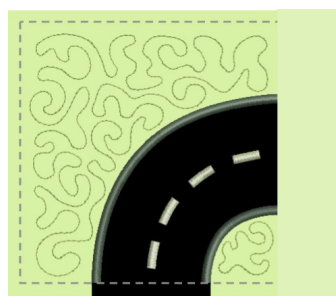
1. Take the top left corner and place it over a strip of sashing, right sides together.



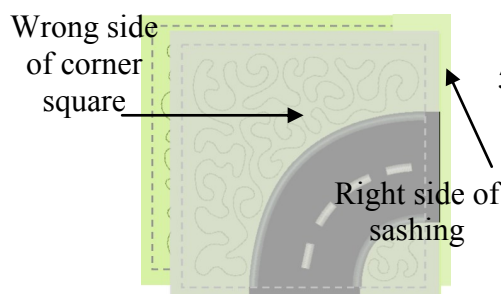
2. Stitch together using the stitched outline on the corner as your seam guide. Stitch JUST INSIDE the line as shown to hide the embroidered seam guide.



3. Trim the unused portion of the sashing so that it is even with the bottom of the corner.

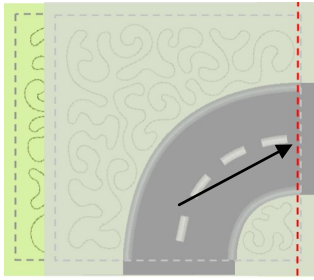


4. Open the sashing and press. The seam will naturally open toward the sashing.

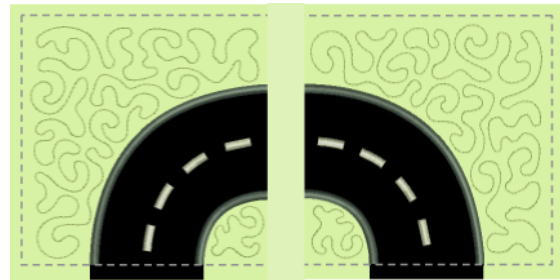


5. Place a corner square right sides together with the sashing.

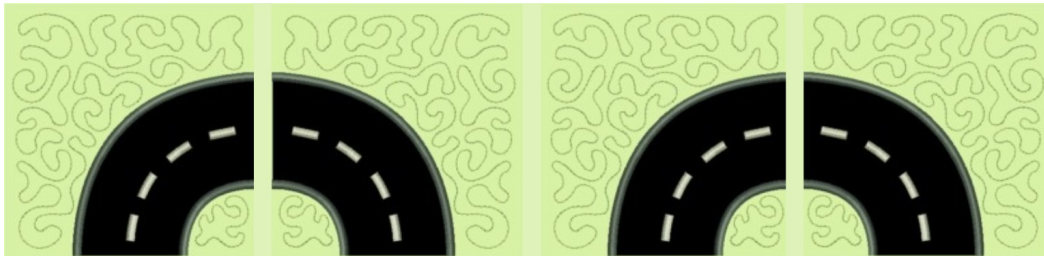




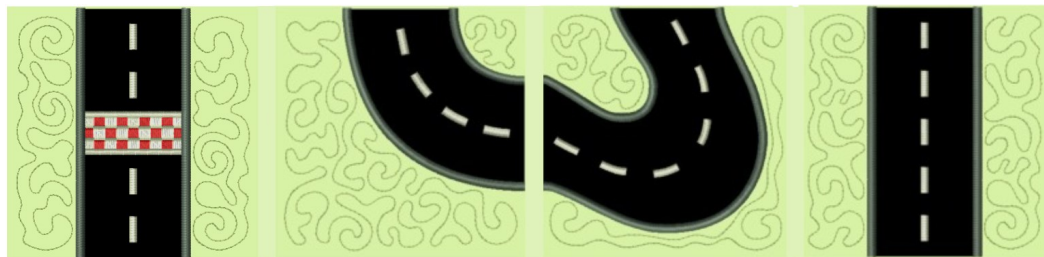
6. Stitch together using the embroidered outline on the straight track square as your seam guide. Stitch JUST INSIDE the line as shown to hide the seam.



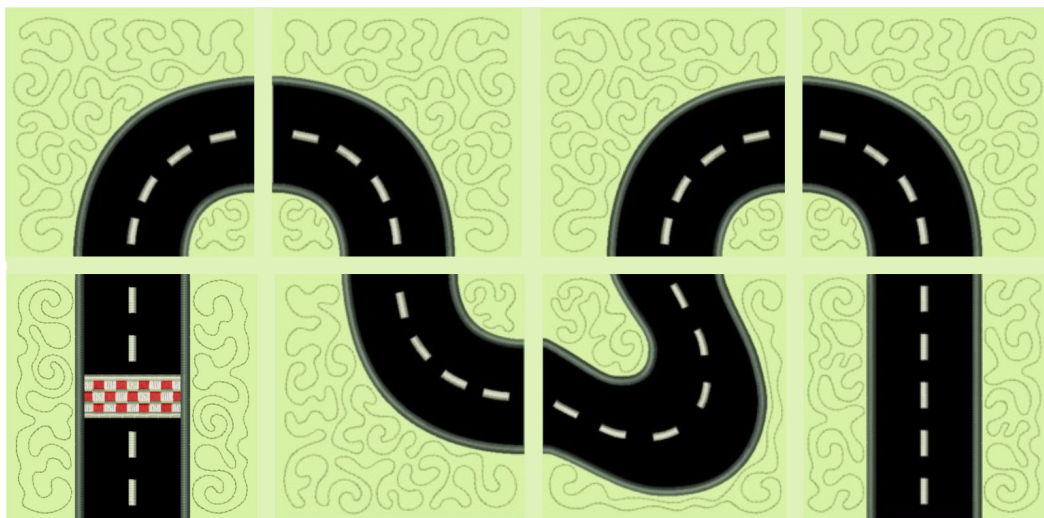
7. Open out the blocks, and finger press the sashing.



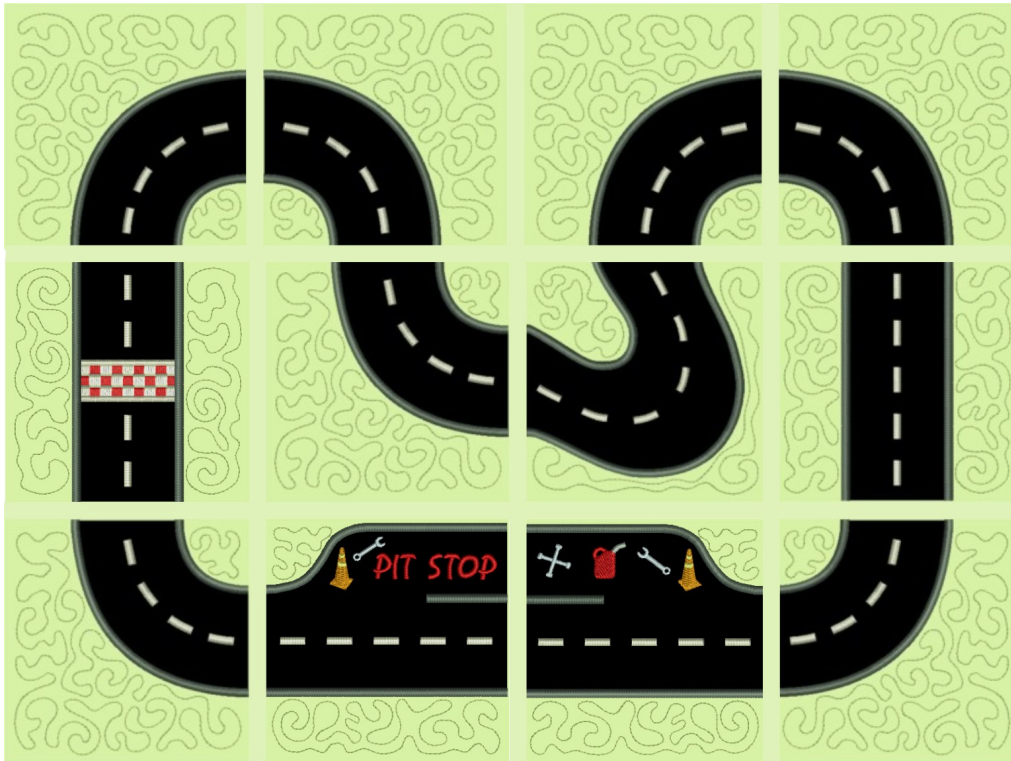
8. Add the rest of the squares in the top row in the same manner.



9. Join the blocks in row 2 with sashing.



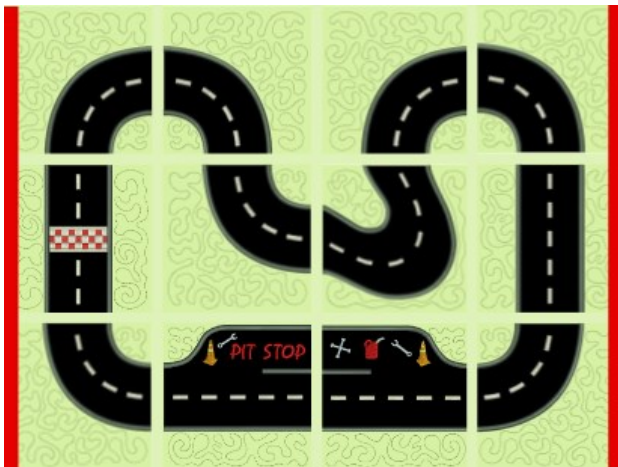
10. Stitch rows 1 and 2 together. Make sure your sashing and track line up by pinning!



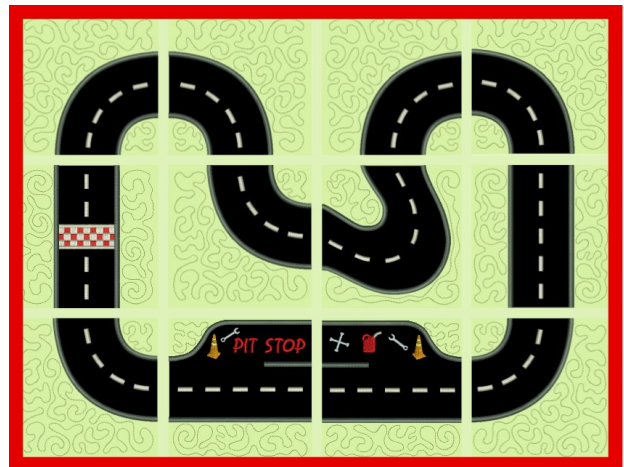
11. Join the blocks in row 3, and attach the row to the pillow top with sashing.



12. Press both of the 1" strips of trim in half wrong sides together so that they are  $\frac{1}{2}$ " wide.

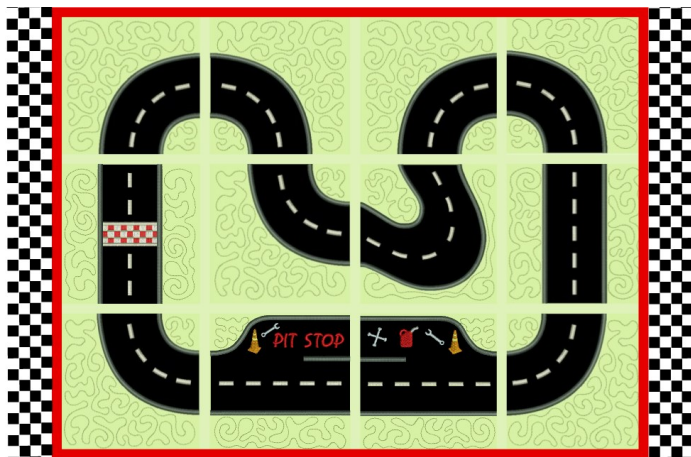


13. Baste one strip of trim along one side of the pillow top so that the raw edges line up. Use a  $\frac{1}{8}$ " seam allowance. Trim the excess, and put it aside. Baste the second strip of trim along the other side, and trim the excess.

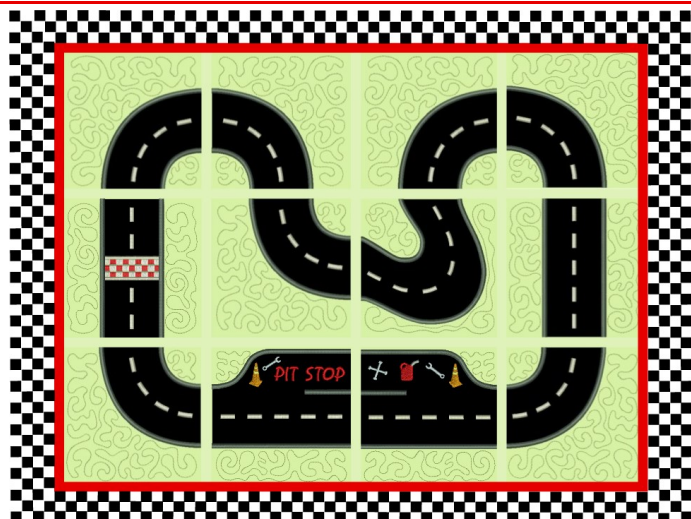


14. Baste the leftover lengths of trim along the top and bottom of the pillow top.

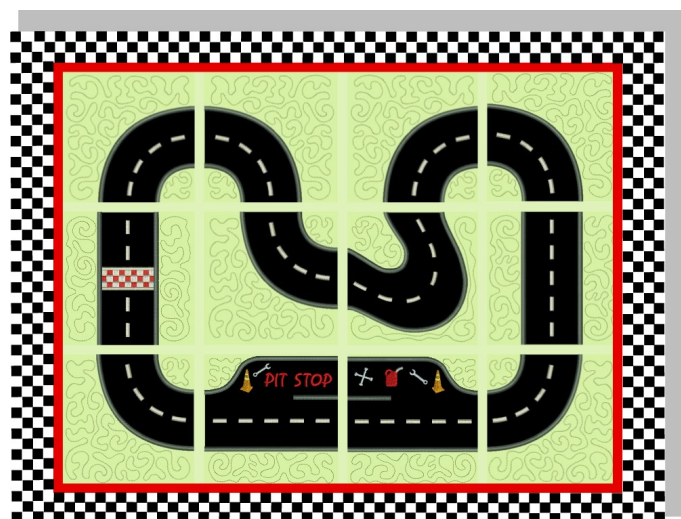




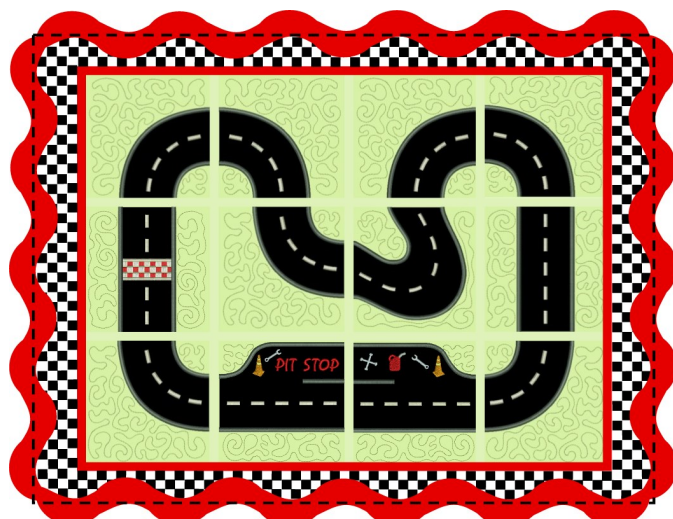
15. Sew one side border to the pillow top. Use a  $\frac{1}{4}$ " seam allowance. Trim the excess, and press open. Use the remainder of the strip for the other side border.



16. Sew the top and bottom borders to the pillow top. Use a  $\frac{1}{4}$ " seam allowance. Trim the excess, and press open.



17. Cut the lining fabric to match the pillow top. With wrong sides together, baste the lining to the pillow top. Use a  $\frac{1}{8}$ " seam allowance.



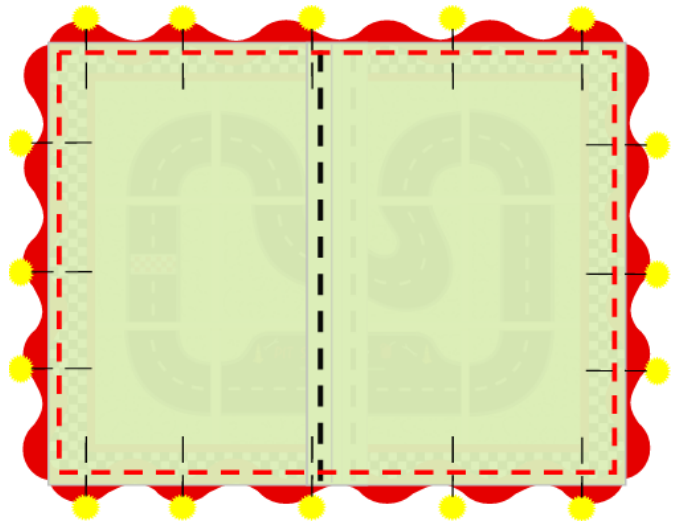
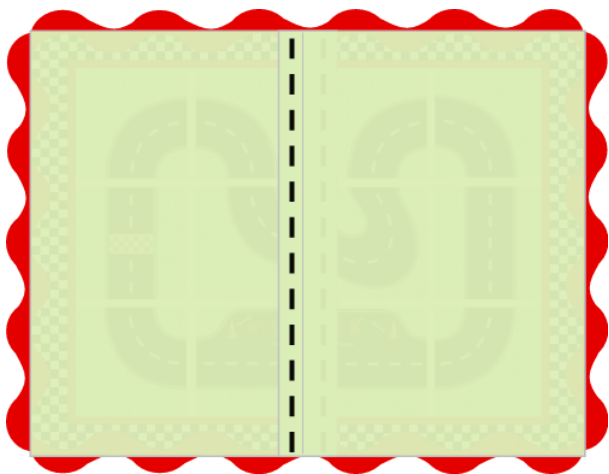
18. Baste the rickrack around the pillowcase. Use a  $\frac{1}{8}$ " seam allowance.

## PILLOW BACK

You will need 2 - 14" x 18 $\frac{1}{2}$ " pieces of fabric.

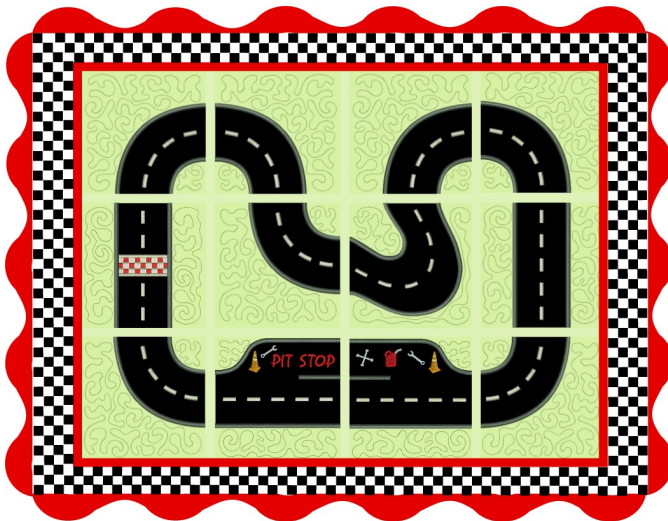
1. Hem one long edge of each pillow back by pressing the raw edge under  $\frac{1}{4}$ " and then  $\frac{1}{4}$ " again before stitching.





2. Place the backs wrong sides together with the pillow top so that the raw edges line up and the hemmed edges overlap in the center.

3. Pin in place. Stitch together using a  $\frac{1}{4}$ " seam allowance. Use a walking foot!



4. Clip the corners, serge the edges if desired, and turn the pillow sham right side out. Insert a pillow, and you're done!

## RESOURCE GUIDE

- [allstitch.net](http://allstitch.net)
  - ◇ Cut away stabilizer: Sheer Stitch PolyMesh Stabilizer
  - ◇ 505 Adhesive Spray
  - ◇ Embroidery thread
  - ◇ Embroidery needles
- [www.shellysmola.com](http://www.shellysmola.com)
  - ◇ Embroidery nips
- [www.quiltersdreambatting.com](http://www.quiltersdreambatting.com)
  - ◇ Quilters Dream Batting: Quilters Dream Puff

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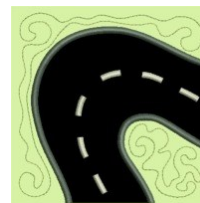
# COLOR CHARTS AT A GLANCE

## CORNERS 1 AND 2, STRAIGHT

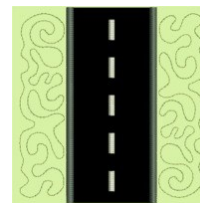
1. Placement line for base fabric and batting - Stop and place fabric and batting over the line!
2. Tackdown for base fabric and batting
3. Placement line for track appliqué - Stop and place track fabric over the line!
4. Cutting line for track appliqué - Stop and trim track fabric!
5. Dark Gray - Finish for track appliqué
6. White - Lane dividers
7. Green - Grass stippling



Corner 1



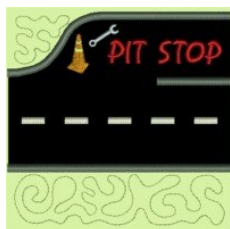
Corner 2



Straight

## Pit Stop A

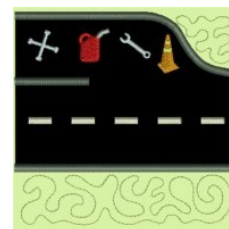
1. Placement line for base fabric and batting - Stop and place fabric and batting over the line!
2. Tackdown for base fabric and batting
3. Placement line for track appliqué - Stop and place track fabric over the line!
4. Cutting line for track appliqué - Stop and trim track fabric!
5. Dark Gray - Finish for track appliqué
6. White - Lane dividers
7. Red - "Pit Stop"
8. Silver - Wrench
9. Orange - Cone
10. Cream - Cone stripes
11. Green - Grass stippling



Pit Stop A

## Pit Stop B

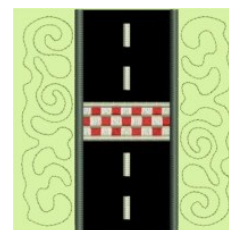
1. Placement line for base fabric and batting - Stop and place fabric and batting over the line!
2. Tackdown for base fabric and batting
3. Placement line for track appliqué - Stop and place track fabric over the line!
4. Cutting line for track appliqué - Stop and trim track fabric!
5. Dark Gray - Finish for track appliqué
6. White - Lane dividers
7. Orange - Cone
8. Cream - Cone stripes
9. Gray - Gas can nozzle
10. Red - Gas can
11. Silver - Wrench and tire iron
12. Green - Grass stippling



Pit Stop B

## START LINE

1. Placement line for base fabric and batting - Stop and place fabric and batting over the line!
2. Tackdown for base fabric and batting
3. Placement line for track appliqué - Stop and place track fabric over the line!
4. Cutting line for track appliqué - Stop and trim track fabric!
5. Red - Contrast checkers
6. White - White checkers and lane dividers
7. Dark Gray - Finish for track appliqué
8. Green - Grass stippling



## Grass

1. Placement line for base fabric and batting - Stop and place fabric and batting over the line!
2. Tackdown for base fabric and batting
3. Green - Grass stippling



[illegible]

# TRACK SQUARE TEMPLATES

Use these track sections to design your own track!

