

Sports-Jersey Pillows

This easy pillow project is perfect for all sorts of sports fans. You can use just about any size jersey (or t-shirt), and it's suitable for men, women, girls and boys—so anyone with a favorite team (or old team uniform) can get in on the action.

Here's a play-by-play on how you can make your own:

What you'll need

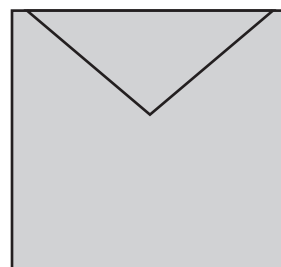
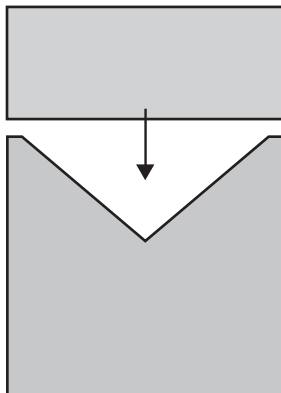
- 1 sports jersey (preferably made of heavy mesh or cotton) or favorite t-shirt
- 1 pillow form (Choose a size based on the size of the shirt you want to use. You should be able to find forms from 14 inches square up to 24 inches square at most craft stores.)
- Thread to match the jersey color
- 1 piece of cardboard or heavy-duty paper 1 inch longer and wider than the size of the pillow form
- Marker (washable)



How to make it

1. Start by cutting the jersey in half along the sides so that you have two pieces, a front and a back.
2. Now, create a frame from your cardboard/paper by cutting out the center to about an inch from the outside. Place the paper frame on the front piece of the jersey to center the design. Trace around the outside of the frame onto the jersey front in washable marker to give yourself cutting lines. Do the same process to the back piece of the jersey. Cut out the squares along the lines.

NOTE: If your front design is close to the neck of the jersey, you'll need to add a piece of fabric behind the neck opening so there won't be a gap when you sew your pillow together. Once you've drawn your squares, you can use a piece from the leftover fabric to fill the gap. Cut a piece slightly larger than the neck hole from the excess fabric. Place this "patch" piece behind the neck opening, both right sides facing up, and pin. Sew the patch on.



3. Now place both the jersey front square and the jersey back square right sides together and pin all the edges. Sew along the edges with seam allowance of about $\frac{1}{2}$ inch. Leave a 6-inch to 8-inch opening along one side.
4. Turn it inside out and gently stuff the pillow form into the opening. Then slipstitch the opening closed.

TIP: If you'd like the thrill of the pillow, without the agony of the work, you can find websites that do it for you—all you need is a jersey or t-shirt to mail them and some money to pay for it, and you're good to go. Touchdown!

