



“Hot-dog/Burrito-Method” Pillowcases with Optional Trim and Cuffs for Sensory Needs

Video from Missouri Star Quilters

<https://www.youtube.com/watch?v=MrYWCma9wgM&t=331s> Minute 3:25 layout

Fabric: Width of Fabric (WOF) by Lengths: 9”, 3”, and 27” is for Standard

● **9” cuff/band** – ANY fabric ---try nice textures to pet like faux furs or bumpy minky, that you sew ON TOP of the exposed cuff once it’s been turned out by ‘birthing’ the burrito! See **Embroidery/Appliques*.

● **3” (Optional) trim/piping** - 3” ANY --- think smooth shiny textures or like soft bumpy minky

● **27” body** - 100% smooth COTTON because it goes against skin. (Natural materials only for skin!)

Try to maximize your more exciting fabric designs for the CUFF, not the body which can be solids.

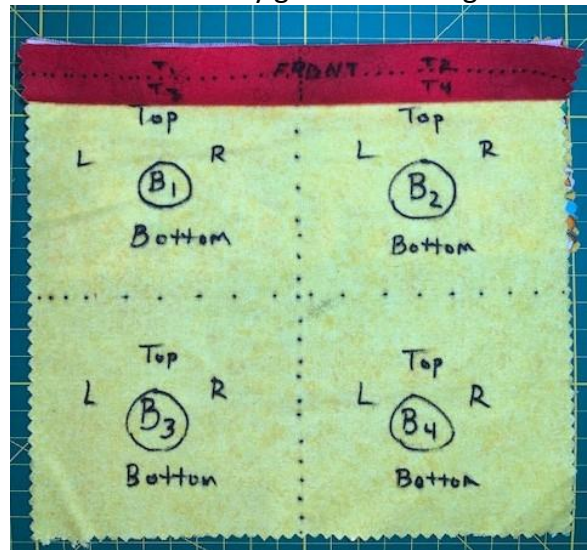
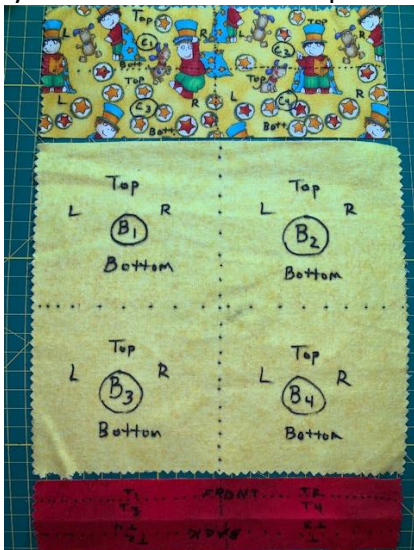
Pillow sizes: Body-long 20x54; King 20x36, Queen 20x30, Standard 20x26. Make cases 1” bigger around plus seams!

Assembly Directions: REMEMBER CBT order – Cuff, Body, then Trim, right sides up, raw 5 edges at top!

1. Press **Cuff** in half, lengthwise. OPEN flat. Lay out CUFF right side UP with WOF going from left to right.
2. Lay body, right side UP on TOP of the CUFF, WOF left to right. *Directional fabrics see *Embroidery Note.*
3. Optional folded **Trim**, right side UP: Fold and press in half lengthwise, **wrong sides together (WST)**. Lay on TOP of body, with WOF going left to right. RAW edges together at the top and clip/pin together.
4. Fold (loosely, not tight) body fabric from the bottom, like a burrito, up close to the top, until you can see the CUFF exposed. Take the cuff edge on the cuff’s bottom and pin it to the top raw edge and leave the body burrito INSIDE it. You have 5 layers to sew: 2 of the cuff, 1 of the body and 2 of the trim.
5. Sew across the top pinned/clipped WOF using a 1/2” seam being careful to catch ALL seams (we sew twice across). **Gently** reach inside the burrito to pull inside out to "birth" the pillowcase. If when you pull on one spot, it stops, then tug gently on another spot until it all turns inside out. Iron seams.
6. Trim off selvages so pillowcase’s width approx. = 41” (20 ½” when folded). If adding MINKY/Faux furs/appliques to cuff, stitch a wide zig zag around minky edges to lock it down to outside cuff.
7. You can serge with wrong sides together OR sew **French (hidden) Seams** as follows:
 - a. With WST, PIN edge to FIRST match trims, pin/clip all along the side and bottom. Sew 1/4” seam along the top long edge down to bottom corner. Remember to back stitch at start & end!
 - b. Trim seam allowance to about 1/8”.
 - c. Press seams (if material can iron!) to one side. This will make it easier to get the seam along the edge of the French seam. Turn pillowcase inside out, right sides together, and press again.
 - d. If have MS Label: Insert a Mending Souls label about 1” from top of cuff so that it will be seen on the top outside of the pillowcase.
 - e. Sew a big 3/8” seam on the bottom and long edge to ‘catch’ and encase the raw edges of previous seam that your finger can feel as you sew. Remember to back stitch at start and end!

***Embroidery or Applique Note for Cuff or Trim:** To hide stitches, you can add embroidery or appliques to BOTTOM HALF of CUFF front ONLY, or all FRONT side of folded trim, prior to making a burrito. If your layout is Cuff, Body, then folded Trim on top with all FACING UP, then all will be SAME facing up, visible on the outside of your pillowcase **except** the top half of your cuff – it will be inside and appear upside down on the inside.

Layout of Pillowcase with quadrants 1-4 marked to show where they go after turning out.



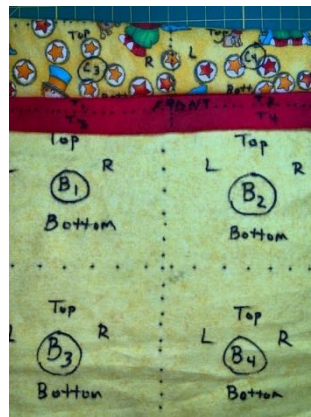
Steps 1, 2, 3: Cuff, Body, Folded Trim Raw Edges at top, all facing UP: Stack Cuff, Body, then Folded Trim



4: Fold Up the Body until you see the Cuff. Stop. Pin Raw cuff bottom edge to top raw edges, encasing body.



5: Stitch across top raw edge. Gently 'birth' burrito by gently pulling.



6: Trim 'Birthed' case
See top HALF of CUFF went inside. Only bottom half remains.



#6 Option: Add minky to Cuff.
Then follow Step 7 to serge or sew down the side and bottom.