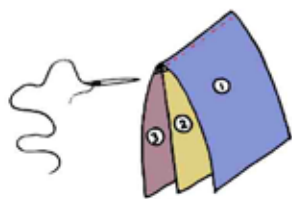
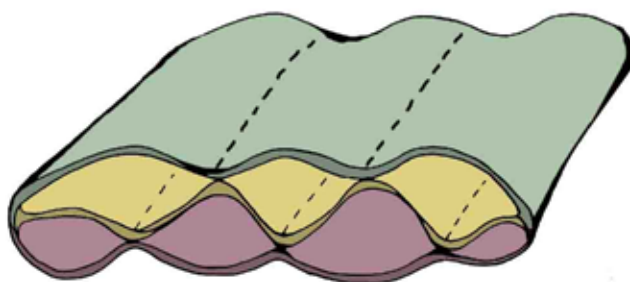
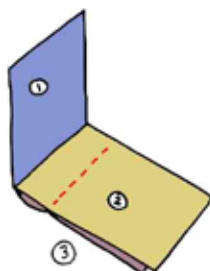


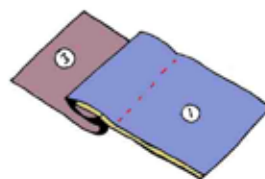
Alternating Walls Cushion



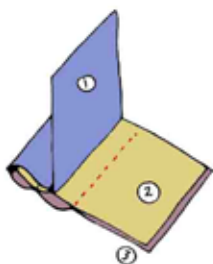
1. Stitch together three pieces of fabric one end.



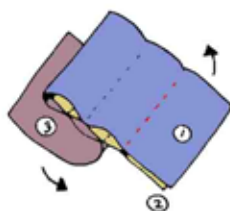
2. Pull up piece 1 and stitch piece 2 to piece 3 as shown in red, creating a tube between the two layers.



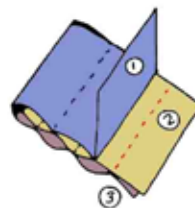
3. Then lay piece 1 down, pull back piece 3 and, further down the fabric, stitch piece 1 to piece 2 as shown.



4. Pull back piece 1 and, again, stitch piece 2 to piece 3, further down the fabric.

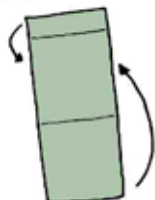


5. Carry on like this, alternating which piece (1 or 3) will be sewn to piece 2, and move all the way down the cushion.



6. Close off the cushion on two sides and fill through the remaining opening. Fill with clean plastic wrappers cut very thin. Pack as tightly as possible, the plastic will become compact with time. Finally, sew the cushion closed and put it in a pillow case.

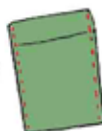
Easy pillow case:



Fold a long piece of fabric on the lines



Stitch along the sides



Turn inside out.