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 Pillows instructions, The definitive
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GROWING UP. . . and OUT WITH PUNK

or "What to do with those hardcore, punk and new wave t-shirts that no longer fit".

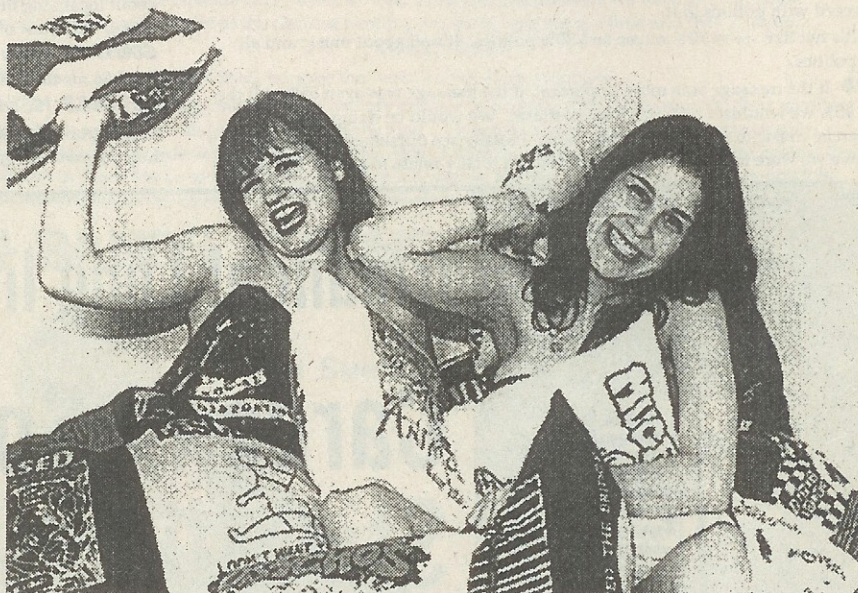
I went to my first hardcore show in 1982. YDI headlined and they were amazing. I weighed under 160 pounds back then. I first broke 180 pounds in 1984. I now weigh around 225. Needless to say, I no longer fit into the same shirts I did when I was 16 and 160.

What to do with those Government Issue, Agnostic Front, Half Life, CH3, Dead Kennedys, Slayer and Russian Meat Squats t-shirts... Well if you know how to sew, or have a really cool mom or girl/boy friend who knows how to sew, here is how you make PUNK ROCK DELUXE PILLOWS. These pillows are made with a flap that makes removing the pillow easy, so that you can wash the cover (your old t-shirts). This of course won't matter to you if you are a crusty punk.

Contributors to this article... T-shirts and witty comment by Frank FOE, photos by Reds, the sexy models are Marguerite and Fran, and the instructions were provided by Mom FOE, who also made the actual pillows because I have been afraid of sewing since a childhood accident and besides, my mom loves doing these things for me, and I appreciate it like you wouldn't believe!

INSTRUCTIONS

- 1) Start with a t-shirt, preferably not the one you are wearing or one you plan on ever wearing again. If you have never done anything like this before, you know, used scissors or a needle or sewing machine, you might want to try it out on some shirts you hate first, just in case you screw up. Or you could use your sisters, brothers or roommates shirts.
- 2) Buy a pillow. If your shirts are Large on up, use a 16" pillow. If they are Small or Medium a 14" pillow will suffice.
- 3) Create a pattern the size of the pillow (basically a 16" or 14" square). Use the plastic bag the pillow came in if you have nothing else to use, or maybe a paper bag, unless of course you have 16" paper laying around.
- 4) Cut the front of the shirt the width of the pattern and the full length of the shirt. Not into a 16" square. For this deluxe pillow, you will need the excess length later. Use rounded scissors if you are feeling suicidal or don't have good eye/hand coordination.
- 5) If back is plain, cut a square using the hem of the shirt as the bottom.





- 6) If a design is to be used, cut the back of the pillow the size of the pattern plus an inch or so. Hem to size of pattern. If you don't understand the word hem, ask your mom to make you these pillows, because you are probably already bleeding and frustrated.
- 7) Lay right sides together matching top corners. The back will be a square the front a rectangle (remember we cut it extra long). The designs should be facing each other (you won't be able to see them - aka it is inside out).
- 8) Fold the extra length at the bottom of the front up over to the back to form a square (still can't see designs, "inside out").
- 9) This is where it gets tricky, neat and makes this the deluxe pillow. Sew 3 sides of square together, including the folded over part to the sides. Don't sew the folded side, aka the bottom. This will leave an opening (where the overlap is).
- 10) Turn "pillow case" (aka old t-shirt) right side out and insert pillow.
- 11) You are done! Go have a pillow fight, take a hard earned nap, have a slumber party or do like I did and invite some sexy friends over to take pictures with your new pillows.

OTHER IDEAS

QUICK N EASY METHOD - Cut 2 squares, sew around the edges, leaving an opening big enough for your hand and stuff it with poly fill (available at just about any craft store) or money or other old shirts that you are ashamed of or whatever, and then stitch the opening closed. This is cheaper and easier to make but harder to clean seeing as the whole pillow must now be washed instead of just the pillow case.

BIGGER IS BETTER - Take 8 squares (or however many you want), sew them all together to make a huge floor pillow (4 squares per side). You can either use the stuff method or buy a really huge pillow.

FLAT OUT EASY - Sew a lot of them together and make a wall hanging or a quilt! Or make it the size of a doorway and hang it instead of beads... Also serves as a great place to stick all your punk rock pins.

SUPER HERO MODEL - Score yourself a few dozen Avail patches, sew them all together to make a cape, and then you could be AVAIL MAN or WOMAN!

HAVE FUN!