

Twin Padded Headboard

This is an beautiful home decorating project you can use to personalize your child's or teen's room. The decorative headboard is padded to make a comfortable sitting place for reading or watching TV.

Materials:

- One 27" x 76" x 4" slab of NU-Foam®
- 1 1/2 yards 54" wide print fabric
- 1/2 yard 54" wide stripe, contrasting print OR solid decorating fabric
- 7 yards 1/4" diameter cotton cording
- Eight 1 1/8" diameter cover buttons
- Thread to match fabrics
- Heavy duty button or carpet thread
- 39" x 20" piece 1/2" plywood
- 1" x 4" x 6' piece pine (wood)
- Eight 1 1/4" long #10 screws
- Four 1 1/2" long 1/4" diameter bolts
- Four 1/4" lock nuts
- Four washers with 1/4" diameter hole
- Paint OR polyurethane to finish pine

Patterns by
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Photography by Brad Stanton

Note: The instructions given will attach the headboard to a standard metal bed frame. If you have another type of bed frame you may need to attach the uprights in a different spot or use different hardware to attach it to the frame.



Look for the Junk Trunk pattern on our websites:
www.hancockfabrics.com or
www.poly-fil.com

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Tools

- ~Sewing machine
 - ~Scissors
 - ~Pins and needles
 - ~Sandpaper - medium and fine
 - ~Screw driver
 - ~Wrench
 - ~Coping saw or jig saw (to round corners)
 - *Optional: Rotary cutter, mat and ruler
- ~Iron
 - ~Ruler and pencil
 - ~5" long dollmaking needle
 - ~Drill with 1/4" and 1/8" drill bits
 - ~Paintbrush

Cutting NU-Foam

Measure, mark and draw a 39" x 20" rectangle in one corner of the NU-foam. Turn the NU-Foam over and mark the rectangle on that side also so that the lines are directly under the lines on the opposite side. Cut along one line, only about 1" of the thickness of the NU-Foam. Turn the cushion over and repeat from the other side. Continue cutting through the NU-Foam a layer at a time until the entire thickness is cut.

Preparing the wood

- 1) Round the corners of the plywood slightly using a coping saw or a jig saw. Sand the corners and the edges so they are smooth.
- 2) Cut the 1" x 4" x 6' pine in half to use for the upright pieces that will attach the headboard to the bed frame. There should be 12" at the top to attach to the back of the headboard. Then measure the distance you will need to attach it to the holes in the bed frame plus 1". *Note: The average mattress and box springs are about 18" deep and there are two holes about 4" apart. So the length of the upright should be about 34" - 36" long.*
- 3.) Following diagram A, drill 1/8" holes in the top of each pine upright piece. Drill 1/4" holes to attach the upright to the bed frame.
- 4.) Following diagram B, drill 2 small holes into the plywood about 1/4" apart at each marking to anchor the buttons.
- 5.) Position the pine uprights onto the plywood. Holding them in place securely, drill through the holes into the plywood. Mark top of headboard. Mark the left and right uprights on the wrong side with an L or an R.
- 6.) Sand the uprights so they are smooth. Finish the uprights with paint or polyurethane. If you use paint be sure to mark the L and R on the wrong side again.

Fabric Cover

- 1.) From print fabric, cut two 40" x 21" pieces for front and back. Cut two 40" x 5" and two 21" x 5" for boxing strip. From stripe fabric, cut 1 3/4" wide bias strips to piece a 250" length. Following diagram B, mark the placement for the buttons on the front. Remember there will be 1/2" seam allowance around the edge of the fabric, so the first hole will be 6 1/2" from the top and 6 1/2" from the side.
- 2.) Stitch ends of bias strips together along the straight grain. Press seams open.
- 3.) Right sides out, fold bias strip in half lengthwise over cording. Stitch along edge of cording using a zipper foot.
- 4.) Pin cording around cushion front and back. Clip seam allowance of cording at corners and round corners, see diagram C. Join ends neatly. Baste cording in place.

- 5.) Stitch pieces for boxing strip together along 5" edges alternating lengths using 5/8" seam allowance to form a rectangular shape. Begin and end stitching 1/2" from top and bottom edge, see diagram D.
- 6.) Matching corners to seams, pin front to boxing strip. Stitch along seamline just inside basting stitches. Pin bottom to boxing strip leaving one long side open. Stitch in place in same manner.
- 7.) Insert NU-Foam inside cushion cover. Then carefully insert plywood headboard behind cushion.
- 8.) Turn under seam allowance of remaining edge of boxing strip. Pin it in place along seam line of bottom. Sew opening closed using slipstitches.
- 9.) Following the manufacturer's directions, cut fabric circles and cover the button forms.
- 10.) Cut about a 36" length of heavy duty thread and thread the dollmaking needle. Pull the ends so they are even. Find the location of the holes in the plywood through the center back. Stitch through one hole on the back and bring the needle up next to the marking on the front. Pull the thread halfway through the headboard. Cut the thread near the needle. Insert the thread ends on the back into the needle and sew through the adjacent hole bringing the needle on the other side of the mark on the front, see diagram E. Insert one end of the thread through the button shank and knot the threads once. Pull the threads to indent the button in the NU-Foam and knot again. Tie three more knots. Using the needle, bury the ends of the thread under the fabric.

Attaching the headboard

- 1.) Insert screws into holes on the uprights so they just come out on the underside. Place the left and right uprights in place so the screws are over the holes on the plywood back. Screw the uprights through the fabric into the plywood.
- 2.) Attach the uprights to the bed frame with the bolts.

