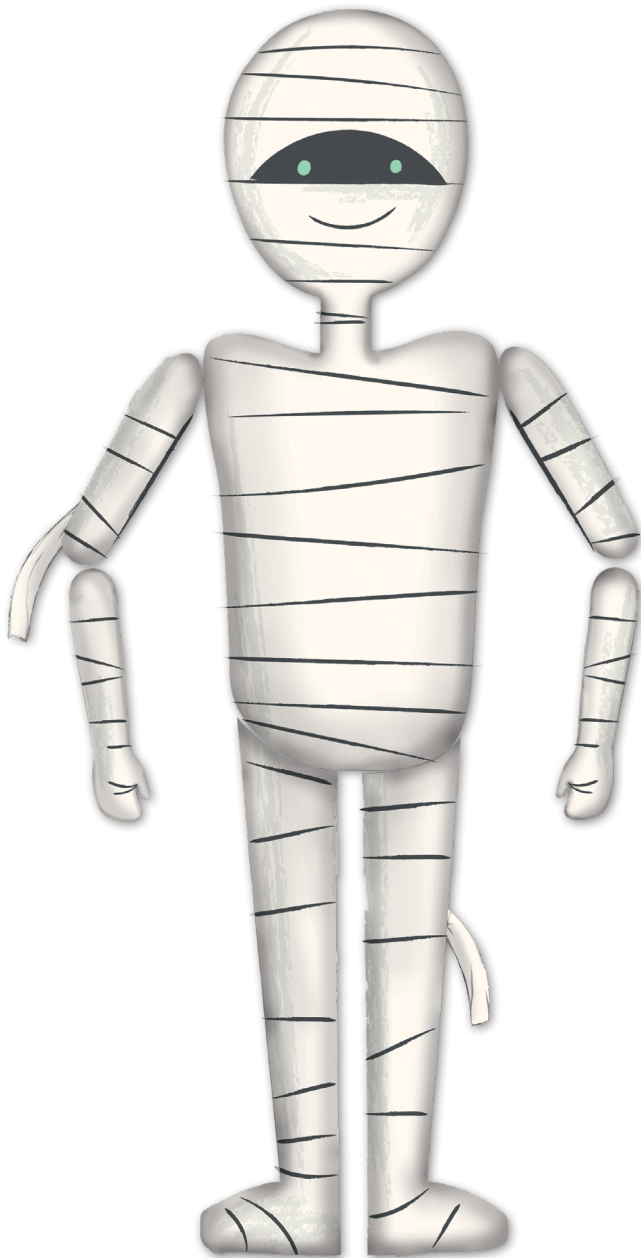


MUMMY PANEL

Riley Blake
DESIGNS



15" x 40"



= Beginner

My Mind's Eye
PAPER GOODS

04/01/2026

MUMMY PANEL

FINISHED PROJECT SIZE 15" x 40"

Please read all instructions before beginning this project.

GENERAL INSTRUCTIONS

Please check www.rileyblakedesigns.com/pattern-updates or scan the QR Code for any updates before starting this project.

This pattern requires a basic knowledge of sewing techniques and terminology. The project diagrams portrayed are virtual images. The layout and look of your project may differ when using actual fabric. It is not recommended to prewash fabric before cutting and assembling.



RST = Right Sides Together

RSO = Right Sides Out

FABRIC REQUIREMENTS

Fabric is from the Frank and Friends collection.

(1) P17479-PANEL Mummy Panel

OTHER SUPPLIES

Basic Sewing Supplies

Polyester Fiberfill

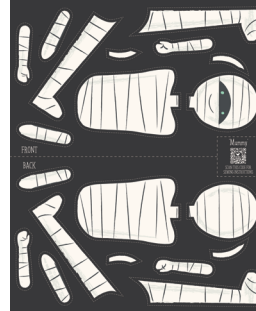
Quilty™ Hemostat (ST-41019)

Thick Thread

18"- to 22"-long Wooden Dowel

CUTTING INSTRUCTIONS

Measurements include ¼" seam allowance. Label, allocate, and organize all cuts according to the panel.



Mummy Panel

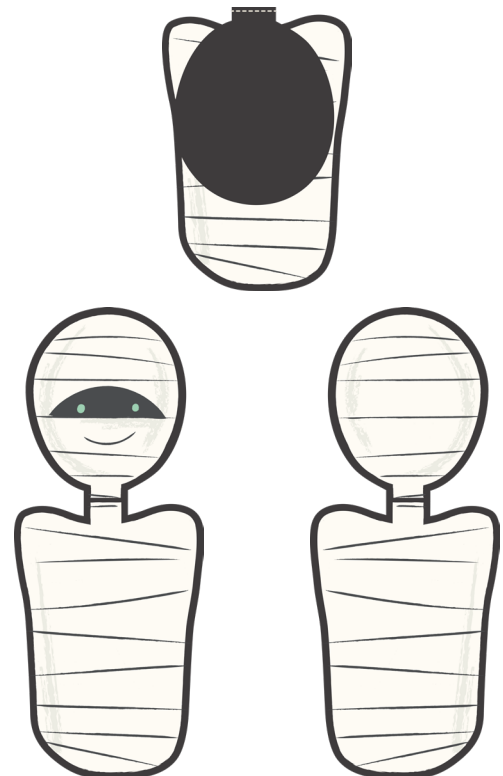
Carefully cut around each piece on the panel on the dashed lines.

SEWING TECHNIQUES

Sew all seams RST and with a ¼" seam allowance unless stated otherwise. Refer to the diagrams for placement of the pieces.

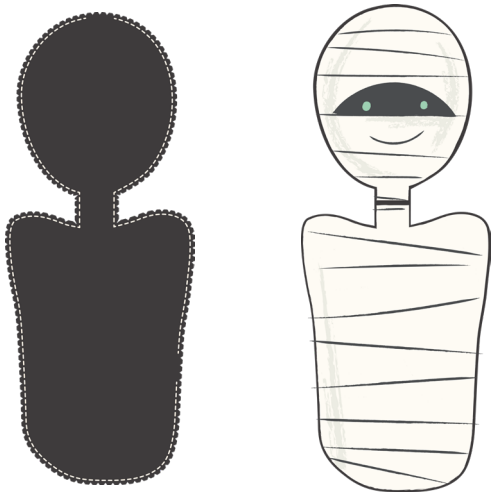
ASSEMBLE THE MUMMY

1. Sew (1) head front to (1) main body front, RST at the neckline using a ⅜" seam allowance. Press the seam open. Repeat for the head and main body back pieces.

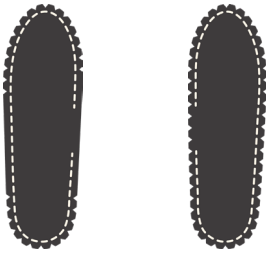


MUMMY PANEL

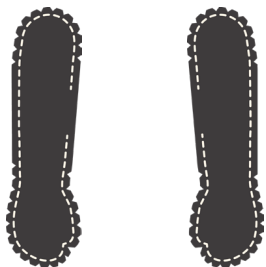
- Place the (2) head/main body pieces RST. Sew around the perimeter of the pieces, leaving a 1 1/2" opening along the top edge and a 1 1/2" opening along the side for turning. Clip the curves. Using the Quilty™ Hemostat, or a turning tool, turn piece RSO through the openings. Place the dowel through the top opening to add some rigidity to the piece. Stuff the piece with fiberfill around the dowel. Whipstitch the openings closed.



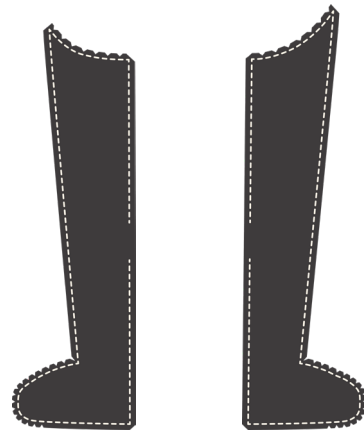
- Place (1) upper arm front and (1) upper arm back RST. Sew around the perimeter of the pieces, leaving a 1 1/2" opening for turning. Make (2) upper arms. Clip the curves.



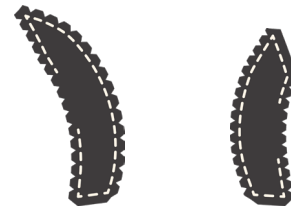
- Place (1) lower arm front and (1) lower arm back RST. Sew around the perimeter of the pieces, leaving a 1 1/2" opening for turning. Make (2) lower arms. Clip the curves.



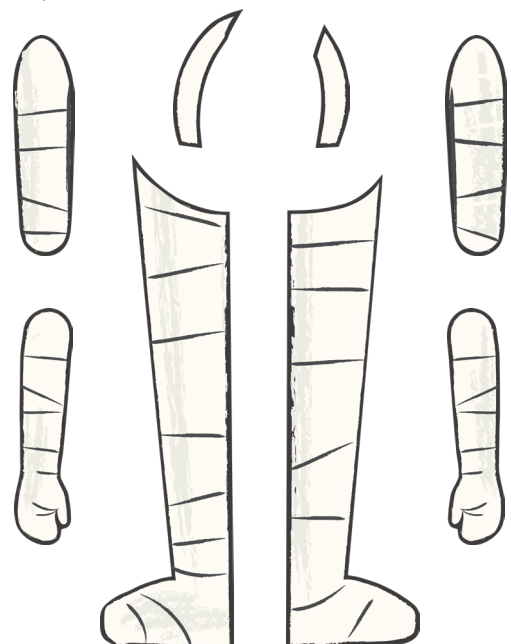
- Place (1) leg front and (1) leg back RST. Sew around the perimeter of the pieces, leaving a 1 1/2" opening for turning. Make (2) legs. Clip the curves.



- Place (1) mummy wrap front and (1) mummy wrap back RST. Sew around the perimeter of the pieces, leaving a 1 1/2" opening for turning. Make (2) mummy wraps. Clip the curves.

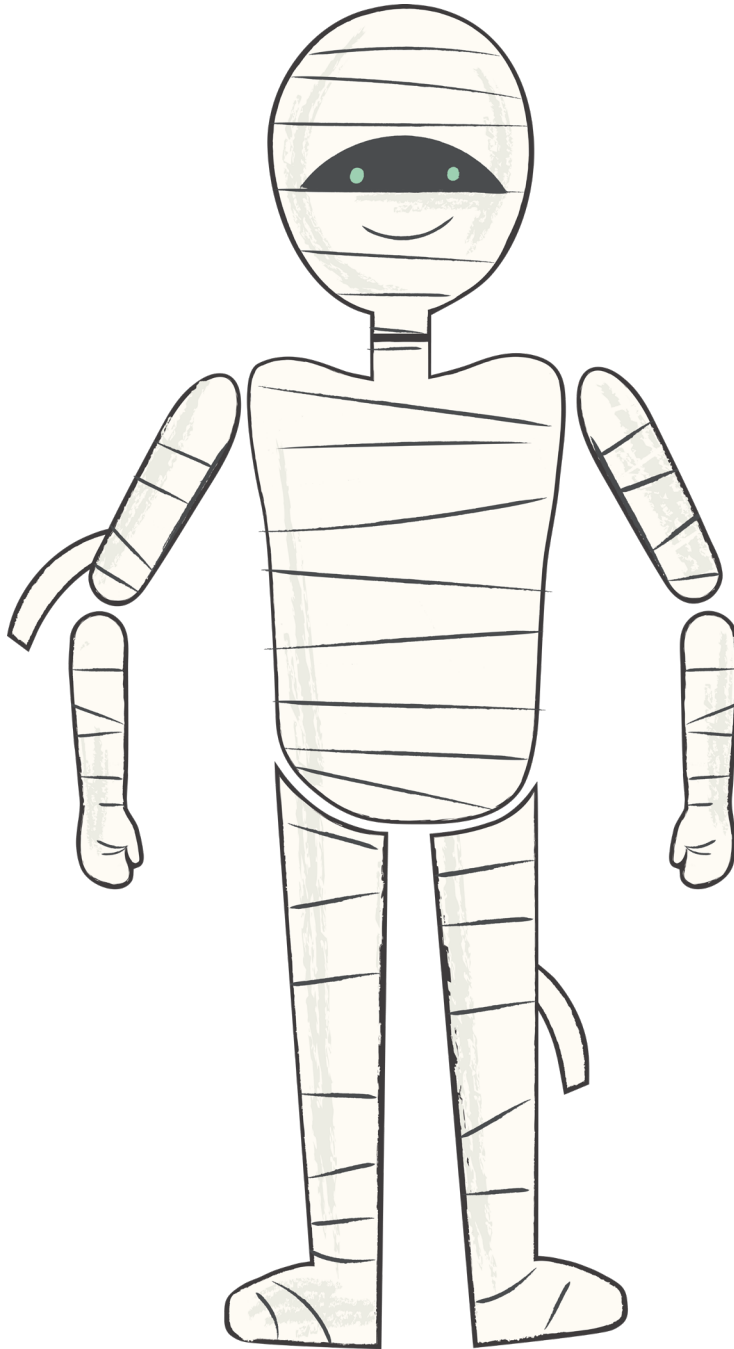


- Using the Quilty™ Hemostat, or a turning tool, turn each arm, leg, and mummy wrap piece RSO through the opening. Stuff with fiberfill. Whipstitch each opening closed. (Note: If desired, the mummy wrap pieces do not need to be stuffed.)



MUMMY PANEL

- Use a thick thread to whipstitch the body and mummy wrap pieces together to form the mummy. Optional: Leave a 1" gap between the body parts to allow for movement after assembly.



Enjoy and share your project using the hashtags:

[#frankandfriendsfabric](#), [#mummypanel](#), [#rileyblakedesigns](#), and [#iloverileyblake](#).