

## ABSTRACT OF THE DISCLOSURE

### PILLOW

A pillow is disclosed which is cut from a block of material (50) and which includes a removable insert (30) within the pillow body which is able to be removed to thereby decrease the height of the pillow. The pillow is cut by cutting part of an upper or lower surface (20, 22), cutting the other of the upper or lower surface (20, 22), cutting the remaining of part of the upper or lower surface (20, 22), making a cut into the pillow body, cutting the insert (30) from within the pillow body and by making a cut through the insert (32) divide the insert (30) into two halves. The cutting is preferably performed in a single cutting pass of a cutting blade.

(FIGURE 5 IS SUGGESTED FOR PUBLICATION)