



Free Knit & Crochet Pattern
Lion Brand® LB Collection® Cotton Bamboo
Aromatherapy Eye Pillows
Pattern Number: L10058



Free Knit & Crochet Pattern from Lion Brand Yarn Lion Brand® LB Collection® Cotton Bamboo Aromatherapy Eye Pillows Pattern Number: L10058

SKILL LEVEL: Intermediate

SIZE: One Size
About 4 x 7 in. (10 x 20 cm)

CORRECTIONS: None as of Apr 15, 2011. To check for later updates, click [here](#).

MATERIALS

- 487-098 Lion Brand LB Collection Cotton Bamboo: Magnolia
1 Ball
- Lion Brand Double-Pointed Needles - Size 5
- Lion Brand Crochet Hook - Size E-4
- Lion Brand Split Ring Stitch Markers
- Large-Eye Blunt Needles (Set of 6)
- Additional Materials
Fabric piece, 7 1/2 x 9 in. (19 x 23 cm) one for each Pillow
Sewing needle and thread
Sewing machine (optional)
Scissors
Dried lavender (available online or at health food stores)
Flaxseed (available at most grocery and health food stores)

Materials Note

1 ball of yarn is sufficient for 2 Pillows

GAUGE:

Exact gauge is not important to this project

STITCH EXPLANATION:

shell (2 dc, ch 1, 2 dc) in indicated ch or chain-space



KNIT PILLOW

Leaving a 12 in. (30.5 cm) yarn tail, cast on 40 sts.

Divide sts onto 4 needles.

Place marker for beg of rnd. Join by working the first st on left hand needle with the working yarn from the right hand needle, being careful not to twist sts.

Rnds 1 and 2: Knit.

Rnd 3: K2, (yo, p1, p3tog, p1, yo, k2) 3 times, k to end of rnd.

Rnd 4: Knit.

Rep Rnds 1-4 until piece measures about 6 1/2 in. (16.5 cm) from beg.

Bind off, leaving a 12 in. (30.5) tail.

CROCHET PILLOW

Leaving a 12 in. (30.5 cm) yarn tail, ch 26. Join with a sl st in first ch to form a ring, being careful not to twist ch. Place marker for beg of rnd, move marker up as each rnd is completed.

Rnd 1: Ch 2, (sk 3 ch, shell in next ch) 3 times, sk 3 ch, dc in each ch to end of rnd; join with sl st in first st.

Rnd 2: Ch 2, (shell in next shell) 3 times, dc in each st to end of rnd; join with sl st in first st.

Rep Rnd 2 until piece measures 6 1/2 In. (16.5 cm) from beg.

Fasten off, leaving a 12 in. (30.5) tail.

FINISHING (BOTH VERSIONS)

Dampen knit or crochet piece, then pin out to 7 in. (18 cm) in length. Allow to dry.

Fabric Insert

Fold fabric in half with RS together to make a 4 1/2 x 7 1/2 in. (11.5 x 19 cm) rectangle.

By hand or machine, and using a 1/2 in. (1.3 cm) seam allowance, seam long side and one end of fabric.



Turn insert RS out through open end.

Insert a funnel or paper cone into opening, then fill insert with flax and lavender.

Sew opening closed.



FINISHING

Place filled insert inside Pillow and adjust so that stitch pattern fits neatly on one side.
 Use yarn tails to sew Pillow closed.
 Weave in ends.

ABBREVIATIONS / REFERENCES

[Click for explanation and illustration](#)

| | |
|--------------------------------------|---|
| beg = begin(s)(ning) | ch(s) = chain(s) |
| dc = double crochet | k = knit |
| p = purl | p3tog = purl 3 together |
| rep = repeat(s)(ing) | rnd(s) = round(s) |
| RS = right side | sk = skip |
| sl st = slip stitch | st(s) = stitch(es) |
| tog = together | yo = yarn over |

Every effort has been made to have the knitting and crochet instructions accurate and complete. We cannot be responsible for variance of individual knitters and crocheters, human errors, or typographical mistakes.

We want your project to be a success! If you need help with this or any other Lion Brand pattern, e-mail support is available 7 days per week. Just click [here](#) to explain your problem and someone will help you!

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