



GREEN PEACE



EYE PILLOW, BY VICKIE HOWELL
EXCERPTED FROM AWAREKNITS

Taking care of our earth starts, with taking care of yourself. Trust us, we know what it's like to feel guilty relaxing but just a few minutes of quiet time will make a world of difference, in both your productivity and peace of mind. This aromatherapy eye pillow is a simple way to bring a little clear-headedness to your busy day.

MATERIALS

1 hank (will make several) Malabrigo
Lace (100% Baby Merino wool; Approx.
470 yds/50 gr) in color: Paris Night 52
Size US E (3.75mm)
Tapestry Needle
7" x 4" piece of recycled fabric
Sewing Thread & Needle
Sewing Machine (optional)
1 cup Dried Chamomile
3 Tbs Dried Lavender

GAUGE

24 sts x 13 rows = 4"(10cm) in DC

FINISHED SIZE

7" x 4"

(Note: for longer pillow, add 2 more
granny squares and 6 more rows of DC.
Adjust fabric piece accordingly.)

DIRECTIONS

Front/Granny Squares (Make 8)

Rnd 1: Ch 2, 8 sc in 2nd ch from hook. Join rnd
with a sl st.

Rnd 2: Ch 3, 2dc in base of ch, [ch 2, sk1, 3dc
in next st] 3 times, ch 2. Join in 2nd of beg 3
ch. --12 dc

Rnd 3: Work 2 sl st in 3dc, (ch 3, 2dc, ch 1, 3dc)
in ch-2 sp, [ch2, (3dc, ch 1, 3dc) in ch-2 sp] 3
times, ch 2. Join with a sl st.

Rnd 4: Ch5, sk1, sc, *ch4, sk1, sc. Repeat from
* to end. Join with a sl st.

Fasten off.

Back

Ch 22.

Row 1: Dc in 3rd ch from hook and across.

Turn. --20 sts

Row 2: Ch 3, dc in next dc and across.

Repeat row 2 for 6 1/2"/17 cm.

Fasten off.

FINISHING

Weave in ends.

Using tapestry needle, sew 2 rows of 4
squares together to create front.

Sew back to front, just under the chain loops
to create a lacey edging.

Make pillow insert by sewing fabric with RS
together, using 1/4" seam allowance. Turn RS
out and press, if necessary. Fill with mixture of
chamomile and lavender (or desired herbs).
Seam shut.

Place pillow insert inside pillow case, seam
shut.