

La Luz Eye Pillows

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Yarn: One Skein La Luz (100% Silk, 220 yards / 2 oz) -
One Skein can make 3 Eye Pillows

Color Pictured: #17122 Quince

Needles: -US 5 (3.75 mm) in either straight or circular
needles
-Cable Needle



Notions:

-1 Sewing Needle
-Cotton Muslin

-Lentils/Rice/Flax Seed/etc...
-Lavender/herbs/essential oils (optional)

Gauge: 25 sts and 32 rows = 4" (10 cm) in Stockinette Stitch (St st)

Glossary:

K : Knit
P : Purl
st: stitch
sts: stitches
RS: right side

C4B: Cable 4 back (slip 2 sts to cable
needle, hold in back, k2, k2 from cable
needle)
BO: Bind Off

Plain Eye Pillow

CO 50 sts

Row 1: K
Row 2: P

Repeat rows 1 & 2 **30 times** or until piece is square or
until desired length.



This is the length across the face, so it is better to be a little long than a little short.

To test to see if the piece is square, spread out sts evenly across the needle (not stretched or bunched). Fold up one of the bottom corners in a right triangle to the needle. When it makes a perfect right triangle, with no overlap, then the piece is square. Finish with a Row 2, so that you BO on a K row.

BO all sts.

See Finishing below

Cabled Eye Pillow

CO 52 sts

Row 1: K10, P1, K4, P1, K36

Row 2 & 4: P36, K1, P4, K1, P10

Row 3: K10, P1, K4, P1, K36

Row 5: K10, P1, C4B, P1, K36

Repeat rows 2-5 **15 more times** or until the piece is square or until desired length.



End on a row 2 or 4, so that you BO on a K row.

BO all sts.

See Finishing Below

Finishing:

Block the piece by gently washing and pinning in a square. When piece is dry use it as a template to make your cloth liner. If your gauge is correct then it should be 8" x 8". It can be slightly bigger or smaller without a problem. To make a template either measure it for length and width or trace the outline on a piece of paper. Use this to cut your piece of cotton muslin. Sew two sides of your cloth together to make a little bag. Fill with your filling of choice. This bag was filled with a mixture of lentils and lavender. Sew the third side closed. Now sew together your knitted square on two sides, making sure that the RS ends up on the outside. Place the cloth bag inside of the knitted eye pillow making sure that the RS is on the outside. Sew the third side shut. Sew in any loose ends.

Enjoy your beautiful eye pillow!