



free pattern

midwest modern®
sewing patterns



lavender eye pillow

(with slipcover and carrying case)

“Lavender Eye Pillow with Slipcover and Carrying Case”

NOTE: All seams are 1/2" unless otherwise stated. (The 1/2" seam allowance is included in all cutting measurements.)

NOTE: Preshrink your fabric by washing, drying and pressing it before starting your project.

Step 1: CUT ALL THE PARTS OUT OF YOUR FABRIC

A. First, simply measure and mark these dimensions directly onto the **WRONG** side of your fabric by using your ruler and chalk pencil. Then, with your scissors cut out each panel following the marked lines. Mark the name of each pattern piece on a piece of masking tape and place it on the coordinating fabric piece.

For the Eye Pillow

-Cut 2 Pillow Panels - 4 1/2" wide x 10" long

For the Eye Pillow Slipcover

-Cut 1 Front Panel - 5" wide x 10" long

-Cut 2 Back Panels - 5" wide x 6 1/2" long

For the Carrying Case

-Cut 2 Main Panels - 5 1/2" wide x 10 1/2" long

-Cut 1 Lining Panel - 5 1/2" wide x 14 1/2" long

-Cut 1 Flap - 5 1/2" wide x 5" long

-Cut 1 Handle - 2" wide x 4" long

From the interfacing for the Carrying Case

-Cut 1 Main Panel - 5 1/2" wide x 10 1/2" long

-Cut 1 Flap - 5 1/2" wide x 5" long

Step 2: MAKE THE EYE PILLOW

A. First, place your two Pillow Panels **RIGHT** sides together with the raw edges aligned. Stitch a 1/2" seam around the raw edges leaving a 4" opening on one of the long sides, backstitching* at each end. Then, to make sure the mixture does not work its way out through the seams, stitch a 3/8" seam around the raw edges leaving the same 4" opening.

B. With your scissors, trim all four corners in the seam allowances* making sure not to clip the stitching. Then, turn the Eye Pillow **RIGHT** side out, using a turning tool* to push out the corners.

C. Fill your Eye Pillow - With your wide mouth funnel, carefully fill the Eye Pillow with 1/2 cup of dried beans, 1/2 cup of dried rice or lentils and 1/2 cup of dried lavender. Fold the seam allowances 1/2" in toward the inside and pin the opening closed. Edge stitch* a **1/8"** seam across the folded edges to close the 4" opening.

Your Eye Pillow is complete!

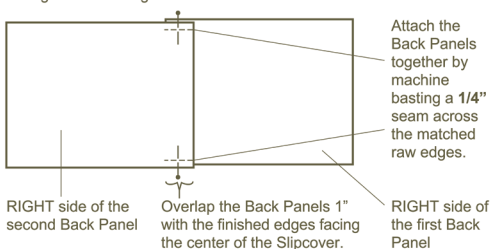
Step 3: Make the Eye Pillow Slipcover

NOTE: It's nice to have a "Slipcover" for your Eye Pillow, as you will want to launder the cover from time to time.

A. First, finish one short side raw edge on each of the Back Panels. On the first Back Panel at the left short raw edge, fold it 1/2" in toward the **WRONG** side and press. Then fold it in again 1/2" and press. This will enclose the raw edge. Next topstitch* along the inner folded edge. Repeat this step to finish the right short raw edge on the second Back Panel. Press.

B. Place the panels **RIGHT** side up, and the left finished edge of the first Back Panel under the right finished edge of the second Back Panel. Overlap the finished edges 1" at the center and pin the panels together where they overlap. Machine-baste* a **1/4"** seam across the matched raw edges.

The left finished edge of the first Back Panel is under the right finished edge of the second Back Panel.



C. Place the **RIGHT** sides of the Front and Back Panels together matching the raw edges and pin them in place. Attach the panels by stitching a 1/2" seam completely around the panels, backstitching at each end.

D. Trim the four corners of the Slipcover in the seam allowance making sure not to clip your stitching. Then, serge or zigzag the raw edges of the seam allowance to finish the inside of the Slipcover.

E. Now, turn the Slipcover **RIGHT** side out through the finished overlapped edges on the Back Panel, using a turning tool to push out the corners. Press the cover flat

Slip your Eye Pillow inside the Slipcover and it is ready to enjoy!

Step 4: Make the Carrying Case

A. Take the first Main Panel (which will be used for the Front Panel) and place it with the **WRONG** side facing up. Fold the top raw edge 1/2" in toward the **WRONG** side and press. Then, fold it in again 1/2" and press. This will enclose the raw edge. Topstitch along the inner folded edge, backstitching at each end.

B. Attach the female half of the Velcro™ onto the Front Panel - Next, find the center of the Front Panel by folding it in half lengthwise and gently pressing a center crease. Open up the panel and place it **RIGHT** side up. (**Step 4B continued in next column.**)

(Step 4B continued.)

Then, with your chalk pencil and ruler, measure 2 1/4" down from the top finished edge on the center crease and make a mark. Center a 1" piece of the female half of the Velcro™ over the center crease and below the 2 1/4" mark and pin it in place. Edge stitch completely around the Velcro™, backstitching at each end.

C. Attach the male half of the Velcro™ onto the Lining Panel - First, find the center of the Lining Panel by folding it in half lengthwise and gently pressing a center crease. Then, with your chalk pencil and ruler, measure 3/4" down from the top raw edge on the center crease and make a mark. Center a 1" piece of the male half of the Velcro™ over the center crease and below the 3/4" mark and pin it in place. Edge stitch completely around the Velcro™, backstitching at each end.

D. Then, place the **WRONG** side of the Front Panel onto the **RIGHT** side of the Lining Panel, matching up the side and bottom raw edges. Machine baste a 1/2" seam down both sides and across the bottom raw edges.

E. Make the Handle - First, take your Handle, fold it in half lengthwise with **WRONG** sides together and press a center crease. Open up the Handle. Fold the long side raw edges in toward the center crease and press. Then, fold the Handle in half again at the center crease to enclose the raw edges, and press. Edge stitch a 1/8" seam down both long sides, backstitching at each end.

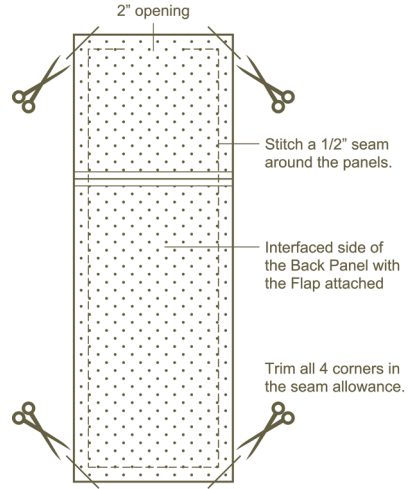
F. Next, place the interfacing panels onto the **WRONG** sides of the other Main Panel (which will be used for the Back Panel) and the Flap, matching up the raw edges and pin them in place. Machine baste a 1/4" seam completely around each panel.

G. Attach the Handle to the Back Panel - Take the Back Panel and find the center by folding it in half lengthwise and gently pressing a center crease. Open up the panel and place it **RIGHT** side up.

H. Take your Handle, fold it in half across the width matching up the raw ends and pin the ends together. Then, center the Handle over the center crease on the **RIGHT** side of the Back Panel matching up the raw ends with the top raw edge of the Back Panel and pin the Handle in place. Machine baste a 1/4" seam across the matched raw edges.

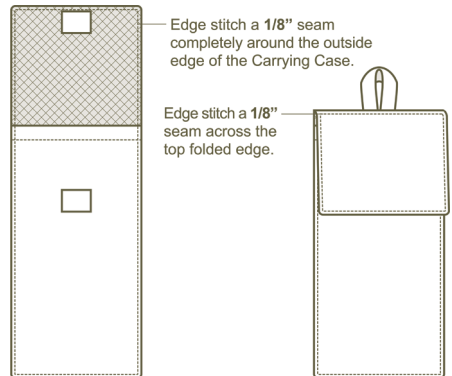
I. Attach the Flap to the Back Panel - With **RIGHT** sides together, match up the top raw edges of the Flap and Back Panel and pin them in place. Stitch a 1/2" seam across the top raw edges, backstitching at each end. Then, press the seam allowances open.

J. Place the **RIGHT** side of the Back Panel (with the Flap attached) onto the **RIGHT** side of the Front Panel (attached to the Lining Panel) and pin them in place. Stitch a 1/2" seam around the panels, leaving a 2" opening on the top of the Flap and backstitching at each end.



K. With your scissors, trim all four corners of the panels in the seam allowance, making sure not to clip your stitching. Then, turn the Case **RIGHT** side out through the 2" opening, using a turning tool to push out the corners and press the Carrying Case flat.

L. With the Flap in the opened position, edge stitch a 1/8" seam completely around the outside edge of the Carrying Case, backstitching at each end. This will close the opening and give the Carrying Case a nice finished look. Then, fold the Flap toward the Front of the Carrying Case so the Handle is standing up. Edge stitch a 1/8" seam across the top folded edge.



Stitch a vintage button or use a cool vintage pin on the Flap of your Carrying Case. Insert your Eye Pillow into the Case, close the case, and it's ready to go.

"Lavender Eye Pillow with Slipcover and Carrying Case"

Materials and Supply List for the Eye Pillow, Slipcover and Carrying Case

- 1/8 yard of 44" wide light- to mid-weight cotton fabric for the Eye Pillow
- 1/4 yard of 44" wide light to mid-weight cotton fabric for the Eye Pillow Slipcover or a soft, washable silk or satin
- 1/2 yard of 44" wide coordinating, light to mid-weight cotton print for the Carrying Case
- 1/4 yard of heavyweight sew-in interfacing
- 1/2 cup of dried navy beans
- 1/2 cup of dried rice or lentils
- 1/2 cup of dried lavender
- 1" of 3/4" wide Sew-on Velcro™
- 1 spool of coordinating thread

Tools needed

- Scissors
- Straight pins
- Chalk pencil or fabric marker
- Iron
- Ruler /tape measure
- Turning tool - (such as a closed pair of scissors)
- Wide mouth funnel
- Masking tape/marker

Finished Dimensions

Eye Pillow - 3 1/2" wide x 9" long

Slipcover - 4" wide x 9" long

Carrying Case - 4 1/2" wide x 9 1/2" long



Be sure to check out Amy's new book "In Stitches", featuring more than 25 simple and stylish sewing projects.

*Glossary for the Eye Pillow/Slipcover and Carrying Case

-Backstitch - This is used to reinforce your stitching to help keep it from unraveling. To do this, put your machine in the reverse position and stitch 3 or 4 stitches.

-Edge stitch - An edge stitch is a very narrow stitch, done by machine close to the edge, in order to finish a project, close an opening, or stitch something in place.

-Machine baste - A machine basting stitch is used to hold sections of your project in place until you are ready to complete your final stitches. Use the longest stitch on your machine, so you can easily remove these basting stitches later. You do not have to backstitch at the end of your stitching.

-Seam allowance - Stitching a seam that is 1/2" in from the edge of the two aligned fabrics or parts of the project, in order to join them. The seam allowances, or fabric extending from the stitching line to the edge, can be pressed open or to one side, as indicated in the project directions.

-Topstitch - Topstitching is used for several purposes: It finishes your project and gives it a neat appearance; it closes openings left for turning the project **RIGHT** side out; and it can be used to reinforce an area that will get heavy wear. To topstitch, stitch parallel to an edge or another seam at the distance suggested in the project directions.

-Turning tool - A turning tool is a pointed object such as a closed pair of scissors that can be used to push out the corners on your project after you have turned it **RIGHT** side out. Specially made turning tools, usually constructed of plastic or wood, are available at sewing and fabric stores. When using a turning tool, push out the corners gently, especially if you are working with delicate, lightweight fabric.

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