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Stitch Inspirations: adapted from Corona
Pattern Stitch The Harmony Guides 440
more Knitting Stitches Vol. 3.

Bamboo Stitch: **Have a Yarn** stitch of the
month (www.haveayarn.com)

A PurpleSage Design

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PurpleSage

Knitting Pattern

Intermediate

Free Design Series Herbal Dream Pillow

Size: 6.5" h, 7" w (cm 16.5h, 18w)



Here's a pattern to ease those sleepless nights and help you float off to sleep. Fill the pillow with organic cotton batting or flannelette dabbed with your favourite relaxing herbal essential oil or combination of oils (check with your local herbalist or natural food store for recommendations). Then place your Herbal Dream Pillow under your pillow or inside your pillow case and drift off.

SIZE:

6 ½" high, 7" wide (cm 16.5h by 18w)

YARN:

1 skein Bernat Organic Cotton (Cactus),
50 g (1.75 oz) 77 m (84 yds)

↳ See test knitters' projects on Ravelry.com for alternative yarns

NEEDLES

3.75 mm (US 5, Can/UK 9)
Crochet hook similar in size to needles (optional)

GAUGE

22 sts / 28 rows over 4 in (10cm) in stocking stitch

NOTIONS

button 1/2" – 5/8" (1.5 – 2 cm)

METHOD

Knit flat. Side seams are sewn or crocheted together.

SKILLS

knit	yarn forward (yarn over)	sew seams
purl	ssk (slip, slip, knit)	

STITCH ABBREVIATIONS:

yf:	yarn forward (yarn over)
ssk:	slip next 2 sts knitwise, one at a time, to right-hand needle, insert tip of left-hand needle into front of these stitches, left to right, and knit together

Row 34: p5, purl together the 6 long loops with the next stitch,*p9, purl together the 6 long loops with the next stitch; repeat from * to last 5 stitches, p5.

Row 35: knit

Row 36: purl

Next 4 rows: k1, *p1, k1, repeat from * to end

Next row (RS – this will be the fold row): purl

BUTTONHOLE FLAP

Next row: purl

Continue working in stocking stitch until this section measures 3.5 inches (9 cm) from "fold row".

Next row: (button hole): K19, k2tog, yf, k20.

Next row: k1, *p1, k1, repeat from * to end

Next row: k1, *p1, k1, repeat from * to end. Bind off in pattern.

FINISHING:

Fold pillow along "purl fold" lines, face down, wrong sides together. The back pieces should overlap about 1" (2.5 cm); make sure the buttonhole flap lies on top of the button flap. Sew (or crochet together) side seams. Sew button in position under buttonhole.

Slide essential oil treated organic cotton batting or flannelette into Herbal Dream Pillow.

Sweet Dreams!

Row 13: (right side) K3, k2tog, yf, k1, yf, ssk, k3; *yf, k2, pass yf over two knit stitches, repeat from * 9 times; k2, k2tog, yf, k1, yf, ssk, k3

Row 14: purl

Row 15: k2, k2tog, yf, k3, yf, ssk, k2, *yf, k2, pass yf over two knit stitches, repeat from * 9 times; k1, k2tog, yf, k3, yf, ssk, k2.

Row 16: purl

Row 17: k1, k2tog, yf, k5, yf, ssk, k1; (yf, k2, pass yf over two knit stitches) twice; k12; (yf, k2, pass yf over two knit stitches) twice; k2tog, yf, k5, yf, ssk, k1.

Row 18: purl

Row 19: k11, (yf, k2, pass yf over two knit stitches) twice; k12; (yf, k2, pass yf over two knit stitches) twice; k10

Row 20: purl

Row 21: k6, *insert right-hand needle in the first yf space in 4th row below, yarn over needle and draw through to make a long loop which is kept on the needle; repeat from * into each of remaining 5 spaces of leaf from right to left, k5; (yf, k2, pass yf over two knit stitches) twice; k12; (yf, k2, pass yf over two knit stitches) twice; k5, pick up 6 long loops as before, knit to end.

Row 22: p5, purl together the 6 long loops with the next stitch, p29, purl together the 6 long loops with the next stitch; p5.

Row 23: k11, *yf, k2, pass yf over two knit stitches, repeat from * 9 times; k10.

Row 24: purl

Row 25: (right side) K3, k2tog, yf, k1, yf, ssk, *k5, k2tog, yf, k1, yf, ssk; rep from * to last 3 sts, k3

Row 26: purl

Row 27: k2, k2tog, yf, k3, yf, ssk, *k3, k2tog, yf, k3, yf, ssk; repeat from * to last 2 stitches, k2.

Row 28: purl

Row 29: k1,*k2tog, yf, k5, yf, ssk, k1; repeat from * to end.

Row 30: purl

Row 31: knit

Row 32: purl

Row 33: k6, *insert right-hand needle in the first yf space in 4th row below, yarn over needle and draw through to make a long loop which is kept on the needle; repeat from * into each of remaining 5 spaces of leaf from right to left, k10; repeat from * to last 5 stitches, take up long loops as before in next 6 spaces, knit to end.

DIRECTIONS

Cast on 41 stitches.

BUTTON FLAP

Work in stocking stitch until work measures 3.75" (9.5 cm) ending with working a RS row.

Next row (WS): Knit (this will be the fold row)

PILLOW FRONT

Next 4 rows: k1, *p1, k1, repeat from * to end

Next row: knit

Next row: purl

(Row 1 – 36 are charted below)

Row 1: (right side) K3, k2tog, yf, k1, yf, ssk, *k5, k2tog, yf, k1, yf, ssk; rep from * to last 3 sts, k3

Row 2: purl

Row 3: k2, k2tog, yf, k3, yf, ssk, *k3, k2tog, yf, k3, yf, ssk; repeat from * to last 2 stitches, k2.

Row 4: purl

Row 5: k1,*k2tog, yf, k5, yf, ssk, k1; repeat from * to end.

Row 6: purl

Row 7: knit

Row 8: purl

In the next row, make sure the long loops are not too tight otherwise it will "scrunch" the fabric. (A crochet hook is helpful.)

Row 9: k6, *insert right-hand needle in the first yf space in 5th row, yarn over needle and draw through to make a long loop which is kept on the needle; repeat from * into each of remaining 5 spaces of "leaf" from right to left, k10; repeat from * to last 5 stitches, take up long loops as before in next 6 spaces, knit to end.

Row 10: p5, purl together the 6 long loops with the next stitch,*p9, purl together the 6 long loops with the next stitch; repeat from * to last 5 stitches, p5.

Row 11: knit

Row 12: purl

