

Quick Stitch: Spa Eye Pillow

Cut 2 pieces of cotton fabric 4" x 8"

- a) Put one piece on top of the other, right sides together, and align all sides. Stitch around using a $\frac{1}{4}$ " seam.
- b) Leave an OPENING to add your ingredients on a longer side (see *arrows in diagram below*)
- c) Clip corners, taking care not to cut through stitching
- d) Turn right-side out and press (use a knitting needle or similar object to carefully push out each corner)
- e) Top stitch $\frac{1}{8}$ " around, leaving the opening area unstitched
- f) Fill with prepared mixture
 - Use a funnel, scoop or spoon
- g) Finish top-stitching across opening
 - Start and stop about $\frac{1}{4}$ " on top of initial top stitch
 - Back stitch over start and stop of this step to secure stitches

Helpful hints:

- Use a long straight pin (or 2) to hold back the filling when top stitching the opening.
- If the corners didn't turn with a sharp angle, ease around and make rounded.
 - Due to the nature of the piece, as long as it's neat, this will not be noticeable.

