



***CHEVRON EYESHADE: Keep the light out when you're napping!***

**Yarn:** Cascade Fixation (approx 50 yards, unstretched) or any cotton-elastic, stretchy yarn

**Gauge:** 7 st per inch in stockinette, 9.25 spi per inch over chevron pattern.

**Needles:** A pair of size 3 needles. I used size 3, but choose whatever needle size that gets you the above gauge

**Dimensions:** 17-18 inches circumference (6.5 inches of the eyeshade, measured at the centre, and 11 inches of the band, fits my 22" head snugly). 2.75 inches height measured over the centre, at the nose.

**Abbreviations:**

kfb: knit into the front and back of the same stitch.

sk2p: slip first stitch to right needle, knit next two stitches together, slip first stitch over these two stitches and off the right needle.

**Instructions:**

1. Cast on 50 stitches.
2. Knit 3 rows.
3. Row 4 (RS, Begin chevron pattern): k2, [kfb, k9, sk2p, k9, kfb] twice, k2.
4. Row 5 (WS): Purl.
5. Repeat Rows 4 & 5 for a total of 11 times.
6. Knit 3 rows, and bind off in knit on the 4th row. Cut yarn.
7. With RS facing, with fresh length of yarn, pick up and knit 13 stitches along the left side of the patch, from top to bottom. Turn work.
8. Next row: (WS): p1, k1 throughout, ending with p1.
9. Next row: (RS): k1, p1 throughout. Continue this way in 1x1 rib till the band measures approx 10-11 inches, depending on your head size. Erring on the side of a slightly smaller band might be better, since the shades will stretch a bit.
10. Once the band is long enough, bind off on RS in rib.

**Finishing:** Sew the band to the other side of the eyeshade. Weave in all loose ends. Wear over eyes and stumble to the bed for a nap.