

144 Sleep Mask

Materials

A small piece of plaid cotton flannel, 25 x 30 cm (10 x 12 ins).

A small piece of lightweight fusible batting.

Piping: 0.60 m (3/4 yd) long.

Striped trim, 1.5 cm (5/8 in) wide and 0.45 m (5/8 yd) long.

Elastic, 1 cm (3/8 in) wide and 0.35 m (1/2 yd) long.

Preparations

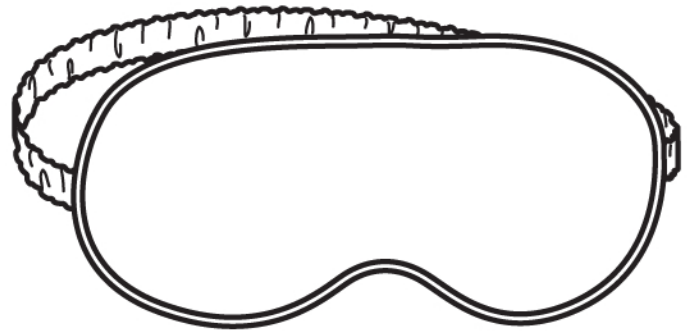
The pattern piece is printed on the next page (grey outline). Trace the pattern piece.

Add seam and hem allowances:
Seams and edges 1 cm (3/8 in).

Cutting Out

mask piece 2x

Iron batting to wrong fabric side of both pieces.



Sewing

Stitch piping to one fabric piece so that piping cord lies on fabric piece, next to marked seam line. Turn in both ends of piping tape. Stitch fabric pieces right sides together, not stitching between markings for elastic and leaving about 5 cm (2 ins) open at the top, for turning. Turn mask right side out.

Lay elastic centred on wrong side of striped trim. Stitch across one end. Pin other ends together, then stretch elastic to fit and stitch to trim. Slip ends of trim into side openings and pin. Try on the mask to check the fit. Then pull side edges out again and sew openings closed, over trim and elastic. Push edges back in. Sew seam opening on upper edge closed.

