

Sew Caroline

WEEKEND STYLE

15 Easy-Sew Patterns for the Must-Have Weekend Wardrobe

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sleep mask

When you just want to sleep in on a Saturday, keep the sun from spoiling your slumber with this Sleep Mask. It's a super simple sewing project that would make a great gift for a friend, or something to keep for yourself.

FABRIC

Type

Any lightweight to medium-weight fabric that feels soft, such as knit, cotton, or voile,

Quantity

$\frac{1}{4}$ yard (0.2 m)

OTHER MATERIALS

14" (35.5 cm) length of $\frac{3}{8}$ " (1 cm) elastic

$\frac{1}{4}$ yard (0.2 m) Pellon Flex-Foam interfacing

Sleep Mask pattern

CUTTING INSTRUCTIONS

Fabric

2 Sleep Mask pattern pieces

One 20" x $1\frac{1}{2}$ " (51 x 3.8 cm) strip

Interfacing

1 Sleep Mask pattern piece



pattern

1. Fuse or stitch the interfacing piece to the wrong side of one of the sleep mask pieces.
2. Lay the two sleep mask pieces right sides together and stitch around the edges leaving about a 1" (2.5 cm) opening along each side (Figure 1).
3. Clip the seam allowance along the nose curve and flip the right side through one of the openings.
4. Fold the strip of fabric in half lengthwise and stitch along the long edge. Use a safety pin to thread to the right side and press. Insert the elastic strip inside the casing. Sew small stitches on each end of the casing so the elastic isn't lost inside.
5. Fold the seam allowance in toward the wrong side of the mask where the openings were left. Insert one end of the elastic casing and pin in place. Place the other end on the other side of the mask.
6. Topstitch all the way around the edge of the sleep mask at 1/4" (6 mm) being sure to stitch over the elastic casings so they remain in place.

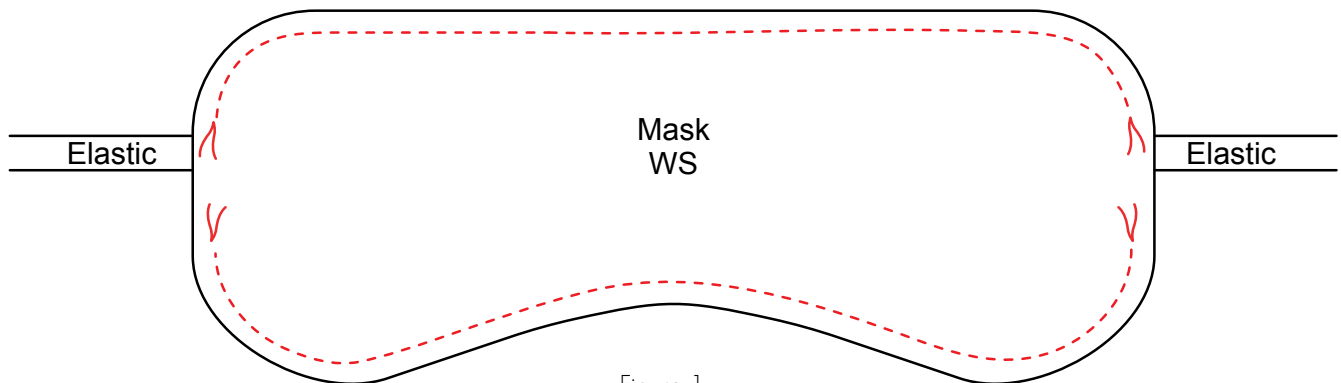


Figure 1

SLEEP MASK
CUT ONE ON FOLD OF INTERFACING
CUT TWO ON FOLD OF FABRIC

FOLD

1" X 1"

5CM X 5CM



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