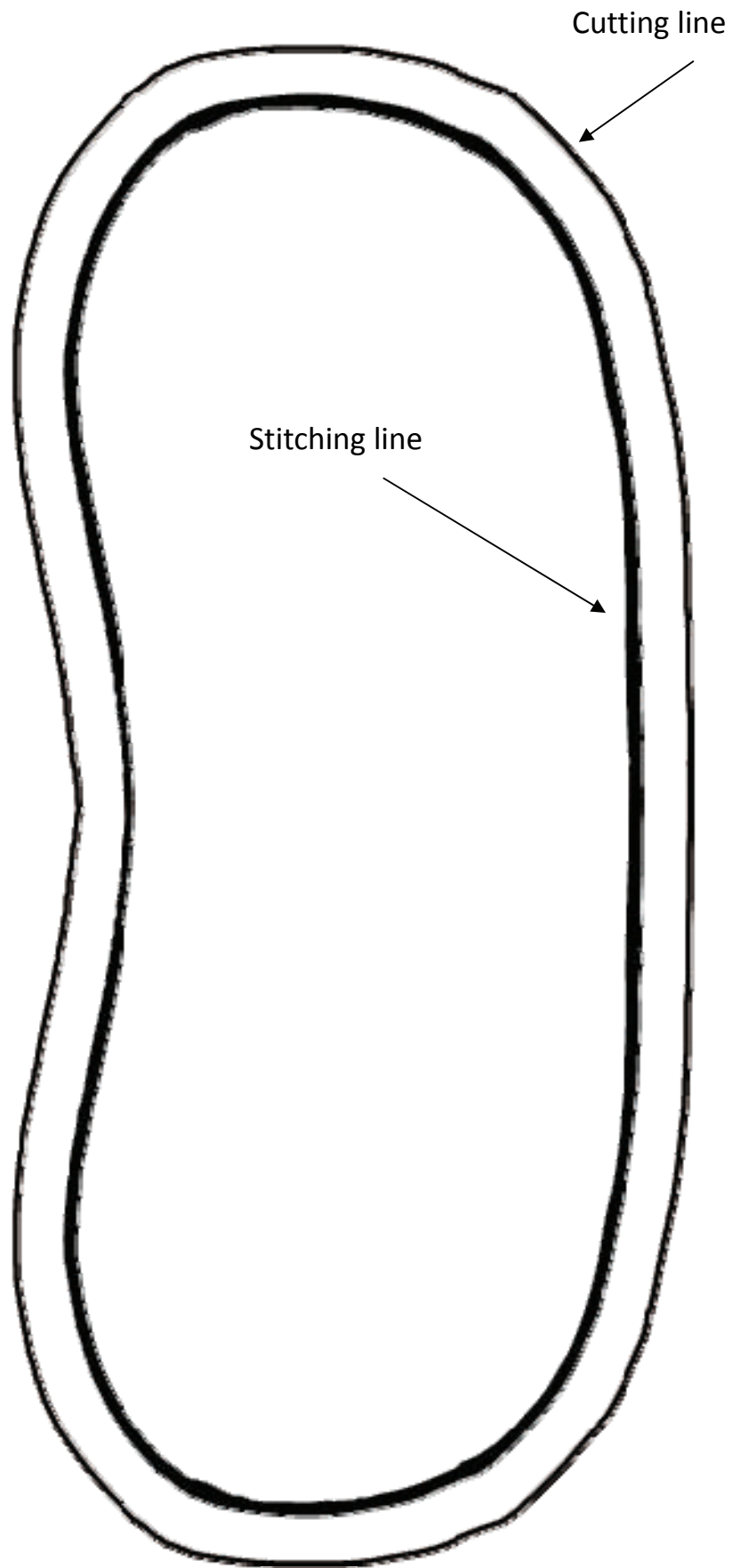


HELENE'S EYE MASK

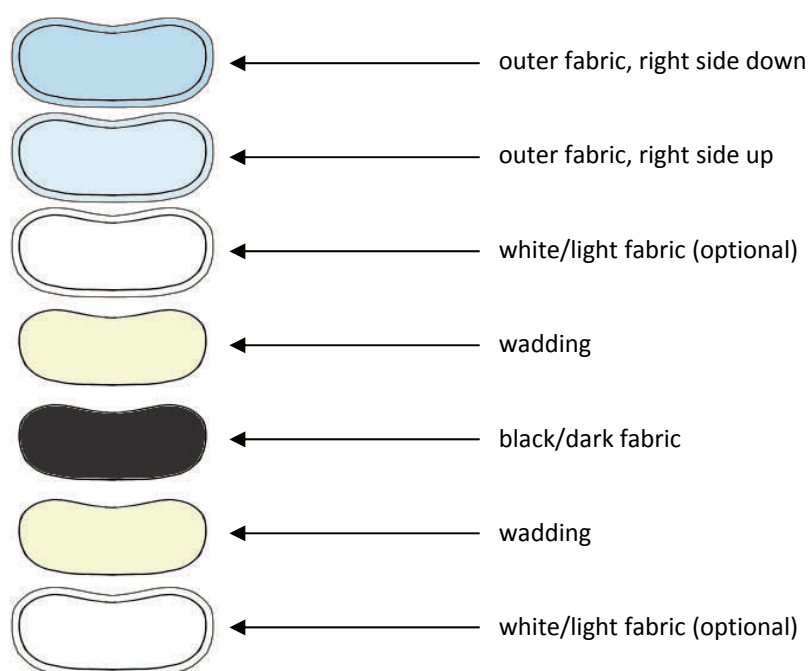
25reasons.net



INSTRUCTIONS:

- Cut 2 x outer fabric along **cutting** line
- Cut 2 x wadding along **stitching** line
- Cut 1 x black/dark fabric along **stitching** line
- Cut 2 x white/light-coloured material along **cutting** line, if your main fabrics are very light in colour or weight (optional)

Layer your fabrics in this order:



- Pin layers together, making sure they are all perfectly aligned, and pin, using long pins.
- Cut a piece of elastic approximately 14" long (measure to fit), and lay it between the 2 outer fabrics, from cutting line to cutting line.
- Baste through all layers at approximately 1/2" inside the stitching line.
- Hand or machine stitch around the stitching line, leaving about 2" open along the top of the mask.
- Turn fabrics out so that your main fabrics are now on the outside.
- Turn seam allowance in along opening, and top-stitch to close.

Sweet Dreams!