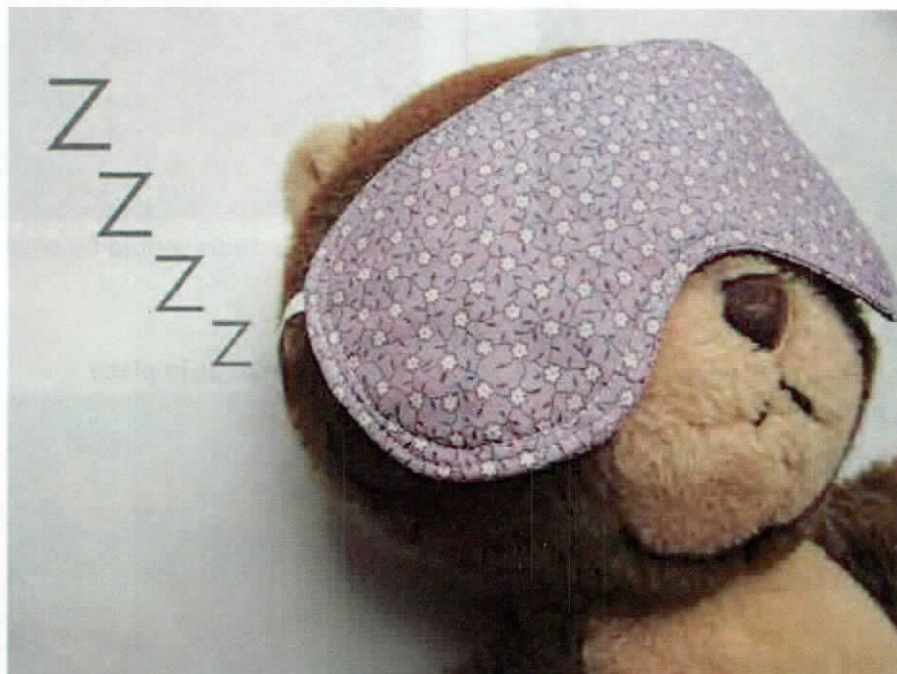


## Easy sewing project: eye mask for patients

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### Materials:

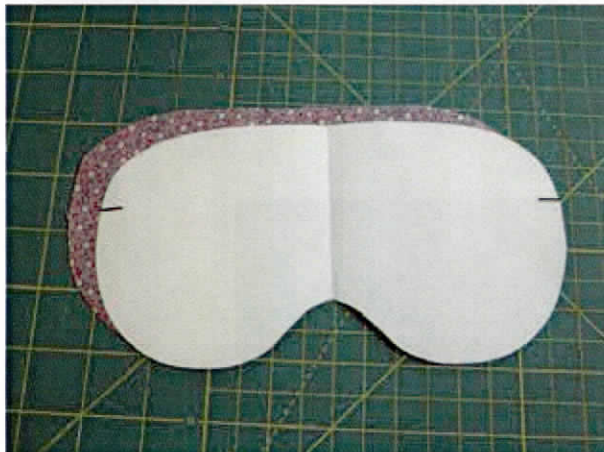
- eye mask pattern (see last page for template)
- quilting weight cotton
- black felt
- 1/4" elastic
- thread

### Additional Supplies:

- sewing scissors
- sewing machine
- pinking shears
- iron & ironing board
- straight pins
- safety pin



**Step 1: Print pattern & cut and prepare pieces**



Print the Eye Mask Pattern on **Page 7**. (Use the 1 inch mark at the bottom of the page to check and make sure the pattern has printed to scale.)

Using the Eye Mask Pattern...

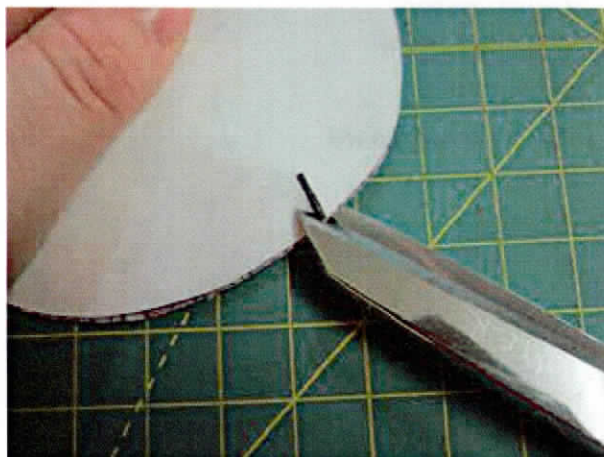
-cut 2 from quilting weight cotton (or another lightweight, comfortable fabric)

-cut 1 from black craft felt

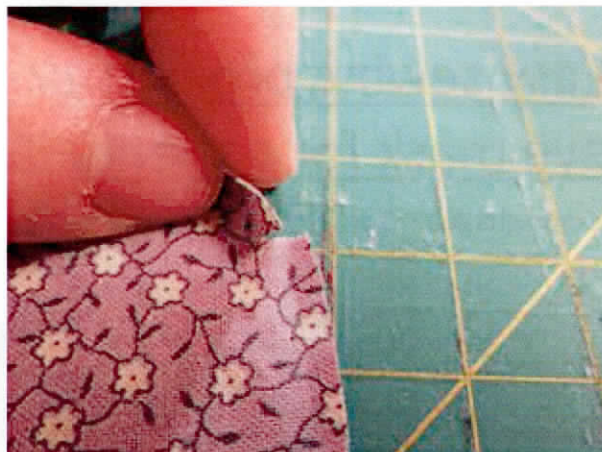
Also cut 1 piece of 1/4" elastic about 16" to 18" long.

Measure your head and see what will be most comfortable for you.

Add about 1" to your preferred length to account for seam allowances.



On one of the cotton eye mask pieces, make a small snip on each side where the lines on the pattern piece are. This will be where your elastic is sewn onto the eye mask.

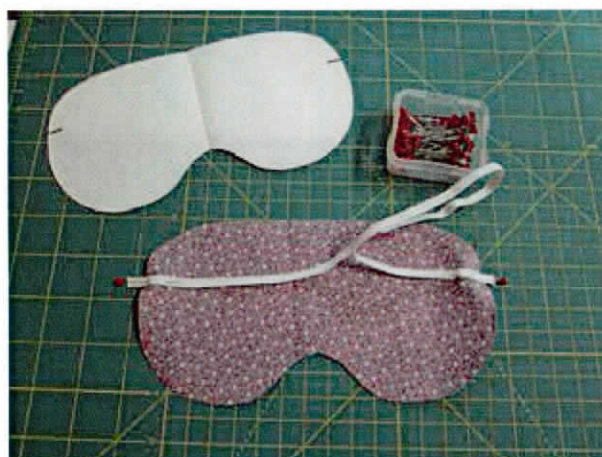


**Note:** These snips should be small, no more than 1/4" deep.

**Step 2: Pin elastic in place**



Using the snips you just made as your guide, pin the elastic onto the eye mask piece.

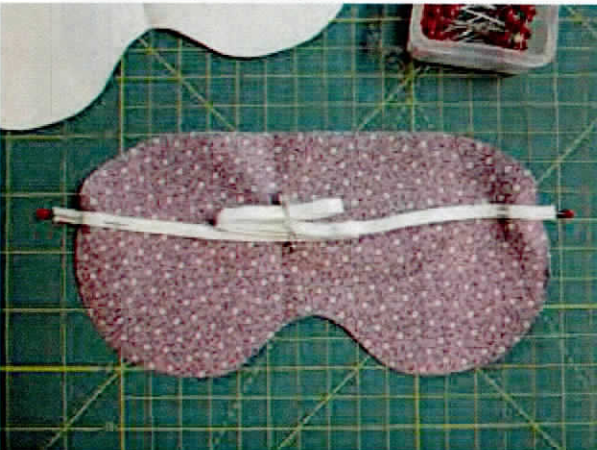


The ends of the elastic should hang over the edge of the eye mask piece about 1/2" on either side. Be sure the elastic isn't twisted.



Since the elastic will be sandwiched in between the different layers of the eye mask, you'll want to keep the elastic out of the way so it doesn't get caught while you're sewing the eye mask together. To do this, carefully gather the excess elastic, fold it neatly, and pin a safety pin over it to keep it in place while you sew.

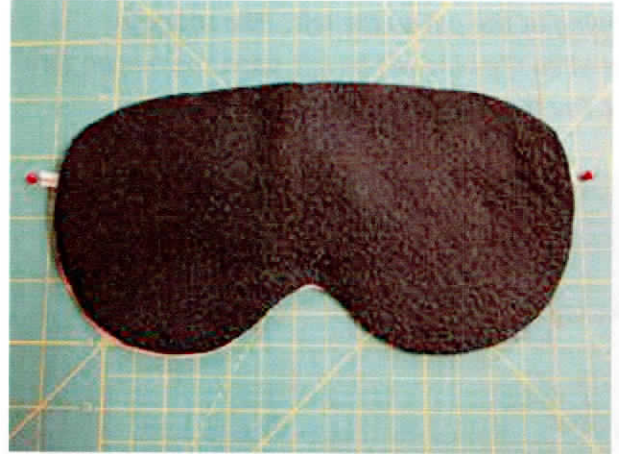
### Step 3: Layer eye mask pieces



Start with the eye mask piece you just pinned the elastic to. This piece should be **FACE UP** (i.e. right side facing up).



Next, lay the remaining cotton eye mask piece **FACE DOWN** (i.e. right side facing down) on top of the previous piece. The elastic should now be sandwiched in between the two cotton eye mask pieces.

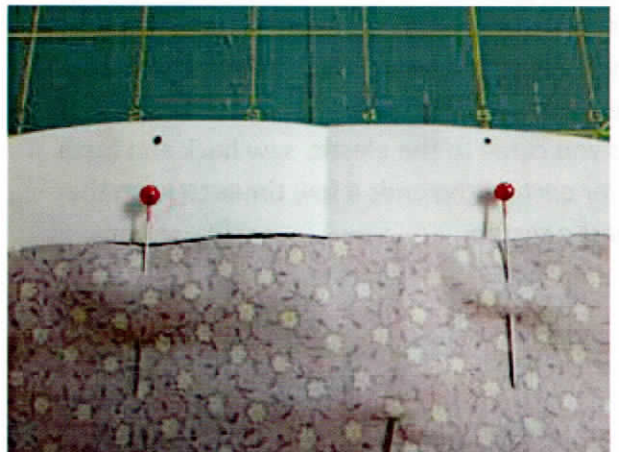


Finally, lay the black felt eye mask piece on top of the two cotton layers.

### Step 4: Pin eye mask pieces

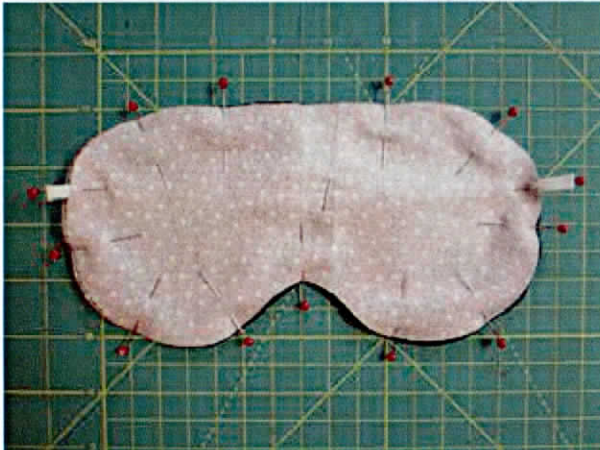


I prefer to be able to sew with the cotton side facing up, so I flipped my little pile over.



Using the dots on the pattern as your guide, pin the eye mask pieces together with a straight pin at each of the dots.

*These dots/pins mark where to start and stop sewing. You'll start sewing at the pin on the right, sew around the edge of the eye mask, and stop sewing at the pin on the left. The space in between the pins will be left open so you can turn the eye mask right side out.*



Continue pinning, as needed.

#### Step 5: Sew eye mask



Using a 3/8" or 1/2" seam allowance, sew around the eye mask, making sure to leave the space between the dots open.

As you come to the elastic, sew back and forth over each of the ends a few times to keep the elastic secure.

#### Step 6: Trim seam allowances



Turn your mask over so the black felt is facing up.



Trim the felt down to 1/8" all the way around the eye mask **except** across the opening.

Trim the felt across the opening to only 1/4" or so.



Now turn the mask over so the cotton side is facing up.



Using pinking shears, trim the seam allowance around the eye mask **except** across the opening. **DO NOT** trim seam allowance across the opening.

#### Step 7: Turn & iron



Turn the eye mask right side out. Remove the safety pin that was holding the elastic in place. Iron the mask, making sure to iron the seam allowance so it stays tucked inside the opening.



Your mask will now look like this.

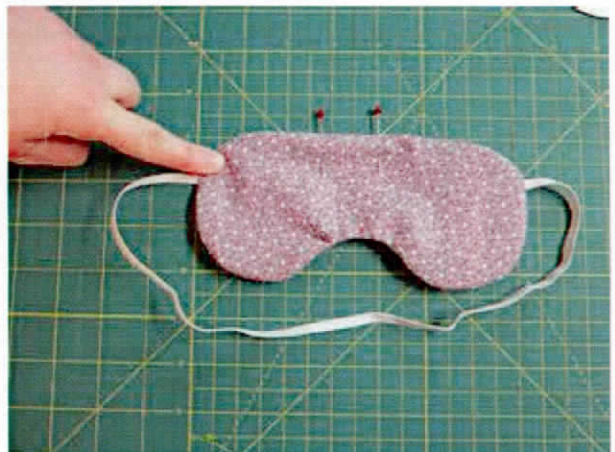


But it still has that pesky little opening at the top.

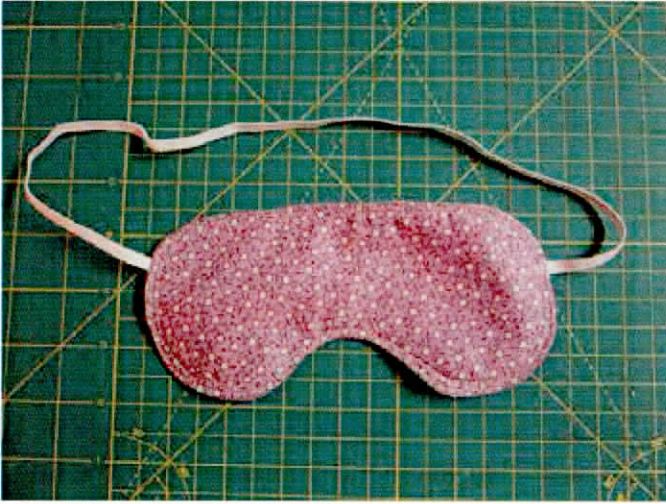
#### Step 8: Edgestitch



Using a straight pin (or two), pin the opening shut.

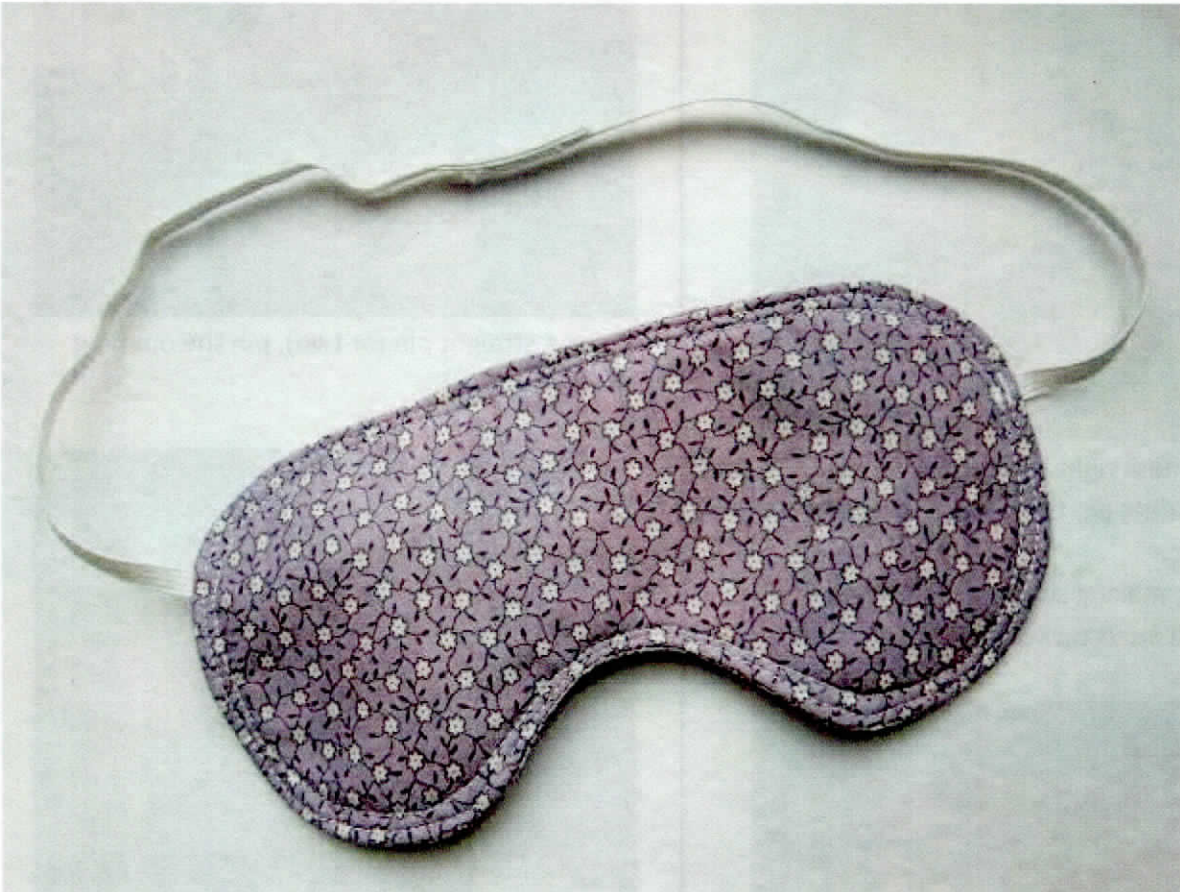


Starting at one end of the elastic (*see above photo*), edgestitch (sew an 1/8" away from the edge) all the way around the eye mask.



I decided to sew around mine twice, but it's really just for looks.

Aaaand...



**You're done!**

**Please bring your completed eye masks to the Voluntary Services Office, Level 2 Main Entrance, RBH, London Road, Reading RG1 5AN**

