

Eye Mask

Nanna Betty Sewing School · Improver · printable pattern



A padded eye mask

With a soft gathered strap, a layer of wadding inside and top-stitching across the top.

Finished size

20 x 9cm, adult size. The strap stretches to fit most heads.

You will need

- A fat quarter of cotton (about 50 x 55cm) covers the mask and strap
- Or use a contrast fabric for the strap, like in the photo
- Wadding, 25 x 15cm
- 1.5cm wide elastic, 30cm long
- Matching thread
- Sewing machine, sewing kit, iron
- Loop turner and a safety pin

Pattern pieces

A Eye mask: cut 2 fabric, 1 wadding

B Strap: cut 1

Seam allowance is included: 1.5cm on the mask, 1cm on the strap.

What's in this pack

Page 2 Print and put together the pattern

Page 3 Cutting layout and pattern markings

Page 4 Sewing steps (7 tasks)

Pages 5-7 Pattern pages (print these at 100%)

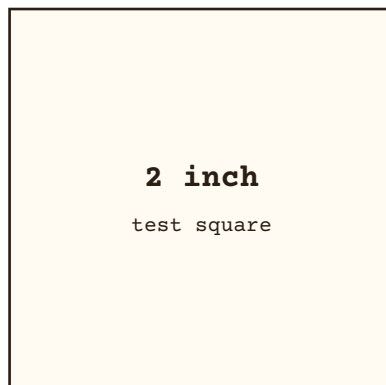
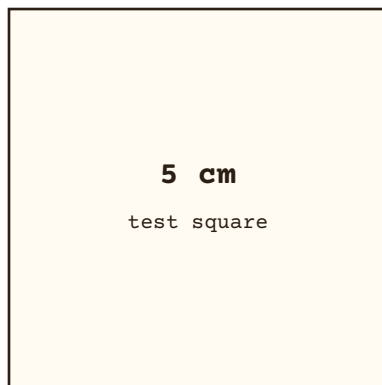
Printing at a print shop? Use the separate A1 copy-shop file instead of pages 5 onwards.

Print & put together

Check the scale first: it only takes a minute

1 Print the pattern pages at 100%

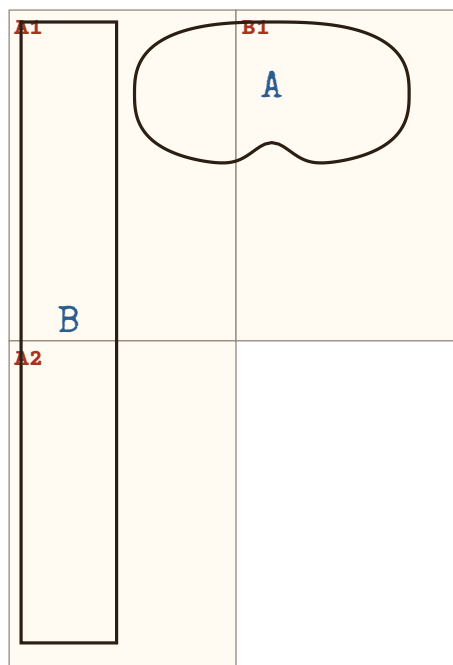
In the print box choose 'Actual size' or 'Scale 100%'. Do not choose 'Fit to page' or 'Shrink to fit'. Print THIS page first and measure the test square below. If it is exactly 5cm, print the pattern pages with the same settings.



Measure with a ruler. If it is not 5cm, check your printer settings and print again.

2 Trim and tape

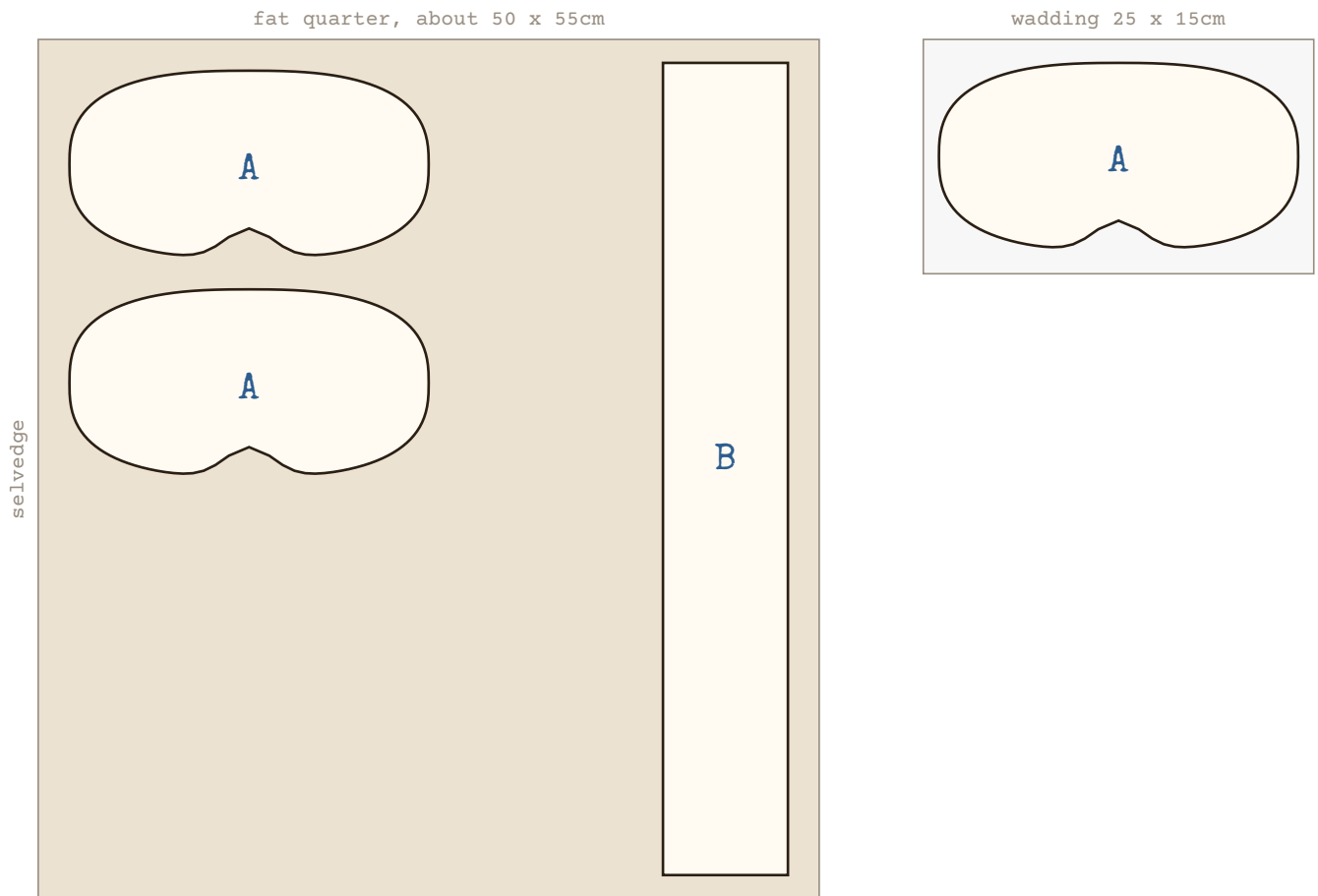
Lay the pages out in order using the map below. Trim off the white margin on the RIGHT and BOTTOM of each page, along the grey dashed line. Slide each trimmed edge over the next page so it sits exactly on that page's grey line, match the red diamonds, and tape.



3 pattern pages. Page A2 also has a test square, so you can check it again once the pattern is printed.

Cutting layout

Fat quarter, single layer, right side up



Cut the two mask pieces from a single layer so the print is the right way up on the front. The back piece can be the same fabric or a contrast. The strap can be cut from a contrast fabric too.

Elastic: 1.5cm wide elastic, 30cm long.

Pattern markings

-  Cutting line. Cut along this solid line.
-  Stitching line, 1.5cm in from the edge.
-  Turning gap. Leave this part of the seam open.
-  Strap position. The strap ends go at the side notches.
-  Notch. Snip 3mm into the edge. Notches show the turning gap and the strap position. Chalk-mark them on the wadding too.
-  Grain line. Line this up with the selvedge.

Sewing steps

7 tasks · each one has a video and a card in the course

1 Making the strap tube

Fold the strap in half lengthways, right sides together. Iron the fold, then stitch 1cm from the raw edges. Leave both ends open.

Card: Seams, Ironing

2 Turning out

Push a loop turner through the tube, hook the far end and pull it back through. The strap is now right side out with the seam inside.

Card: Seams

3 Threading the elastic

Pin a safety pin to one end of the elastic and feed it through the tube. Keep hold of the tail. Spread the gathers evenly.

Card: Elastic

4 Strap ends

Line the elastic up with the end of the strap and pin across. Stitch across and back-stitch. Do the same at the other end.

Card: Elastic, Back Stitch

5 Layering

Wadding first, then the front piece right side up. Lay the strap across it with each end at a side notch and the loop inside. Put the back piece on top, face down. Pin, then stitch 1.5cm all round, leaving the turning gap open. Back-stitch at each end.

Card: Pins, Seams

6 Trim and snip

Trim the wadding close to the stitching. Snip into the curves, stopping just before the stitches, so it lies flat when turned.

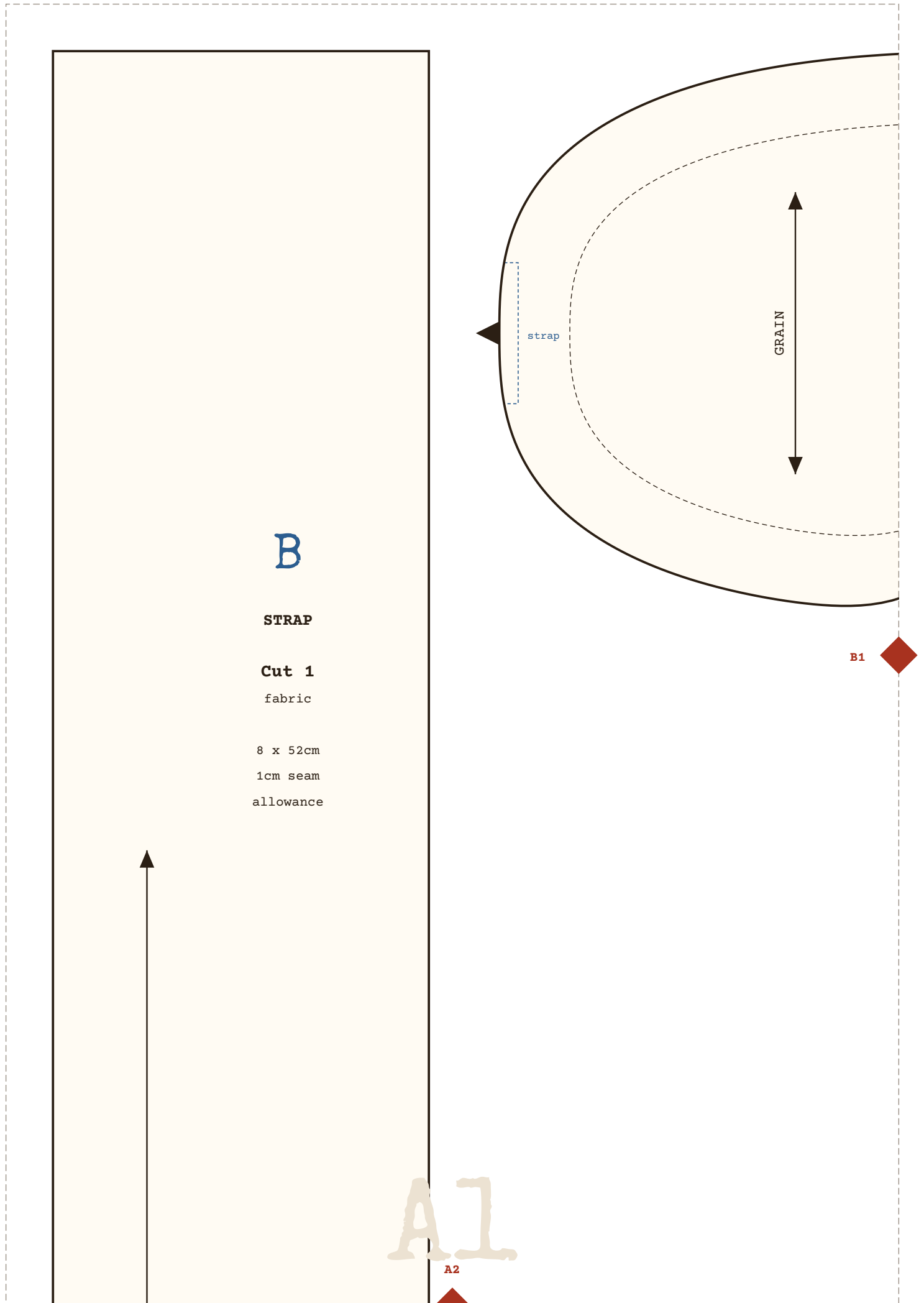
Card: Curves

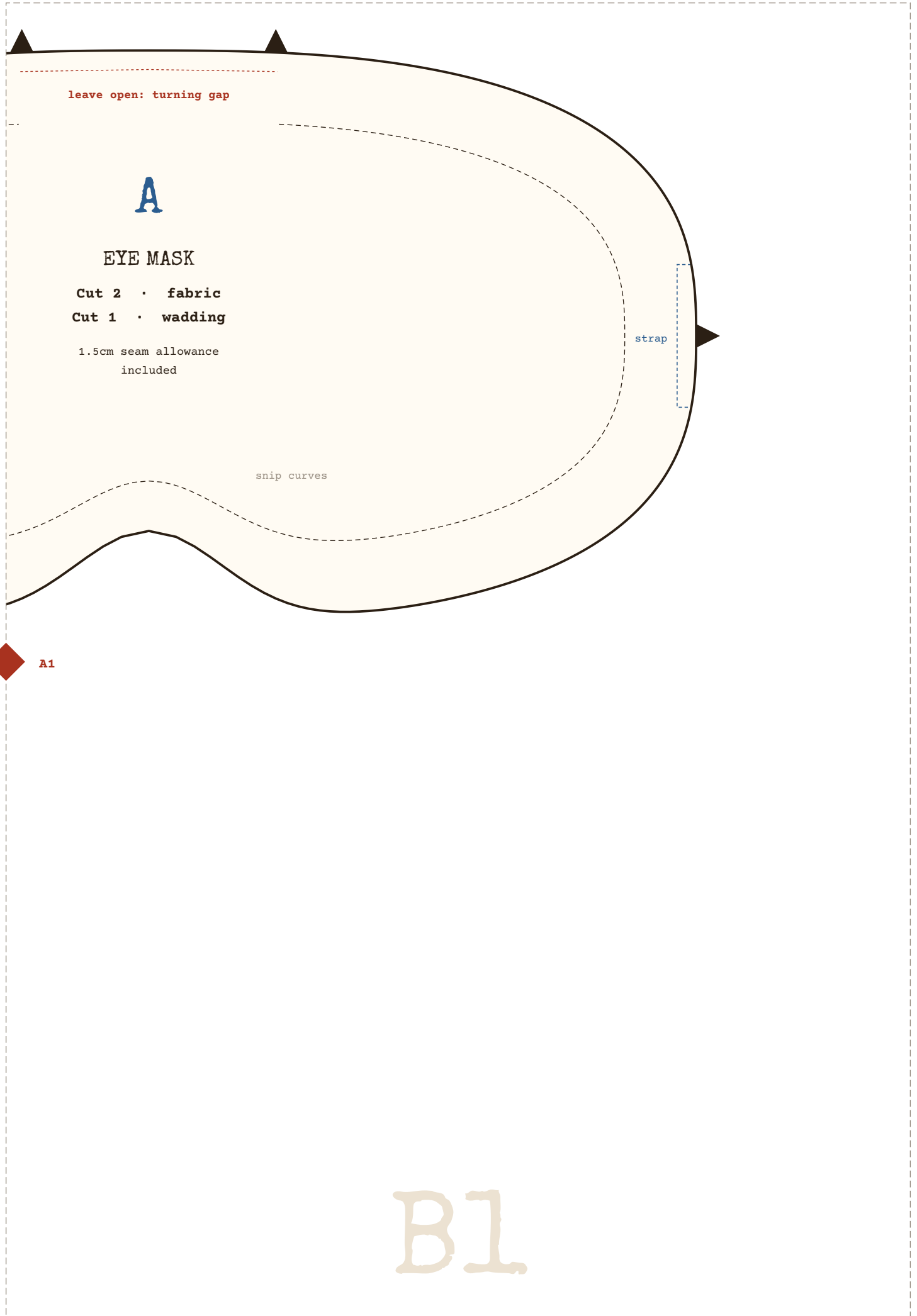
7 Turn and top stitch

Turn the mask right side out through the gap and push out the curves. Tuck the gap edges inside, then top stitch 5mm from the edge across the top to close it.

Card: Seam Guide

Your eye mask is finished! Try the elastic round your head before step 4 and shorten it if it feels loose.





A1

GRAIN LINE

5 cm

test square

2 inch

test square

A2