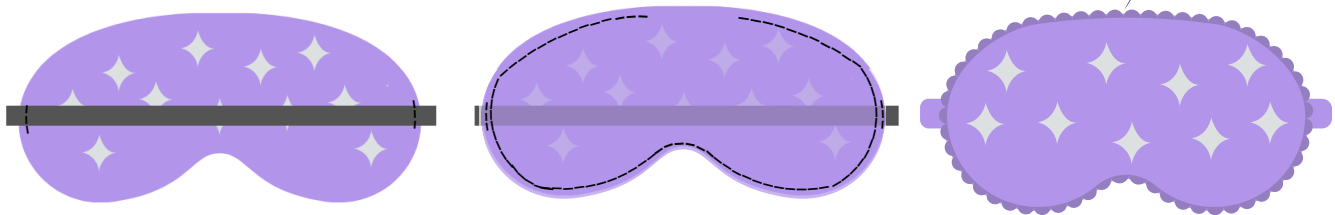


SLEEP MASK

3.5" x 7.5"

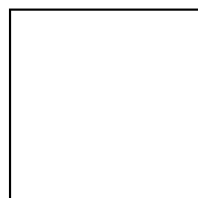
Materials Required:

- 1 - 9" x 4" peice of main fabric for outer
- 1 - 9" x 4" peice of lining fabric, thin brushed flannel, cotton, or satin
Prewash your fabric to soften.
- .25" or .5" elastic - cut to fit, leaving extra to stick out side seams.



1. Stitch the elastic* to the right side of the front section allow extra to stick out on each side.
2. Place lining right side down, making an elastic sandwich - safety pin elastic in place to one side of fabric to keep from stitching over the back band..
3. Sew around the perimeter of your mask, leaving a 1 inch opening
4. Use this your opening to turn your mask right side out
5. Hand-stich opening closed.

*Picot Elastic lace has a lacy edge, .25 - .5 wide elastic , if you are concerned about the elastic against your hair you can sew a casing for it, satin works well.



1 inch square

