

Foot of the Month > Eye Mask For Spa Set

This pretty piped eye mask is a “one size fits most” project. It’s the perfect addition to the spa theme fabric gift basket featured for the Free design project this month. Added to the basket or by itself, it makes an unforgettable gift! Of course you have permission to make this for yourself! It’s sure to bring you or your gift recipient some well-deserved rest and relaxation.

Materials and Supplies

- [Brother Sewing Machine](#)
- [SA192](#) Brother Piping foot or [SA161](#) Brother Adjustable Zipper and Piping Foot
- Basic sewing notions including a tool for turning tubes and a bodkin or safety pin for pulling elastic.
- Pattern included at the end of the instructions
- Pre-purchased dressmaker style piping to coordinate with fabrics, one piece measuring $\frac{1}{2}$ ” wide X 24” long
- Cotton elastic measuring $\frac{3}{4}$ ” wide x 15”
- Fabrics for eye mask are listed below.

Note: This project is easy to create from a remnant of fabric. You could also consider purchasing a fat quarter of fabric to use for all of the required pieces.

Fabric #1: One piece of cotton print approximately 9-inches wide X 5-inches long for outside of mask. One strip of cotton print measuring 18" long X $2\frac{1}{4}$ " wide for elastic strap.

Fabric #2: One piece of coordinating cotton or cotton flannel approximately 9" wide X 5" long for lining inside of mask.

Fleece for padding eye mask: Two pieces of thin fusible fleece approximately 9" wide X 5" long.

Please read through instructions before you begin.

Instructions for One Size Fits Most Eye Mask

1. Print the pattern included at the end of these instructions. Cut pattern along the outside line. Use pattern to cut one eye mask from fabric #1 and one from fabric #2. Next, trim away $\frac{1}{4}$ -inch from outside pattern edge. Use trimmed pattern to cut two pieces of fusible fleece. Assemble your supplies and select piping foot SA192 or SA161. See **Figure #1**.



View of eye mask on opposite side



Figure #1



Supplies:

- One piece of outside of mask
- One piece for inside of mask
- Two pieces of fusible fleece for padding
- One piece of piping
- One piece of elastic
- Foot to sew piping

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2. Center fleece on wrong side of each mask piece and fuse in place. See **Figure #2**.
3. Fold 18" long X 2 1/4" wide strip in half with right sides together and sew a 1/4" seam to form a tube. Turn right side out and press so seam is in the center of the tube. See **Figure #3a and #3b**.
4. Use pin or bodkin to insert elastic into tube. See **Figure #4**. Set piece aside for now.
5. Attach piping foot to machine and prepare to sew piping to outer mask piece. [SA192](#) Brother Piping foot is shown in the steps below. This genuine Brother accessory, works like a charm, and is available for many Brother model machines. This foot has two sets of grooves on the underside. They're designed to flow smoothly over piping and allow you to attach piping on either side of the presser foot.



Figure #2



Figure #3a



Figure #3b



Figure #4



Begin with the machine set for a center needle position, (stitch width key set at 3.5). While this foot remains stationary, you can take advantage of the ability to move your needle to sew closer to the piping cord or further away as needed. Move the needle left or right by using the width key on the machine.

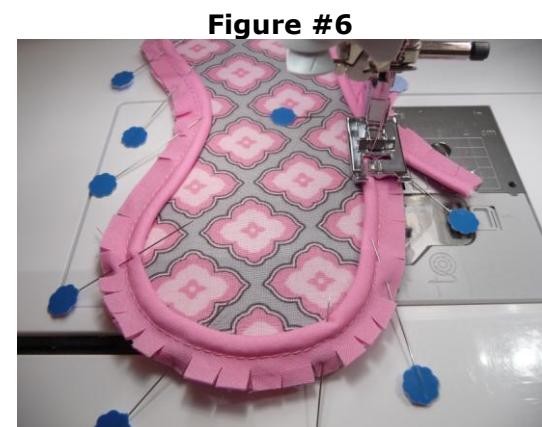
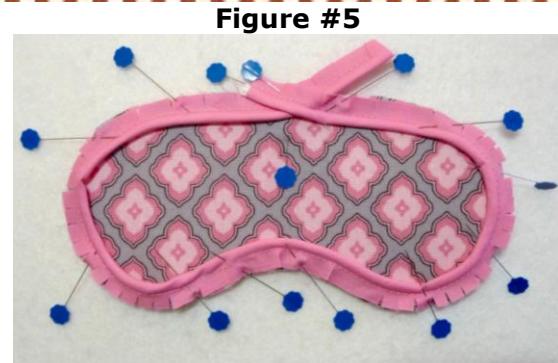
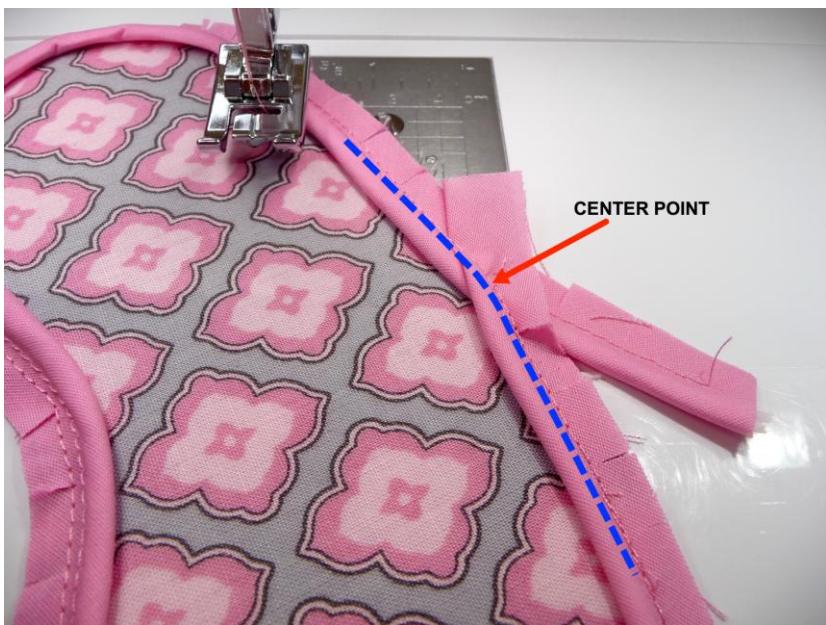
Note: These instructions will also show an option for using [SA161](#) Brother Adjustable Zipper and Piping Foot as an alternative. In this case the foot is moved instead of the position of the needle.

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6. Begin pinning the piping at the center point of the top of the eye mask. Clip slightly into the seam allowance of the piping around curves and pin in place leaving a small amount of excess at the beginning and the end, and crisscrossing piping at the center. See **Figure #5**.

Tip: It's important to clip the piping close to but not through the seam allowance, clipping more often on sharper curves. In addition, piping should be eased slightly when going around outer curves, and stretched slightly when going around inner curves. This helps the piping lay smooth when the finished item is turned to the right side.

7. Sew piping to attach it to the eye mask, stitching directly on top of the stitches that hold the piping in place, and removing pins as you go. See **Figure #6**.
8. Open up piping at the overlap and trim excess cord to eliminate bulk. See **Figure #7a and #7b**.
9. Next, move the needle and sew close to the piping along the top edge, stitching for a distance of $1\frac{1}{2}$ " on each side of the center point. This area will be left open for turning.



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10. Finish sewing the eye mask as follows:

- Pin ends of elastic along the sides. See **Figure #8**.
- In order to keep elastic from shifting it's a good idea to machine baste the ends in place and then remove the pins. You will need to attach the standard foot for this step.
- Pin lining to outside mask. Mark off the points where the stitching in step 9 begins and ends with a pin. Remember, this must be left open for turning. See **Figure #9**.
- Beginning and ending at these pins, Use the piping foot to stitch the seam, making sure the needle sews close to the piping cord. See **Figure #10**.

See below for an example of using the sliding zipper/piping foot for this step. When using this foot, instead of moving the position of the needle, you can slide the position of the presser foot to sew closer to or further away from the piping. When sewing the final seam you want the stitch to form very close to the piping cord so the piping looks smooth from the right side.



11. Trim seam and clip curves as needed. See **Figure #11**. Carefully turn right side out, pushing out all the curves. Remove any basting stitches that show. Press and then close the opening with small hand stitches. You are finished! Enjoy!

Figure #8



Figure #9

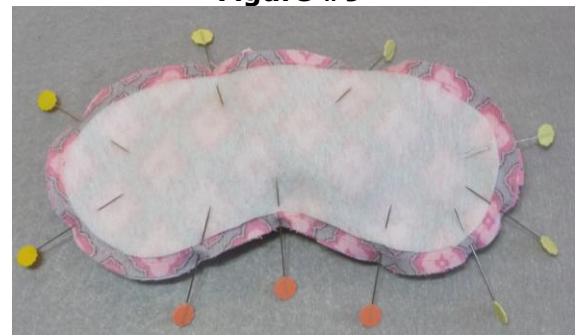


Figure #10

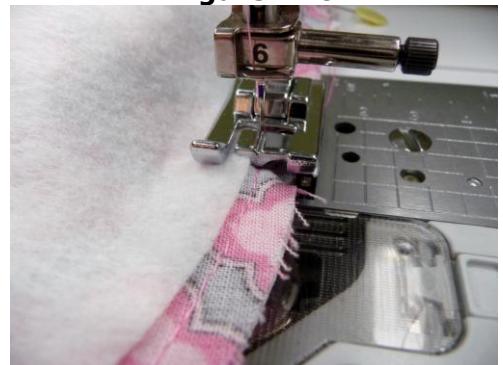
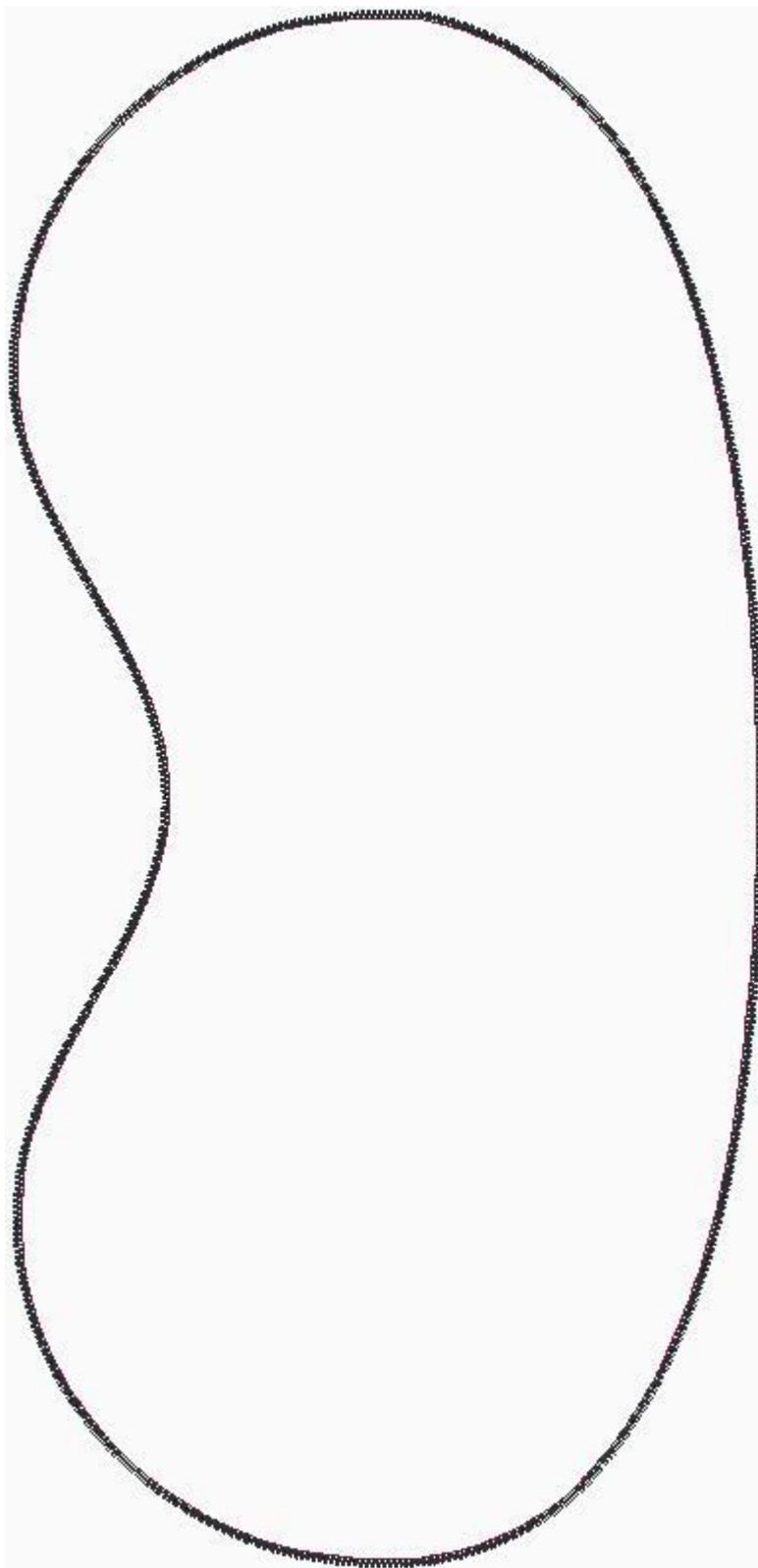


Figure #11



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Important notes:

- Eye mask pattern measures approximately 8 1/4-inches X 4-inches. Be sure to print pattern at actual size.
- Eye Mask Pattern includes seam allowance of approximately 1/4".
- Cut one eye mask from outside fabric and one from inside fabric.
- Trim pattern so it is 1/4" smaller and then cut two pieces from fusible fleece.