



EN



Degree of difficulty

Instruction **SLEEPING MASK WITH POUCH**

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Materials from Gütermann

- Sew-all thread in matching colours
- Cotton fabric 145 cm wide, Collection ELEGANT SPIRIT :
- 0.15 m jasmine pattern, dark blue-ecru
- 0.15 m cotton fabric, light blue
- 0.25 m cotton fabric, dark blue
- 0.25 m tile pattern, dark blue-light blue

In addition

- 0.70 m ecru-coloured velvet braid
- 0.15 m fusible fabric lining G 700, 90 cm wide
- 0.60 m light blue round elastic cord
- 1 anorak stopper, dark blue
- 0.35 m elastic band, 1.5 cm wide
- Cutting paper

Tools

- Sewing machine
- Iron
- Scissors
- Sewing ruler
- Tape measure
- Tailor's chalk or fabric highlighter
- Pins
- Safety pin
- Optionally: Loop turner, small zip foot

Size of pouch 20 cm x 29 cm

Cutting piece

Trace the cutting piece for the mask on folded cutting paper, placing the foldline of the paper on the front centre. Then cut it out and unfold it.

Pre-cut pieces

- Jasmine pattern: 1x sleeping mask front
- Cotton, light blue: 1x sleeping mask reverse side
- Cotton, dark blue: 1x strap 44 cm x 3 cm, 1x pouch lining with edge 64 cm x 20 cm
- Tile pattern: 1x pouch exterior 52 cm x 20 cm
- Fabric lining: 2x sleeping mask

Cut all parts with 1 cm seam allowance.



1. Fuse fabric lining on the cutting pieces of the sleeping mask on the left fabric sides, placing a damp cloth over the lining. Press on at intervals of 12 seconds using the iron, then let it cool off for approx. 30 minutes, placing it on a flat surface.



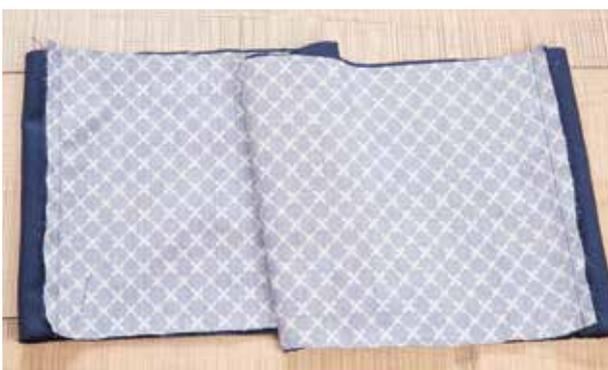
2. Fold the head strap lengthwise, right sides together. Quilt the seam in the width of the seam allowance. Cut back the seam allowances and turn the tube using a loop turner. Iron the strap. Draw 31 cm of the elastic band into the tube, stitching the beginning and the end onto the seam allowance. Distribute the fullness of the fabric evenly on the elastic band.



3. Pin the velvet braid around the edges of the front side of the sleeping mask, right sides together, the velvet edge facing the inner side of the mask. It is best to start and end on one side at the height of the point of attachment of the head strap. Lay the beginning and end of the braid on top of each other at an angle and draw them towards the outer edge. Sew the velvet braid onto the seamline close to the velvet using the zipper foot. Cut away the protruding braid at the beginning and end so that it is flush with the mask cutting line.



4. Pin the ends of the head strap to the outside onto the mask in the point you have marked, making sure that the head strap does not twist. Place the reverse side of the sleeping mask on top, right sides together, and also secure it using pins. Stitch the parts together from the lower edge using the zipper foot, leaving an opening of approx. 6–8 cm in the centre to turn the mask. Cut back the seam allowances and cut them in several times vertically at the curves just up to the seam. Iron the mask and turn it through the opening. Shape the edges well and iron them. Close the open seam of the opening by hand stitches.



5. For the pouch, lay the outside and the lining right sides together. Pin the short edges together on both sides. It is correct that the dark blue lining has excess length in this process. This excess fabric is intended for the upper pouch edge. Quilt the seams in the width of the seam allowance. Iron the seam allowance on both sides in the direction of the dark blue lining.



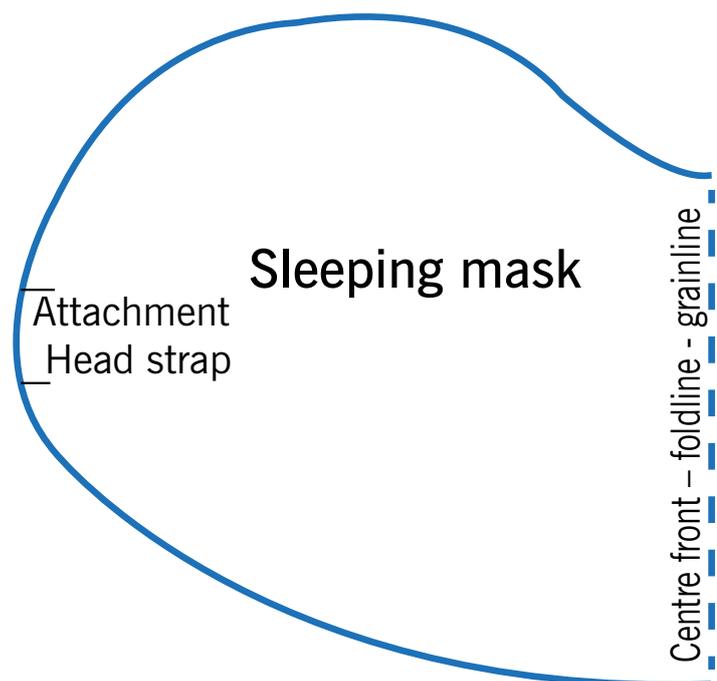
6. Turning the pouch: Fold the outer fabric from the attaching seam, right sides together, also lay the lining fabric right sides together, the connecting seams lying exactly on top of each other. Fix the edges using pins. Quilt the seams in the width of the seam allowance, leaving an opening of 1 cm for the tunnel on one side of the outer fabric pouch directly following the connecting seam, and another 6-8 cm opening for turning the pouch.



7. Cut the seam allowances back and bevel them at the corners. Turn and shape the pouch through the opening in the lining. Place the open opening edges on top of each other and topstitch them close to the edge. Insert the lining pouch into the outer fabric pouch, the excess length of the lining pouch providing for a dark blue edge of 3 cm on the outside. Iron the edge.



8. Stitch a longitudinal seam for the tunnel draw in the attaching seam of the lining pouch. Stitch the second tunnel seam in parallel to the first one at a distance of 1 cm on the outer fabric pouch. Draw in the round elastic cord into the tunnel through the opening in the side seam using a safety pin. Slide the ends of the circular elastic band through the stopper and fasten them with a knot.



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