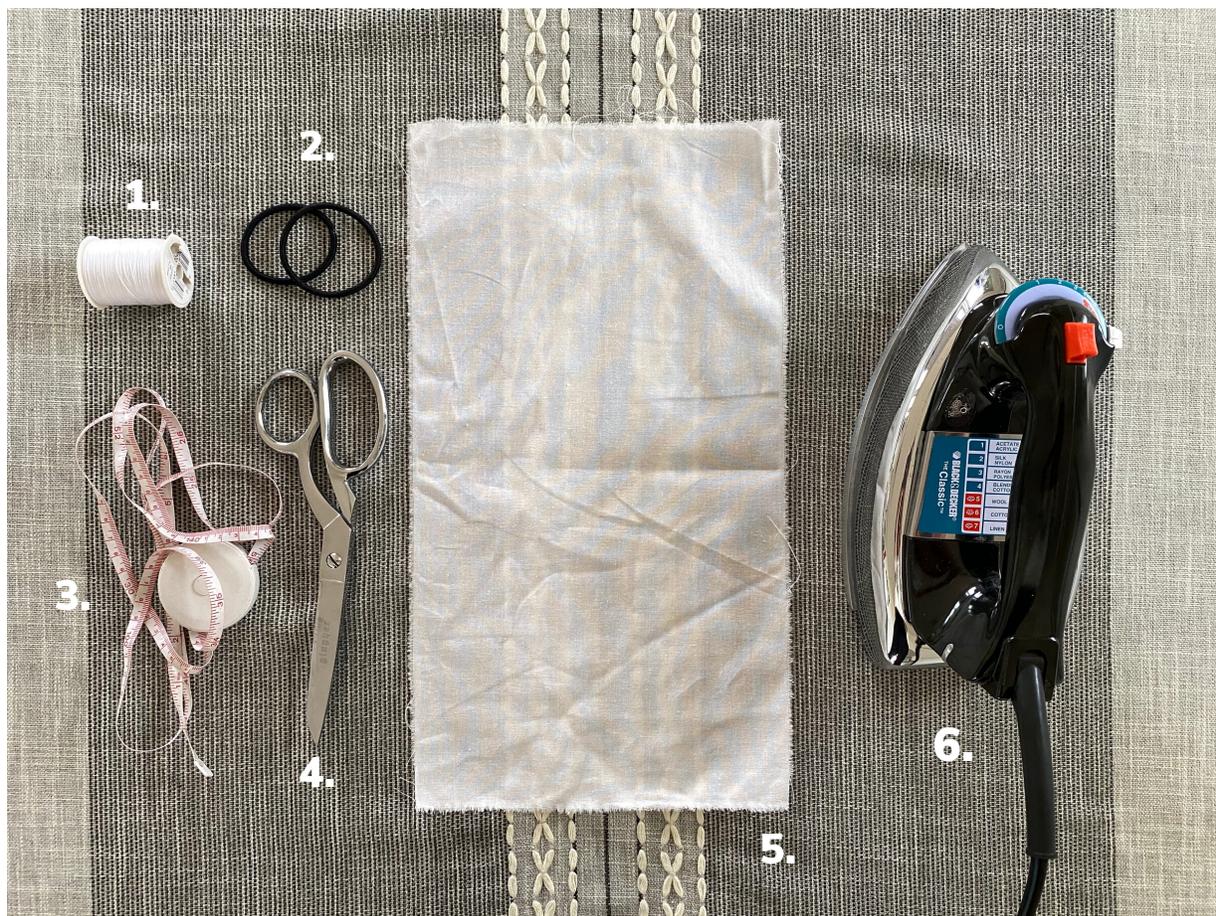


THE SHEET MASK

HOW TO



You will need:

1. Thread
2. Two hair ties or 2 - 6.5" elastic strips
3. Tape measure or ruler
4. Scissors
5. 100% cotton fabric panel 9.5"x15"
6. Iron
7. Sewing machine (not pictured)

*Makes 1 medium Sheet Mask

STEP 1



Cut the hair ties once. If you are using regular elastic, cut a strip 6.5" long.

*We used brand new hair ties for this pattern so they were not stretched out. If yours are stretched, you can subtract the equal amount that you're over by from the width of the panel.

STEP 2



Fold your 9.5"x15" panel in half. These dotted lines indicate where you'll be sewing in step 3 & 4.

STEP 3



Sandwich one end of your hair tie at the top right of one corner between the two layers. Sew, backstitch, and sew over this tie with a 1/4" seam allowance. Stop about 3/4 of the way to the bottom corner.

STEP 4



Find the other end of the hair tie and pull it to the bottom corner. Sandwich that in between the two layers and stitch over it. Turn 90° and stop about 2.5"-3" leaving an opening to turn the fabric later.



Once you are done stitching it should look like this. Trim your threads. Or not, you do you!

STEP 5



Flip the fabric inside out through the opening. It should look like this.

STEP 6



Head over to your ironing board.

Pinch the fabric about 1" from the bottom, fold up about 1" and hold in place.



Repeat this pinch and fold one more time.

Perfectionists, don't over-think this one! They don't have to be perfectly spaced. We just need the pleats to give them breathing room. Pun intended.

Aim to have the pleated mask be about 4" tall.

STEP 7



Press your pleats with steam by sitting the iron down, lifting, and sitting down again (rather than moving it across the fabric). This step keeps you from having to pin anything. Pins slow a Seamster down!

STEP 8



Go back to your machine.
Stitch the pleats down.
Stitch your opening closed.

Contrast thread showing
stitch lines.

THANK YOU



Wham bam, Seamster!
You've done it!

TIP:

Think production line -- cut all your panels at once, cut all your hair ties at once, do each step all at once -- it will cut down your time from having to think about the next step and from moving back and forth between the iron and machine.

REMEMBER:

It's about function over beauty.

Have questions or want to connect with other Steamsters? Join the conversation in our Facebook group: [facebook.com/groups/HelpTheHelpers/](https://www.facebook.com/groups/HelpTheHelpers/)