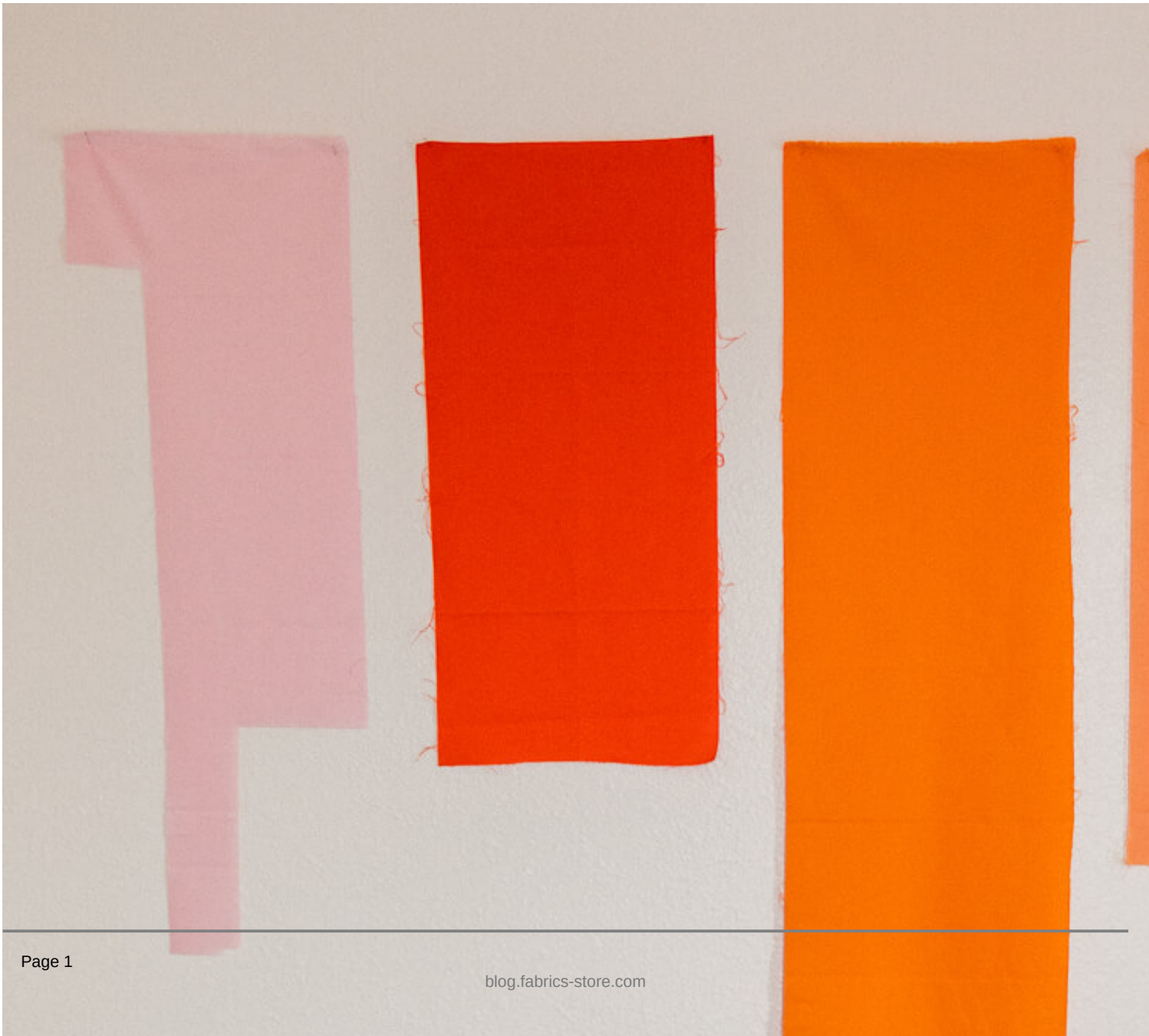


Valentine Self Love Special: How to Make a Linen Sleep Mask

Description







Hereâ??s the situation so far. Valentineâ??s Day. I think Iâ??ve had about three years of feeling terribly lonely, two years of awkwardness with boyfriends I quickly decided I needed to break up with, 26 years of feeling indifferent, and the crown jewel, one year of exchanging silly valentines puns while a gentle romance unfolded.

So, one great year out of 32. Not bad!

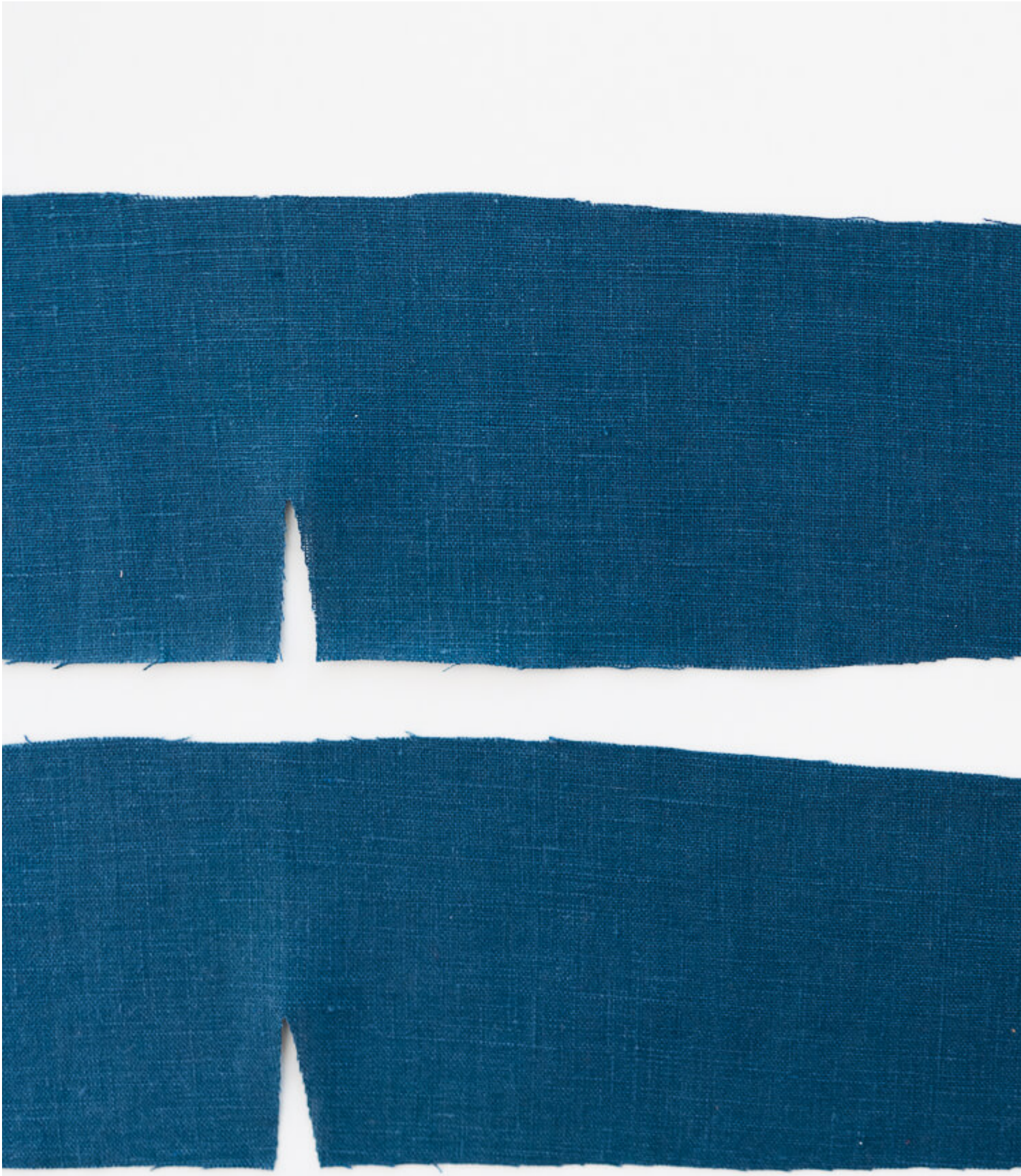
My attempt this February is to add a new category. Collecting another romance seems a bit ambitious at this late stage. But Iâ??m shooting for avoiding the loneliness and making a February of Contentment.

Hereâ??s to quiet days at home and learning to care for self starting with sleep.





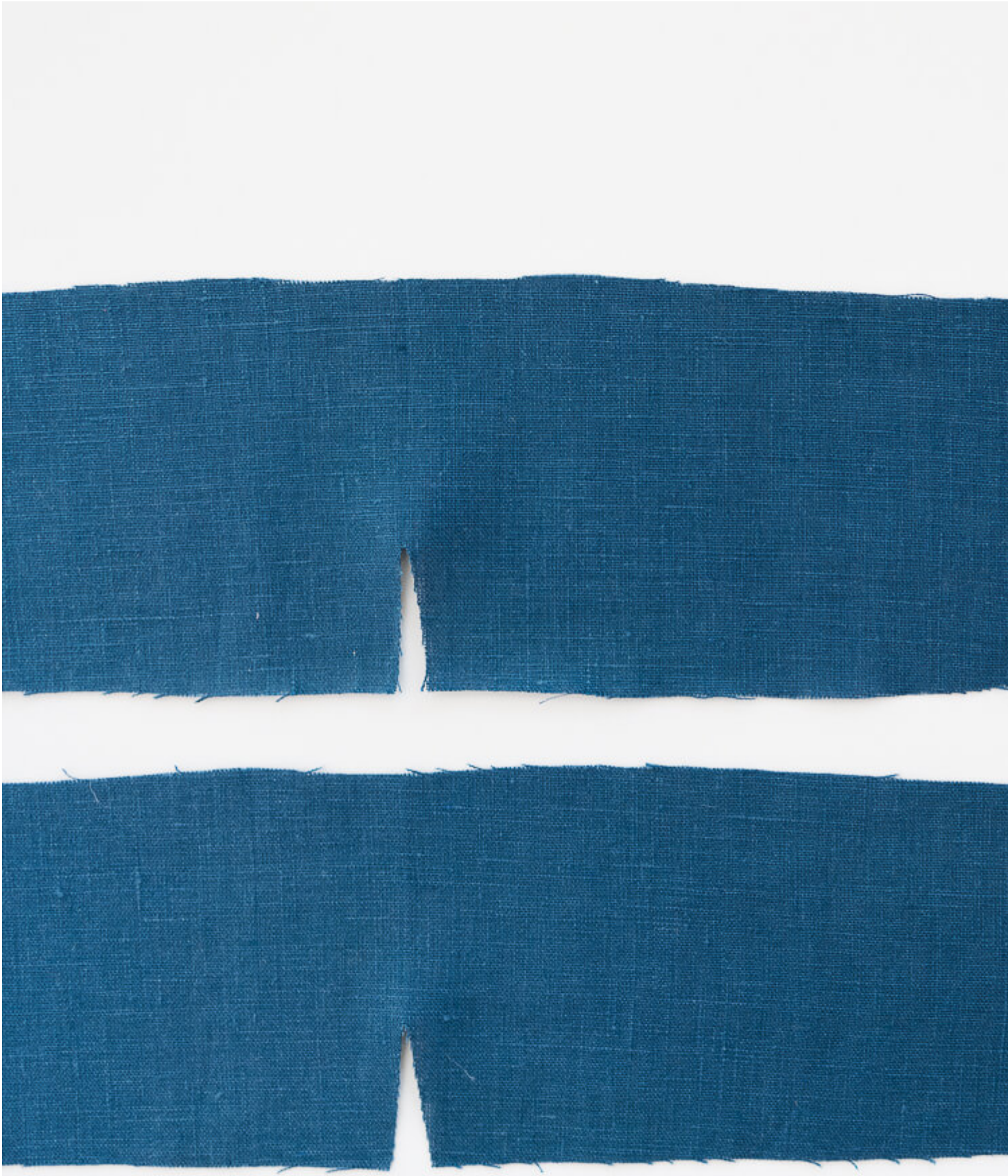
Step 1: Cut the pieces: 2 linen, 3 batting using Sarah Kirsten Sleep Mask Pattern.



Step 2: Transfer pattern markings to the right hand side of the pattern pieces on the **right side** of the fabric.







Step 3: Cut a 4â?• (10 cm) strip of velcro. Line the velcro up with pattern markings. Sew in place by edge stitching around the whole perimeter of the velcro.





Step 4: Place fabric **right sides together** (velcro strips will be on opposite ends). Then place the fabric on top of 3 layers of batting.





Step 5: Stitch around the perimeter with 3/8â?• (1 cm) seam allowance. Tapper to 1/4â?• (6 mm) above nose. Leave a 3â?• (7.5 cm) opening unstitched along the bottom to turn the mask right side out.

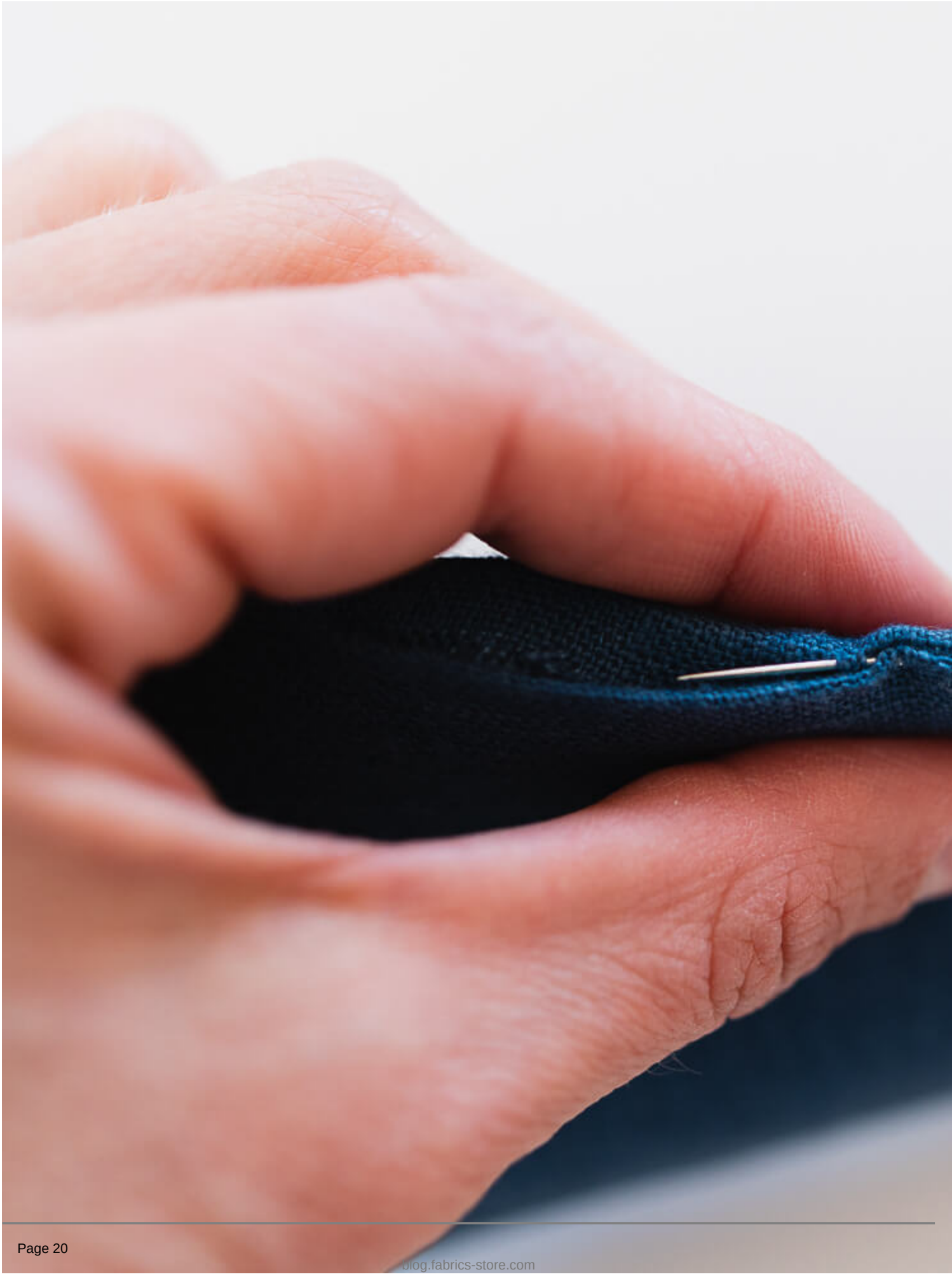




Step 6: Trim all the layers of batting really closely to the stitching. Depending on the batting, you may be able to tear it off nicely along the stitch line. Then trim fabric to 1/4â?• (6 mm) and carefully snip through fabric up to the stitch line by the nose.



Step 7: Turn the mask right side out and press.



Step 8: Carefully fold in the edges of the opening. Hand sew the opening closed using a blind stitch.

Ready for sleeping!







For you, I hope this year holds no loneliness. The awkward attempts at romance from boys you donâ??t actually like are uncomfortable, but even those are better than the feeling of deep loss â?? of somethings had and somethings never had. They are both loss. If you want to add a new category to your catalog of Valentineâ??s Days too, please join my February of Contentment

CATEGORY

1. SEWING PROJECTS

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