

How to make a Face Mask (with Elastic Loops or with Ties)

SIZES: ADULT/CHILD

TIME: 30 MINUTES

COST: \$.50 - \$1.50

MATERIALS

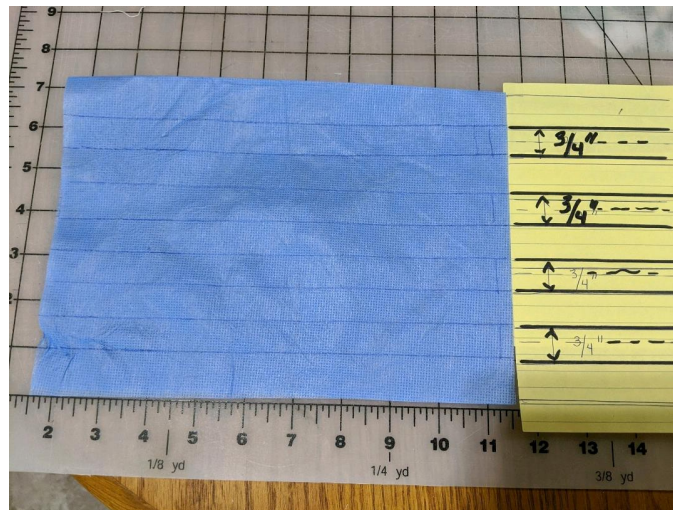
- 1/3 yard of 100% Cotton fabric
- 14" Rope Elastic, beading cord elastic will work (you may also use up to 1/4" flat elastic)
- Pattern at end of Instructions
- Note: tie a knot at each ends of the corded elastic to hold in seam (DO NOT knot the ends of the flat)

Put right sides of cotton fabric together Cut 9x6 (Adult) or 7.5 x 5 (Child)

- I was advised by a doctor to make these a bit bigger so I increased the size to 10" x 15" to get 4 folds instead of 3 folds.**



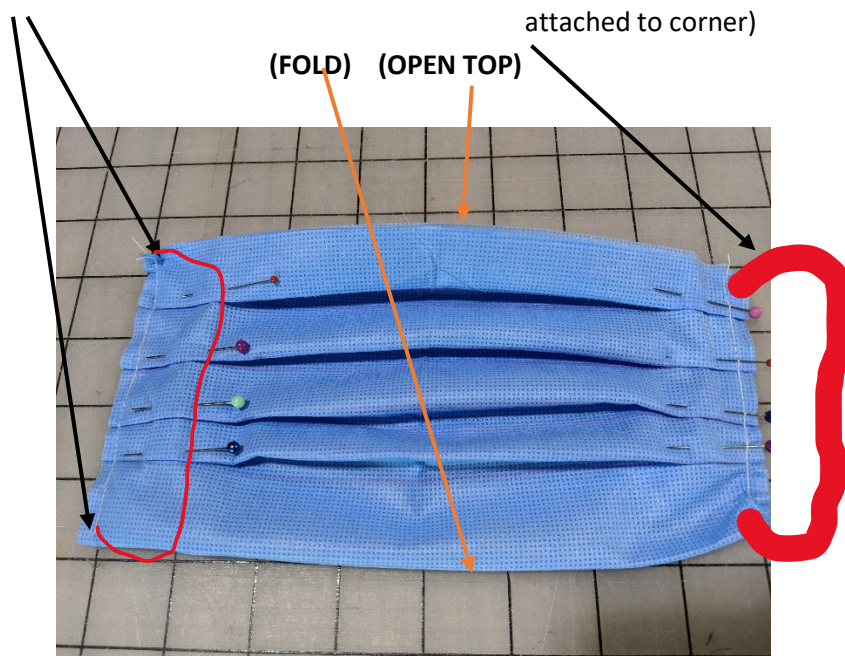
2. Lay out the 2 pieces and mark 4 sets of lines.



PLACING THE ELASTIC ON THE ENDS FOR THE EARS:

CUT 2- 7" PIECES OF 1/8" ELASTIC OR CORDED ELASTIC.

3. Match top line to its counterpart to make a fold and pin the edge.
4. Sew a baste along the edges to hold the folds and then attach the binding (**only if you are making a mask**)
5. With the 2 sides together inside facing each other, place the elastic at each corner with the elastic loop between the two pieces of fabric. Pin to hold. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
6. Place ends of elastic loops here and sew before turning the mask inside out. (the red indicates the elastic between the 2 pieces) [when turned right side out the elastic will be attached to corner]



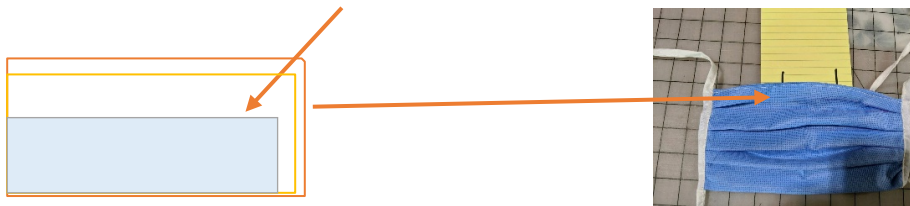
NOTE: The edges will be finished when turned right side out instead of stitched like this.

FOR THE NOSE PIECE:

(can use a covered pipe cleaner, a covered bread closure, similar pliable item, but must be covered for it to be sewn into the seam)

1. ON THE OPEN SIDE OF THE MASK, PLACE A COVERED NOSE PIECE IN THE INSIDE MID-SECTION OF THE MASK. FOLD $\frac{1}{4}$ " SEAM, PIN
2. Sew across the top. This seam will hold the pliable nose piece in place.

(nose piece inside a loop of plastic)



FOR TIES TO THE MASK RATHER THAN ELASTIC LOOPS:

1. Cut 2-60" of $\frac{1}{4}$ " bias tape. Place evenly along the edges of the mask with right side out (see picture above)
2. Pin the bias tape to the edge and sew.



7. Sew the edges of the mask.
8. Topstitch around the edge of the mask twice (double stitch =====)

TIPS:

Be sure any fabric design is placed horizontally.

USE COTTON MATERIAL FOR BOTH LINER AND FRONT.