

How to make a face mask

Supplies



Cotton fabric; bed sheets or tea towels work too.



Elastic: 1/8 - 1/4 inch, you can trim a larger piece of elastic to a narrower size.



If you do not have elastic, you can use strips of fabric, bias tape or ribbon.



Scissors



Pins



Sewing machine



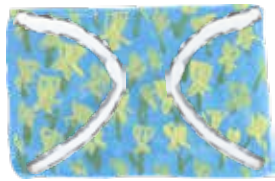
Iron, for pressing



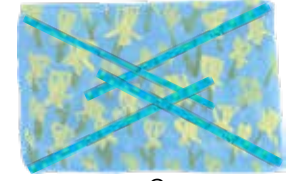
1. For each mask, cut two 7" x 9" pieces of fabric.



2. Cut two pieces of 7" elastic, if you do not have elastic, cut 4 pieces of 1" x 16" fabric strips. If possible, cut the fabric strips on the bias (diagonal of fabric), fold in half, press and sew halves together to make narrower strips. or use ribbon.



v1



v2



"wrong side of fabric"

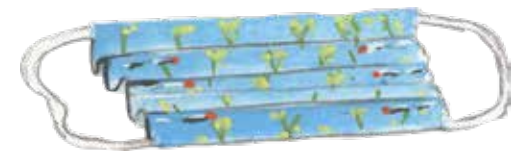
3. Between 2 pieces of fabric, place a piece of elastic to the corners as shown (v1) or place fabric strips or ribbon to each corner (v2). Place top piece of fabric over the bottom piece and pin both layers with elastic or fabric strips inbetween. Right sides of fabric are pinned together.



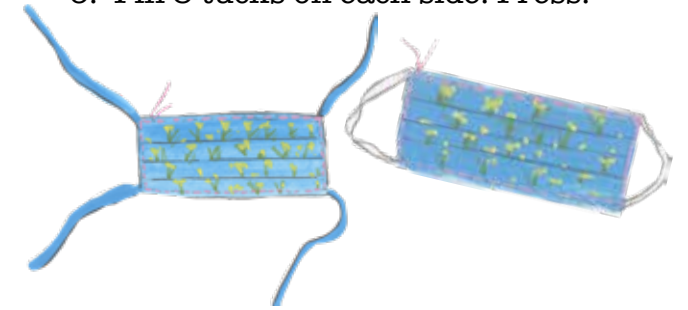
4. Stitch around the outer edge, leaving a 2 inch opening on one side.



5. Turn the mask right side out, pulling the fabric through the opening. Press flat.



6. Pin 3 tucks on each side. Press.



7. Stich around entire outer edge.

Illustrated instructions from Leslie Zemsky
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