

HOW TO MAKE A FACE MASK

What you will need

- Cotton fabric
- Rope elastic, beading cord elastic will work or 1/8" flat elastic
- Cut the elastic 7" long tie a knot at each end (do not tie a knot at the ends of the flat elastic)

You can make two sizes: adult or child.

1. Put the right sides of the cotton fabric together
*Cut 9x5" (Adult) or 7.5x5" (Child)
2. Starting at the centre of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now ser across the top of the mask to the next corner. Again, put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" opening. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are in the same direction.
8. Sew around the edge of the mask twice.

It is so easy to make this.

