

Homemade Masks

You will need:

Tools

- Needle and thread (and a sewing machine, if you have one)
- Scissors
- Pins or clips to hold fabrics in place (safety pins and paper clips will also work in a pinch)

Materials

- 100 percent cotton fabric
- Flannel
- Flat (1/4") sewing elastics (or can substitute long narrow hair bands)

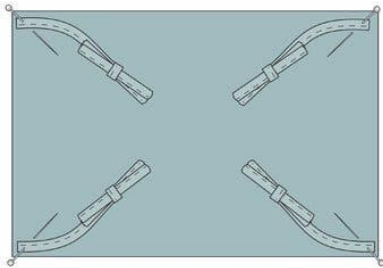
PREPARE YOUR MATERIALS

Step 1

- Prewash the fabric it on the warmest setting and dry it on high heat.
- Measure and cut out a 9.5" by 6.5" rectangle to create two identically sized layers. This is your mask base. Cut one layer of flannel to the same dimension. This is the inner lining of the mask.
- Cut 2 pieces of elastic 7 1/2 inches long

ASSEMBLE THE MASK

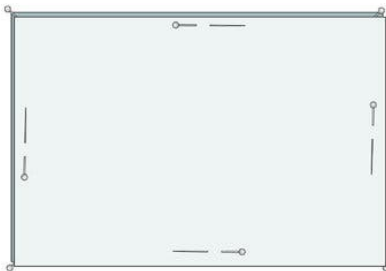
Step 2



- Take one of your rectangular fabric layers. With the "right side" (or the outer-facing side, where the pattern might be) facing you, pin down the elastic, one piece per side and pin ends to the corner. Make sure that the elastic is gathered in the center of the fabric layer before advancing to the next step.

ASSEMBLING CONTINUES

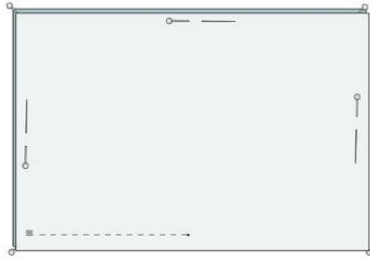
- Step 3



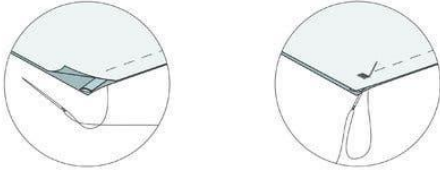
- Take the second layer of fabric and line it up with the first. The "right sides" (or patterned sides) of the fabric should be facing each other, sandwiching the fabric ties or elastics.
- Place a layer of flannel on top.
- Secure the fabric sandwich together with pins.

START STITCHING

- Step 4



- Eyeball a midway point. From the middle, sew a straight line across the mask, about 1/4" above the bottom edge of the fabric, toward the bottom left-hand corner. Remove any pins as you sew past them.



- Make sure that the elastic is secured in the corners, sandwiched by your two layers of fabric, as you sew over their ends. You want to make sure your needle goes through all of the pieces: the top layer, the end of the elastic, the bottom layer and flannel layer.
- Add a couple stitches forward and backward (in both directions) to secure the elastic in place.

STITCH ALL AROUND

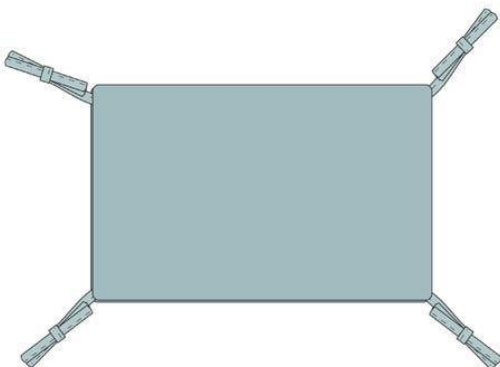
- Step 5



- Stitch all around the perimeter of the fabric layers, repeating the forward and backward motion at each corner to secure all the elastic ends or fabric ties.
- Continue to stitch your way toward the starting point but stop to allow for a 1 1/2" gap.

TURN OUT

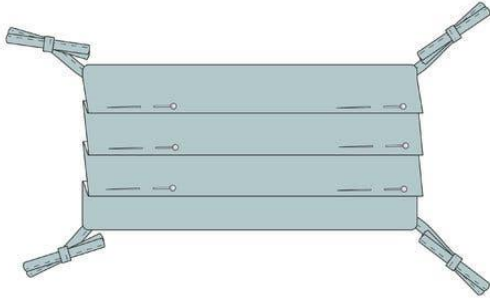
- Step 6



- Turn your project right-side out from the little 1 1/2" gap. Your fabric ties or elastics should now stick out, like little legs.

ADD THE PLEATS

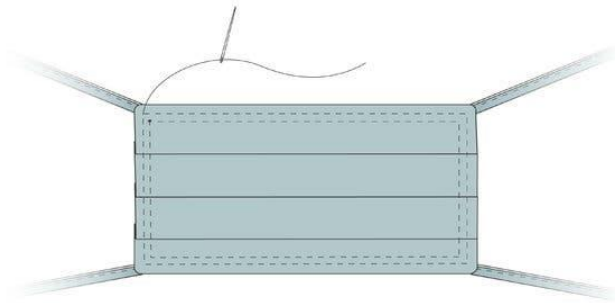
- Step 7



- Make three staggered pleats lengthwise on the mask, as if folding a paper fan. This helps the mask conform to the wearer's face. Secure each pleat with pins.

FINISHING THE MASK

- Step 8



- With your pleats held in place by pins, stitch around the perimeter of the mask, $\frac{1}{4}$ " away from the edge of the seam. This is called a top stitch. Take care when stitching over the pleats as the fabric may be quite thick.
- Top stitch a second time around, about $\frac{1}{4}$ " in from the first round of stitching.

Now you have a completed mask!