

FACE MASK INSTRUCTIONS



MATERIALS:

- fabric rectangles – $7\frac{1}{4}'' \times 12''$. Ordinary, cheap, cotton or cotton blend quilting fabric or sheets are fine.
- $\frac{1}{8}''$ elastic or 2mm elastic cord, $\sim 7\frac{1}{2}''$ long
- $\frac{1}{2}''$ bias tape or $1\frac{1}{4}''$ fabric strips, folded
- *3mm strips of aluminum flashing, rounded and sanded, $\sim 5''$ long
- *fusible bonding web (like Stitch Witchery)

*optional in order to form the mask

around your nose . NOTE: to make the aluminum strip, you can score the aluminum flashing with a heavy pin or needle or mark with a thin magic marker as cutting guides. Round ends, then sand or file the edges smooth.



INSTRUCTIONS:

1. fold fabric rectangle in half along the long side, wrong side out to form a rectangle $6'' \times 7\frac{1}{8}''$.
2. stitch narrow ($3/16''$) hem



3. *use fusible bonding web and scrap fabric to make fusible fabric patch
4. *cut into small rectangles (~ $\frac{1}{2}$ " X $\frac{3}{8}$ ")
5. *iron on near fold about 1" from raw edge of hemmed piece. This will be the reinforcement behind a slit to insert the aluminum strip.
6. *cut small slit (~ $\frac{1}{8}$ ") through patch
NOTE: *these four steps(#3-#6) can be eliminated in you will not be removing the aluminum strip for laundering or replacement*



7. turn fabric rectangle right side out
8. stitch $\frac{1}{8}$ " along both long sides
9. * stitch $\frac{1}{2}$ " from folded edge to make a channel for the aluminum strip
10. *insert aluminum strip into channel

11. pin three folds along each edge or gather down to about $2\frac{1}{2}$ "
12. stitch in place



13. use bias tape or folded fabric strip to bind around the folds.
14. insert elastic about $\frac{1}{2}$ " deep
15. check the length of the elastic on yourself and adjust before proceeding
16. I like to tack corners and elastic to eliminate the bulky pins before stitching
17. stitch in place



18. *I recommend either removing the aluminum strip for washing or tacking the slit closed so that it does not come out during the wash cycle. NOTE: If you do not plan to remove the strip for laundering, you can eliminate steps #3-#6.
19. You are DONE!!
20. Please feel free to share these instructions ❤