How To Make a Face Mask: With Elastic

SUPPLIES & TOOLS:

- Cotton Fabric – cut 12"X9"
- Lightweight Fusible Interfacing 12" X9"
- 1/4" Elastic* or fabric ties (4 pieces cut 1.5"wide x 16"long)
- Basic Sewing Supplies

DIRECTIONS:

1. Make or download a pattern (separate link)
2. Cut 1 pattern piece, on the fold, out of the cotton fabric
3. Fold fabric right sides together, matching long sides.
4. Sew along the long side, using 1/4" seam allowance and leaving a space 3" wide in the center to turn mask right side out.
   * note: if you want to make one side of the mask with accent fabric, and one side with a liner fabric (solid color, or soft like flannel), cut 2 pieces 6 ¼"x9", and sew together, right sides together along one long side, then sew the second long side as directed above
5. Cut 2 pieces of elastic 7 inches long. Insert into the corners of the two open ends of the mask and pin into place. Sew across sides, backstitching well over the elastic, to secure the elastic in place.
6. Turn mask right side out and press seams flat.
7. Using pattern as a guide, fold up 3 pleats on each side, making sure the pleats are folded in the same direction. Pin into place.
8. Top stitch around the entire mask, securing the pleats and closing the opening.

ELASTIC SUBSTITUTES:

- Substitute elastic with 4 Fabric Ties at each corner
  * cut 4 fabric pieces, each 1.5" wide x 16" long
  * fold edges of long sides in towards the center until they meet; fold again to create a flat piece about ½ wide with fabric edges encased. Sew near the edge of the fabric, securing ends.
  * or cut ties out of stretchy fabrics along the bias (no need to sew)
  * attach ties as directed in step 5 above, one inside at each corner
- Other elastic substitutes include other stretchy items such as hair ties, stretchy headbands, etc
- Tutorials for these different methods can be found by searching online—use whatever approach works for you (and for which you have supplies!)