



Face Mask 2 Instructions

Updated 3/2020

What you will need:

- Cotton fabric, a pretty print is best
- Rope elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- Cut the elastic 7" long and tie a knot at each end (do not knot the ends of flat elastic if you are using that type)
- OR T-Shirt "Elastic" see below for directions

You can make two sizes: Adult or Child

1. Put right sides of cotton fabric together
 - Cut 9" x 6" (Adult) or 7.5" x 5" (Child)
2. Starting at the center of the bottom edge, sew to the first corner using a 1/4" seam, stop.
3. Sew the elastic with the edge out into the corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mark 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" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction.
8. Sew around the edge of the mask twice.

It is so easy to make this. As always, quality matters for effectiveness and patient confidence. ***Be sure any fabric design is placed horizontally.***

YouTube Video: <https://youtu.be/9tBg0Os5FWQ>
Pattern from Turban Project



Directions for T-shirt "Elastic"

- Lay t-shirt out flat with bottom edges matching
- Cut off hem straight across
- Cut 1" strip from side to side – both layers
- Pull as hard as possible until strips curl up
- Cut 7" strips

For questions regarding these directions, call 217-483-7911 or email office@midwestmission.org.