

HOW TO MAKE A FACE MASK-using elastic. SEE NEXT PAGES FOR FABRIC TIE ALTERNATIVES

- Each mask needs 2 layers of cotton fabric (1 each: flannel, t-shirt scraps, or cotton, or 2 layers cotton)
- IF you have it, rope elastic or 1/8" flat elastic (beading cord elastic will work)
Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of flat elastic)
- **Fabric Ties are the best option as elastic is hard to obtain, as of March 21, 2020**

You can make 2 sizes: Adult (cut fabric 9" X 6") and Child (7.5" X 5")

1. Put right sides of fabric together.
2. Starting at the center of top edge, sew to the first corner stop. Place the elastic between the layers and sew the elastic with the knot 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 that same elastic to the corner and sew a few stitches forward and back.
4. Now sew across the bottom edge to the next corner. Again, put an elastic with the knot out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the top edge 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. You may only get 2 tucks on a Child's mask.
8. Sew around the edge of the mask twice, closing the opening on the first round.



Links of use:

Make a mask with ties (Sustainable Tallahassee/
Rags2Bags) <https://www.youtube.com/watch?v=AWMjVx7iYfE>

Make fabric ties: https://www.youtube.com/watch?v=1lw6_Vtp8OQ
<https://youtu.be/ueWkAuY3k6Y>

Turban Project-Mask (Video ST/R2B uses as basis, using elastic,
but you can make the adaptation to 4-fabric ties)

https://youtu.be/X_-R8Ox3Spw Jenny Doan., Missouri Star Quilts. She makes hers with straps top and bottom, our adaptation (see back) makes them on the side.

ADAPTATIONS FOR THE *TURBAN PROJECT* FACE MASK IF ELASTIC ISN'T AVAILABLE:

NOTE: **do not** make knots on the ends of these ties. Read all options and pick those that you like.

1. T-shirt fabric ties-FASTEST AND NO SEW TIE OPTION

- a. Cut $3/4$ " – 1" strips across the width of cotton t-shirts since they don't have seams.
- b. Cut the "circle of tshirt fabric" so you have one long strip. Pull and stretch the strip so the edges curl under. This also makes a longer strip. You don't need to sew the raw edges together.
- c. Then cut into strips of the needed size: 18" for adult, 16" for child.
- d. Insert an 18" length to each corner of the mask before sewing the layers together. Put the extra length between the 2 layers to keep it out of the way.
- e. Finish the face mask according to the basic instructions, steps 2-8 omitting references to elastic insertion, the 4 fabric ties take the place of the elastic.

2. SERGED OR ZIGZAG FABRIC TIES-FAST cotton fabric option

- a. Cut 1" straight grain fabric strips (bias can be used, but not necessary). Join strips into long pieces. Each mask needs 4-18" (16" for children's version) ties (or 72" of strips), so join fabric strips to minimize excess when cutting; e.g. 36", 72", 108" etc. of joined strips.
- b. At the machine, fold the strip, wrong sides together. Zigzag raw edges together so the needle barely zigs or serges off the raw edge, making a clean finish. Don't zigzag down the center of the strip as this causes fraying when washed and dried. Suggested zigzag settings: 3.0-5.0 stitch width, 2.0-2.5 stitch length
- c. Insert an 18" length to each corner of the mask before sewing the layers together. Put the extra length between the 2 layers to keep it out of the way.
- d. Finish the face mask according to the basic instructions, steps 2-8 omitting references to elastic insertion, the 4 fabric ties take the place of the elastic.

3. BIAS TAPE TIES IN THE CORNERS-Easiest if you have packaged bias tape

- a. Sew the folded edges of $1/4$ " – $1/2$ " bias tape closed. Most packages of bias tape are 3 yards. This will make ties for 1 mask.
- b. Cut 4- 18" (16" for children's version) pieces. These will be ties that substitute for the elastic in the original construction method. Save your extra and use "orphans" for masks to make them fun and colorful. Ties on a mask do not have to match.
- c. Insert an 18" length to each corner of the mask before sewing the layers together. Put the extra length between the 2 layers to keep it out of the way.
- d. Finish the face mask according to the basic instructions, steps 2-8 omitting references to elastic insertion, the 4 fabric ties take the place of the elastic.

4. FOLDED FABRIC TIES

- a. Cut 1" – 1 $1/2$ " fabric strips (lengthwise or crosswise grain), joining to make a 72" (or multiples of 72" strips since each mask requires 2 yards of ties (4- 18" ties.)

- b. Fold fabric strips in half and then fold raw edges to the center fold. This creates a strip with no raw edges (like commercial bias binding)
- c. Insert an 18" length to each corner of the mask before sewing the layers together. Put the extra length between the 2 layers to keep it out of the way.
- d. Repeat steps 1a-d above to make 4 ties and insert them between the 2 fabric layers.

5. FOLDED FABRIC SIDE TIES

- a. Cut 2"-2 ½" fabric strips (lengthwise or crosswise grain), join to make 80" of strips.
- b. Fold fabric strips in half and then fold raw edges to the center fold. This creates a strip with no raw edges (like commercial bias binding). DO NOT sew the edges closed
- c. Cut the sewn strip in half to make 2- 40" (36" for children's version) strips
- d. Make the mask:
 - i. Wrong sides together, sew the top and bottom (long) sides together. This is different than the basic instructions.
 - ii. Turn right side out and top stitch top and bottom close to edge. Leave the sides open
 - iii. Fold 3 pleats into each of the sides, same as in original pattern
 - iv. Stitch the pleats close to the edge holding them in place.
 - v. Match the center of the folded fabric strip to the center of each side of the partially completed mask, encasing the raw edges of the pleats between the folded fabric strip. Leave the rest of the strip extending above and below the mask sides Use pins if needed
 - vi. Starting on one long edge of the folded fabric strip, sew the edge shut. Continue sewing along the long edge, making sure the raw/pleated edges are between the folded strip. Continue to the bottom of the strip.
 - vii. Repeat for the other side. Do not knot the ends of the fabric strip.