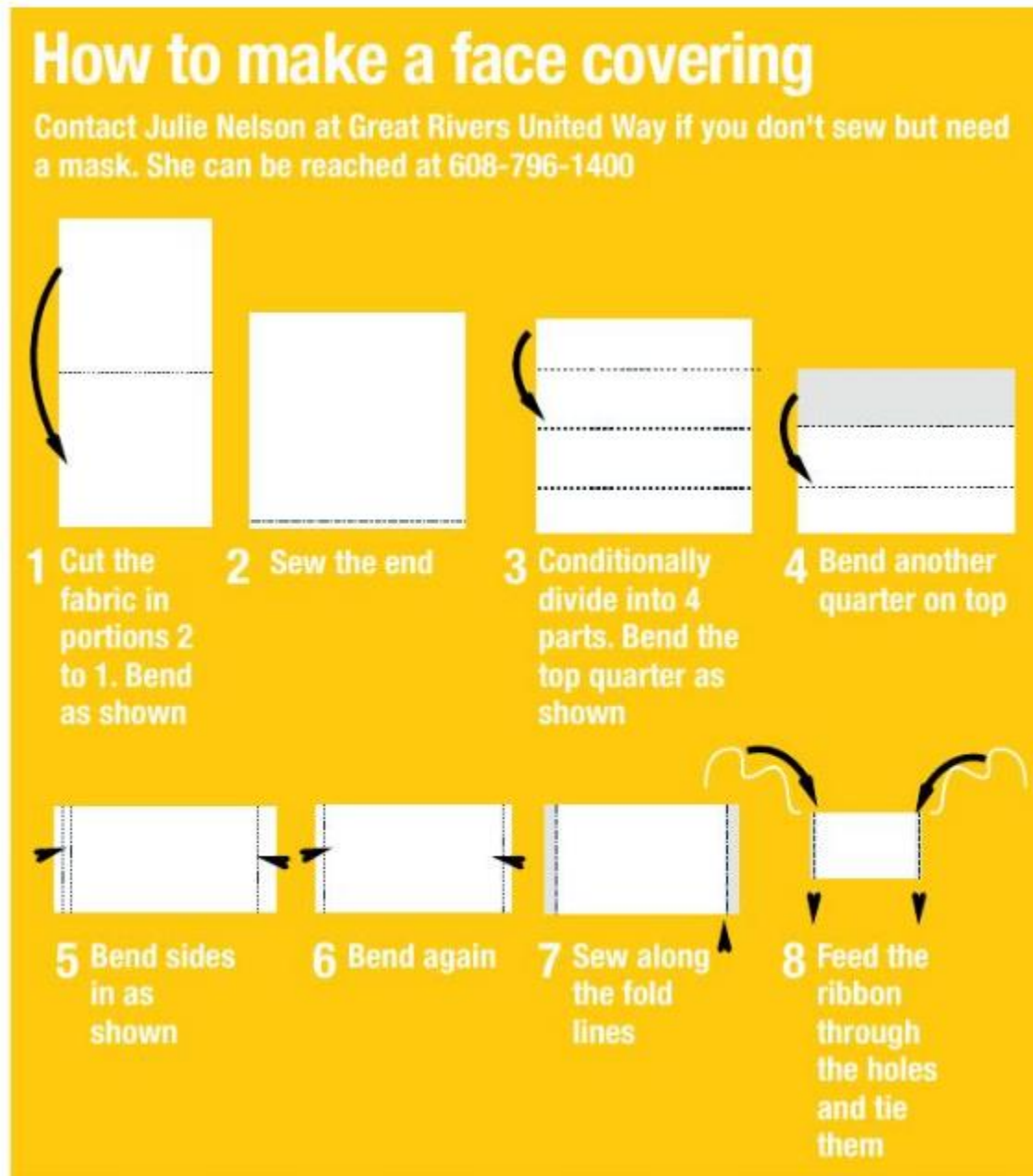


Face Masks

How to sew your own fabric mask

https://www.washingtonpost.com/health/2020/04/05/how-sew-your-own-fabric-mask/?arc404=true&utm_campaign=wp_to_your_health&utm_medium=email&utm_source=newsletter&wpscsrc=nl_tyh&wpmk=1



--La Crosse Tribune, La Crosse, Wisconsin, 2020-04-09 A2

How to make a Face Mask (Gundersen Medical Center)

What you will need

- Cotton fabric
- Cord elastic or 1/8" flat elastic (you can "recycle" elastic shoelaces, headbands or other elastic)
- Cut two pieces of elastic, each 7" long. Tie a knot at each end (DO NOT knot the ends of flat elastic)

To make

1. Put right sides of cotton fabric together and cut:
 - 9" x 6" for adult size
 - 7½" x 5" for child size
2. Keeping right sides together and with about ¼" seam allowance, start sewing at the center of the bottom edge and sew to the first corner, stop. Sew the elastic, with the end out, into the corner (the elastic loop should be between the two layers of fabric). A few stitches forward and back will hold this in place.
3. Sew to the next 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 mask to the next corner. Again, sew in one end of the second elastic piece.
5. Sew to the next corner and sew in the other end of the same elastic piece.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn right side out (NOTE: The two elastic loops should be visible now).
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.