

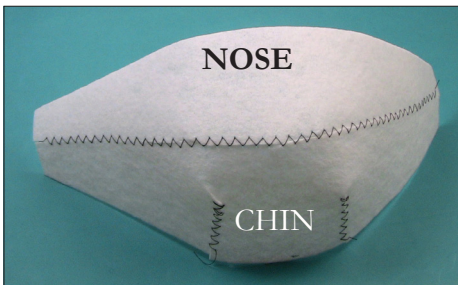
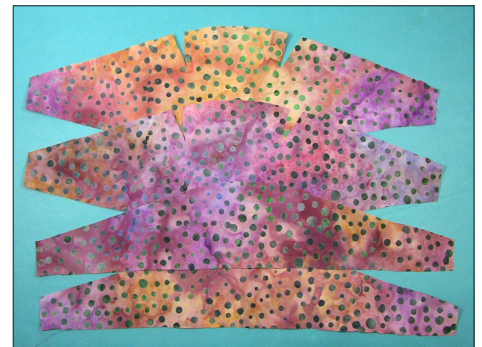
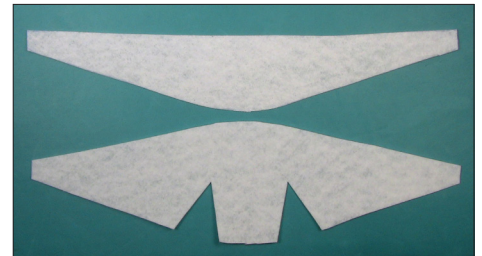
# Fitted Washable Mask

## What you'll need:

- Lightweight washable fabric 11" x 13"
- Light/medium nonwoven 11" x 7"
- Up to 12" of 3/4" or 1" elastic
- Ordinary sewing thread



**STEP 1 Print the templates** for both nonwoven and fabric pieces (last two pages). Be sure to set your printer for "actual size." Press the nonwoven and fabric on a high iron setting to preshrink them (important!). Cut one of each nonwoven piece and two of each fabric piece.



**STEP 2 Assemble the nonwoven parts.** Use a loose zig-zag on your sewing machine or overhand stitch basting. Try not to overlap; just butt the edges up to each other. Don't worry if this is not pretty; it will be hidden inside the mask.

**STEP 3 Assemble the fabric parts (two).** Match the three notches for the long seam. The long edges are on a slight bias so take care not to stretch them. Press the seams on one part down and in; press the seams on the other up and out to reduce bulk inside the mask.



**STEP 4 Sandwich the nonwoven** between the two fabric parts, with right sides out on the fabric. Pin or baste the parts together.

**STEP 5 Sew the parts together** as pinned with a single line of straight stitch, allowing a 1/4" seam. Trim any misaligned edges.

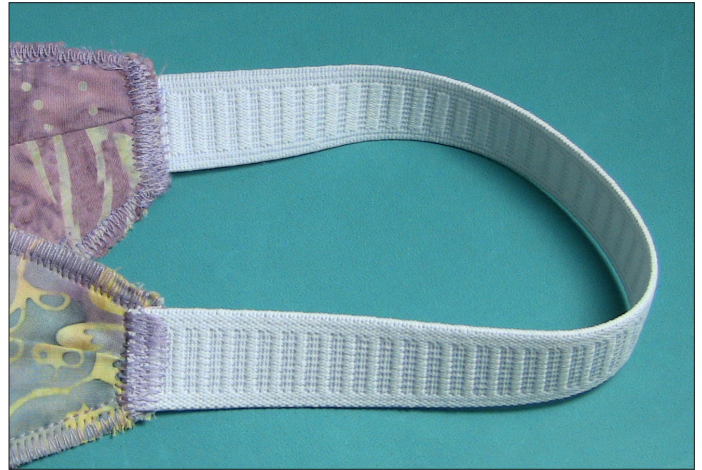




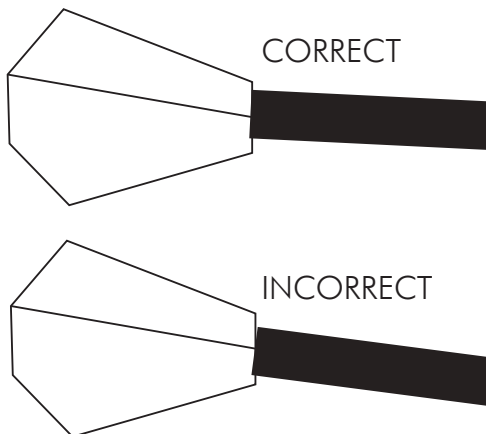


#### STEP 6 Zig-zag the edges all around.

You can also use fold-over binding tape sewn by hand to cover the edges. Trim any threads and ravels.



**STEP 7 Attach the elastic.** Zig-zag one side in place first then try on the mask to determine the correct length of the elastic. Trim the elastic if needed; zig-zag the other end in place, making sure the elastic is not twisted. When sewing the elastic in place, make sure it extends out straight from the edge; if it is tipped too far downward, the fit will not be comfortable.



When sewing the elastic in place, place it at a very slight downward angle from the end of the mask, but not too far downward, or the fit will not be comfortable.



#### MAN MASK

Cut up one of his motorcycle bandanas. Then he'll actually wear it.

#### CLEANING THE MASK

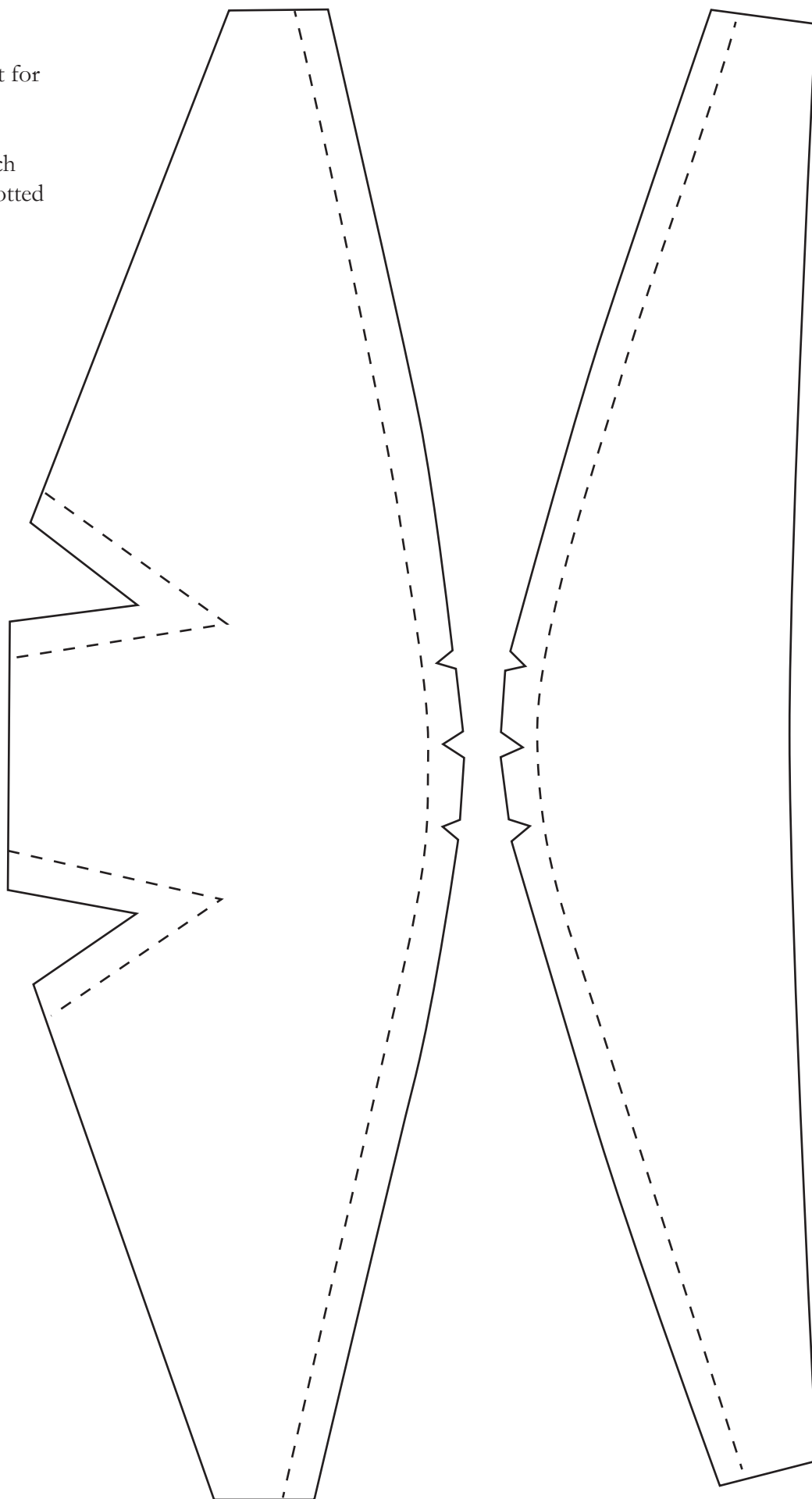
Because you've preshrunk the parts prior to cutting, you can wash this mask in hot soapy water. Do not dry the mask in a heated dryer; allow it to air dry instead. Wash the mask after each use.

Courtesy of annbenson.com

## FABRIC TEMPLATES

Make sure your printer is set for  
“Actual size.”

Cut two of each piece. Match  
pieces at notches. Sew on dotted  
lines.



## NONWOVEN TEMPLATES

Make sure your printer is set for  
“Actual size.”

Cut one of each piece. Match  
long curved lines by aligning red  
arrows (do not cut arrows).

Butt edges together when  
zig-zagging or basting; try to  
avoid overlapping.

