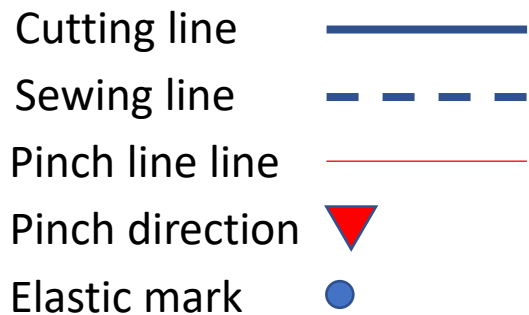




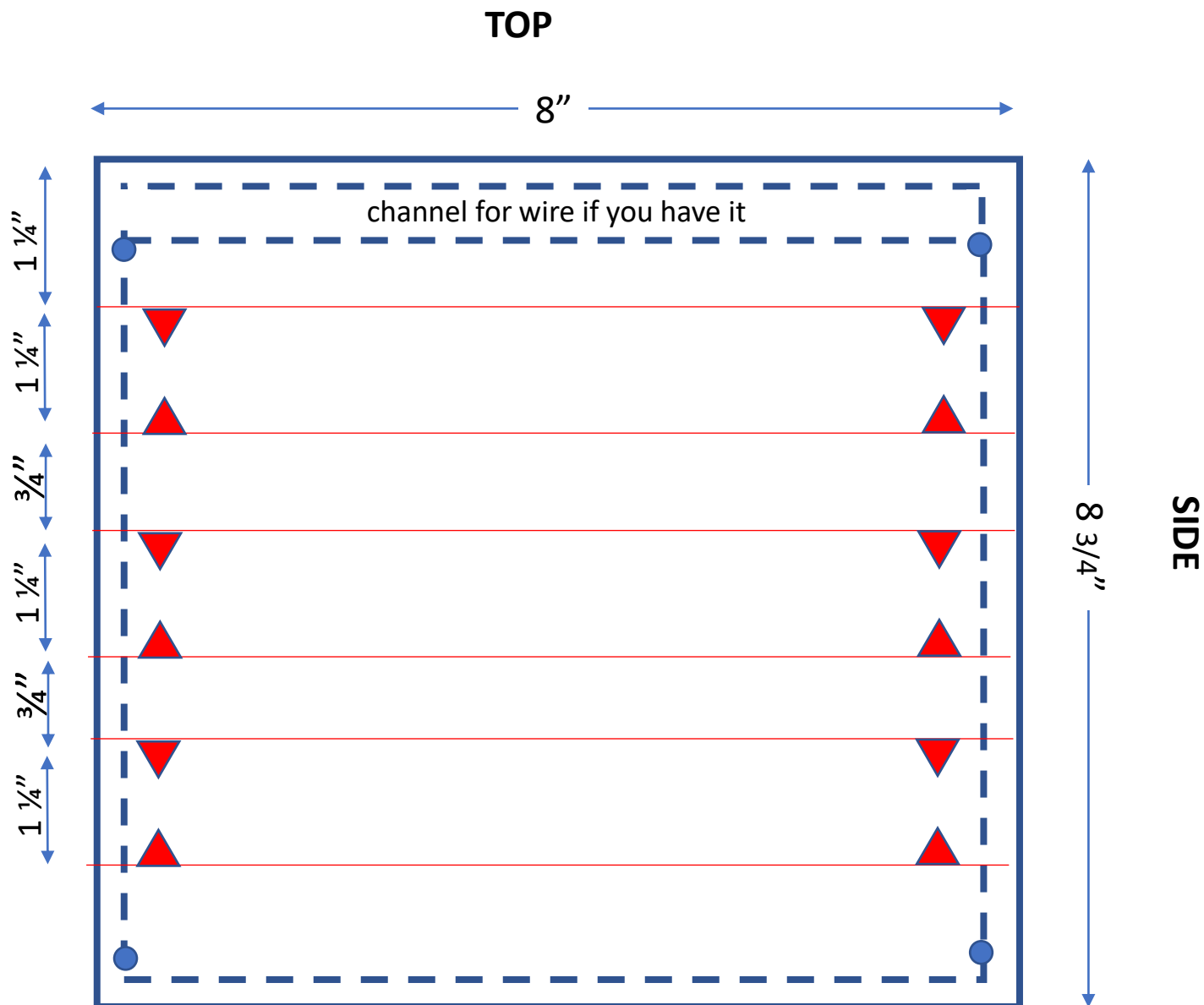
Washable Face Mask with Adjustable Nose Piece



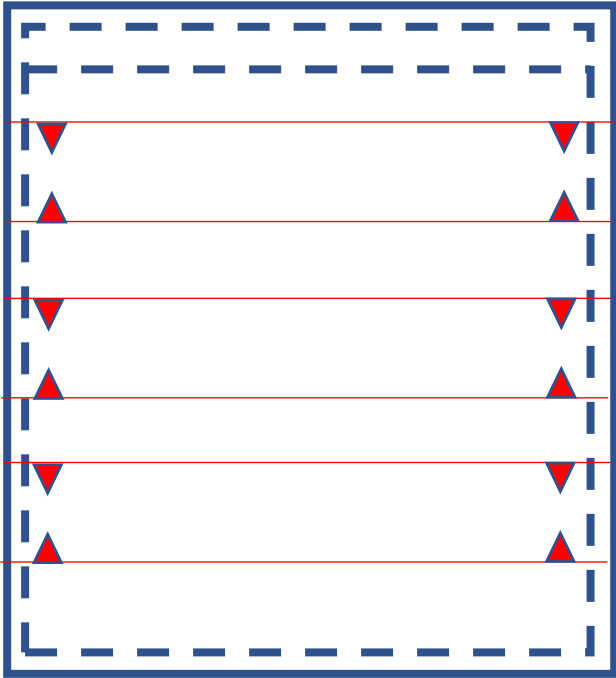


Materials:

- Soft fabric, enough for 2 9" squares, (flannel pillowcases ideal)
- 2 x 8" pieces elastic
- 8" flexible wire for nose piece (folded over floral wire worked well)



Instructions Page 1



1. Draw your pattern on a piece of paper or light cardboard. (Use more detailed version on page 1).



2. Cut out 2 pieces of your pattern on a soft washable piece of fabric. I used an old flannel pillowcase folded over so that I could cut 2 pieces at once.



3. Mark your fabric on the pinch lines with a small tick. Make sure to mark both pieces if you are cutting two pieces at once. I used a fine sharpie.



4. With the “right” side (the one with the pattern you want to see) of the fabric facing you, pinch the fabric together so that the pinch marks meet and iron towards the top.

Instructions Page 2



5. You should now have two pieces of fabric with 3 pleats each. Iron them flat.



6. Pin the pleats and stitch them in place, $\frac{1}{4}$ " from the edge.



7. Place the two pieces of pleated fabric together with the pleats facing the same way and the "nice" side facing in. Stitch them together along the top and bottom, $\frac{1}{2}$ " from the edge.



8. Pull the mask inside out so the nice side is facing out. Look pulling a sock that is inside out.

Instructions Page 3



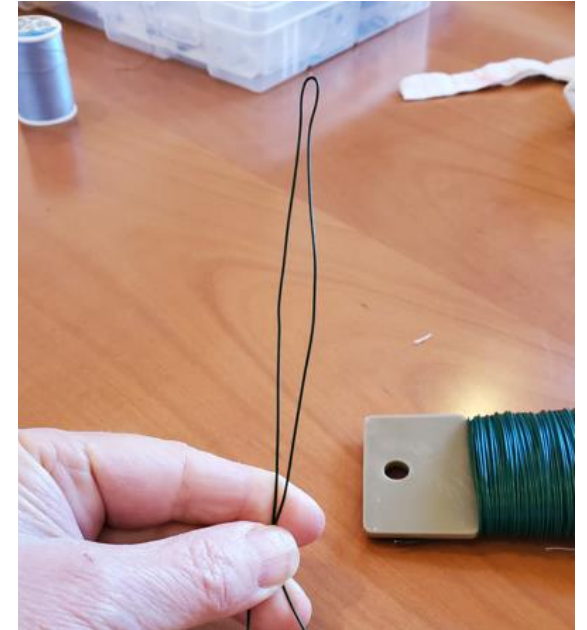
9. Iron your face mask with pleats neatly in place



10. Fold in the pleated ends about $\frac{1}{2}$ ". Iron flat. Stitch a line on the top end of the mask about $\frac{1}{4}$ " wide, or wide enough to hold your "nose wire." Stitch up one side completely, the other side stitch from bottom to top, stopping just before the nose channel.



11. Cut 8*" of elastic and sew in place just below the channel at the top of the mask and at the bottom of the mask. I leave one side open so that you can remove the wire before washing. **SUGGESTION:** Before stitching in place have your wearer try it on for size. Adjust as needed.



12. Cut your wire to about $\frac{1}{2}$ " longer than your mask width. I used floral wire folded over.



Wire folded over for easy insert/removal

