

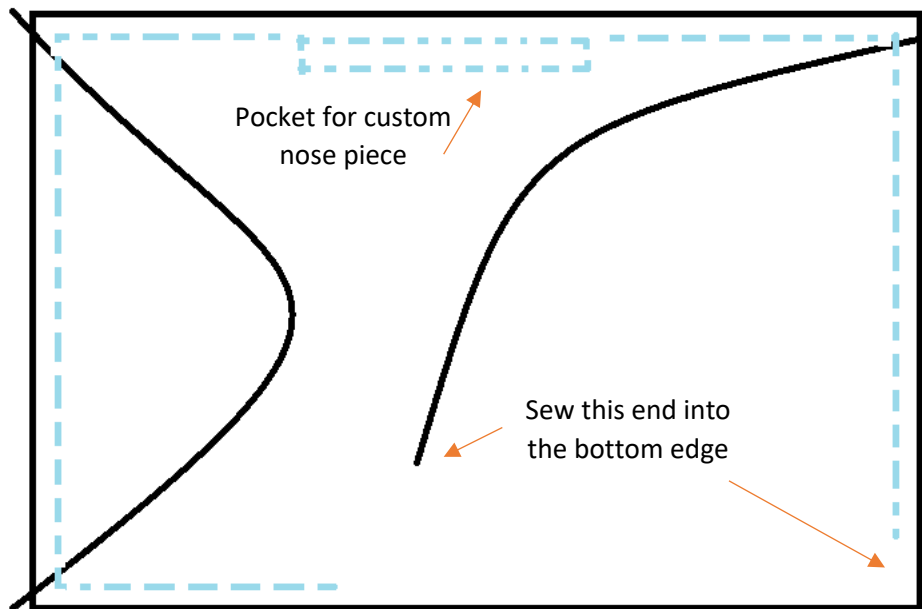
## How to Make a Homemade Face Mask

### Materials Needed:

- Two pieces of cotton fabric cut into a 10 x 8 in rectangle
- Two pieces of shoelace, elastic or long strips of fabric (approx. 8 in long)
- 4 twist ties, paper clip, or bendable wire

### Instructions:

1. Place fabric pieces together, pattern side inward.
2. Sew starting in the middle of the long edge.
3. Turn the corner and insert the piece of shoelace/elastic at the top edge.
4. Sew one end of the shoelace/elastic at the top, then sew across the short edge of the fabric inserting the other end of the shoelaces/elastic at the bottom edge.
5. Turn the corner and sew across the long edge, creating a pocket for the 4 twist ties in the middle
6. Turn the corner and insert the other piece of shoelace/elastic at the top edge.
7. Sew one end of the shoelace/elastic at the top, then sew across the fabric inserting the other end of the shoelaces/elastic at the bottom edge.



8. Turn the corner and sew the final long edge toward the middle leaving the last 1-2 in open.
9. Turn the fabric inside out.
10. Sew the opening closed.
11. Overlap/pleat the fabric 3x and sew across the edge.
12. Repeat on the opposite side.