

## The 4 minute “Better than your elbow-much better than nothing” Mask.



### Step 1: (1 minute)

For an Adult size we cut two pieces of “T-Shirt” fabric 9” x 6”.  
For Child size we used 8”x5”.



(Being blessed with carpenter jeans, my use of scissors on cloth is less than elegant.  
But as you will see in the next steps, close enough can be easily overcome by the experienced sewing machine operator.)

**Step 2: (45 Seconds)**

Match the “right” sides of the fabric and sew a 3/8” seam almost all the way around the rectangle, leaving a 1-2 inch gap on one the short sides for turning inside out in step 3.

(in our case the right sides are printed)

BEFORE proceeding with step 3 trim the corners as shown being careful not to cut any of your seams.

You are just getting rid of excess corner fabric to allow the corners to lay flat.

**Step 3: (20 seconds)**

Turn the mask right side out by working the material through the opening in the short side.

(It’s kind of like rolling socks and a 2 inch opening is much easier to do that a 1 inch. Trust me, it can be done and don’t be afraid to just shake it until it yields to your will)



**Step 4: (10 seconds)**

Poke your finger or a blunt pencil into each corner until you are satisfied that the corners will lay flat.



**Step 5: (45 seconds)**

We like to iron it flat before proceeding. Fold and press  $3/8''$ - $1/2''$  on each of the short sides, in order to create a slot for the elastic, then stitch down the slots.



**Step 6: (10 seconds)**

Cut two 12 pieces of 1/8" elastic (11" for child size)



**Step 7: (30 seconds)**

Slide your BODKIN (love that word) or crochet hook through the slot, hook the elastic strip...



...Pull it through



And tie it off leaving about a half inch "tail".

We tied ours because it was a fast, simple and allows for size adjustment if it is too loose.



**Step 8:**

We like to pull the knot into the slot to hide it because it looks better, but you are essentially done now.

