

Estes Valley Quilt Guild
Please read all instructions carefully before beginning!!!

Fabric: You will need **two pieces of cotton or flannel fabric 6 inches x 9 inches** for each mask - **laundered**. The fabric should be cotton for high temp laundry. The fabric on **one side should be different than the fabric on the other side** so the user can tell which side has been against their face. Flannel is good on the inside but not required. Outside should be sturdy cotton that does not easily stretch or wear but be woven for breathability. Batiks may be a little too tight of weave.

Elastic: You will need **two pieces of elastic - 1/4 or 3/8 inch wide OR elastic cord each cut to 7" long** pieces for each mask. If you use **cord elastic you will need to tie a knot on each end** that will be sewn inside the seam so the elastic does not pull through the seam. Reinforce the seam where the elastic enters mask. Amazon has 1/4 inch elastic in 70 yard roll but will ship in 4-5 days. Walmart has 5-yard package but is for store pickup only. We are checking with Walmart and Joann's in Loveland.

Use the Jenny Doan of Missouri Star Quilts video as a guide for making masks:

<https://www.youtube.com/watch?v=4kwFaRFHKhY>

Use these adaptations to Jenny's video:

- 1. The modification is a 3" opening at the top of the mask into which they can slide a flexible filter. So do not stitch the turning opening closed when edge stitching around the mask. Leave a 3" opening at the top center. You may want to top stitch each side of opening to secure fabric.**
- 2. Please make three (3) small pleats instead of Jenny's two larger pleats. Folds points at $\frac{3}{4}$ inch, 2 $\frac{1}{4}$ inch, and 3 $\frac{3}{4}$ inch down from the top works well and each fold should be about $\frac{1}{2}$ " wide. This provides a good fit.**

Tips

1. Finish the edges of the middle of the top/bottom where you will leave the opening for turning *first*.
2. Start sewing where you leave the opening and stop/insert elastic before you turn the first corner.
3. Sew to corner and pivot.
4. Continue down toward next corner. Stop and insert other end of elastic.
5. Sew to corner and pivot.
6. Sew across top/bottom; inserting 2nd piece of elastic in your corners like you just did.
7. Sew across top leaving opening.
8. Turn right side out.
9. Make your pleats and top stitch on sides to secure the pleats.

If you do it this way you won't have to struggle to get your elastics in where they belong. In fact, inserting the elastic ends at a 45-degree angle into the corner gives provides more stitching over the elastic to hold it in and when you top stitch the pleats you get even more stitching to secure them.