

Fabric Masks

Courtesy of Joyce Endee)

Need a protective mask for you and your loved ones or would you like to sew masks and donate them to L'Arche? Please read on for an excellent pattern and a resource for you. The CDC says that fabric masks are a crisis response option when other supplies have been exhausted. **You can view an instruction video which is available from Deaconess Hospital Health System.** There are also written instructions available on the site.



Go to:

<https://www.dartmouth-hitchcock.org/patient-education/sewing-masks.html?fbclid=IwAR11U6xASVMBndTkurF9Ec-Kdzutq5Jbu59P9Us70X7IAotjF9I7ct4-aJw>

The photos show my handmade mask made of 100% cotton with 2 pieces of rectangular fabric and 1/4 inch flat elastic. It's washable & reusable for the same individual. It only takes about 20 minutes to sew.

Here is a summary of the above written instructions:

Supplies: cotton fabric, flat elastic 1/8" or 1/4" or rope elastic (2, 7" lengths)

1. Cut out 2 pieces of fabric (100% cotton recommended)
Adult: Cut 9x6; Child Cut 7.5x5
2. Pin 2 pieces of fabric right sides together leaving a 2" opening on the bottom for turning to the right side of the fabric.
3. Starting at the center of the bottom edge, sew to the first corner, then stop. Insert one end of the elastic angled into the corner with the long part of the elastic inside the 2 pieces of material.
4. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew it in place.
5. Sew across the top of the mask to the next corner & repeat same as other side with the elastic in the 2 corners.
6. Sew across the bottom leaving a 2 inch opening to turn right side out. Then, turn the mask to the right side of the fabric.
7. Pin 3 tucks on the left and right sides. Make sure the tucks are the same direction on both sides. These tucks add to the mask's protection.
8. Sew around the edge of the mask twice for durability.

This is an easy-to-sew mask. Be creative. If you are making them for your family & friends & run out of elastic, my daughter, Kristin, suggested using ponytail and/or hair elastics. If you have Velcro, you can probably figure out an attachment using fabric strips instead of elastic. Let me know if I can help you. I



organize many of the craft fairs in the Lakes Region, North Conway, and Nashua. Also, let me know how you are doing at joyceendee@gmail.com or (603) 528-4014. God Bless You and God Bless America! We will emerge stronger and wiser!!!