

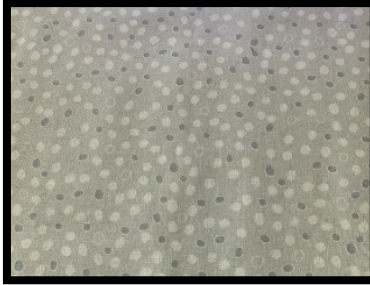
# **MASK MAKING**

**INSTRUCTIONS BY: POLIN ROCHA**

**DESIGN BY: MARIA ROCHA**

**YOU WILL NEED**

**100% COTTON FABRIC (WASH & DRY BEFORE USING)**



**ELASTIC**



**RUBBER COATED FLEX TIE**

**(AVAILABLE AT THE DOLLAR STORE IN THE GARDENING SECTION)**



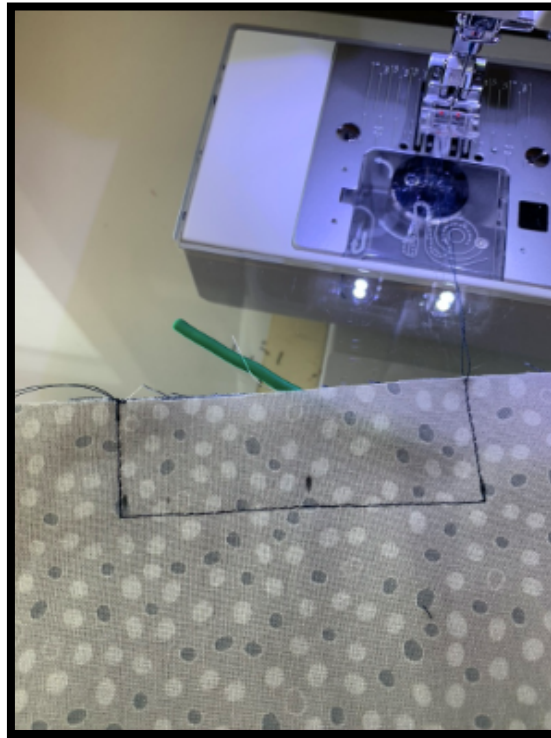
1. Cut two pieces of material (21 x 17 cm)
2. Make a small hem in one of the long sides and sew the two fabrics together
3. Cut one piece of Rubber Coated Flex Tie (7 cm)
4. Measure and centre on the opposite side of the material



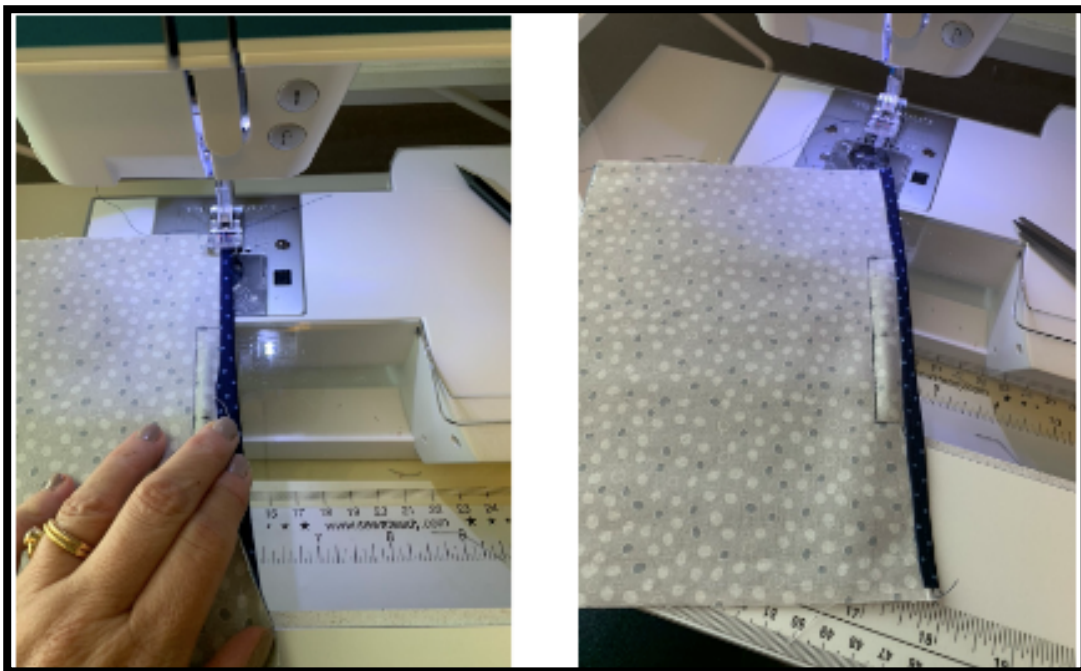
5. Sew a seam big enough for the piece that you have cut (leave enough material available to create a hem that will close the Rubber Coated Flex inside the pocket you have created)



6. Insert Rubber Coated Flex inside the pocket



7. Sew hem to close the second long side



8. Make three pleats on each side of the mask.



9. Cut the elastic (21 cm)

10. Attach elastic to both sides of the mask. Fold the sides onto themselves to create a hem.



11. You have finished your mask!

