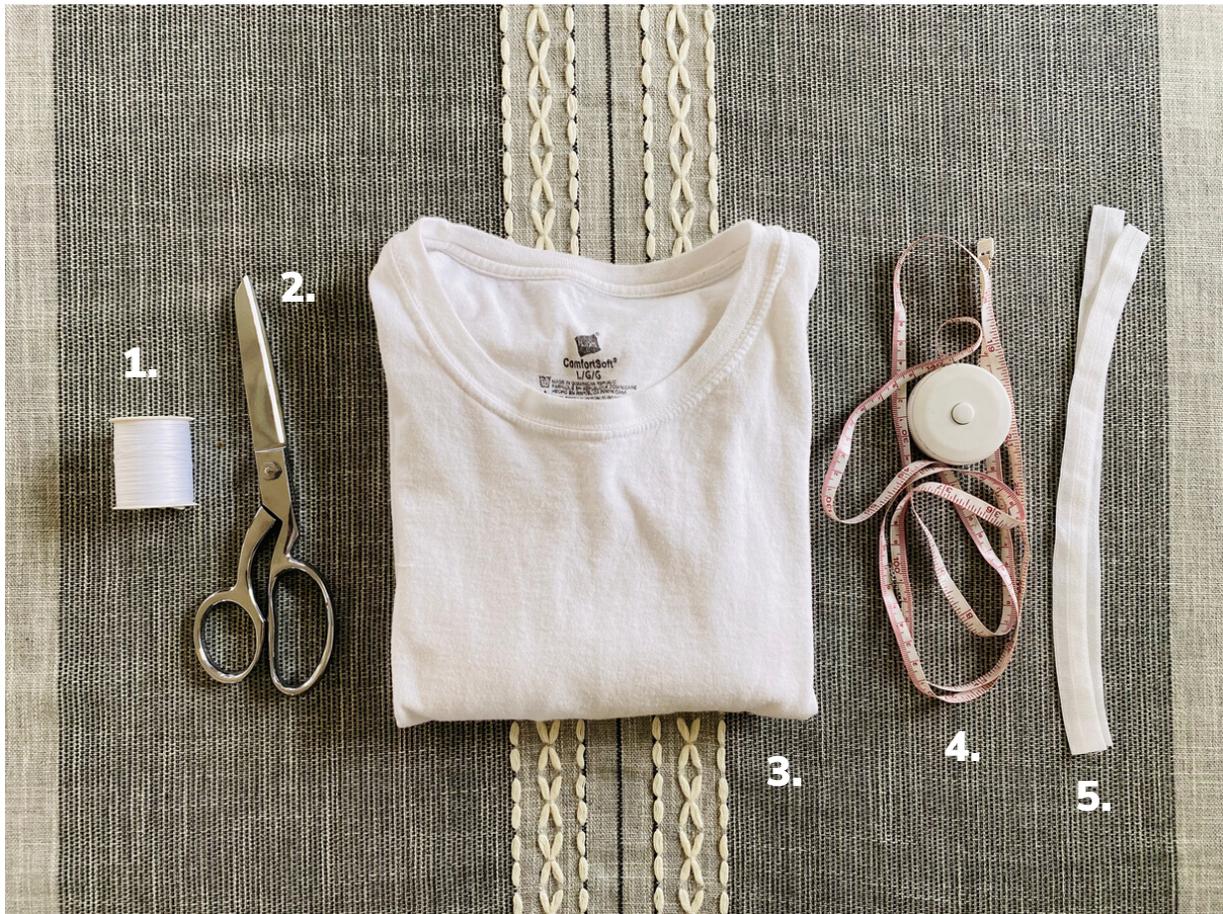


THE SHIRT MASK

HOW TO



You will need:

1. Thread
 2. Scissors
 3. 100% Jersey knit fabric (or tshirt)
 - a. 3 - 7.5"x7.5" panels
 4. Tape measure
 5. 2 - 11" elastic strips
 6. Sewing machine (not pictured)
- *Makes 1 one-size-fits-all T-Shirt Mask

STEP 1



Cut 3 - 7.5"x7.5" panels.

If you want to make a slightly smaller mask, decrease the height size/ Ex: 7.5"wide x 6.5" tall.

STEP 2



Make tick marks on the two elastic strips 3.5" from both sides.

STEP 3



Stitch down both sides of all three panels. Then, flip inside out and press the seam flat with your hands.

STEP 4



Line up one of the tick marks on the elastic with the open edge of your panels. (If you are making a smaller version, this would be one of the short sides.) Make a few stitches, backstitch, and then pause.

STEP 5



With your needle down through the fabric and elastic, pull the elastic so the tick mark meets the bottom of the jersey fabric. Do not pull the jersey fabric.

STEP 6



While stretching the elastic, (but not the jersey knit) continue sewing straight. Backstitch at once you reach the second tick mark.

This creates the gather.

Repeat on the other side.

STEP 7



Put the right sides of the elastic together and zig zag stitch. Repeat on the other side.

I recommend using a three-step zig zag stitch here and going back and forth a few times to secure.

THANK YOU



Wham bam, Seamster!
You've done it!

TIP:

Think production line -- cut all your panels at once, cut all your elastic at once, do each step all at once -- it will cut down your time from having to think about the next step and from moving back and forth between the iron and machine.

REMEMBER:

It's about function over beauty.

Have questions or want to connect with other Steamsters? Join the conversation in our Facebook group: facebook.com/groups/HelpTheHelpers/