Supplies:

- 2 9x9 squares of woven fabric
  - (note: when preparing this fabric, it is faster to tear squares than cut them)
- 2 12x1 strips of tshirt
  - (note: when preparing this fabric, it is faster to tear the fabric; you must tear on the up-down grain of the t-shirt, not the side-to-side grain)
- 1 sewing needle
  - (note: long milliners needles are nice for this project; these needles have a smaller, round eye and a long needle length.)
- 1 small spool of thread

1. Place two squares of fabric together, right sides facing in
   a. This means the bright colors are facing each other and the piece looks inside out. If your fabric doesn’t seem to have a right side, use whichever sides you prefer. (solids, for example, are usually dyed through)

2. Thread your needle and measure about 22 inches of thread - this is a little less than an arm’s length.
   a. Line up both ends of your thread and tie an overhand knot to tie the ends together.
   b. Make one stitch on the corner of the fabric and before you pull the thread snug against the knot, slip your needle through the hole in the thread between the fabric and the knot so the knot snugs against the thread.

3. Using an over-under-over-under stitch, called a running stitch, stitch along one side of the fabric until you reach the other end.
   a. Poke your needle under the next to last stitch and use that as a tie-off point for the thread.

4. Repeat steps 2 and 3 on the opposite side of the square.
   a. When you’ve finished this step, you’ll have two squares sewn together on the sides with the top and bottom open.

5. Turn the fabric right side out and flatten the seams with your hand.

6. Place the tshirt strips inside the tube with one strip pushed against each side of the tube at the seams you’ve just made.
7. Fold over the top edge of both fabrics about 1/2" on the inner lining of the mask and flatten this with your hand.
8. Thread your needle again and tie the starting knot in the same way as you did in step 2, except that this time you’ll start a little closer to the middle being careful to not catch the tshirt strips in your sewing.
9. Stitch a running stitch across the top, stopping before you get to the tshirt strip, and tie off your thread as you did in step 3.
10. Rotate your fabric 180° and repeat steps 8-9 on the bottom (which is now on the top).
11. Tie your t-shirt strings together to become the ear loops and pull gently to gather the sides of the mask.
12. Put on your new mask and re-tie your t-shirt strips to adjust for fit and comfort.