

how to  
make

Lincraft



Toggle Adjustable Mask

#A768

## DIFFICULTY ●●○

**Approximate Time of Project:** 20 minutes

## MATERIALS

Printed double cheesecloth fabric  
Plain cotton/polyester fabric  
Thread  
Bias binding  
Spring toggles

## EQUIPMENT

Equipment  
Fabric scissors  
Sewing machine  
Pins  
Iron

## HELPFUL HINTS

- Once on your face the mask should not be touched until removed. At which point you put it in a sealed plastic bag until you are able to wash and dry it. Because of this we recommend making a few so you always have one ready to go.
- This mask has three layers of fabric to make it. This will ensure it holds its shape and structure better and provides more protection.
- Print the mask template on A4 paper at "actual size".
- A 10cm piece of wire can be sewn into the edge of the mask where the bridge of the nose is to prevent glasses fogging up while wearing your mask.

## STEPS

1. Use the template provided to cut out fabric for one mask.
2. Pin two printed fabric pieces right side together along the FRONT CURVE and sew.
3. Place two pieces of plain fabric right sides together. Stack the remaining two pieces on either side so they sandwich the first two pieces. Pin and sew through all four layers along the FRONT CURVE.
4. Open the fabric pieces and place right sides of the outer and inside pieces together.
5. Pin and sew the side edges on the mask together leaving the top and bottom edges raw. Turn right side out.
6. Pin and baste the top and bottom edges.
7. Sew bias binding to the top edge of the mask leaving 20cm of binding at either side of the mask.
8. Sew bias binding to the bottom edge of the mask leaving 20cm of binding either side of the mask.
9. Thread bias binding on left side of mask through a toggle and knot the ends of the binding to prevent them slipping through the toggle. Repeat for the binding on the other side of the mask.
10. Wash mask with regular laundry soap or by hand with soap and allow to dry completely before wearing.
11. To wear place the mask over your nose and mouth. Tighten the toggles behind your ears to hold the mask close to your face.



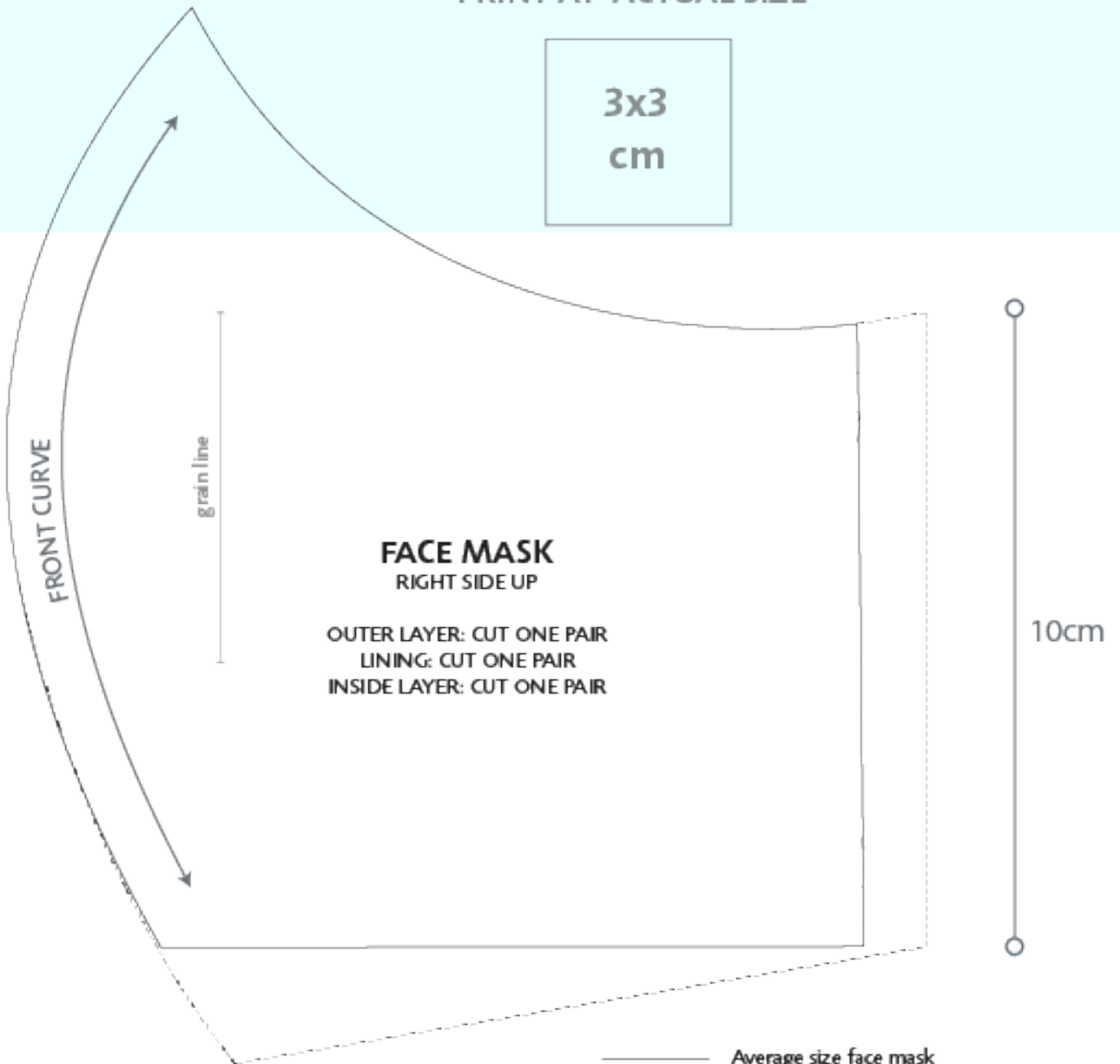
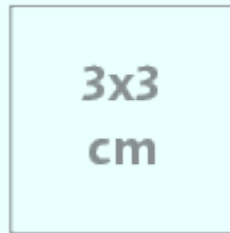
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PRINT AT "ACTUAL SIZE"



**FACE MASK**  
RIGHT SIDE UP

OUTER LAYER: CUT ONE PAIR  
LINING: CUT ONE PAIR  
INSIDE LAYER: CUT ONE PAIR

- Average size face mask
- Larger size face mask