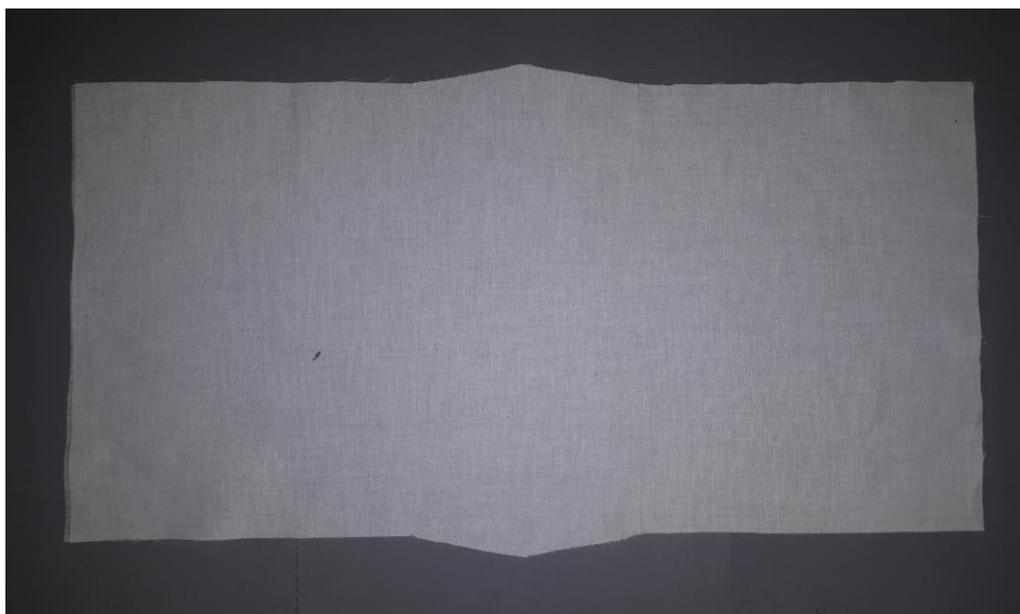


## **Make a well fitting mask in only 7 steps**

We have attached one mask each for ladies (190mm x 75mm), men (200mm x 85mm) and children (170mm x 65mm) as a pattern. Glue the sheets together on the plotframe. This way you will get the complete pattern piece.

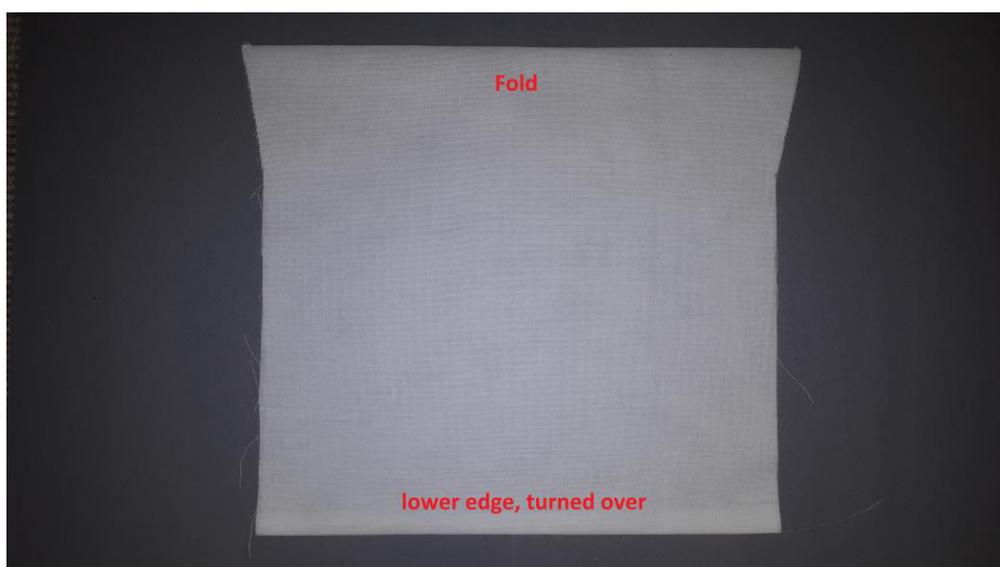
If you are a GRAFIS user, please download the corresponding GRAFIS style (V12) and adjust it interactively. Please measure the width from cheekbone to cheekbone and the height from nose tip to chin.

### *Step 1: Cutting*



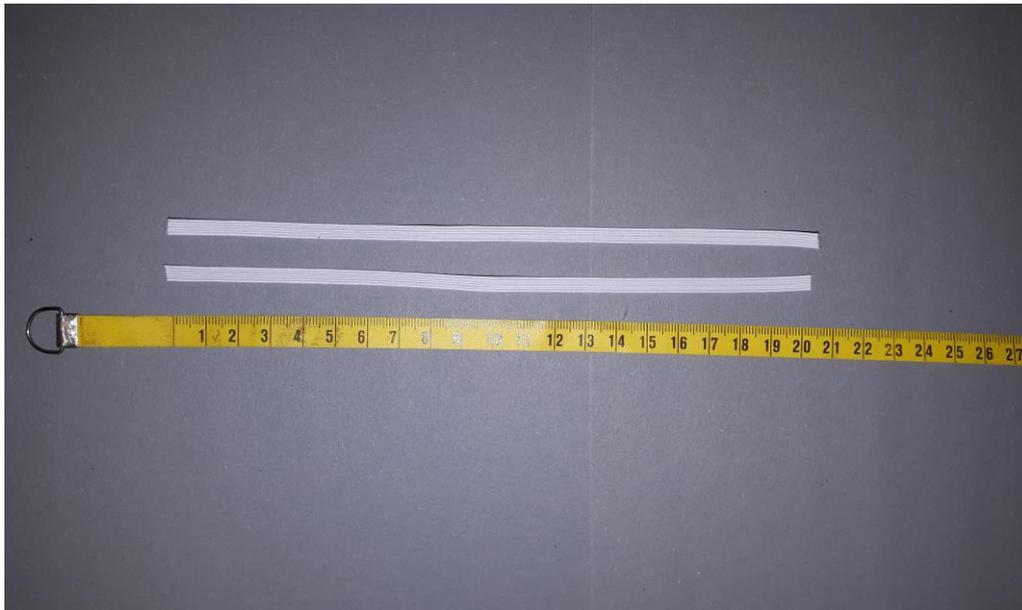
Cotton fabrics that can be washed at high temperatures (90°C) are well suited for cutting.

### *Step 2: Turning over and Ironing*



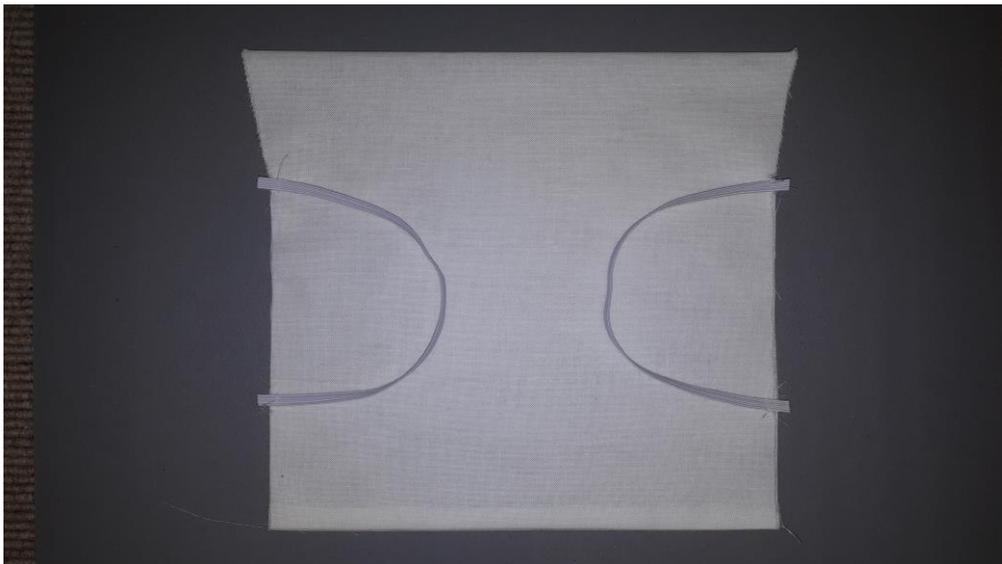
Place right side on right side and sew the lower edge with 7mm. Then turn the mask. Iron the seam and the fold.

### *Step 3: Cutting elastic bands to size*



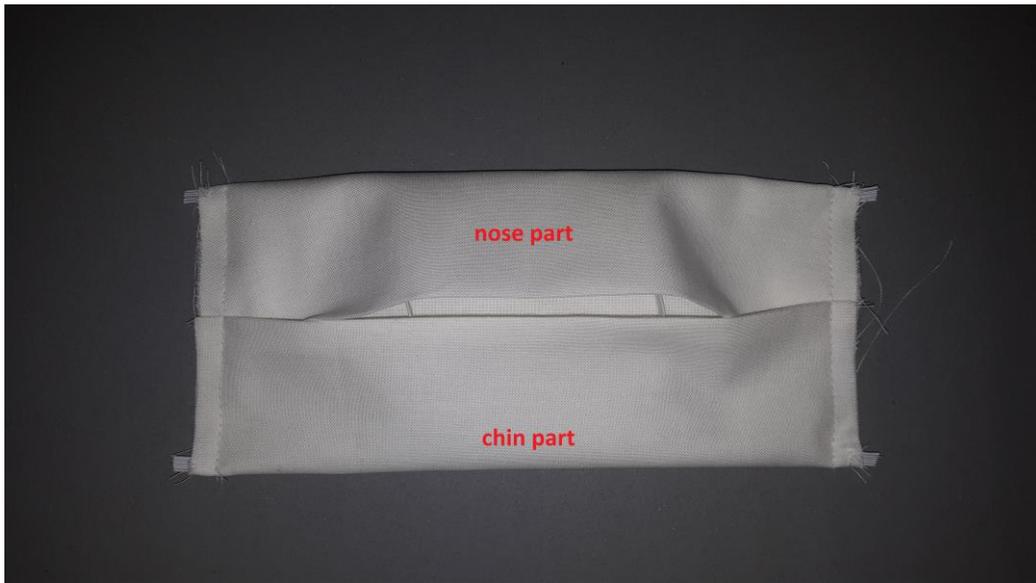
Cut 2 elastic bands with a length of 190mm for women, 200mm for men and 180mm for children. As an alternative, you can also use cords or other laces that are tied behind the head.

*Step 4: Positioning elastic bands*



Position the elastic bands at the notches (red lines) below and above and stitch them. Allow the ends to protrude 3mm to 5mm over the edge so that they can be gripped during topstitching (step 7).

*Step 5: Turning over the side edges*



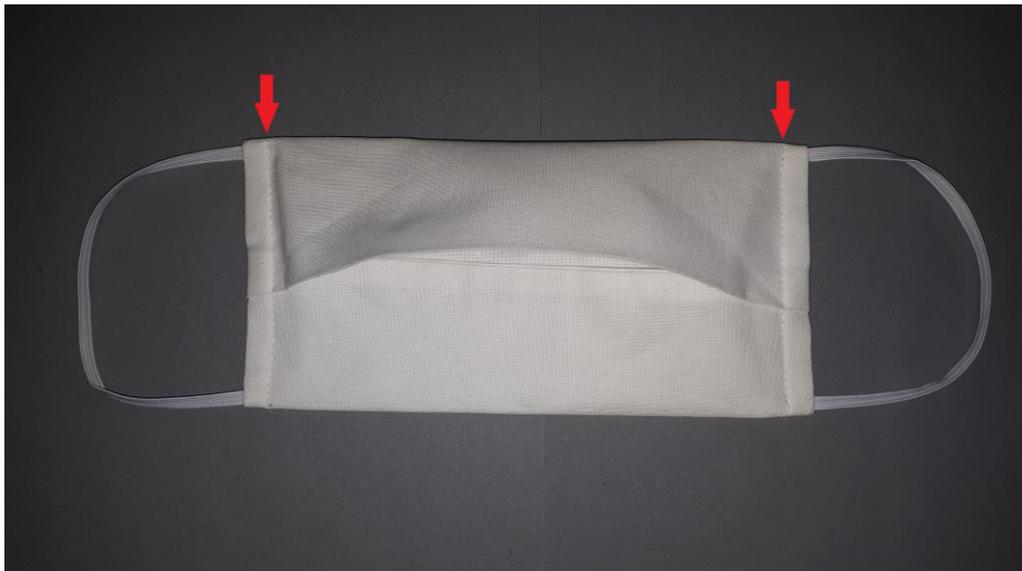
First fold the nose part at the notches and then the chin part. The side edges must be level. This will cause the nose part to turn slightly upwards. Sew the edges with 7mm.

*Step 6: Turn mask*



Turn the mask inside out. Pulling on the elastic bands makes this process easier.

Step 7: *Topstitching side seams*



Topstitch the edges with 8mm. The elastic bands are gripped again. Then iron the edges. The upper and the lower fold do not have to be ironed. The mask is ready for use.

**Preview**

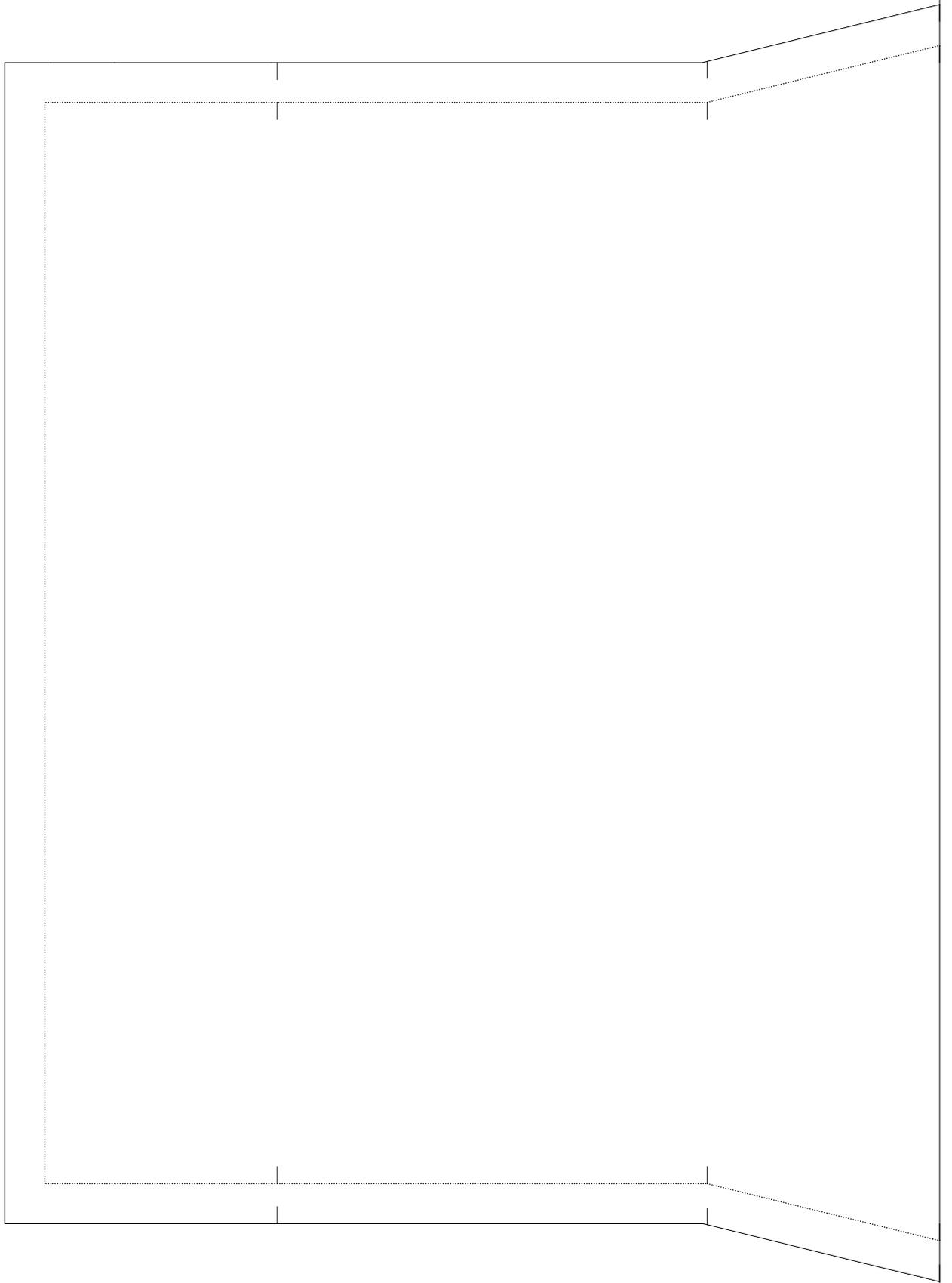


"This mask is very comfortable to wear. I've used it for several hours without it slipping. Compared to the masks with pleats, this version is a little more difficult to put on. Therefore, I recommend to put on the mask before starting the shopping tour and to take it off only after the end of the shopping tour. I myself never had the need to correct it in its fit.

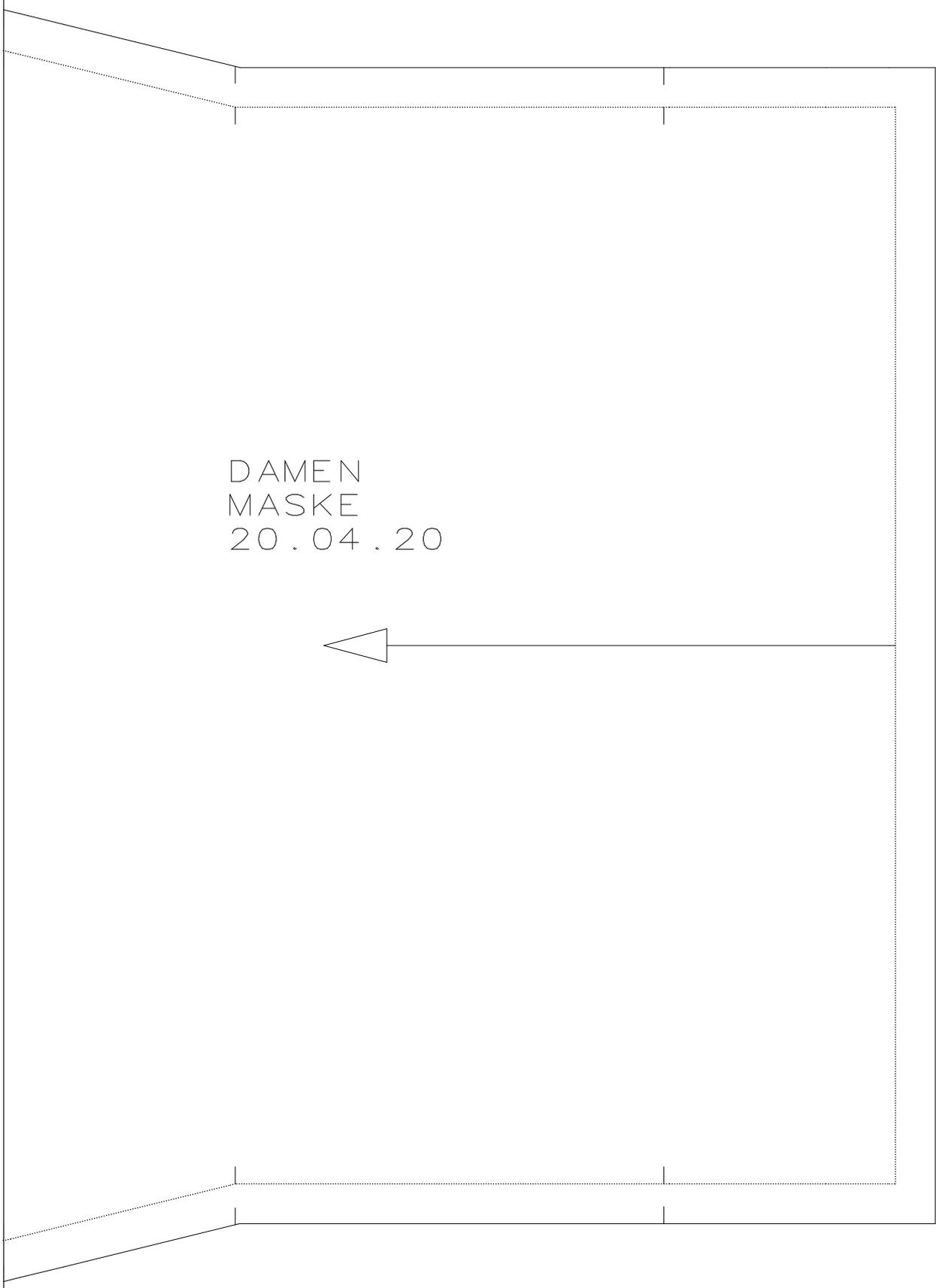
I wish you good luck with your sewing and stay healthy!"

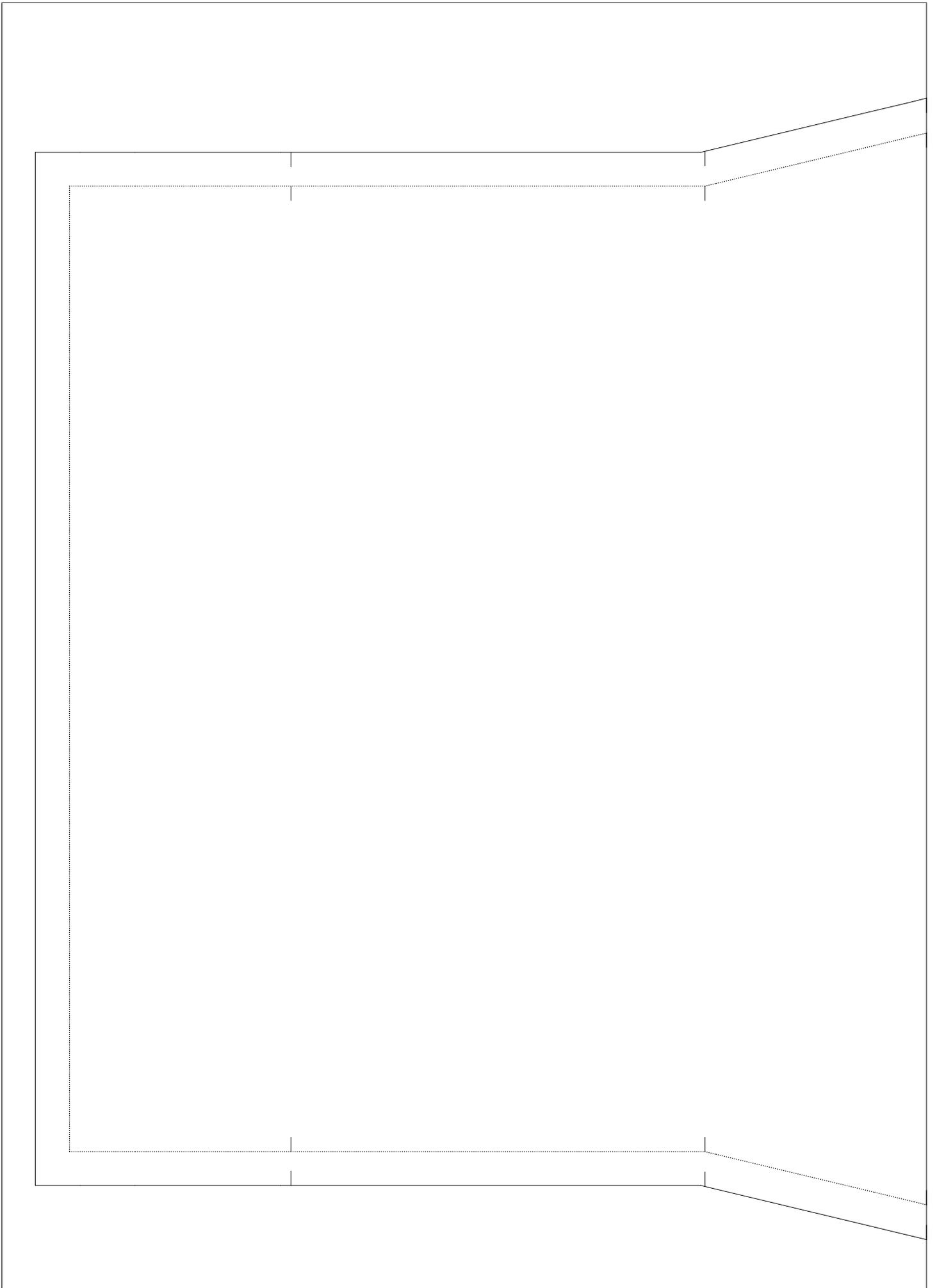
Thomas Hunger!

## Appendix



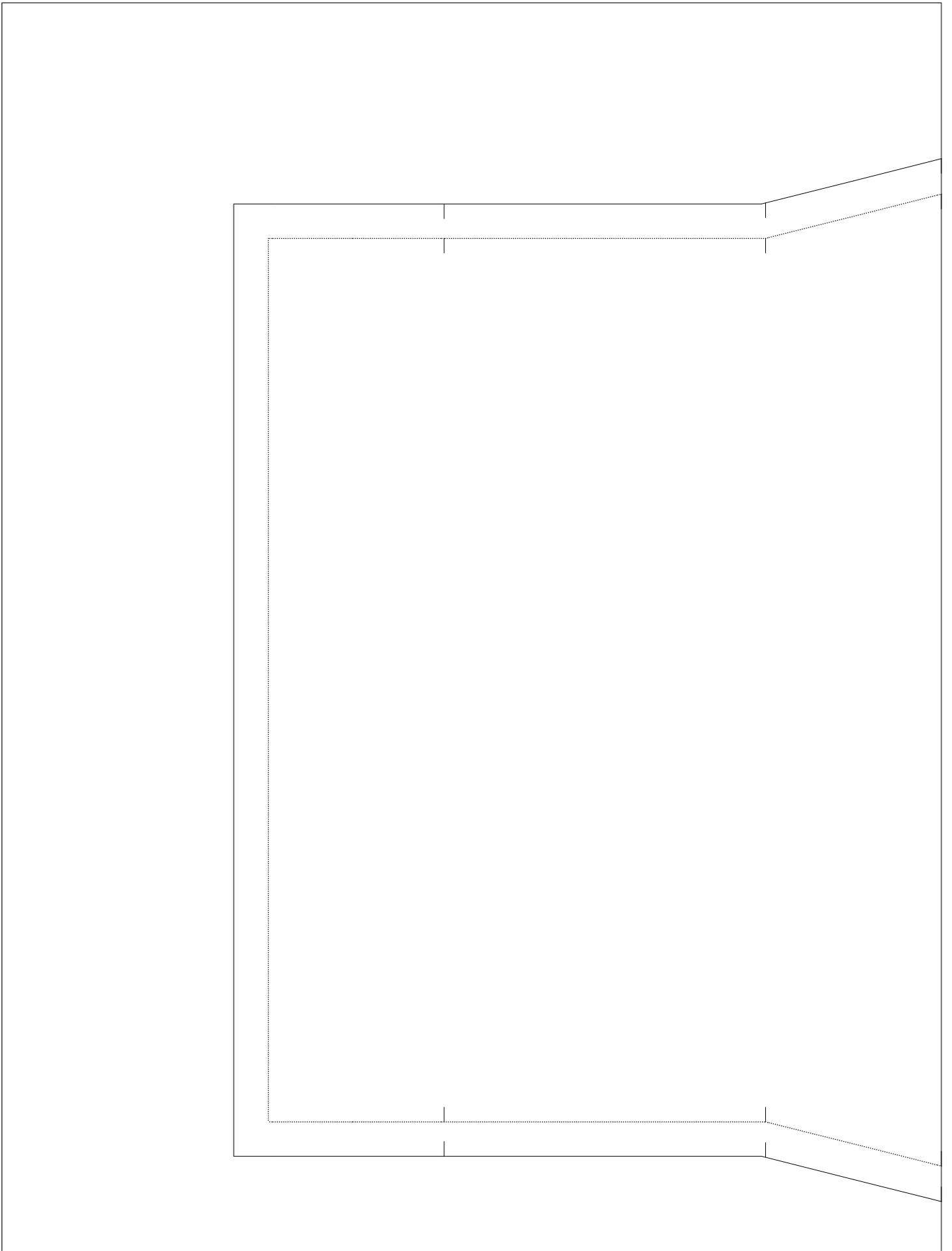
DAMEN  
MASKE  
20.04.20





HERREN  
MASKE  
20 . 04 . 20





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