

For adults
 How to make a pleated mask
 It can be hand-made or you can use a sewing machine

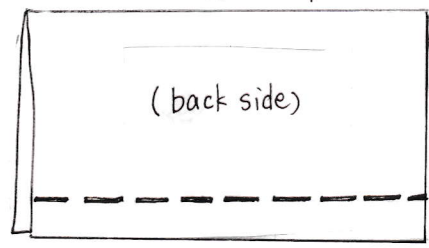
materials ▶ once your finished, the size of the mask should be 9cm x 17cm

- ♥ 1 sheet of W gauze (38cm x 23cm)
- ♥ 50 cm elastic band (2 strings 25cm/each)
- ♥ plastic wire rod (tekno rote) 8cm long (4mm width flat type)

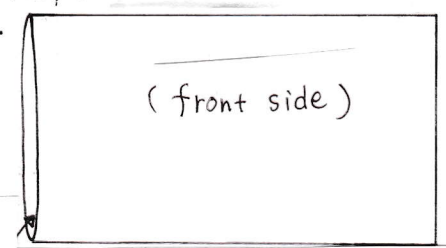
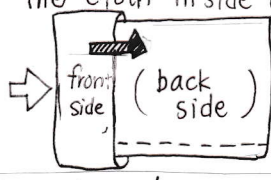


From the top edge of the gauze measure 1cm and mark it.

(1) Fold the gauze into half making sure that the 1cm top edge overlaps on the bottom part of the gauze making a loop.



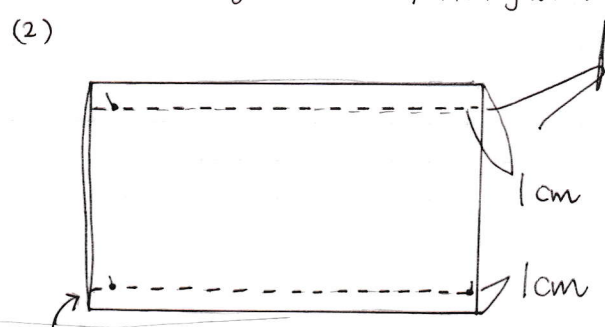
Turn the cloth inside out.



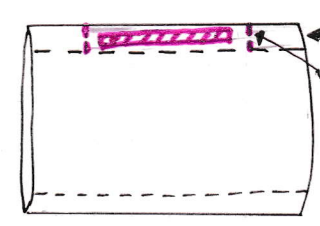
stitch the edges of the gauze.

Iron the gauze to make sure it's flat.

Measure 1cm from the top and 1cm from the bottom edges of the folded gauze.



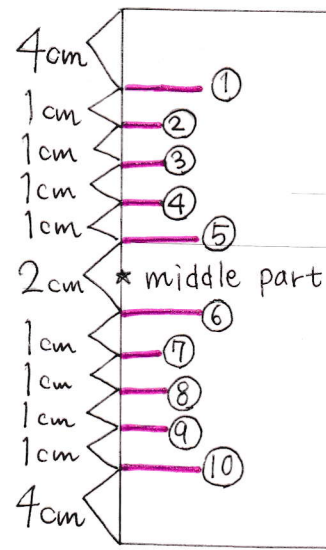
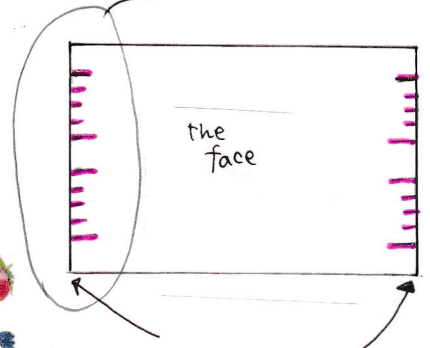
stitch this part together



Insert the Tekno rote inside the top part.

Put the Tekno rote in the middle & stitch the sides.

(3) Draw the lines on both sides of the cloth to mark where the pleats will be.



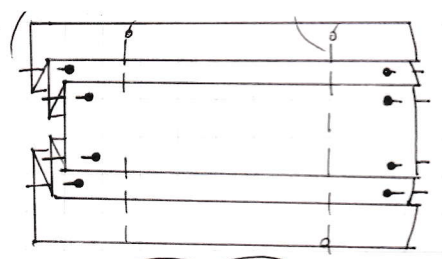
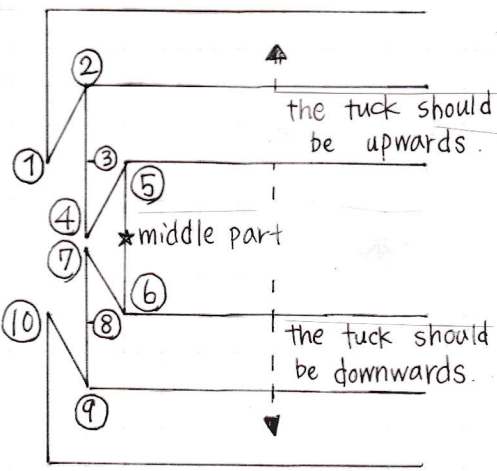
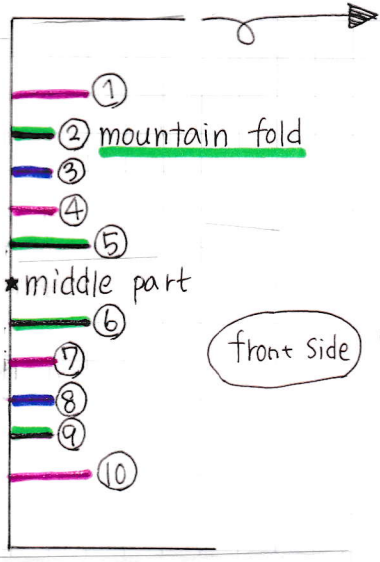
use chako magic marker!
 It's really useful!
 It will disappear when you wash it with water.

copy & measure the lines exactly the same as shown in the picture.




(4) let's make the pleats!


Valley fold




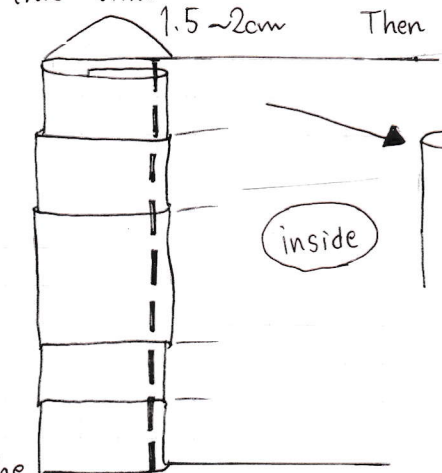
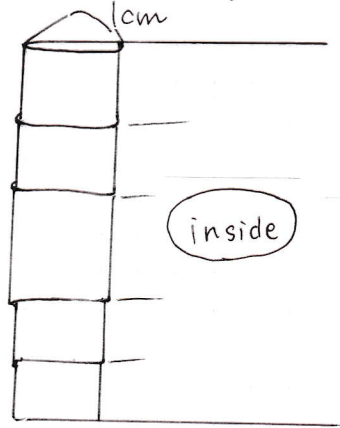
Flatten the pleats. Use a pin to keep them in place. Do a running stitch to hold it in place. (You will undo the stitch later)



 Iron the pleats from the top make sure you follow the marks that you made.

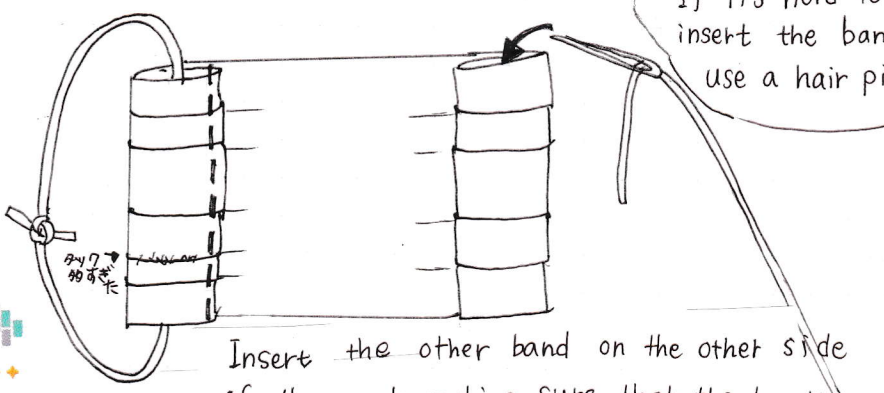
 Fold the side of the mask about 1cm and iron it.

(5)  Fold it again, this time about 1.5cm & iron it. Then stitch it!



This part gets tugged easily so make sure you sew it well!

(6) Insert an elastic band on the side of the mask & tie the edges of the band.



If it's hard to insert the band use a hair pin.

Insert the other band on the other side of the mask making sure that the length of tied bands matches.



Handmade Recipe.

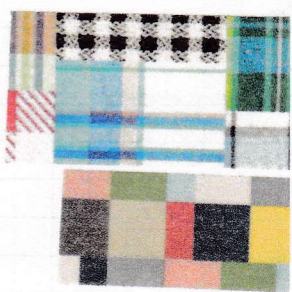
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 小沢 未安子 mioko Ozawa



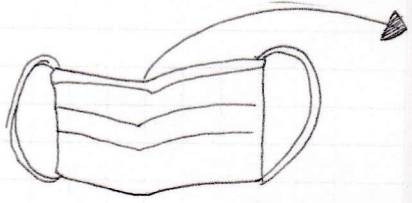


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* Trivia *

< About the Tekno rote >

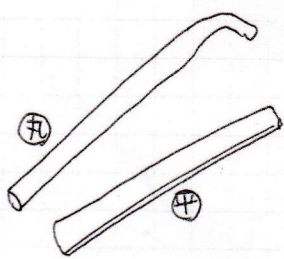


The plastic rod that's inside the mask to make sure that it fits you perfectly is called Tekno rote. It's also used on the edge of hats to form its shape.

We use the 4mm width flat type for masks.



< About the elastic band >



You can buy this band at craft stores or 100 yen shops.

In a pack there is about 4~6m of elastic band. It's available in many different colors.

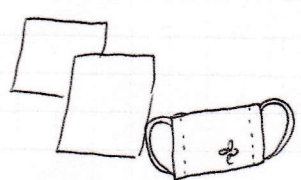
To make a mask 50cm of this elastic band is used. There are 2 kinds: Round and flat type.

You can choose whichever suits you better.



There's an anti-bacterial elastic band too!

< About the gauze >



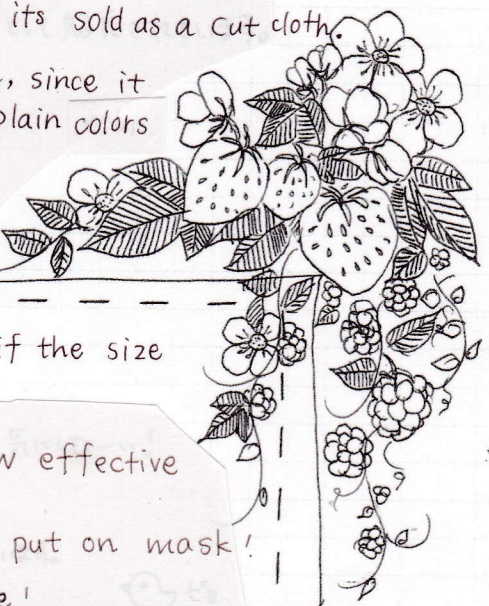
Double layered gauze is easier to use.


At craft store & 100 yen stores its sold as a cut cloth.

A random pattern is better to use, since it matches a lot of things. There are plain colors as well.

There's an anti-bacterial gauze too!

Please choose whichever suits you more!





Since its handmade, dont worry if the size is not exactly the same.

We be sure how well it works how effective it is, since its hand made.

Make sure to wash your hand, gargle put on mask!

Let's do our best! Don't lose hope!

負けずにはがんばりなさい!

kogumoyalife.com 小沢 幸央子 MIOKO OZAWA

おしきーい

