



Adult Size

- Cut out 2 from outside cotton
- Sew center seam using 1/4" or narrower seam throughout.
- Fold pattern along cut for lining and Cut out 2 from flannel
- Sew center seam
- Sew lining and outside together (right side together) at top nose area and bottom chin area
- Turn right sides out
- Press seams with iron.
- Press raw edges of outer cotton to inside as narrowly as you can.
- Press this new fold so it covers raw edge of lining flannel. Stitch close to edge to make casing
- Feed 32" of elastic thru casing. Knot elastic ends together.
- User should adjust for size and re-knot as required.

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