





A/2

- 1. Cut pattern 4 times.
- 2. Sew CF seam on each pair.
- 3. Iron open CF seam, and topstitch on each mouthpiece.
- 4. Starting from the one side, sew pieces together right sides facing all around leaving one side open for turning.
- 5. Turn over, iron seams open and topstitch all around.
- 6. Close the side opening and turn over the sides leaving a tunnel opening for the bias or elastic band.
- 7. Measure the desired length on each side to go over the ears (e.g. 20-22 cm)
- 8. Close the bias or elastic band and pull the seam inside the tunnel

