Cut out the paper pattern you need. Fold your fabric in two. Place the paper pattern in a sensible place on the fabric (eg a corner). Pin it to your fabric and cut around it neatly. Your goal is to get as many PAIRS of rectangles as possible from the fabric.

Older Kids' Size 5 1/2" x 8"

CUT 2 FABRIC RECTANGLES
OF DESIRED SIZE
FOR ONE MASK, FRONT
AND BACK. YOU CAN MIX
TWO FABRICS