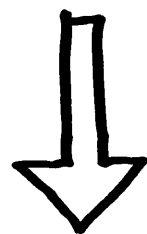
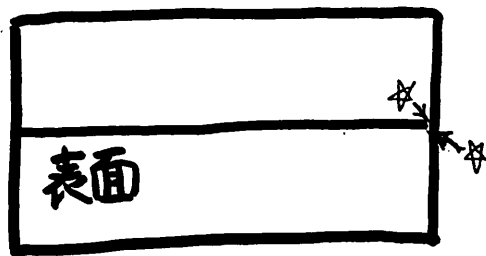
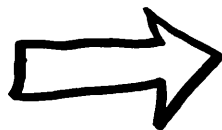
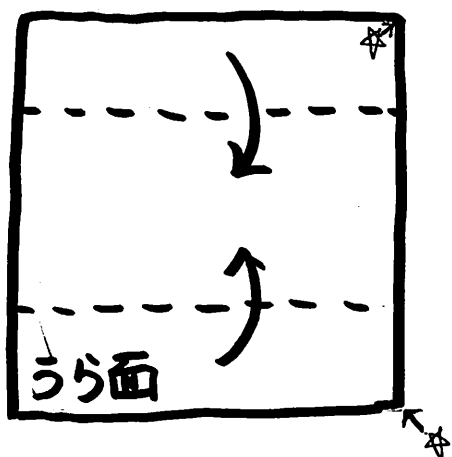
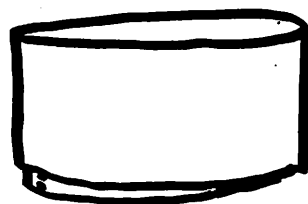
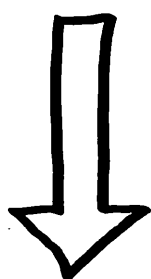
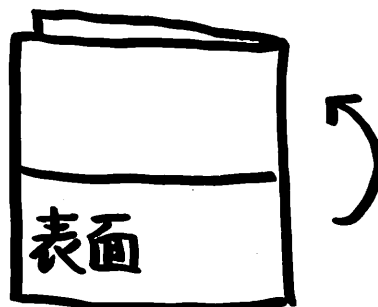
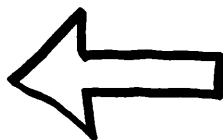
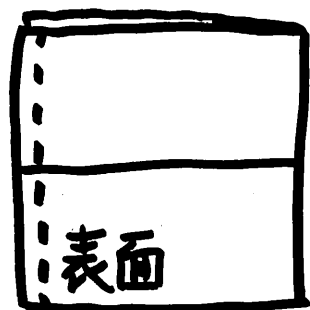


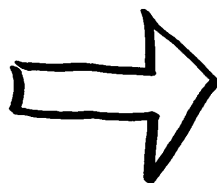
ハンカチで作る【15分でマスク】



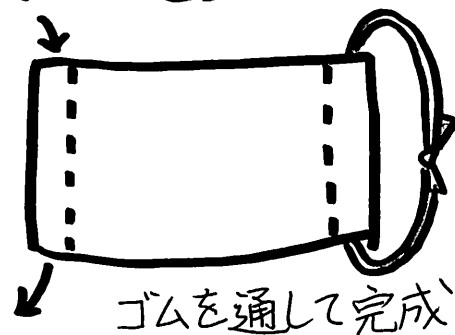
縫って筒状にする



上半分を折りかぶせる



両側を縫う



★ゴムが手に入らない時には、使い捨てマスクのゴムを再利用してみてください。短いので2本結んで片方分になります。