



Sore Ear Saver

Designed by D.R. Letourneau
Supporting Relief Crafters of America



About: Mask elastics connect to the Sore Ear Saver (SES) behind the head, allowing a worker's tired ears a reprieve.

Materials will vary depending on which craft you use, however all versions require: **needle and thread; and 2 buttons (any size between 15mm-22mm; 2 or 4 hole buttons for sewn pattern; 2-hole, 4-hole, or shank button for crochet or knit pattern).**

Crochet

Materials: in addition to those mentioned above, you will need 4 weight (worsted) acrylic or cotton yarn and a 4.5mm hook. You should use a hook size small enough to create small, tight stitches. **Note that your chain length may**

vary, but you want to reach approx. 2.5in in length and 1in in height.

Step 1:
Ch. 10.

Row 1. SC in second chain from the hook and each chain across. Ch. 1 and turn. (9)

Rows 2-4. 9SC. (9)

Fasten off and weave in ends.

Step 2:
Using thread, sew one button at each end, almost touching the edge. Make sure to sew buttons very securely.



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Knit

Materials: in addition to those mentioned above, you will need 4 weight (worsted) acrylic or cotton yarn and 4mm needles. You should use a needle size small enough

to create small, tight stitches. **Note that your CO count may vary, but you want to reach approx. 2.5in in length for the finished product.**

Step 1:
CO 13.

Knit each row until you reach 1" in height. Bind off and weave in ends.

Step 2:

Using thread, sew one button at each end, almost touching the edge. Make sure to sew buttons very securely.

Sewn

Materials: in addition to those mentioned above, you will need 100% cotton fabric.

Step 1: Cut one (1) rectangle sized **3inX2in (plus whatever seam allowance you prefer).**

Step 2: Press all edges according to your seam allowance.

Step 3: Fold in half length-wise (resulting in a rectangle **approx. 3inX1in.**

Step 4: Sew a strong stitch (I used a

backstitch) around all edges, including the folded side.

Step 5: On the right side, sew one button at each end of the rectangle, approx. 1/4" from the edge. Make sure to sew buttons very securely.



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