

Materials:

- One piece of 100% cotton, tightly woven fabric. Cut to the size of 15" x 7.5" (38cm x 19cm)
NO quilted or perforated fabric
- One piece of Cut Away Embroidery Stabilizer or Interface (14" x 6.5") *if available
- 2 heavier **plastic-coated wire**, (such as a twist tie) 4 - 6 inches in length (no paper twist ties – as these will not stand up to washing)
- Extra wide double fold bias tape – 8 inches per mask
- Braided elastic for ear loops. Recommend 1/16 to 1/8 inch, about 20 inches

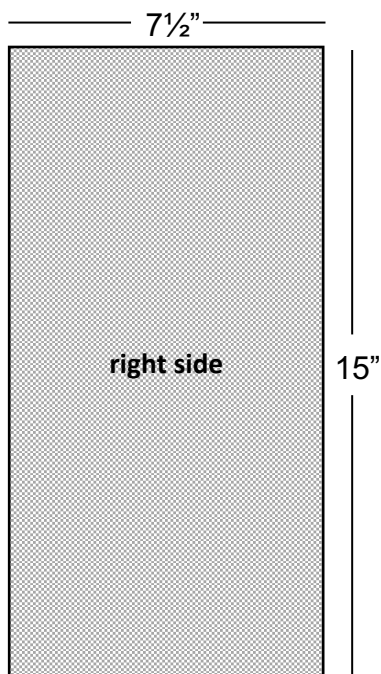
Video:

www.bit.ly/face-masks-tutorial

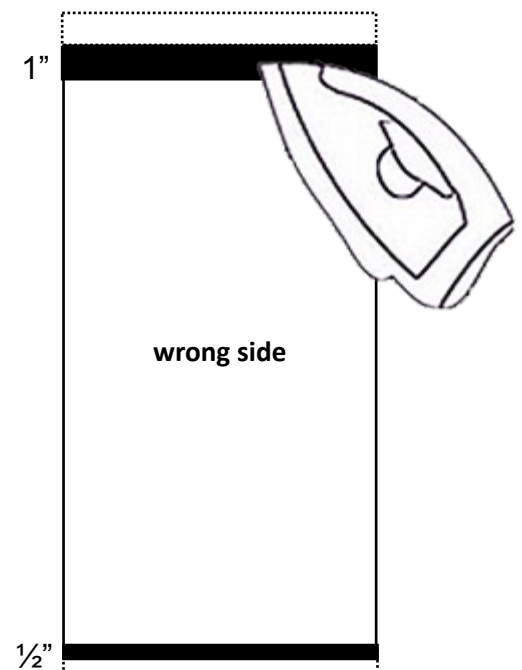


1 Wash and dry all fabric before sewing to preshrink.

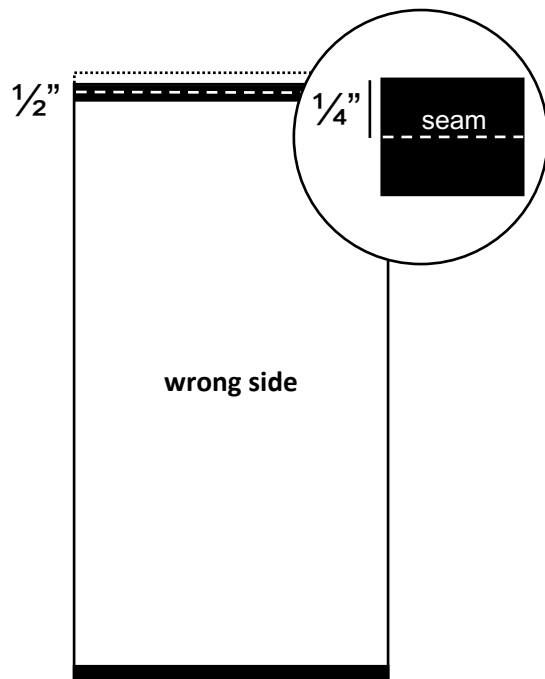
2 Cut material 7½" width by 15" length



3 Iron top width of material down 1" at the top and ½" at the bottom towards the wrong side of the material.

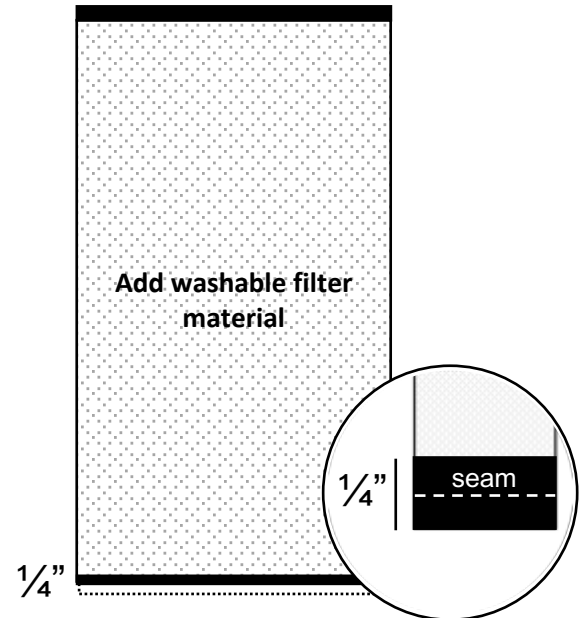


4 **Fold** under top $\frac{1}{2}$ " so the final top is $\frac{1}{2}$ " and then **seam** $\frac{1}{4}$ " from the top of the material.

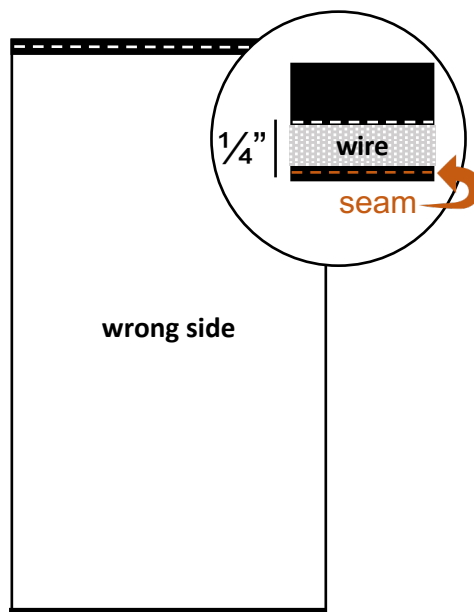


5 **Fold** under bottom $\frac{1}{4}$ " so the final bottom is $\frac{1}{4}$ " and **place** washable filter material* (if available) in the seam and **sew** seam $\frac{1}{4}$ ".

* Cut away embroidery stabilizer
* Interface

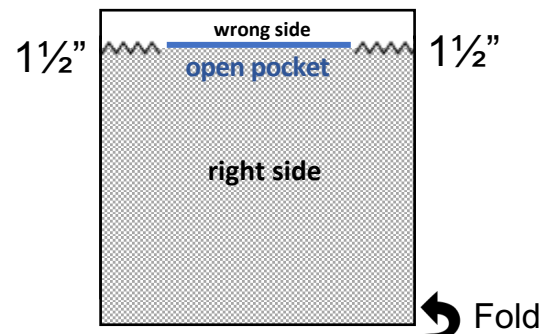


6 **Cut wire 6"** and **insert** so the wire touches the $\frac{1}{4}$ " seam on the top. **Sew** $\frac{1}{4}$ " enclosing the wire.



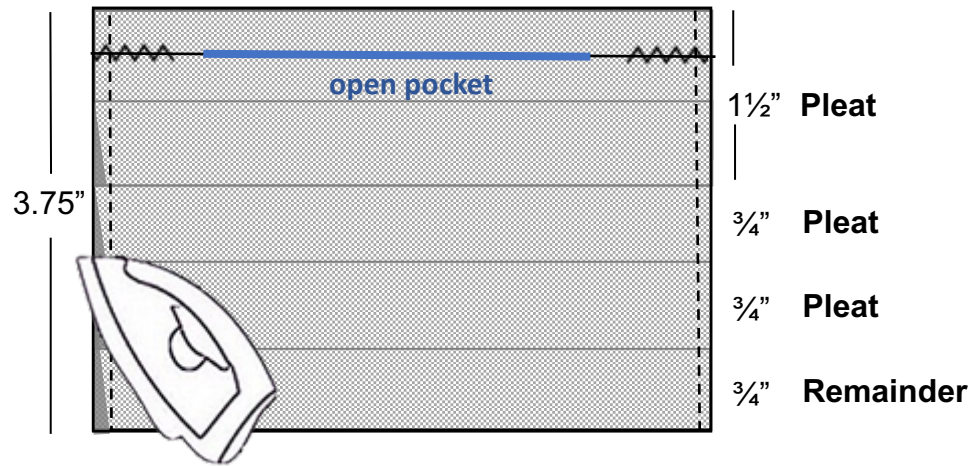
7 **Fold** the length of the material to the wrong sides of the fabric together so that bottom seam touches the top seam.

Zig zag together $1\frac{1}{2}$ " from each side. This leaves the middle open as a pocket on the back side of the mask.



- 8** **Iron** 3 pleats on the right side of the mask and press. The first pleat should be **1½"** from the top of the mask. The second pleat about **¾"**, third pleat **¾"** and remainder of the fabric **¾"**. The length should be **3.75"**.

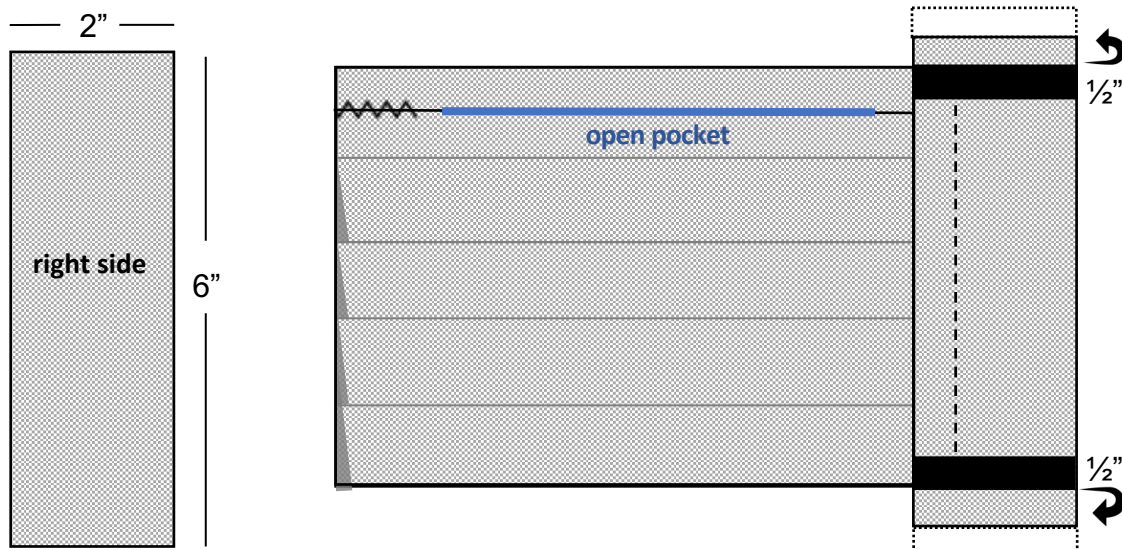
Sew ¼" on each side of the mask to hold in the pleats.



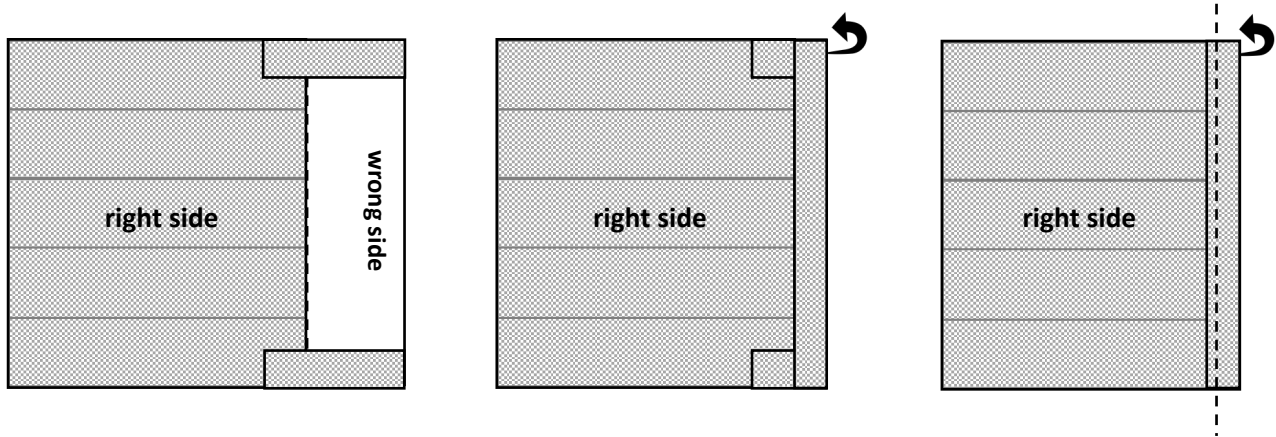
- 9** **Cut** a piece of fabric **2"** wide by **6"** long for the bind. **With right sides together on the pocket side of the mask**, extend ½" of binding at the top of the mask and ½" (or remainder of the binding) extended on the bottom of the mask.

Fold this ½" towards the non-pocket side of the mask on both the top and bottom of the mask.

Sew ½" seam to incorporate the folded binding at the top and bottom.



- 10** **Unfold** the seamed binding to the side of the mask and fold under $\frac{1}{2}$ " toward the front of the mask (non-pocket) and **fold again** over the seam and top stitch along the $\frac{1}{2}$ " stitch.



- 11** **Cut** two 10" pieces of $\frac{1}{8}$ " elastic for the ears. Thread elastic through the $\frac{1}{2}$ " pocket created by the previous step.

Tie ends in a knot and pull knot back through to hide inside the pocket



Mask (front)



Mask (back)



Mask (pocket open)