

MATERIALS for One Mask

2---7.5" x 9" pieces.

One for the Main body (A)

and one for the Lining (B)

Use two different fabrics so it is easy to identify the side that will be next to the face.

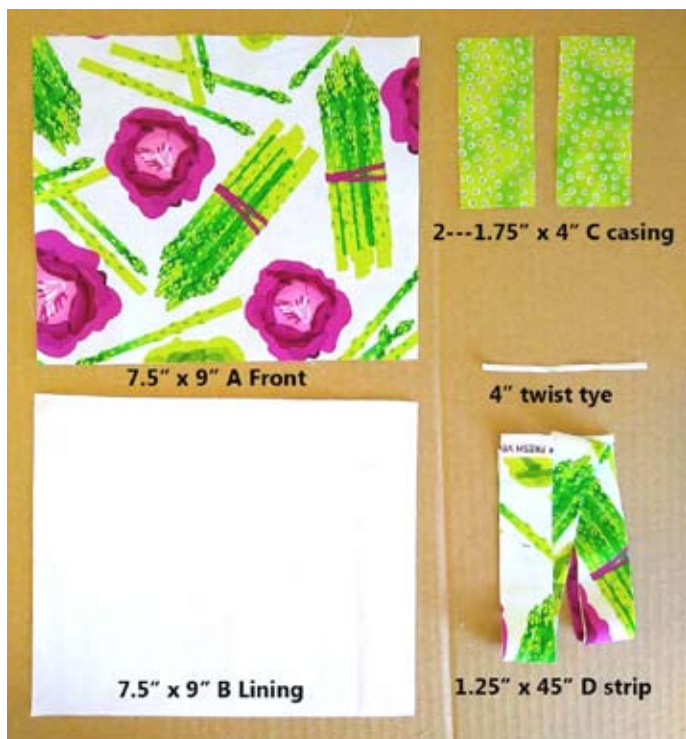
2---1.75" x 4" Side casings (C)

1---4" bread twist or pipecleaner (optional)

1---1.25" x 45" fabric strip D (cut the width of the fabric and leave the selvages on) for the tie.

or

2---10" pieces of 1/8" wide elastic or 1/4" wide elastic



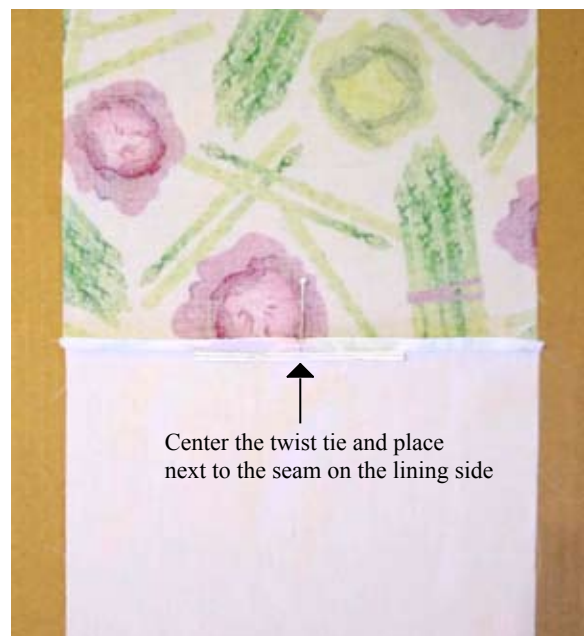
DIRECTIONS

All seams are 1/4" unless otherwise noted.

1. Take the A and B pieces with the fabrics right sides together, sew one of the long (9") edges. Press the seam toward the A piece.



2. Find the center of the seam (4 1/2") and center the twist tie on the very top of the B lining piece. Hold it in place with a piece of scotch tape.



3. Using a zigzag stitch, stitch over the twist tie.



4. With the right sides together, sew the other long (9") edge seam. Turn the piece right sides out and press. Top stitch along the top edge to stabilize the top.



4. Measure down 1 1/2" from the top on both sides.



5. Grab that edge and create a 1/2" pleat. Pin it in place.



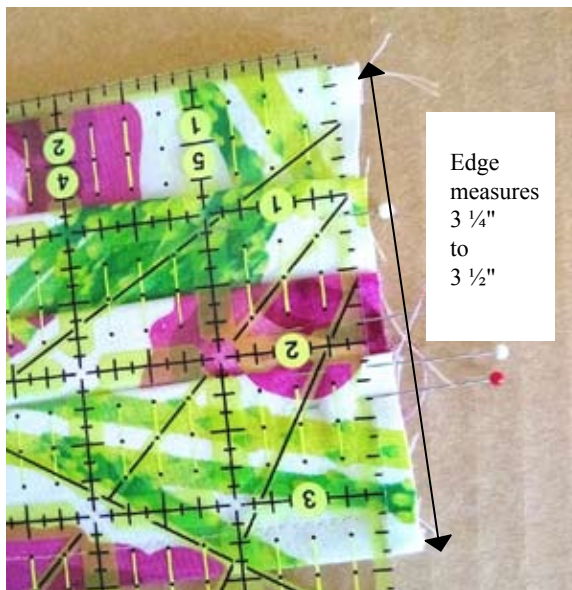
6. Move down about $\frac{1}{2}$ " and do another $\frac{1}{2}$ " pleat.



7. Repeat one more time until you have 3 pleats.



8. Measure your outside edges, they should measure $3\frac{1}{4}$ " to $3\frac{1}{2}$ " long.

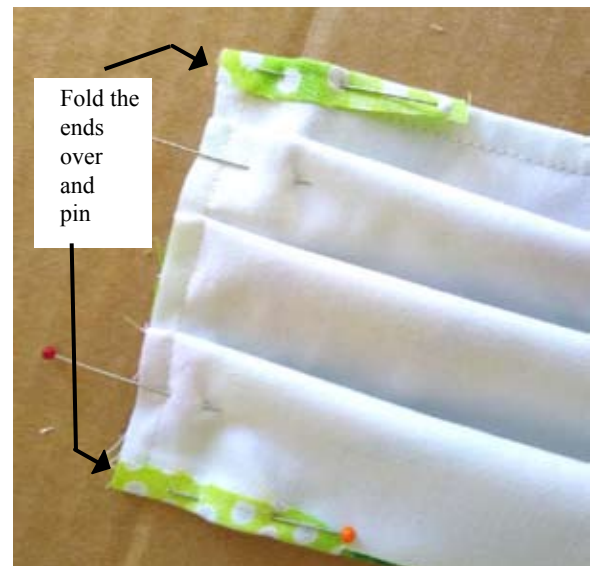


9. Sew the pleats in place $\frac{1}{8}$ " from the edge. This will hold them in place for the next step.

10. Place the right side of the C casing piece to the right side of the pleated edge.



11. Fold the overlap over the side edges as shown in the picture. Sew this seam.



12. Turn to the right side and press the sides in and press the top down to the edge of the mask fabrics.



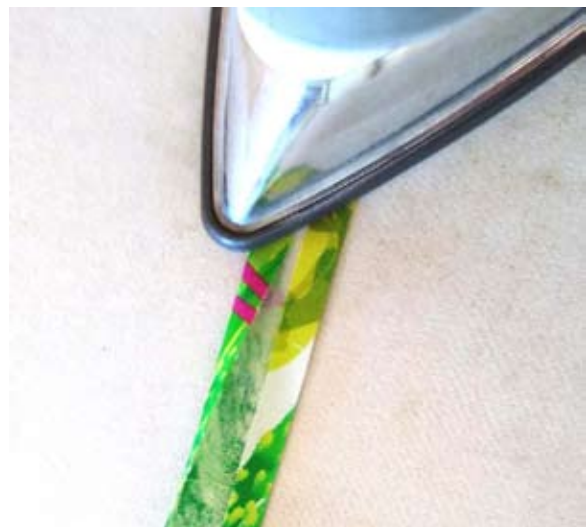
13. Turn the casing to the back side just beyond the seam stitches and pin in place. Stitch right next to the folded edge to form the casing.



14. To make the fabric tie, Press $\frac{1}{4}$ " on one of the long edges

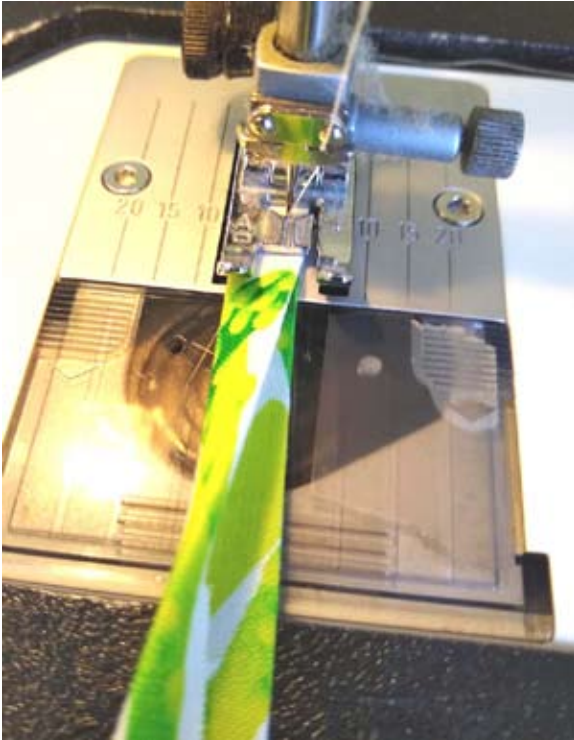


15. Press the remaining long edge to the first pressed in edge.



It is okay to stretch the fabric as you press and sew the tie. It will be stretched when it is used.

16. Go to your machine and fold in half and sew down along the long edge. You do not need to do anything with the ends because they are selvages.



17. Put a safety pin on the end of the tie.



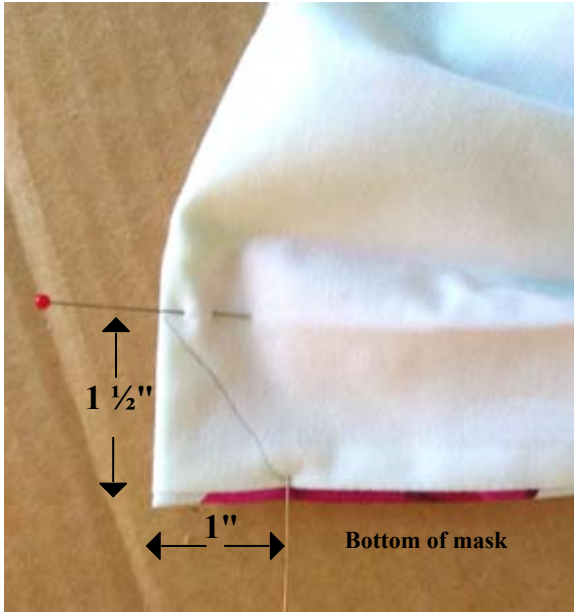
18. Start at the top of the mask on one side and pull the tie through.



19. Go to the the bottom edge of the opposite side and pull the tie through the second edge casing. Tie knots in both end of the tie.



20. Fold the right sides of the mask together and find the center bottom. On the fold, put a pin $1\frac{1}{2}$ " up from the bottom. Put a pin 1" out from the fold on the bottom edge. Draw a line from one pin to the other. Stitch on this line. This forms a dart on the bottom that makes the mask fit better.



To wear, Put the loop over your head with the mask lining toward your face.



Pull the mask back to your neck. Put it up on your face, press down on your nose to fit the nose wire and tie behind your head.



Options for elastic: Instead of the fabric ties, you can run elastic through the side casings with the safety pin. If you use $\frac{1}{4}$ " elastic, you will want to sew the ends.



With narrower elastic, you can just tie the ends. After you secure the elastic, you can pull the elastic so the joint is inside the casing.



You can make two--- 1 1/4" fabric strips by cutting a jelly roll strip in half or any precut strip that is 2 1/2" wide.

I find the narrower elastic to be more comfortable. You can take 1/4" elastic and cut it in half. This also makes your elastic go twice as far if you have limited supply.

I also find having the casing on the side gathers up the side of the mask a bit and makes it fit better.

MY SEWING NOTES

NOTES

Quilters often have extra Fat Quarters (FQ). These measure 18" tall x 21-22" wide. You can use a FQ to cut 4 fronts (A) and also all of the C casing pieces (it would be 8 for 4 masks).

