

MATERIALS for One Face Covering

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.

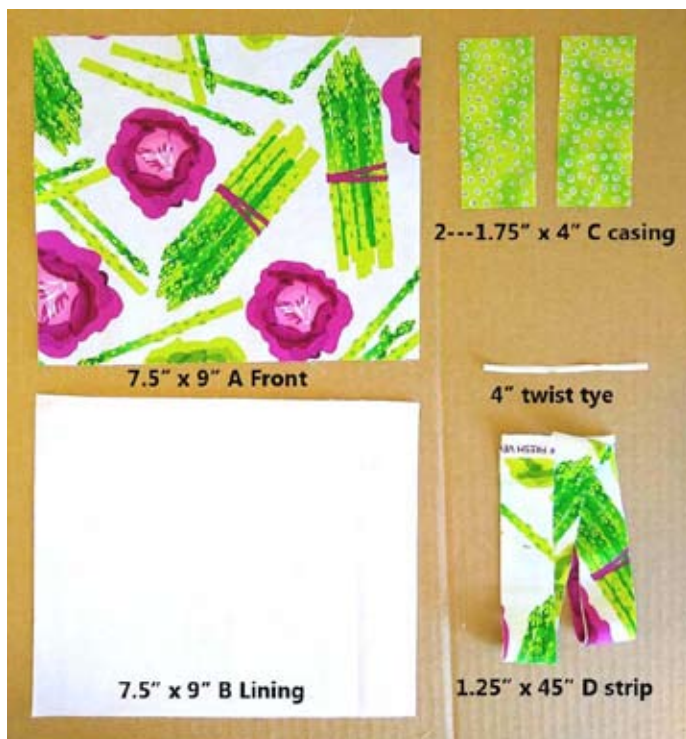
2---1.75" x 4" Side casings (C)

1---4" - 6" 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



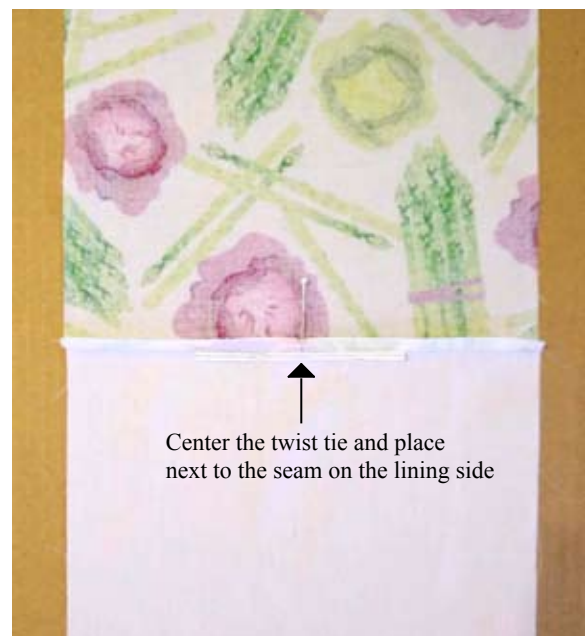
DIRECTIONS

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.



Zigzag 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.



5. **NOTE:** See the end for how to make a jig that replaces the folding steps and makes this much easier. Measure down 1 1/2" from the top on both sides.



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



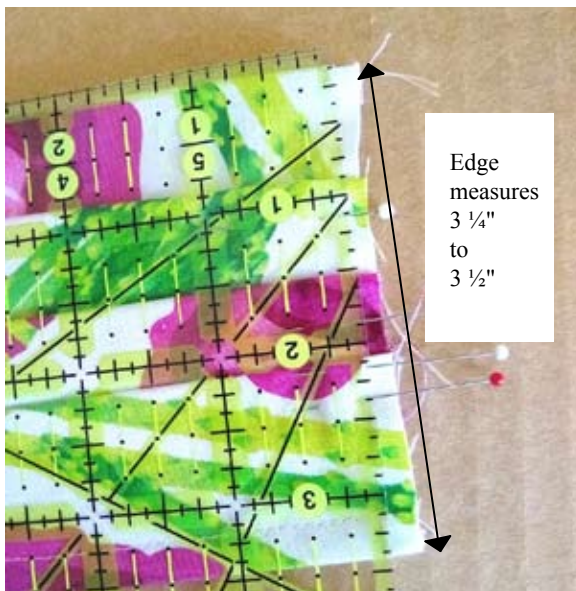
7. Move down about 1/2" and do another 1/2" pleat.



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



9. Measure your outside edges, they should measure 3 1/4" to 3 1/2" long.

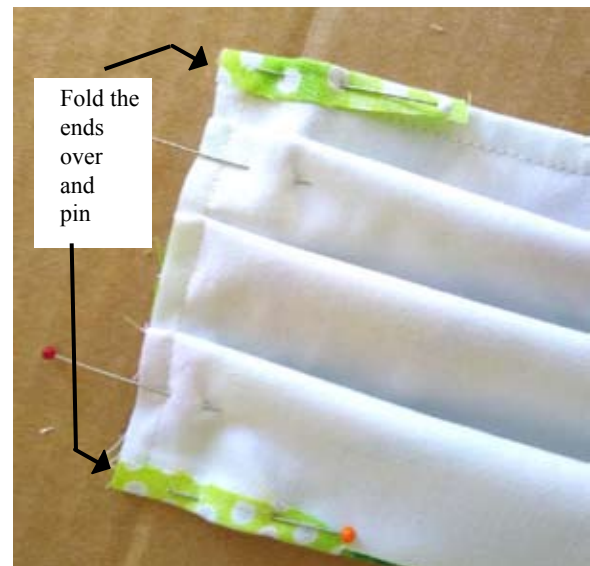


10. Sew the pleats in place 1/8" from the edge. This will hold them in place for the next step.

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



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



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



14. 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.

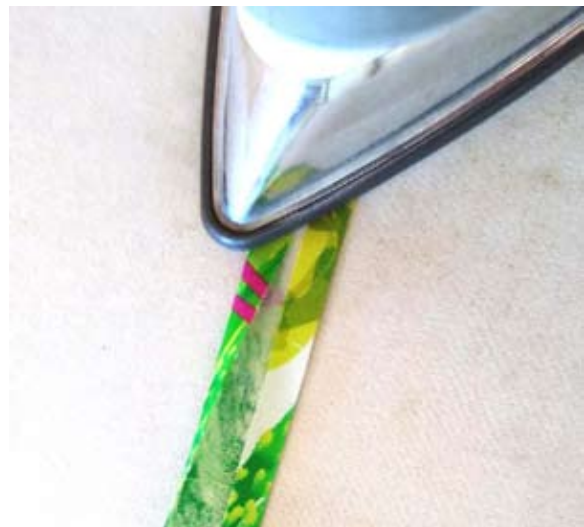


15. **NOTE:** See our instructions at the end to use a 3-D printed tie maker. You could also use a commercial 3 mm bias tape maker. This is much easier and faster.

To make the fabric tie, Press 1/4" on one of the long edges

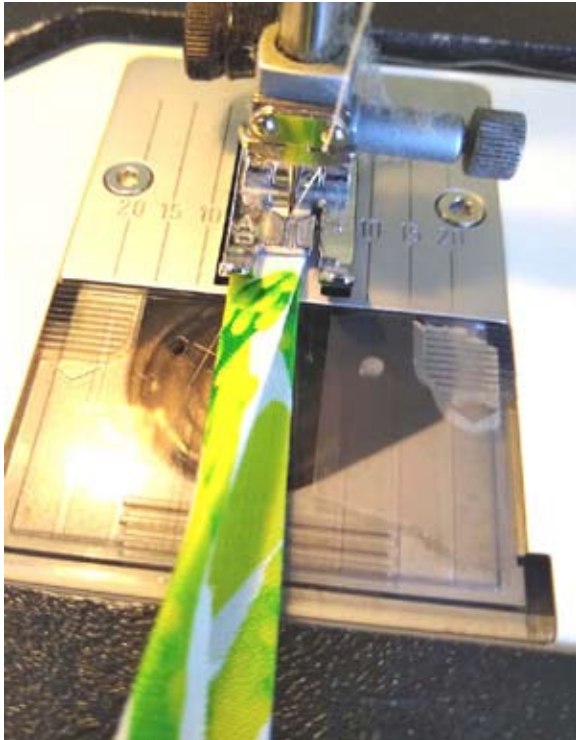


16. Press the remaining long edge to the first pressed in edge.



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

17. 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.



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



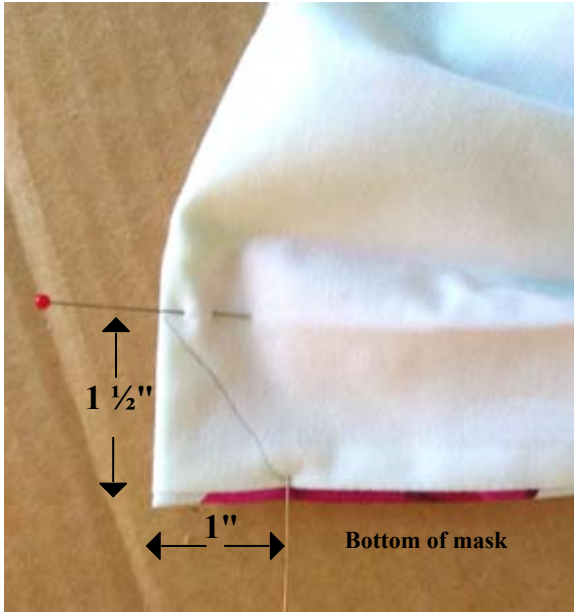
19. Start at the top of the mask on one side and pull the tie through.



20. 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.

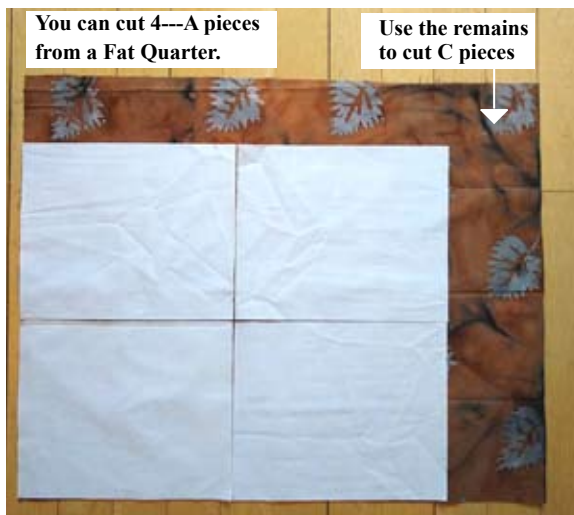


With narrower elastic, you can just tie the ends. After you secure the elastic, you can pull the elastic so the joint is inside the casing.



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).



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.

STRAP MAKING AID

You can use a bias tape maker to fold and press the tie for the mask. Using this aid replaces **Steps 15 and 16**.

If you have access to a 3-D printer, you can print your own tie maker. We like the 3mm version from this url: <https://www.thingiverse.com/thing:4234257>

How to Use the Maker

1. First trim the end to a point. Next insert this point into the maker and push it through with a pointed object (I like to use a small scissors.)



2. Pull on the tip until you have 1-2" of curled fabric showing. Now go to your iron and press.

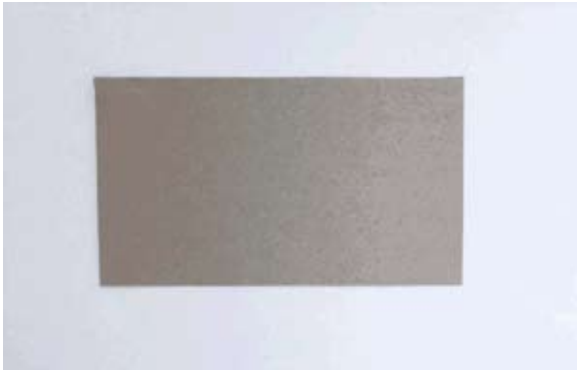


Once you have about 6-7" pressed, you can put your iron down on the board (do this on a terry towel) and grab the tie and pulled it under the iron. Use one hand to pull and the other to hold the maker away from the iron. The 3-D printed material will melt, so keep it away from the hot iron.

FOLDING JIG

You can speed up your folding by using a jig. Thanks to Bendphoto on Youtube for the concept. You need cereal box or other thin paper board.

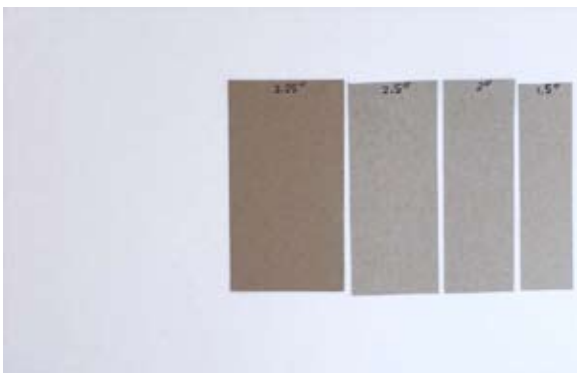
1. Cut your board to 5" wide pieces.



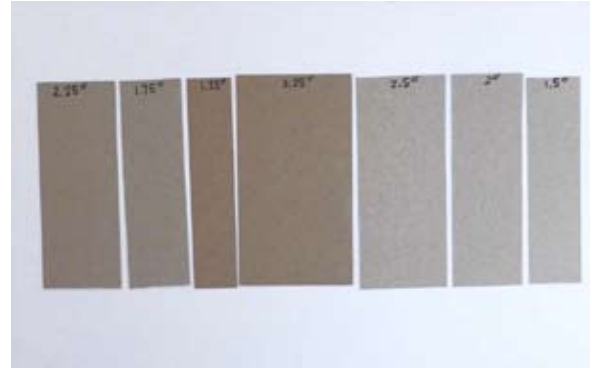
2. Cut a 3.25" piece for the base.



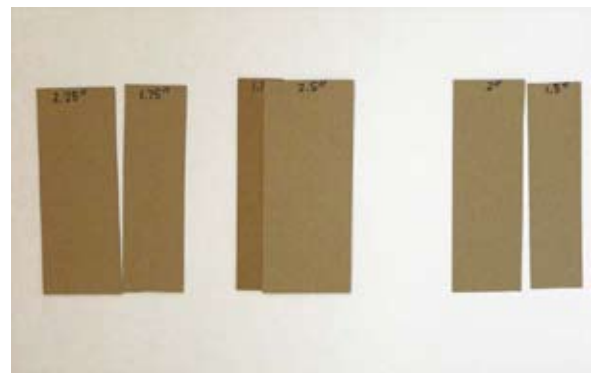
3. Cut 1.5", 2" and 2.5" pieces for the top.



4. Cut 1.25", 1.75", and 2.25" pieces for the bottom.



5. Tape the 1.25" bottom piece and the 2.5" top piece to the base. When they are flipped in, they overlap 1/2."



6. Tape the 1.75" bottom piece and the 2" top piece to the base. When they are flipped in, they overlap 1/2."



7. Tape the 2.25" bottom piece and the 1.5" top piece to the base. When they are flipped in, they overlap 1/2."



USING THE JIG

This Jig replaces **Steps 5-9** in the directions.

1. Lay the jig out with all the flaps away from the center. With the outside fabric of the mask up, butt the bottom of the mask up to the bottom of the jig (on the left in the photo) and flip the 1.25" bottom piece on top of the fabric.



2. Fold the mask fabric back toward the bottom of the jig (It goes from right to left in the photo. You will see the lining fabric and the base of the jig.



3. Flip the top 2.5" flap (on the right) onto the fabric.



4. Fold the mask fabric back to the right (the top).



5. This is the process, flip the bottom flap toward the center, fold the fabric back over that flap, fold the flap from the top down, fold the mask fabric over that flap back to the top.

Repeat this for the 1.75" bottom paired with the 2" top and then for the 2.75" bottom paired with the 1.5" top. Hold the top of the mask in place with 2 bullnose clips and press. You are ready to stitch the ends.



Cutting Yardage

You can make 5 face masks from:

½ yd of an outer (A) fabric

¼ yd (9") of a lining (B) fabric.

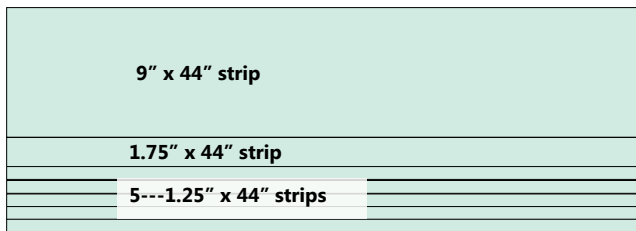
Please note, you need a full 9" of usable fabric for the lining. Also, all strips are cut from the width of the fabric. This measurement is usually 44-45"

1. Cut the following strips from your outer (A) fabric:

1---9" x 44"

1---1.75" x 44"

5---1.25" x 44"

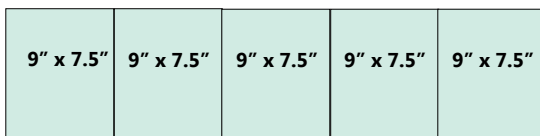


2. Cross cut the 9" strip and the 1.75" strip into:

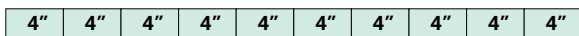
5---7.5" x 9"

10---4" x 1.75"

Take the 9" strip and cross cut 5---7.5" pieces



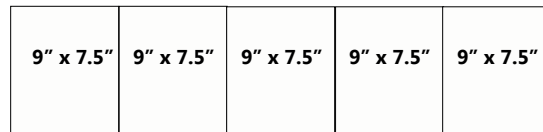
Take the 1.75" strip and cross cut 10---4" pieces



3. Cut a 9" strips from your lining (B) fabric and cross cut 5---7.5" x 9" pieces.



Take the 9" strip and cross cut 5---7.5" pieces



4. If you have a fabric with a pattern going across the width of the fabric and you want to preserve this look, you will need to adjust your cutting. **You also will only get 4 masks instead of 5 out of ½ yd of fabric (A).**

Make these changes:

Cut 1---7.5" x 44" strip.

From that strip cross cut **4---9"** pieces.

Cut 1---1.75" x 44" strip.

From that strip cut **8---4"** pieces

Cut **4---1.25" x 44"** strips