

How to Make a Face Mask

Fabric: 100% cotton, bright prints appreciated ☺ Cutting dimensions below.

Elastic: cord or ¼" wide, 2 pieces, 10" to 11" long (depending on size of mask)

Twist-tie: ~8" and must be trimmed to size, to fit into upper pocket (see note at bottom)

Cutting the fabric: each mask uses one rectangle and two 2 ¼ " strips.

Size of mask:	Women's Sm	Women's Reg	Men's Reg	Men's Lg	Men's XXL
Rectangle	7 ½" x 15"	8" x 15"	8 ½" x 15"	9" x 15 1/2"	9 1/2" x 15 1/2"
Casing strip	2 ¼ " x 7"	2 ¼ " x 7"	2 ¼ " x 7"	2 ¼ " x 7"	2 ¼ " x 7"
Elastic	9 ½"	9 1/2"	10"	10"	10 1/2"

Watch the EasyToSew video: <https://www.youtube.com/watch?v=BCJcE-r7kcq>

Cut fabric and elastic as noted above. Serge short sides of fabric if possible. On the body of the mask, fold with right sides together, bringing the short ends together.

Make a pocket for the filter: Where the two short sides now are together, start by marking a spot 1" in from each side edge; sew a ½" anchor seam from the raw edge to those spots, back stitching on the inside end of each, and leaving a gap or opening between the two. Now baste stitch that gap between the two permanent stitches. Press the seam open. Topstitch "in the tunnel" either side of that seam. Turn right sides out. Fold ½" up from the pocket opening which will be just past the selvage inside you just made. Press top and bottom edges. Stitch ¼" top stitching at edge where seam is and 1/8" topstitching at the opposite fold. Insert the twist-tie in the casing made by the ¼" topstitching, cutting the wire short enough not to catch wire in the side casing stitching (1 ¼" shorter than the width of mask). The large pocket below the tie is for a filter, if any is to be used.

Pleats: Fold mask in half, folded edges together and pocket seam inside, and baste stitch from raw edge to raw edge 5/8" from this new fold. With disappearing marker, mark 1 7/8" from new fold on each side top and bottom (4 marks, 2 on each side). Pinch a fold at these marks and baste 5/8" from newest folds. This will give you three evenly spaced pleats. Press pleats now towards bottom of mask.

Flip mask over and press on back side. This last pressing should square up you mask. If your mask is bone-shaped, it is because your basting stitches are long and the seams are pulling out at the ends. Try a 15 mm rather than the 20mm automatic setting.

Elastic Casing: Casing strips do not have to be on bias and will stretch less if cut on the grain. Fold top edge casing down 1 ½" and finger press. Using the mask as a measure, lay pressed edge to top

of mask and fold bottom of casing up so that casing is 1/16" longer than the height of the mask. Finger press. Square casing strips to the side of the mask and stitch just under 1/2" seam. Repeat on opposite side. Flip mask to front, fold in < 1/2" and pin in place just covering the last stitches now exposed. Topstitch down backstitching at each end. THIS WILL BE A STRAIGHT SEAM. Don't turn the corner and close casing.

Elastic: Insert elastic into the casing with a small safety pin. Overlap ends one inch and zigzag stitch to secure, going off both cut ends with your stitch. Rotate loop around until overlap has gone inside casing.

Cording can be tied, as in video. If no elastic is available, make two 2" x 40" strips, pressing 1/2" in to 1/2" wide straps. Sew each strap at the midpoint onto mask in place of casing. Top stitch to mask and continue stitch to each end. These straps are then long enough to be ties around the user's head.

Clean up: Remove basting stitches on both sides of pleats. With seam ripper, pop the basting stitch at center of filter pocket. Open and remove strings, making sure you do not cut the backstitched anchors.

To wear: Fit mask to face and pinch the tie-wire across bridge of nose to make mask letter conform to facial contours.

(**Note:** Twist ties are available at Home Depot & Lowe's garden center, pkg of 100 for about \$4. Home Depot's is better quality.)