

## NOTES BEFORE YOU BEGIN

**\*print instructions and template at “actual size” with no scaling, the provided template should measure 9” wide x 8” tall**

\*seams are  $\frac{3}{8}$ ” unless otherwise stated

\*finished mask measures  $3\frac{1}{2}$ ” tall by  $7\frac{1}{2}$ ” wide

\*the interfacing layer is on the outside of the finished mask with the soft cotton on the inside close to the face

\*nonfusible sew in interfacing is best, but if using fusible remember that the glue side is the “wrong” side of the fabric

\*do not mark the pleats from the template until step #6

## MATERIALS:

1 6” piece of 18 gauge aluminum wire

9” x 8” nonwoven sew in interfacing

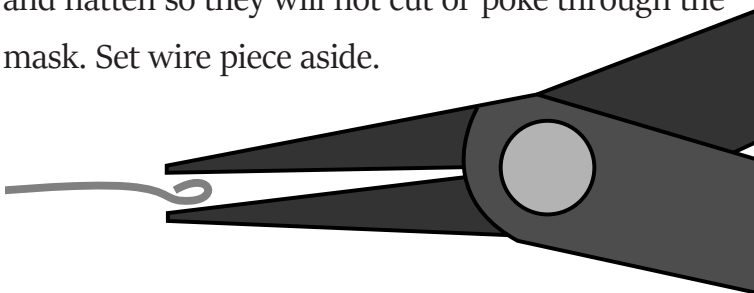
9” x 8” tight weave, non stretch, midweight cotton

2 10” - 12” pieces of  $\frac{1}{4}$ ” elastic

**\*depending on the stretch of your elastic the pieces may need to be cut longer or shorter**

## SEW:

1. Use needlenose pliers to curl both ends of the wire and flatten so they will not cut or poke through the mask. Set wire piece aside.

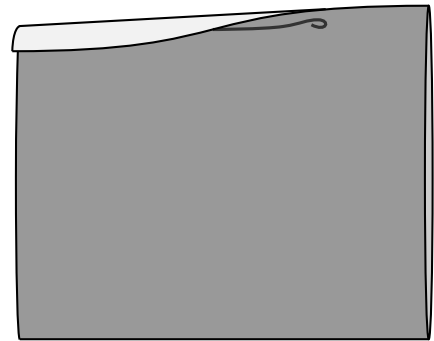


2. Place the interfacing and cotton pieces together with the right sides of the fabric facing. Stitch the top and bottom 9” sides together.



3. Flip right side out and finger press the top and bottom seams flat.

4. Place the wire piece along the top edge on the cotton side  $\frac{3}{8}$ ” down from the seam. Fold the fabric down  $\frac{3}{8}$ ” to create a casing for the wire.



5. Top stitch the wire casing along the edge of the seam careful not to hit the wire with the sewing needle.

**\*Remember to back stitch at the beginning and end of the casing for reinforcement.**



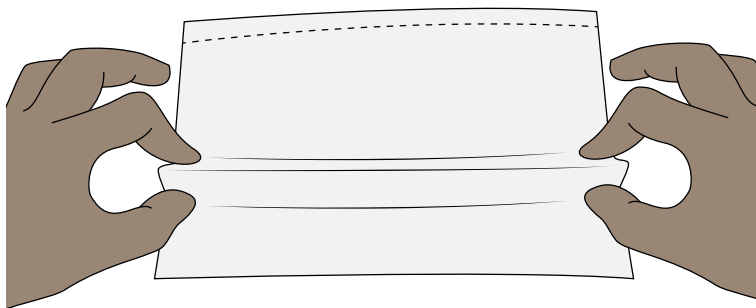
6. Lay the mask down with the interfacing side up. Use pins or a removable fabric pen to mark the pleats using the template provided.

**\*Use the template to start but after a few masks try freehanding the pleats to save time.**

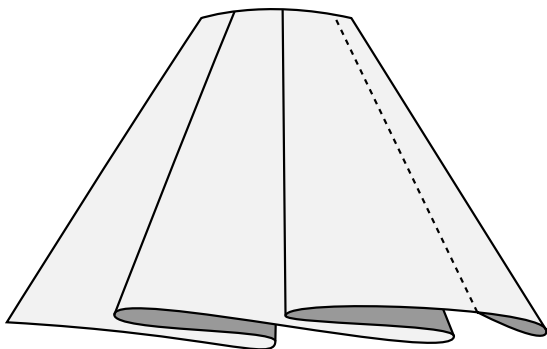
7. There are 2 pleats, an upper and lower, made up of 3 points on each side. Begin with the lower pleat by placing your thumbs on the bottom most points and your pointer fingers on the upper points so there is one point left in the middle.

Pinch your thumb and pointer fingers together so the center point raises up (make sure both layers of fabric are folded in the pleat) and then lay the pleat down towards the bottom edge of the mask. Finger press it flat and then repeat with the upper pleat.

**\*The upper pleat should end where the lower pleat begins, they should not overlap.**

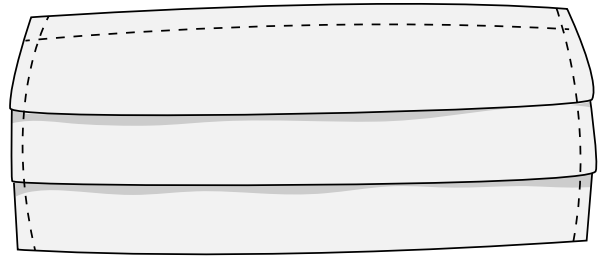


SIDE VIEW



7. Top stitch the pleats down using a  $\frac{3}{8}$ " seam. Trim the sides if necessary so they are straight.

**\*Back stitch over the pleats to reinforce.**

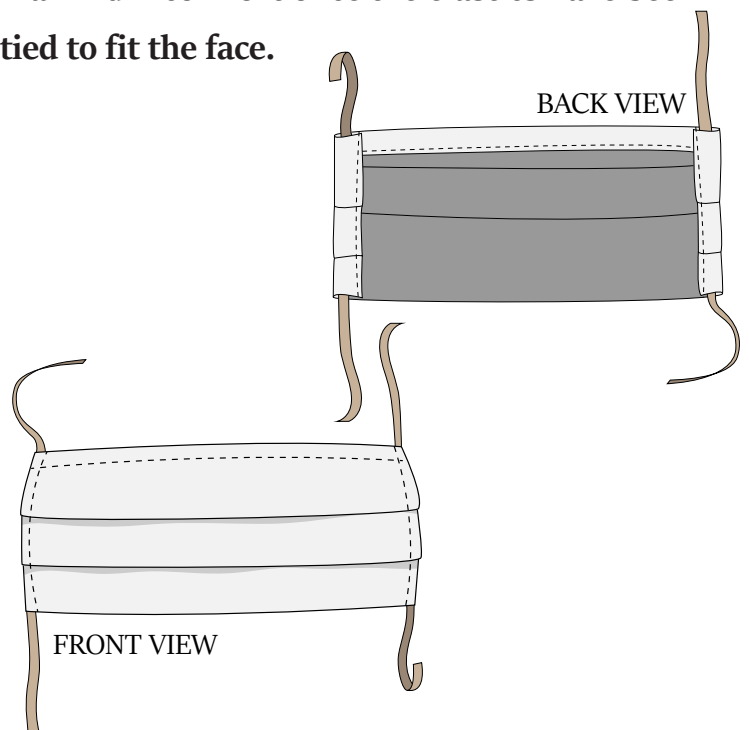


8. Flip the mask over so the cotton backside is face up. Place one elastic piece  $\frac{3}{4}$ " in on one short side. Fold the fabric in by  $\frac{3}{4}$ " over top of the elastic to create a casing. Top stitch along the edge, careful not to catch the elastic in the stitch.

**\*Back stitch at least 1" at the top and bottom of the casing to reinforce.**

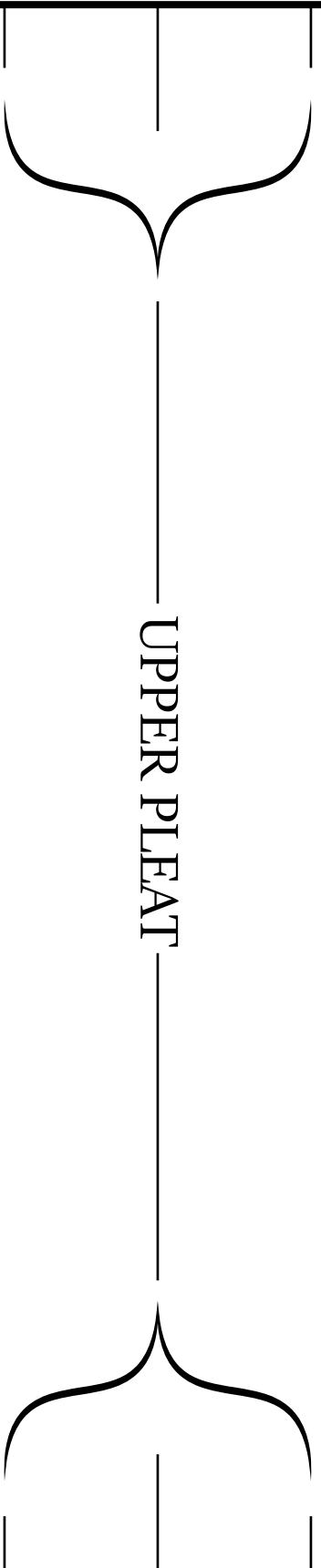
9. Repeat with the other side and the last piece of elastic.

**\*Do not tack stitch the elastic in place so the wearer can adjust and maneuver the knot for maximum comfort once the elastics have been tied to fit the face.**

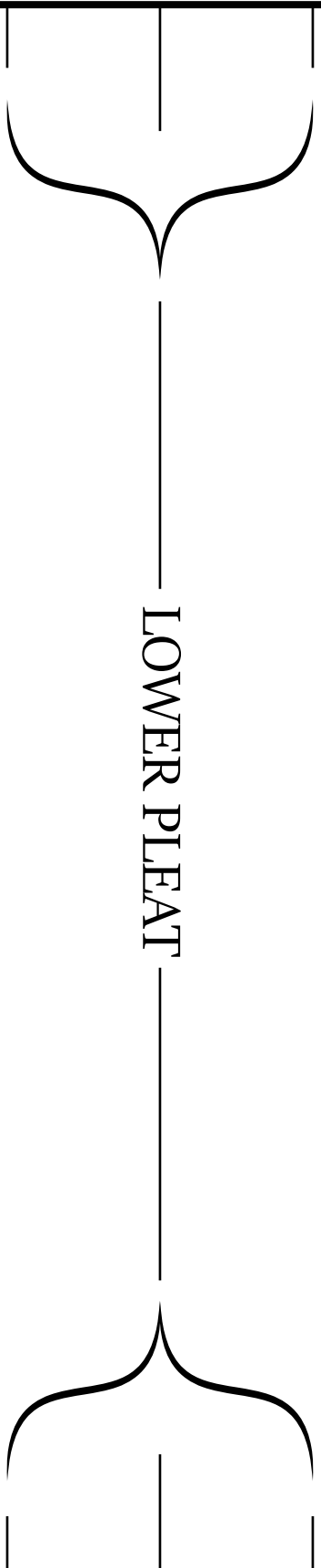


# MASK TOP

If marking the pleats during step #6 line the top of the mask up with this line.



UPPER PLEAT



LOWER PLEAT

If marking the pleats during step #6 line the bottom of the mask up with this line.