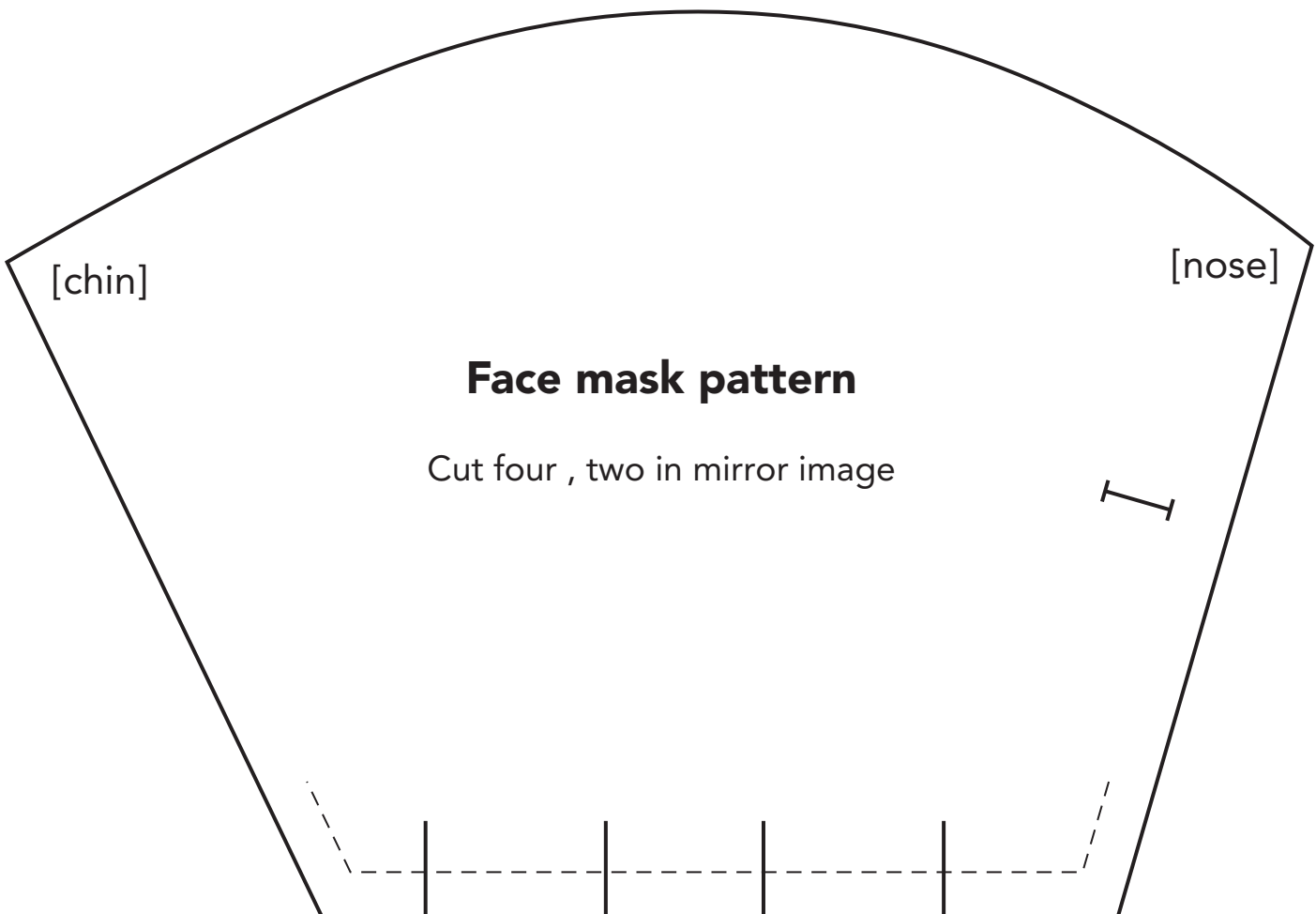


Face Mask Pattern and Tutorial

This face mask features adjustable ear loops and pleated sides to fit a range of face sizes and shapes. Pipe cleaner wire at the top helps close gaps around the nose.

To print the pattern piece below, set your printer to "Do Not Scale" or "Scale to 100%." Check sizing by measuring 7-1/4" from chin corner to nose corner.



Materials needed

- **100% cotton** with a tight weave. One yard of 44" wide fabric makes 10 masks. The tutorial shows two different fabrics, but one fabric is fine.
- **Elastic.** Use 30" of 1/4" flat, 1/8" flat or round cord. It must be latex-free for hospital use.
- **OR bias tape.** Use 30" of 1/4" double fold or 1/2" single fold.
- **OR twill tape.** Use 30" of 1/4" tape.
- **Wire pipe cleaner.** Use 6" any style.

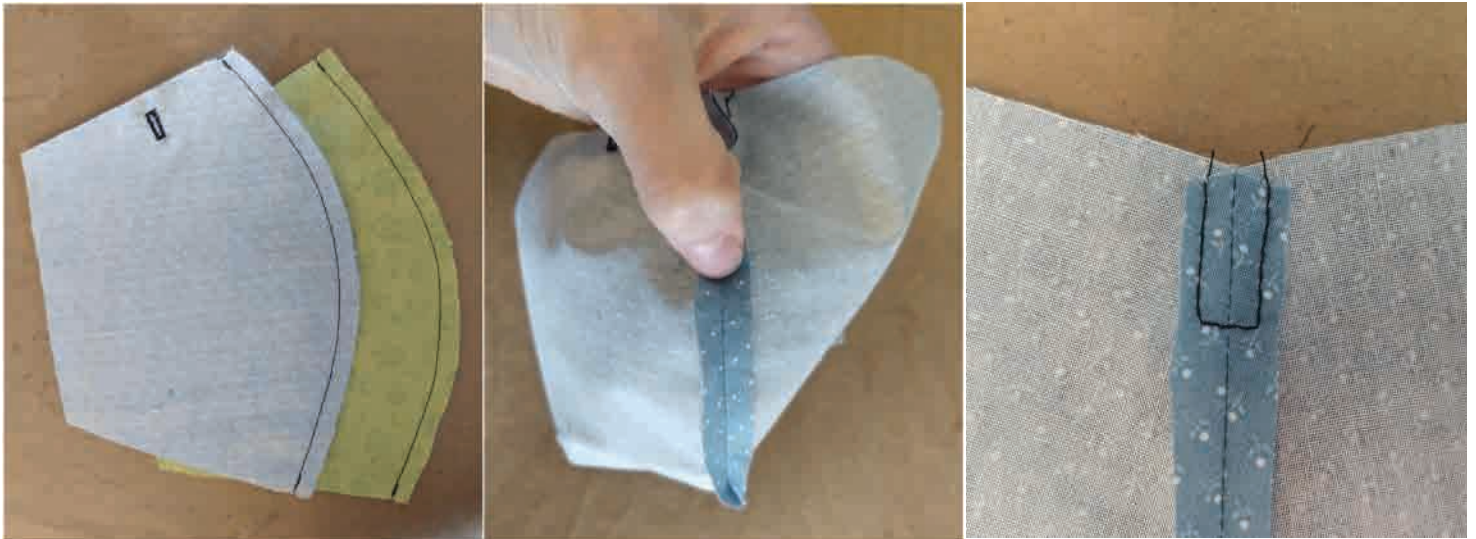
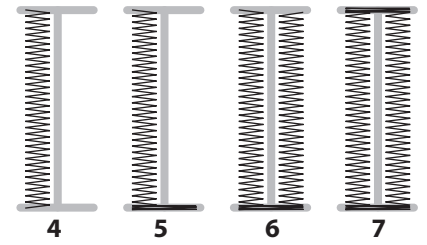


Construction

1. Mark the buttonhole placement on one piece of fabric.
2. If sewing machine has a buttonhole feature, create a 3/8" buttonhole according to the machine's instructions and skip to step 8. If not, follow these steps using the zig-zag function:
3. Set stitch length to almost nothing. Set stitch width to 2 out of 5 (if machine has a different numbering system, find something a little less than half the full width). Test the stitch on a piece of scrap fabric, and adjust the stitch length if necessary (see bottom-left photo).



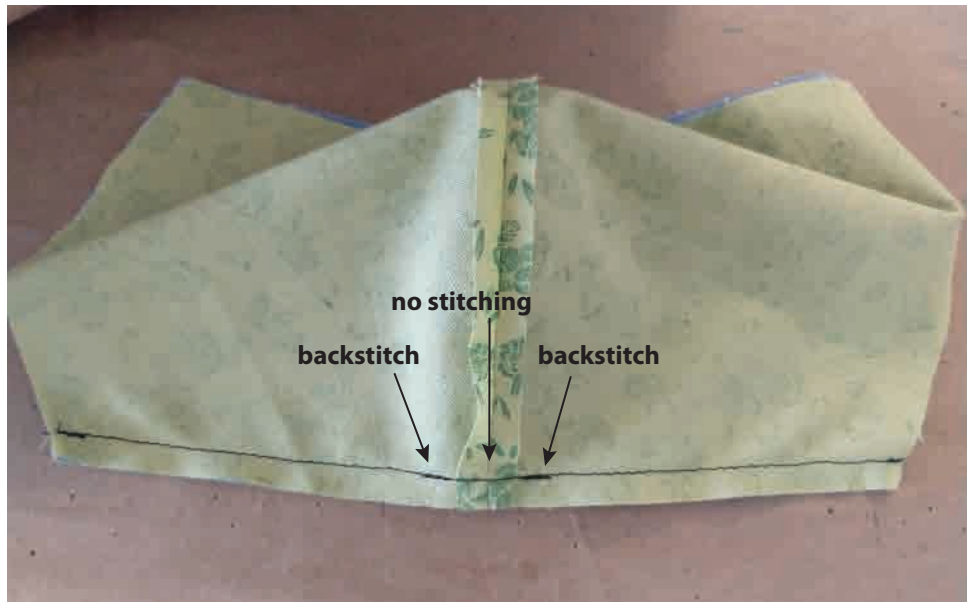
4. Starting on the left side of the buttonhole, zig-zag down the length until reaching the end. Be sure to end with your needle on the left side of the zig-zag. Leave your needle poked down into the fabric and raise the presser foot.
5. Change the stitch width to 5 out of 5 (or the maximum). The needle and fabric will shift ever so slightly sideways and this is to be expected. Stitch a few stitches back and forth across the bottom of the buttonhole, ending with the needle on the right side. Leave needle poked down into the fabric and raise the presser foot.
6. Change the stitch width back to 2, and put the machine in reverse. Stitch back up the right side of the buttonhole. Make sure there is a bit of a gap between the two columns of stitching. End with the needle on the right side. Leave needle poked down into the fabric and raise the presser foot.
7. Change the stitch width to 5 out of 5 (or the maximum). Stitch a few stitches back and forth across the top of the buttonhole, ending with the needle on the left side. Stitch a few stitches in place to prevent unraveling. The buttonhole is now complete. Gently cut the buttonhole open with a small scissors or seam ripper.



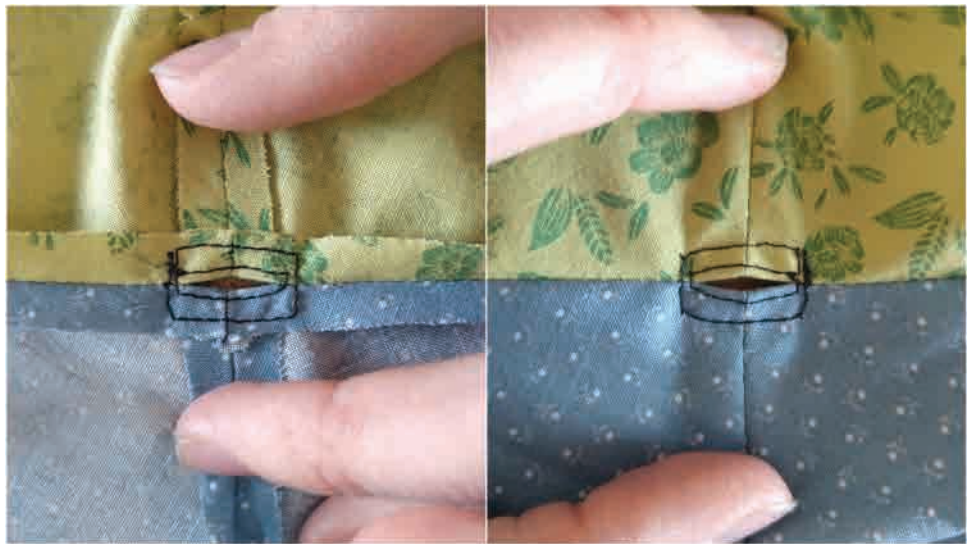
8. With right sides together, sew two pairs of fabric pieces together along the curved edge. Press the seam open (or use thumbnail, as pressing a curve with an iron can be tricky).
9. On the top/nose edge, tack the seam allowance open as shown in the photo on the right. Tack from the cut edge down about 3/4", as shown in above right photo. (Note that this step is not reflected in the subsequent photos below.)

10. With right sides together, stitch the two pieces together at the bottom/ chin edge. Stop just before the center seam and back-stitch.

Raise your presser foot and move to the other side of the seam (so there is about 1/2 " that is unsewn). Start again with a backstitch and sew to the other edge.



11. Press the seam open. Stitch around the opening once very close to the edge, and once a little farther away, as shown.



12. Cut the elastic or bias tape into two lengths of 15 inches each. If using bias tape, stitch the side with two folds closed, so it becomes a flat 1/4" strip.

Pin one piece to each of the top corners. It should sit 1/4" down from the top edge, to leave room for seam allowance.

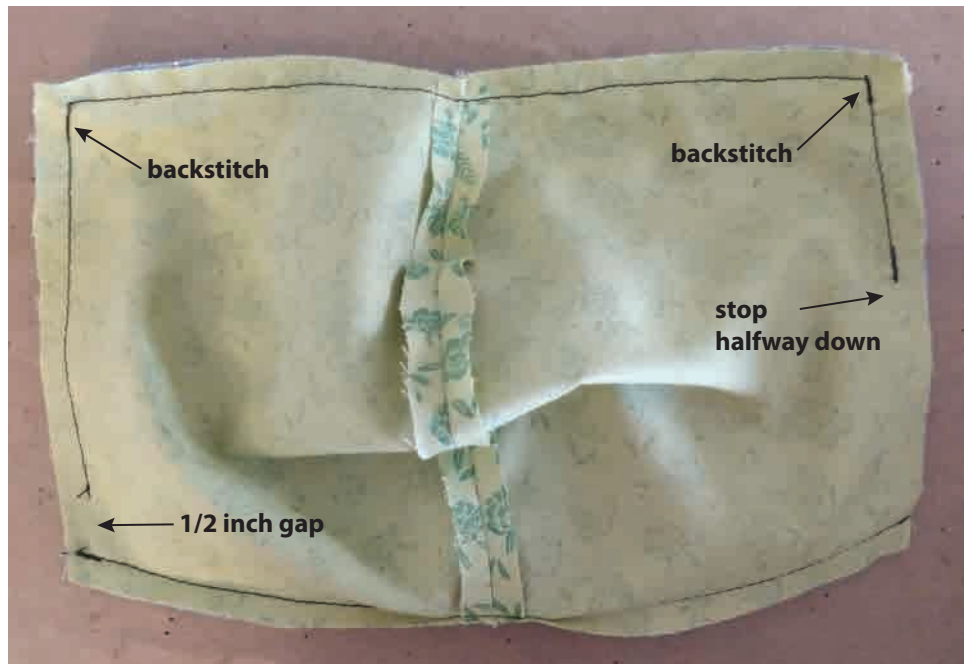
If you are using round cord elastic, you may want to tie a knot at the end to prevent it from slipping through the stitching.



13. With right sides together, pin the two layers together along the three sides not yet sewn.

Start 1/2" up from the stitching on the bottom edge. Stitch up to the top corner, doing a back-stitch over the elastic to make it extra secure.

Sew across the top, and down the last side, again doing a back-stitch over the elastic. Stop half-way down the last side, so you have space to turn it right-side out.



14. Turn right side out and press. On the open side, press under 1/4" to match the seam allowance.



15. Stitch parallel to the bottom, 3/8" inch away from the edge. If using bias tape, you may want to adjust that to 1/2" to accommodate the bulk of the tape.



16. On the top/nose edge, mark $1\frac{3}{4}$ " away from the center seam, on the opposite side of the button hole. Mark with a pin if you do not have a fabric marker.



17. At the mark just made, stitch down from the edge $\frac{1}{2}$ ", then pivot towards the center. Continue stitching $\frac{1}{2}$ " away from the edge until you pass the buttonhole. Pivot again and stitch to the top edge.



18. Transfer the pleat marks by lining up the mask with the dotted line on the pattern piece. Mark with pins or a fabric marker.



19. Fold the mask at the pleat line closest to the elastic. Bring it to meet the next line, and pin in place.

Do the same with the third and fourth lines. Make sure that in the back, the pleats are pointing towards the elastic/tape as shown.



20. Stitch around the side and top edges of the mask, right near the edge. Be sure to start just above the bottom casing.
21. Stitch 1/4" away from the edge, but stop before the casing on the top edge.



22. Use a small safety pin to guide elastic or tape through the bottom casing.
23. Fold the pipe cleaner in half. Twist it gently to keep the ends together.
24. Insert the pipe cleaner into the top casing. Give it a bend in the middle before wearing it.



To wear, put loops around ears and pull ties under the chin to the desired fit. Tie straps in a bow. Pinch the wire snugly around nose.