HOW TO MAKE A MASK

by Deb Chalmers

MATERIALS

- Medium weight cotton fabric (tightly woven)
- 1/8”, 1/4”, 3/8” or ½” wide elastic; or narrow bias tape, ribbon, trim for ties
- Iron-on interfacing (Pellon), medium or light weight (950F or other)
- Wire (heavy enough to hold shape but also bendable easily) – 15 lb. 20 guage galvanized steel works well
- Thread for sewing
- Iron, sewing machine, scissors, wirecutters, needle nose pliers

EACH MASK will take 1 square of interfacing, 1 square of fabric, 1 piece of wire, 2 elastic pieces OR 4 pieces of material for ties.

STEP 1: make patterns

Cut fabric pattern: 8 ½” x 8 ½”

Cut interfacing pattern: 7 ½” x 7 ½”

Make pattern for folds from a strip of cardboard 8 ½” long. Mark top and then measure 1 ¼” down, two more times down from the first each with 2 1/4” between.

STEP 2: Cut out fabric and interfacing

For each mask you’ll need one fabric square and 1 interfacing square

STEP 3: Iron (steam) the interfacing to the back side of fabric leaving a little more space at the top to allow for a bigger fold.

STEPS 4 & 5: Sew top edge ¼” – ½” in, this will create a pocket for the wire which will go around the nose. (May zigzag or surge if you have that capability)
Sew opposite side with a double fold to make a finished edge. No pocket needed here, just a finished edge.

**STEP 6:** Cut wire approximately 6 ½” in length.

Using pliers, bend a loop at each end of the wire and insert wire into pocket you made in the previous steps. Insert all the way so it is centered and does not reach the edges of the mask.

**STEP 7:** Sew each side of mask with finished seams (double fold).

**STEP 8:** Iron the entire mask and seams.

**STEP 9:** Using pattern created for folds, mark right side of mask (remember wire is at top), using the guide.

**STEP 10:** Fold from the top to make the first downward pleat, iron. Repeat twice more on each square to make a total of 3 folds. Now you have your pleat lines for the next step.

**STEP 11:** Cut two pieces of elastic; one should be 9 ½” and the other 14 inches (for average size – adjust for smaller or larger sizes); Or cut two pieces of bias ribbon, one at 15” and one at 17.”

**STEP 12:** Start with non-wired edge of mask toward the sewing machine and with the interfacing (wrong side) facing up, place shorter elastic at corner of right edge, fold pleats and sew along edge as you move toward the other side of the mask (nose or wired edge). At edge you’ll want to add the longer piece of elastic. If using material ties, do the same, but you’ll need 4 pieces of tie material, one for each of the corners.

**STEP 13:** On the opposite side, if using elastic, bring the free end of the elastic across to the other side and sew in place at corner, making a loop. Continue sewing down the side, folding in the pleats, and bring the other elastic across at the corner to make a second loop. If using ties, just add a tie to each corner as you sew down the pleats.

**STEP 14:** Iron the entire mask so that the pleats are nicely folded and flat.

Adjust the pattern as materials are available, some may be elastic on the top and ties on the bottom, or all elastic, or 4 ties.