

How to make a Pleated Face Mask with filter pocket & optional wire insert – with elastic

What you will need:

- One piece 100% cotton fabric 23cm x 17cm (Adult) OR 19cm x 13cm (Child)
- One piece polycotton fabric 23cm x 17cm (Adult) OR 19cm x 13cm (Child)
- Two pieces of elastic (3-5 mm width elastic is suitable), each 14 cm long
- Coordinating thread

Please Note:

- ✓ Be sure any fabric design is placed horizontally
- ✓ Prewash fabric
- ✓ If elastic is super stretchy adjust the length
- ✓ Seam allowance is 0.6cm

Instructions for Making the Mask:

1. Double fold the bottom edge of each piece of fabric to form a hem (approximately 0.75 cm for each turn).



2. Using a straight stitch sew the hem on each piece of fabric.



3. Place the two pieces of fabric together, right sides facing together.



4. Sew the bottom edge of the mask leaving a 5cm gap in the middle so an optional filter pocket can be put inside by the wearer.

5. Continue to the corner and turn the mask around. Place the elastic with the edge sticking out slightly into the corner and sew down the side, stopping about 2 cm before the end to bring the other end of the same elastic to the corner. Holding the elastic there, finish sewing to the corner.

6. Sew to the next corner, stop, and repeat step 5 with second piece of elastic.

7. Turn the mask right sides out, pushing out the corners and pressing flat.

8. Now sew a row of stitching approximately 2 cm from the top edge of the mask. This row of stitching must go through both layers. The stitching should be 8 cm long and it should be centered so that there is a gap on either side. This will be the pocket for a removable nose piece.



9. Make 3 pleats, approx. 2.5 cm each in size, using steam or pins to hold. Make sure the tucks are the same direction.

10. Topstitch each side of mask to secure pleats.

Your mask is complete!

How to make a Pleated Face Mask with filter pocket & optional wire insert - made with ties

What you will need:

- One piece 100% cotton fabric 23cm x 17cm (Adult) OR 19cm x 13cm (Child) plus extra for ties
- One piece polycotton fabric 23cm x 17cm (Adult) OR 19cm x 13cm (Child)
- Two pieces of elastic (3-5 mm width elastic is suitable), each 14 cm long
- Coordinating thread

Please Note:

- ✓ Be sure any fabric design is placed horizontally
- ✓ Prewash fabric
- ✓ If elastic is super stretchy adjust the length
- ✓ Seam allowance is 0.6cm

Instructions for Making the Mask:

1. Double fold the bottom edge of each piece of fabric to form a hem (approximately 0.75 mm for each turn). Sew the hem on each piece of fabric.
2. Place the two pieces of fabric, right sides together, to sew a 0.6 cm seam on the top.
3. Sew the bottom edge of the mask leaving a 5cm gap in the middle so an optional filter pocket can be put inside by the wearer.
3. You have created a tube - turn it right sides out and iron flat.
4. Sew a row of stitching approximately 2 cm from the top edge of the mask. This row of stitching must go through both layers. The stitching should be 8 cm long and it should be centered so that there is a gap on either side. This will be the pocket for a removable nose piece.
5. Make 3 pleats, approx. 2.5 cm each in size, using steam or pins to hold. Make sure the tucks are the same direction.
6. Topstitch each side of mask, securing pleats. Trim seam allowance.

Prepare the ties:

1. Cut two 4 cm x 87 cm strips from the 100 % cotton fabric
2. Fold each piece in half and press (2.0 cm). Open tie back up.
3. Fold each edge in to meet middle and press.
4. Fold in half again, securing raw edges inside and press. Each tie will be approx. 0.95 cm in width.

Assembly:

1. Align center of tie with side of mask, open tie so edge of mask fits snugly inside. Secure with clip or pin.
2. Sew tie to mask, seam will be very short, get as close as able while still catching all fabric. You are just attaching the mask to the tie at this point, not sewing the whole tie yet.
3. Repeat for other tie and other side of mask.
4. Sew down edges of tie, securing raw edges inside. Seam is very short. You will stitch over where mask is already attached. This helps reinforce the mask.
5. Repeat for other tie and other side of mask. Clip any stray fabric.

Your mask is complete!

