

How to Make a Mask
Courtesy of the Heritage Presbyterian Church Mission
Team

Making the Mask

- 1) Selecting the fabric – use cotton. You may use an old shirt or cotton prints from the fabric store. Prewash your fabric – this prevents the fabric mask from distorting after it is assembled and washed after its first use.

OPTIONAL: You may provide better filtration by ironing on lightweight nonwoven fusible interfacing to the ‘wrong side’ of your fabric following the instructions that come with the fusible interfacing.

- 2) Fold fabric so print sides are together.
- 3) Cut fabric into 9 x 7 rectangles.
- 4) Pin fabric together at the corners.
- 5) Start sewing on one of the 7-inch sides. Start your sewing $\frac{3}{4}$ way down on this side, then sew to the corner. Back sew 1-2 stitches then turn 90 degrees and sew the 9-inch side, the other 7-inch side and the second 9-inch side fully. Turn 90 degrees and you will be on the first 7-inch side that you started. Be sure to only go down $\frac{1}{4}$ of the way so that you are leaving an opening in the middle that you will need to turn the mask right side out.
- 6) Remove pins and turn right side out. I use a crochet needle to help me push the corners out, you could also use a pen or pencil to do this.
- 7) Next, make the pleats. Start at the bottom and fold a pleat making sure it is even on both sides. Use a pin to hold the pleats together. Do not pin too close to the edge. Pin on both sides of the pleats.

Making the Ties

- 1) Measure out two 2-inch sections of fabric from the fabric that you have left over from the rectangles that you cut in the first section. Most fabrics are about 44 inches long, this is plenty long enough for ties.

- 2) Find the center of the strip and pin the center to the pleated edge of the mask with wrong side facing up. You want the edge of the strip fabric to match up to the edge of the mask pleats as close as possible.
- 3) Sew the fabric strip to the pleated edge. Then remove pins.
- 4) Fold the strip over the edge to the under side of the mask. You will want to fold over the cut edge first before pinning the strip to the underside of the mask. This will 'encase' the end of the mask.
- 5) Take one of the short edges of one of the tie strips and fold it in about a half of an inch, then fold each long side in until they meet in the center, then pinch the center together like a taco. You may pin this to hold it in place, but I would remove the pin prior to sewing it. Be sure to back sew a few stitches each time you start and stop sewing.
- 6) Starting at this short, folded end of the strip sew strip together while turning in the cut edges and folding in half lengthwise as you go to make a nice seam.
- 7) When you get to the pleats, be sure to sew slowly over the pleats to prevent breaking your needle.
- 8) Continue sewing to the opposite end of the tie turning the edges in as you go and folding it like a taco. Be sure to back sew when you get to the end of the tie.
- 9) Do the same on the opposite side.