

# Fabric Face Mask Instructions

## “surgeon style” with filter pocket & nose wire

### Materials

- 100% cotton fabric
- Floral or garden training wire
- Double fold bias tape (1/2” folded)

### Equipment

- Washing machine
- Iron
- Measuring tape, stick or mat
- Fabric scissors or rotary cutter & mat
- Thread
- Sewing machine
- Wire cutters
- Sewing pins
- Sewing clips (“wonder clips”) – optional

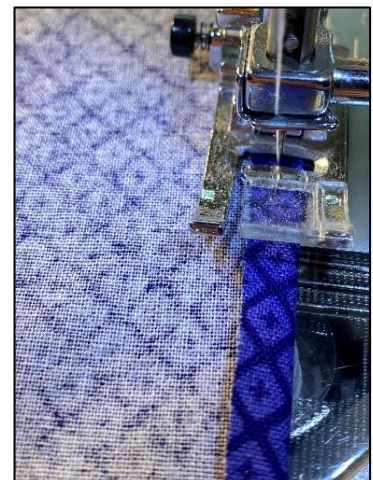


### Notes

- This pattern is designed to take less than 10 minutes per mask, even for beginners.
- No ironing except as needed in step 1.
- Be sure to use a rust-free wire for the nose. Pipe cleaners will rust.
- No backstitching until step 7.
- Instead of bias tape you can substitute what makes sense as long as you can finish the sides of the mask so they do not fray. Twill tape (1” wide) would work; elastic is not recommended.

### Instructions

1. Serge or zig-zag stitch the unfinished edges of your fabric so they do not unravel in the wash. Wash and dry on the hottest settings, with phosphate-free detergent and no dryer sheet. Iron if needed.
2. Cut one piece of fabric for each mask in the desired size. If you have a directional fabric, align your pattern so the design is upright in a vertical rectangle.
  - a. Adult Mask: 9” x 15”
  - b. Child Mask: 7” x 12”
  - c. Other sizes: adjust by 1-2” in each direction.
3. Sew the top of the fabric rectangle:
  - a. Fold the top edge (the short side of the rectangle) over about 1/4”, press flat with your fingers, then topstitch. -->



- b.** Cut a piece of wire (8" for an adult mask or 6" for a child mask), and bend the sharp ends back so they do not work themselves through the fabric.
- c.** Lay the wire along the hemmed edge on the wrong side of the fabric and roll the hemmed edge over the wire, then hold in place and stitch as close to the wire as you can. This will sew it into a sheath just above the previous hem.



4. Fold the bottom edge over about 1/4", press flat with your fingers, then topstitch.
5. Fold the rectangle in half to make a "square" with right sides out, tucking the bottom edge under the little flap created by the top edge and wire sheath.



6. Make pleats:
  - a. Starting near the top of the mask, pinch the two layers of the “square” on the left and right sides of the mask, fold up about  $\frac{1}{2}$  –  $\frac{3}{4}$ ”, and pin. (This will make the pleats point up on the back and down on the front.)



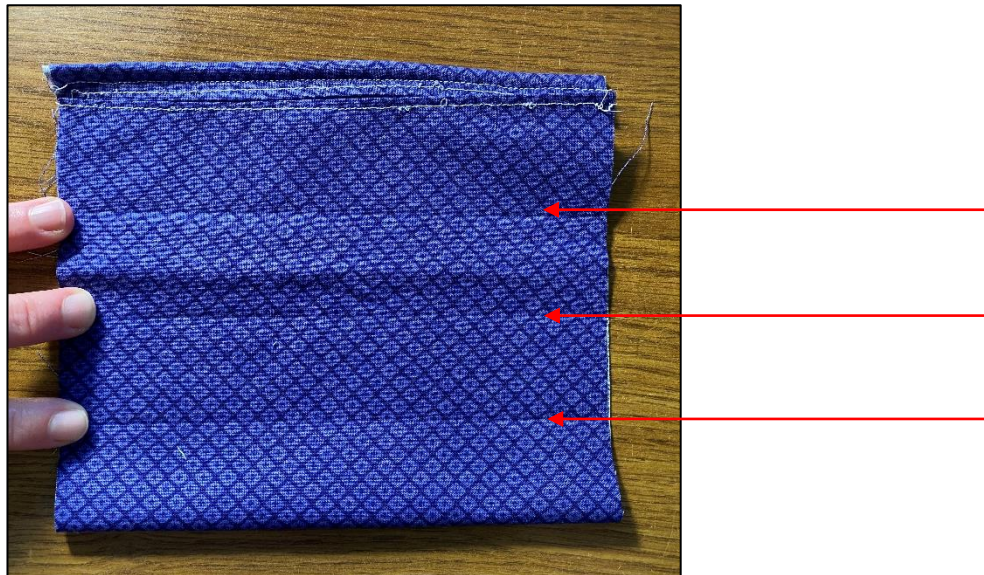


- b.** Repeat so there are 3 evenly spaced pleats, the folds do not overlap each other, and the mask is about 3-4" tall for an adult mask, or about 2-3" tall for a child mask.

*\*in this photo and the ones below, the top is not correct...you want the pocket opening to be like the green fabric photo above*



- c.** Tip: until you get the hang of it, fold the "square" into fourths, finger pressing to make a crease, and use the three creases as a starting place to pinch.



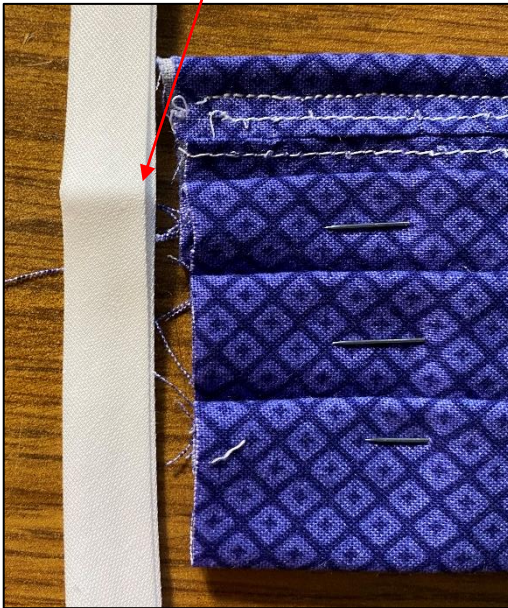
**7. Attach ties:**

- a.** Cut two pieces of bias tape for each mask: 36" each for adult masks, 30" each for child.  
**b.** Fold the bias tape pieces in half and finger press so there is a crease.





- c. Clip or pin the center crease to the top pleat fold. (This will make the neck ties slightly shorter than the head ties.) Make sure the skinny side of the bias tape is facing up when you sew.



- d. Starting at the end of one tie, fold about 1/4" of the bias tape inside itself and finger press. Topstitch the bias tape closed, backstitching as you begin sewing at the first end of the tape, sewing along the tie, then right over the mask's pleats to finish the sides. This will cover the unfinished edges of fabric, block the nose wire from escaping, and prevent the pocket seams from unraveling.





- e. When you get a few inches from the other end of the bias tape, turn it 1/4" inside itself, and backstitch to finish the end. Repeat steps d. & e. for the tie on the other side.



**Great Job!**



**Now What?**

- Visit [tabithaswork.wixsite.com/auxiliary](https://tabithaswork.wixsite.com/auxiliary) (before or after sewing) to sign up to donate the masks you make. Receive \$1 per mask from generous donors to help defray some of the cost, and allow the greater community to share in this joyful work of mercy.
- Wash the masks in the hottest wash/dry you can (with phosphate-free detergent and no dryer sheet), handle with clean hands, and place in a paper bag or paper mailing envelope.
- Deliver or mail to someone in need. Thank you for your effort; may your masks be a blessing to our community!