Make a Mask instructions – Created By Shelley Thornton, NIADA Artist

Use tightly woven cotton fabric. It's good to use different colors or patterns on the outside and the lining, so you can see at a glance which side goes where.

Cut out:
Main pattern piece:
1. From outside fabric, cut two opposing pieces from 2 pieces of fabric stacked with right sides together.
2. From lining fabric, cut two opposing pieces from 2 pieces of fabric stacked with right sides together.
Pocket pattern piece:
3. From lining fabric, cut two opposing pieces from 2 pieces of fabric stacked with right sides together.
Tie:
4. Cut one piece 60 inches long. Use a non-slippery ribbon: cotton twill or grosgrain, or fold and stitch a fabric strip 1 1/2" wide. (Fold both long edges in to the middle, press, fold in the middle lengthwise and stitch folded edges together.)

Sew:
Stitch center (rounded) seam one quarter inch from edge on the 3 pairs of fabric pieces. Clip curves.
On outside piece and lining piece, press both seam allowances to the right. (When assembled with wrong sides facing, one seam will go to the right and the other will go to the left.)
On pocket piece, spread the seam and iron, then zigzag stitch over center of seam to hold flat.
On both side edges of pocket piece fold 1/4 inch back twice and machine stitch hem.
Layer all 3 pieces, matching and pinning center seams at the top and bottom, in this order: place lining RIGHT side up on bottom, place pocket RIGHT side up on top of lining, place outside piece WRONG side up on top.
Line up edges and pin. Stitch 1/4 inch seams along top edge and bottom edge. Leave sides open.
Clip curves.
Turn mask right side out through one of the open sides. Be sure that you reach in and turn BETWEEN the outside fabric and the pocket.
Press edges.
Topstitch 1/8 inch away from the top and bottom edges.
Stitch another line on the top edge only, 1/4 inch inside the topstitching, on the pocket area only. (This will make a channel for the pipe cleaner or wire that will bend at the nose for a snug fit.)
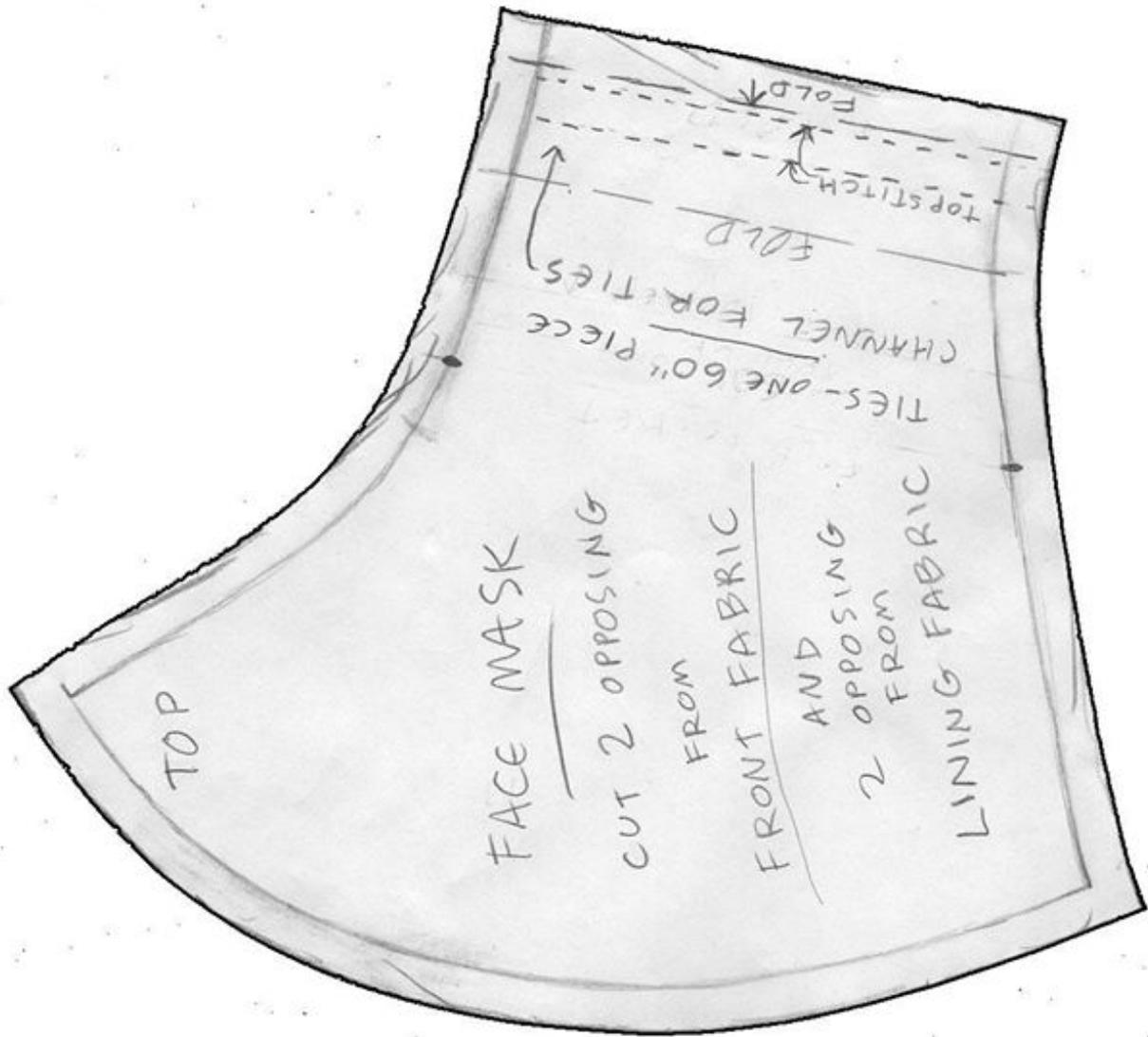Fold the side edges (both layers) twice, as indicated on the pattern. First fold back the edge a scant 1/4" and then again about 3/4" further down. Pin. Stitch down close to edge of first fold, then stitch down again 1/4" or so away from first stitching, forming a channel on the side edge for the tie to run through. Make sure you are creating a channel large enough to pull through the material you are using for ties.

Insert a pipe cleaner (or other wire) into the channel at the top. Fold the pipe cleaner up about an inch on one end, then bring the other end to meet the first end and fold, so that the sharp ends are not going to poke through the fabric. Twist this doubled pipe cleaner to make one sturdier wire. At one edge of the pocket, insert it into the channel above the nose, and work it through to the other edge of the pocket. If you are using a plain wire, or other piece of light metal, you might have to stitch tack at the ends to prevent it from sliding around. Fuzzy pipe cleaners stay in place nicely, and can be removed and replaced if they wear out or break.
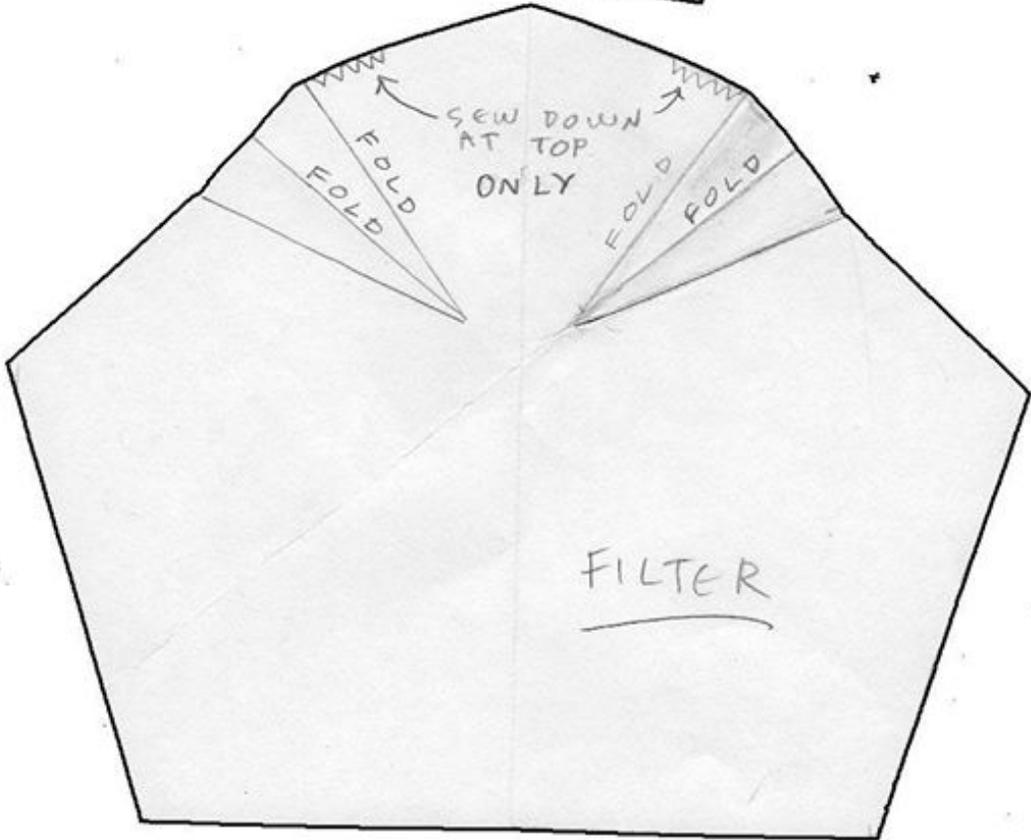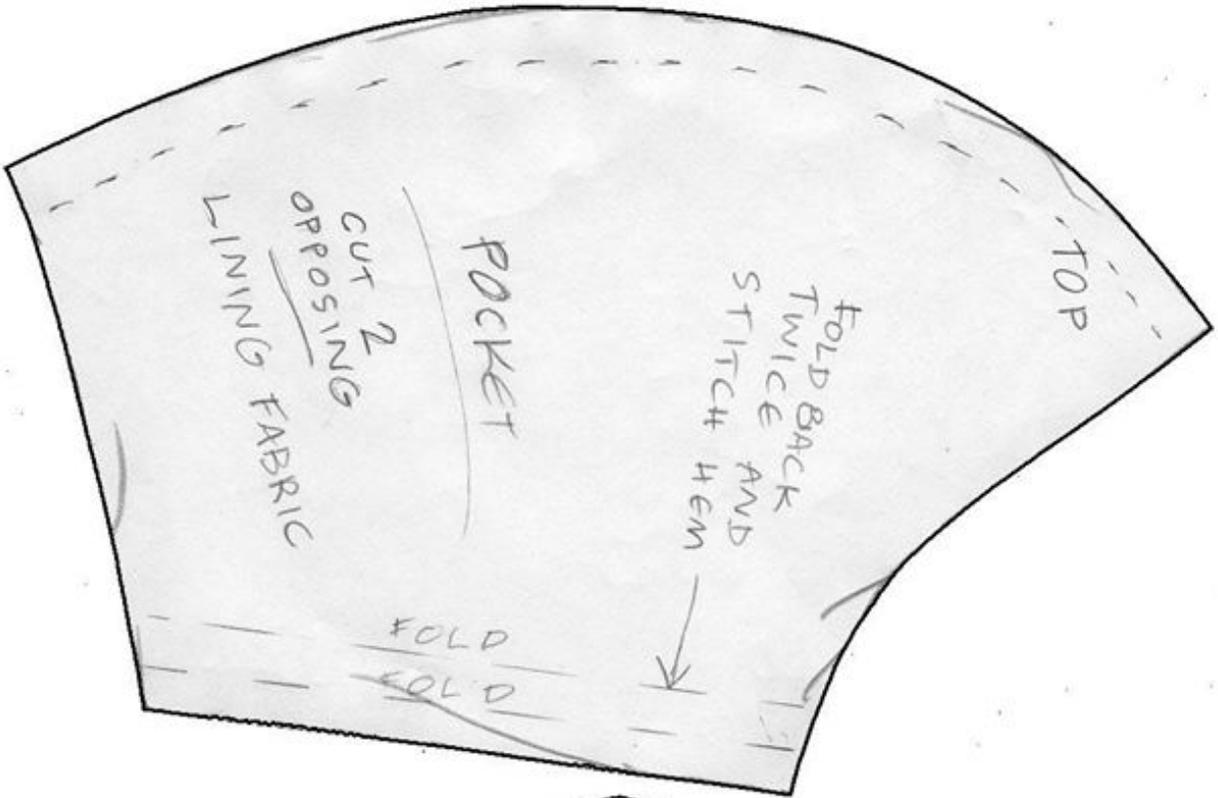
Thread your tie (I use a 1/4" grosgrain ribbon) onto a bodkin, a round tipped darning needle, or a large safety pin, and thread it through one side channel from the bottom to the top, then through the other side channel from the top to the bottom. Finish or hem tie ends if needed, so as not to fray out when washing. You will end up with a loop at the top side, and 2 ends at the bottom side. Slip the loop over your head with the mask in position, making sure the tie loop rests on top of your ears. Pull the tie ends down to even them up, and then tie them at the back of your neck. Adjust the wire as snugly as possible. If you wear glasses, put them on top of the mask, and they will make the mask even more snug.

To add more protection, you can put a non-woven filter into the pocket. You can use Non-woven interfacing, such as pellon. If you have fusible facing, iron it onto a piece of fabric and cut out the filter pattern. Fold the darts up, and stitch only at the top edge to hold them in place, so as not to make holes in the main part of the filter. Slip it into the mask pocket and push it down towards the bottom edge.

Masks can be washed with soap and hot water. Sterilization after each use is recommended.

FACE MASK

CUT 2 OPPOSING

FROM

FRONT FABRIC

AND

2 OPPOSING

FROM

LINING FABRIC

TIES—ONE 60" PIECE

CHANNEL FOR TIES

FOLD

TOP

FOLD

TOPSTITCH

FOLD

One Inch

LINING FABRIC

CUT 2
OPPOSING

POCKET

FOLD BACK
TWICE AND
STITCH HEM

TOP

FOLD

FOLD

SEW DOWN
AT TOP
ONLY

FOLD

FOLD

FOLD

FOLD

FILTER

One Inch