

Simple Pleated Mask With Options for a Filter and Nose Piece



Back has filter pocket

You will need:

- 100% cotton fabric (high thread count, tightly woven) in two different patterns or colors. Using two colors is recommended so you won't mistake the back and the front of the mask when you wear it.

Pre-wash and dry the cotton before cutting.

- Two pieces of 1/8" or 1/4" elastic, each one 7 - 8 inches long. You can modify the length of the elastic to fit the person you are making it for. **Or**
- Four 18" ties: (ribbon, twill tape, bias tape or fabric ties made from the same cotton)
- Scissors/rotary cutter, pins/clips, ruler, thread

Cut your fabric pieces.

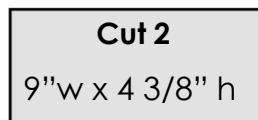
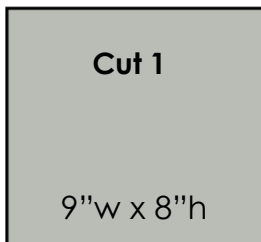


Fig. A

Cut one rectangle from the main fabric 9 inches wide by 8 inches tall.

Cut two rectangles from the lining fabric 9 inches wide by 4 3/8 inches tall

If you are making your own ties, make them now. From woven cotton material: (See Fig. B)

Cut 4 pieces of cotton 18" long by 1 3/4" wide. Fold the raw edge of one short end over about 1/2 inch. Fold each piece in half lengthwise and press. Now fold each half in half again so the raw edges meet the center fold line and press. Fold in half one more time. Press. Edge stitch down the length of the tie.

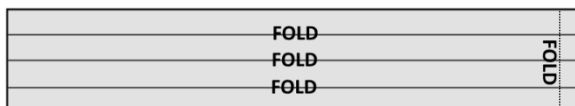
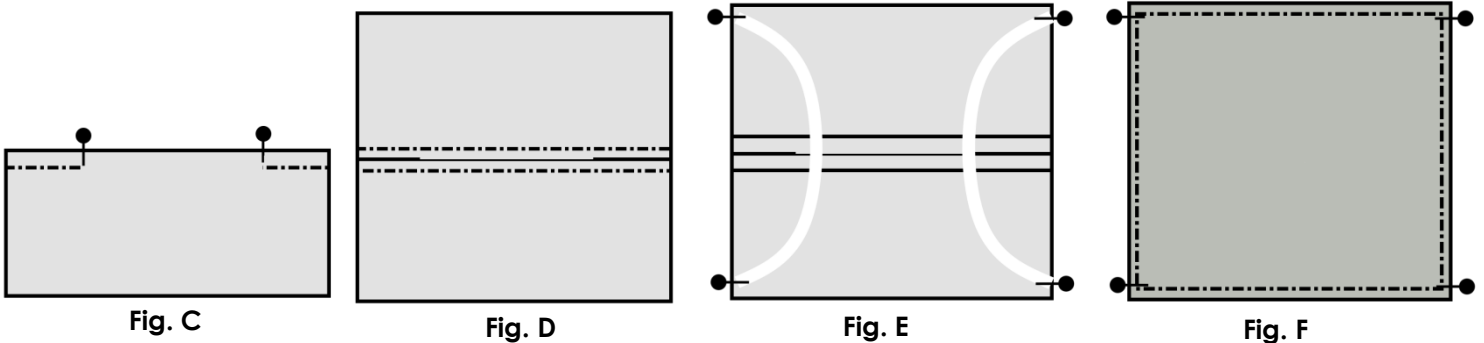


Fig. B

From tee shirt material:

Cut 1" wide strips of tee shirt material 1". Pull on both ends to curl fabric into "yarn." Trim to 18" pieces.

Make the back lining piece: (this will have a pocket for a filter and you will use this to turn the mask right side out later). Place the smaller lining rectangles right sides together. Place a pin $2\frac{1}{2}$ " from each side on the top edge. Using a $\frac{3}{8}$ " seam allowance, sew up to the pin, leave an opening of 4 inches and sew $2\frac{1}{2}$ inches from the other side edge (Fig. C). Press the seam open. With the right side up, topstitch the seam in place on both sides of the stitching line ($\frac{1}{4}$ " from the stitching line). (Fig. D)



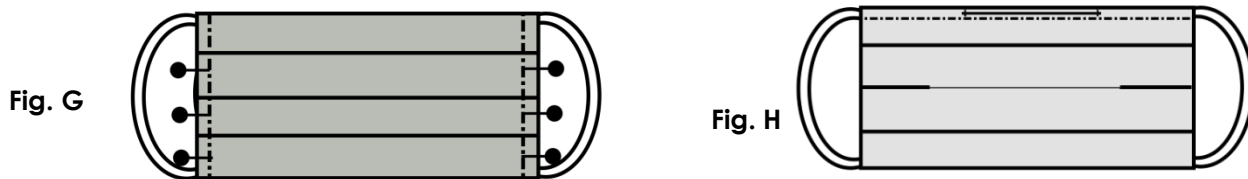
Assemble the two layers with the elastic and ties.

Place the lining right side up. Position the elastic as shown, about $\frac{1}{2}$ " from each corner (Fig. E). For ties, place one tie in each corner $\frac{1}{2}$ " from the top and bottom edges. Place the main fabric rectangle right side down on top with the elastic or ties sandwiched in the middle. Pin to secure the ties, elastic and layers together. (Fig. F) If you are using ties, scrunch the excess length together and pin or clip the ends in the middle so you avoid sewing over them.

Sew the layers together and turn the mask right side out.

Using a $\frac{3}{8}$ " seam allowance sew around the whole perimeter being careful not to sew over the ties or elastic except at the edges. Clip the corners close to the stitching line. Turn right side out through the pocket opening. Use a turning tool or pencil to push out and neaten up the corners. Press.

Add the pleats. Fold and pin three $\frac{1}{2}$ " pleats all facing in the same direction starting about 1 inch from the top. (Fig. G) The mask should now be about $3\frac{1}{2}$ - $3\frac{3}{4}$ " tall. If necessary, adjust the pleats to achieve the right height. Stitch both sides to hold the pleats in place. Press again.



Optional nose piece:

People are using many things for a nose piece: pipe cleaners, open paper clips with the ends turned in, floral wire or twist ties (doubled) are possibilities. Be sure to fold the ends of your wire so they won't poke through the fabric. Place your nose piece into the pocket and nudge it close to the top edge of the mask right in the middle. Tack it in place on either end with a zigzag stitch or by hand. Add an extra line of top stitching right below the wire through both layers (about $\frac{1}{2}$ " from the top) as a casing for the nose piece. (Fig. H)

Filters: The effectiveness and safety of different filters has not been authenticated. Some suggestions others have offered include coffee filters, an extra layer of cotton fabric or tee shirt cotton, auto shop towels, vacuum, Hepa or air conditioner filters (polypropylene, not fiberglass)

