



Face mask with fabric ties, flexible nose piece and filter pocket

Time: 15 min | Difficulty: Confident beginner | Expenses: \$

These instructions are for a face mask without elastic. The mask has adjustable fabric ties, filter pocket and flexible nose piece. You can make masks in two sizes – adult and kid. The adult sized mask can be used by both men and women

SUPPLIES AND TOOLS:

- **main fabric** –100% cotton (tightly woven, prewashed)- 9"x 7" (adult) or 7"x5" (kids)
- **lining fabric** –100% cotton (tightly woven, prewashed)- 2 pieces - 9"x 7" (adult) or 7"x5" (kids)
- **bias tape** – 1/2 inch double folded – 2 x 40" long
- **scissors** (or rotary cutter and a cutting mat)
- **clips or pins**
- **iron and ironing board**
- **sewing machine** (or you can do it by hand)

INSTRUCTIONS:

1. **Cut the fabric into rectangles** (cut 1 from the main fabric and 2 from the lining fabric if you are making two-colored mask)
(*optional* – if using the pattern: make sure the pattern is printed at 100% (no scale) on US letter paper. Measure the square test box to ensure the sizing is correct before you cut the fabric)
2. **Place the lining pieces** on a horizontal surface with the pretty sides facing each other and pin the corners
3. **Fold the pinned fabrics in half lengthwise** and press with your fingers to create a crease in the middle
4. **Mark a 2" horizontal line** starting from one of the short sides along the crease. (Repeat for the opposite side)
5. **Sew along the marks**, backstitching at the beginning and the end, leaving the middle unsewn
6. **Take both corners of the top fabric and bring them to the bottom.** (Repeat for the back fabric) The filter pocket is ready
7. **Place the main fabric on top of the filter pocket** fabric with the pretty side facing down. Pin the corners
8. **Sew the short sides** of the mask and turn it inside out
9. **Fold in fourths and press to create creases.** To do that first press the face mask to smoothen it out. Next, fold it in half and press with a lot of steam. Open it, and bring both edges to the middle, then press again.
10. **Create pleats:** Flip the face mask to the other side. Create 1/2 inch folds facing upwards, while pinning the edges until you have 3 pleats. Make sure all pleats are facing the same direction.
11. **Sew the bias tape ends:** Take one of the bias strips and open one of the ends so that the right sides are touching each other. Sew across the short side as close to the edge as possible. Turn the corner back. (Repeat for the other three ends of the bias tape strips)



Full illustrated step by step instructions with VIDEO, fabric and materials recommendations, and downloadable PDF pattern at
<https://hellosewing.com/div-cloth-face-mask-pleated-adjustable-ties/>



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12. Fold the bias tape in half and press well with your finger. Fold the mask in half with the short sides touching each other and press with your fingers to create a crease in the middle
13. Open the middle of the bias tape, find the crease you've just created and pin it to the crease in the upper raw edge of the mask. (Repeat for the other side)
14. **Sew the bias tape to the mask** by sewing along the crease that is positioned closest to the edge. (Repeat for the other side)
15. (OPTIONAL) **To create the nose wire stay:** cut a 7" wire and bend its end inwards by half an inch Insert the wire along the top edge.
16. **Fold the bias tape along the stitch line**, then fold again to enclose the raw edge of the mask and cover the first line of stitches. Pin. Topstitch in place, making sure you catch the bias tape on the back
17. (OPTIONAL) **Sew on either side of the wire**, across the short side of the upper bias tape, to enclose the wire.
18. **Sew along the entire length of the bias tape** as close to the edge as possible.
19. **Sew along the left and right edge** of the mask to secure the pleats in place.

Congratulations! Your face mask with fabric ties is now ready. You can now use it or make several and donate to your local hospital or clinic.

Let us know how you did. We would love to hear from you and see pictures of your face masks.



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