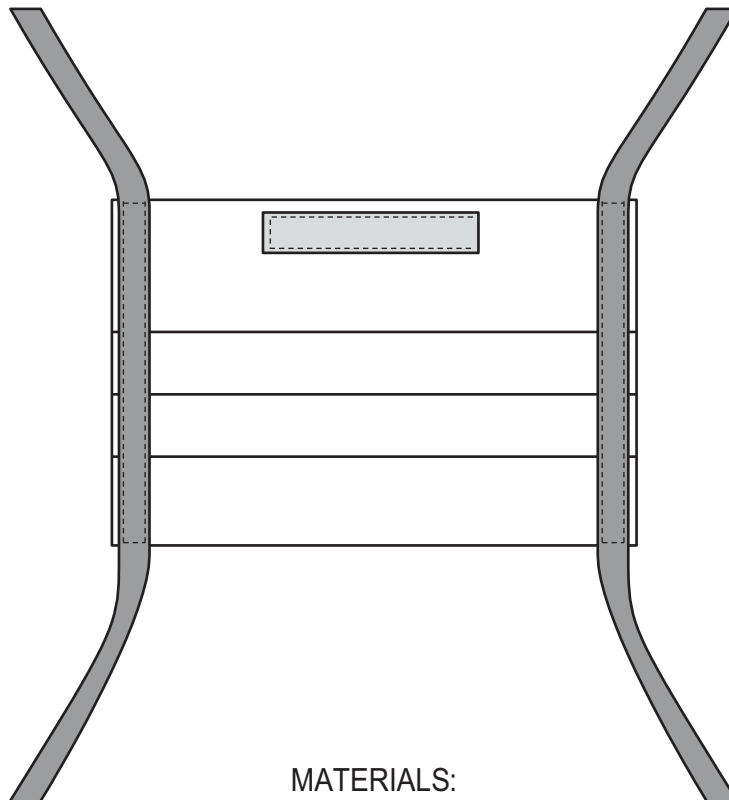


## Instructions on how to make a mask.



### MATERIALS:

#### MAIN PART OF MASK:

9" x 14" – swath of 100% prewashed woven cotton fabric

-Fabric ***must*** have a pattern to it.

To avoid confusion with medical-grade masks, do not use blue and white patterns.

*Never use solid white or solid blue.*

#### NOSE PIECE:

4" x 3/4" twill tape

OR

4" x 1.25" fabric

#### TIES:

(x2) 48" long, 1/2" soft grosgrain ribbon

OR

1/2" or 1/4" cotton twill tape or bias tape

OR

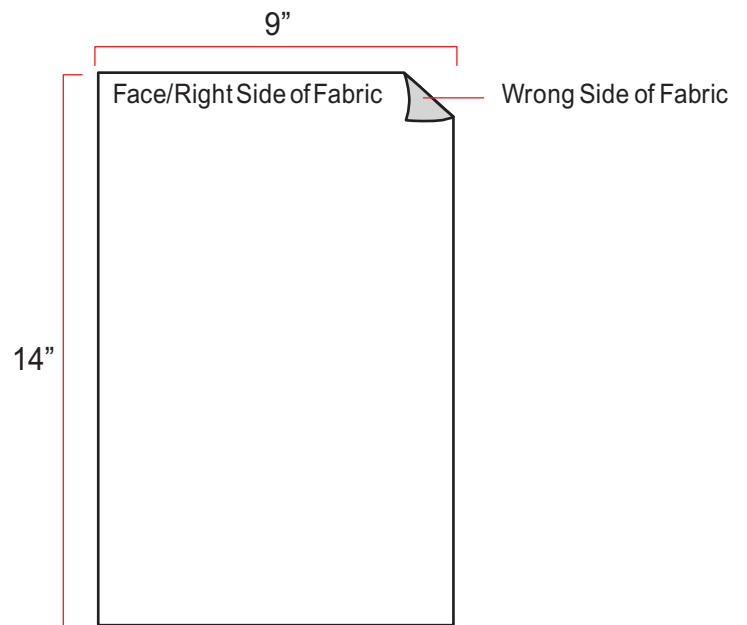
Binding made from 1" wide strips of fabric - turned into binding.

**MATERIALS:**

- Main Mask: 9" x 14" - 100% Pre-Washed Woven Cotton Fabric
  - Fabric MUST have a pattern to it.
  - NO blue & white patterns, NO solid Blue, NO Solid White, NO solid colors.
  - \*\*This is to avoid confusion with medical grade masks.\*\*
- Nose Piece: 4" x 3/4" Twill Tape - or - 4" x 1.25" Fabric
- Ties: 48" Long (x2) - 1/2" Soft Grosgrain Ribbon (or alternately 1/2" or 1/4" Cotton Twill Tape/Bias Tape
  - or - binding made from 1" wide strips of fabric)

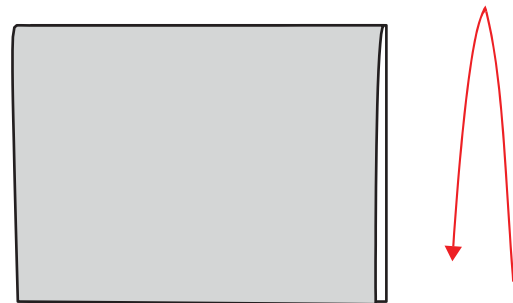
**STEP 1:**

Cut fabric to 9" x 14"



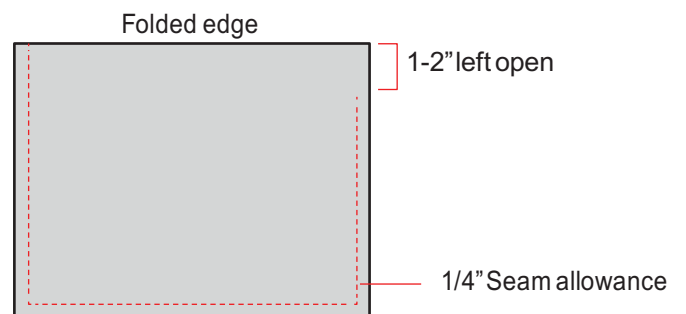
**STEP 2:**

Fold fabric in half.  
Right sides together.

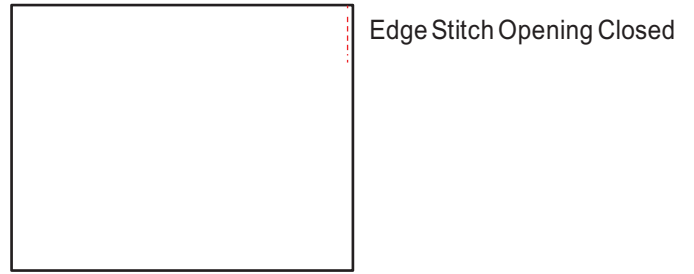


**STEP 3:**

Sew around open edges with 1/4" seam allowance.  
Leave 1-2" open on side  
to turn right side out.

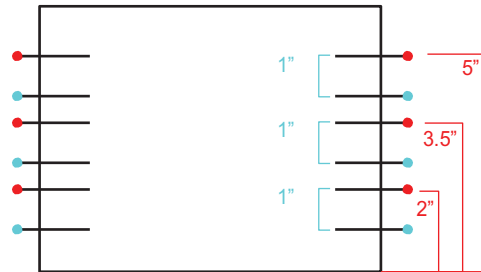


STEP 4:  
Turn right side out - and sew closed hole.  
Press flat.



STEP 5:  
Prep for pleats.

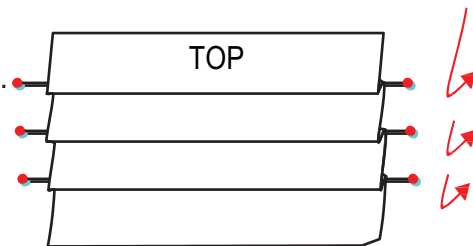
From the bottom place pins (red pins):  
2"  
3.5"  
5"



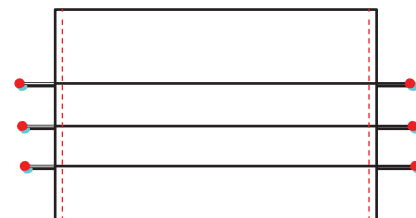
Next, place pins (blue pins) 1" down from each of the red pins.

Repeat on other side.

STEP 6:  
Create pleats by folding the red pin on top of the blue pin.  
Once folded - each pin should be about 1/2" apart.



STEP 7:  
Sew Pleats  
Once sewn mask should measure about 3.5"x8.5"

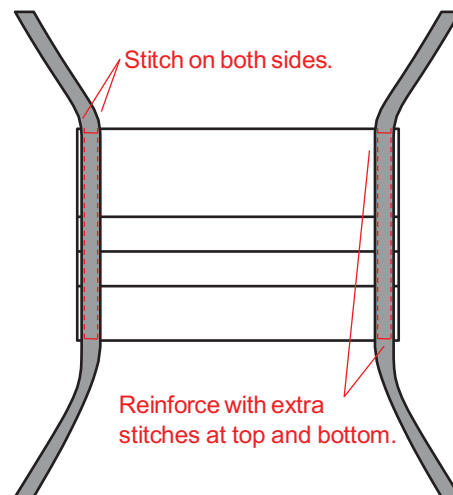
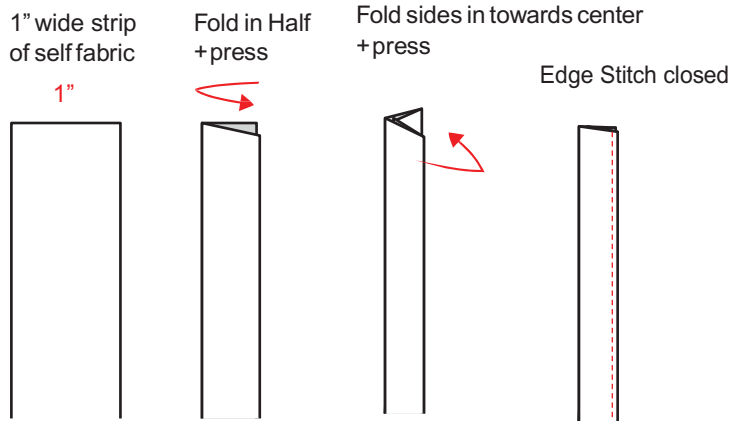


**STEP 7 : TIES - 1/2" grosgrain ribbon**

Apply ties on **FRONT** of mask where pleats face outwards.

(or alternately, 1/4" or 1/2" twill tape)

Or to make your own ribbon out of fabric:

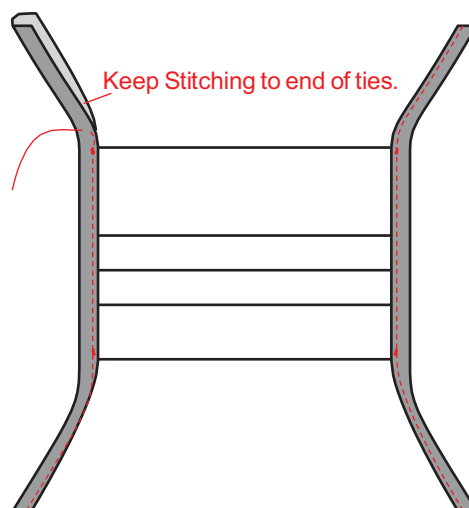
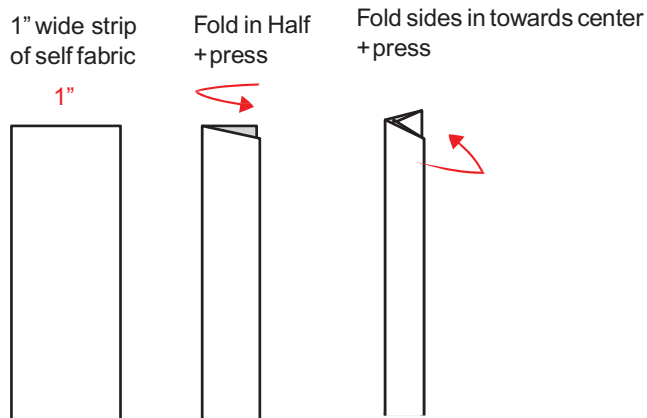


**STEP7:ALTERNATETIE OPTION - 1/2" Twill tape.**

Find center point of tie, and center point of side of mask.

Fold twill tape around side of mask. Sew. Be sure to reinforce at ends.

If using self fabric for binding + ties:



STEP 8:  
Nose strip casing

You can use 3/4" Wide twill tape.  
-or -  
Cut 4" X 1.25" piece of fabric.  
Turn sides under 1/4" and press.

Center nose strip casing on long side of mask  
and position 1/4" down from top edge.

Edge stitch around nose strip on three sides -  
leaving one short side open.

