

# How To Make a Pleated Face Mask

We suggest viewing the video at <https://www.youtube.com/watch?v=4FB--BOyTi> made by Erica Arndt on making this mask. We are using non-woven sew-in interfacing (lightweight or medium weight) instead of flannel as used in the video.

Prewash your cotton fabric in hot water and dry in dryer, prior to cutting out your pieces.

For each mask you will need: 2-9"× 6" pieces of quilt quality cotton fabric.

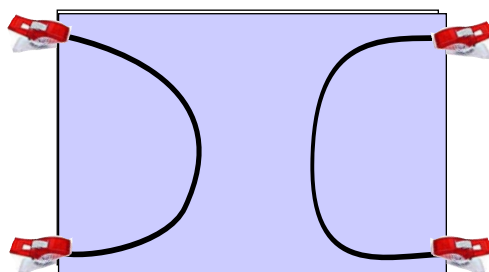
2-7" pieces of elastic -1/4" or smaller width, if using elastic cord, you will need to knot ends of each piece

1 9"× 6" piece of non-woven sew-in interfacing, light or medium weight

## Instructions:

1. Place one piece of 9" × 6" cotton fabric on top of the piece of interfacing with the right side of cotton fabric facing up, matching edges.

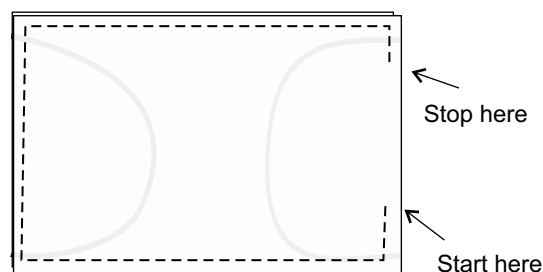
Secure the ends of the elastic about 1/2" inside both corners, as shown. Repeat for the second elastic on opposite side. Wonder clips are useful here to secure elastic ends, avoid using pins as they will leave holes in the interfacing.



2. Place the second 9" × 6" cotton on top of the first cotton piece, with right side of the fabric facing down. Match edges and secure this piece to other layers. Be sure the elastic ends are still in place.



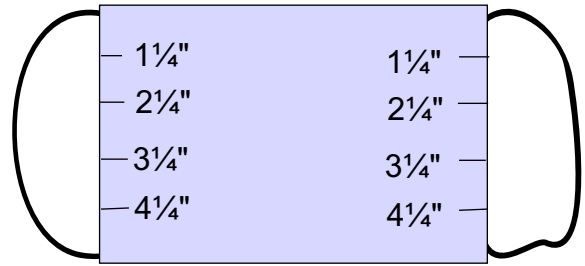
3. Using a 1/4" seam allowance, sew around all four edges, starting and stopping as shown, to leave an opening. Back tack at the beginning and end and as you sew across elastic ends to secure them. The opening will allow you to turn the mask right side out.



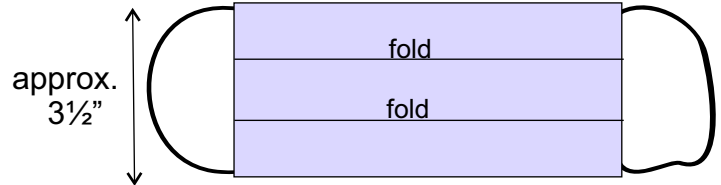
4. Turn the mask right side out, through the opening. Be sure the corners are pushed fully out. Press mask after turning in the edges at the opening.



5. Next take two tucks along both narrow ends. To get the tucks even, mark  $1\frac{1}{4}$ " down from the top on both narrow ends. Continue to mark at  $2\frac{1}{4}$ ",  $3\frac{1}{4}$ ",  $4\frac{1}{4}$ " down from the top on both ends.

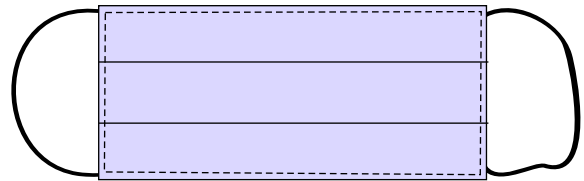


6. Press a fold between the two  $1\frac{1}{4}$ " marks. Bring this fold down to the  $2\frac{1}{4}$ " marks. Press and secure with wonder clips.
7. Press a fold between the two  $3\frac{1}{4}$ " marks. Bring this fold down to the  $4\frac{1}{4}$ " marks. Press and secure with wonder clips.



Be sure the folds are laying in the same direction. The width of the narrow ends should now be approximately  $3\frac{1}{2}$ ".

8. Using a  $\frac{1}{8}$ " seam allowance, top stitch around the entire mask twice with coordinating thread.



That completes the face mask. If you are donating the mask to health facilities, you do not need to wash the mask as they will wash the masks before using them.

If you have any questions, please contact Pam Ehrhardt at 319-351-6531 or [pje281@gmail.com](mailto:pje281@gmail.com)

If you are making this mask for personal use and want to insert a wire for the nose, contact Pam for instructions.