



## Emily's Mask Version 2

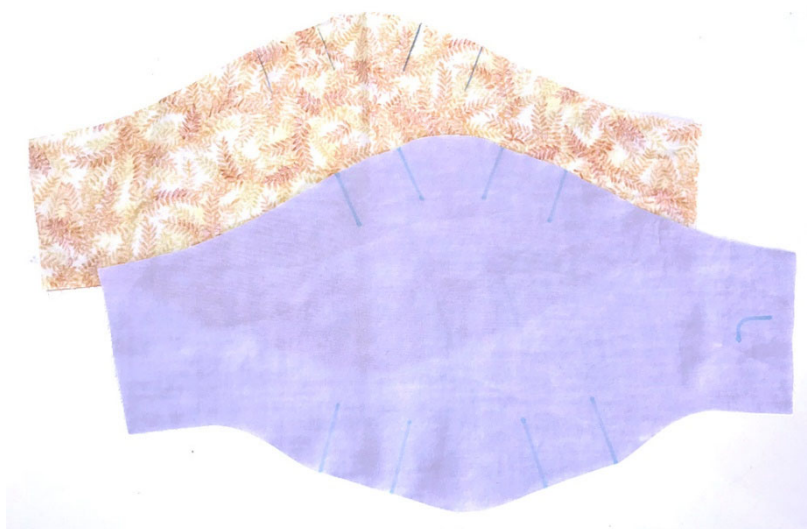
- This washable, reusable cloth mask has only two pattern pieces and few seams.
- It includes a pipe cleaner across the bridge of the nose for better fit.
- Six sizes fit toddler faces to adults with beards.
- It's a good project for a beginner to practice several important basic machine sewing techniques:
  - sewing curved seams;
  - making a casing;
  - machine basting;
  - sewing box pleats; and
  - topstitching.
- It's also amenable to hand stitching.
- A video of an earlier version of the mask being assembled is available at <https://youtu.be/BN7pxl66sE8>
- SVG files and pattern updates are available at <https://lakdawalla.com/emilysmask>

**Sizing:** Measure the face from base of the ear to base of the ear across the nose. You may wish to size up for longer faces or beards. If in doubt, go with the larger size; it can be adjusted near the end of assembly by folding over the sides farther. In general, adults will wear L-XXL, and children XS-M.

Size	Face measurement
XX-Large	12" and up
X-Large	11-12"
Large	10-11"
Medium	9.5-10"
Small	9-9.5"
X-Small	9" and down

## Materials

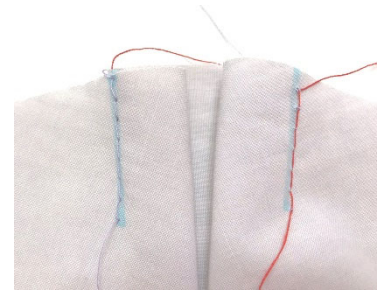
- **Fabric:** Scrap cotton or cotton/polyester (such as bedsheets, tea towels, quilter's cotton/fat quarters, broadcloth, shirting, or flannel). For most sizes, 1 fat quarter will yield 2 masks.
  - The tighter the weave (higher the thread count), the better the filtration. Hold the fabric up to sunlight to see how well sunlight shines through. Less is better.
  - It is possible to use cotton jersey T-shirt material, but only for one layer, either lining or main fabric. At least one layer of a woven material is necessary for stability, and two layers of pleats in jersey would be too bulky.
  - Use different colors for lining and main fabric to help wearer tell inside from outside. Consider using well-worn bedsheet material for the lining and a more decorative material for the main fabric.
  - **Wash all fabrics in very hot water first** and press with a steam iron at its hottest temperature. This preshrinks the material and ensures it will survive sanitizing.
- **Optional filter layer:** Featherweight to mediumweight sew-in interfacing for inner liner. Do NOT use fusible interfacing.
- **Nose crimp:** Pipe cleaner or alternative
  - Alternatives include garden ties; the wire part from a bag of coffee; 20-gauge or similar jewelry wire; small paper clips opened out into an "S" shape; Christmas ornament hangers; disposable aluminum pans cut to size and with corners rounded off; etc.
  - Test material by pouring boiling water on it to see how it will endure hot-water washing.
- **Ties:** This photos in this pattern show ponytail bands but there are MANY options:
  - Alternatives include sewing elastic; round beading elastic; shoelaces; bias tape; cotton twill tape; macramé cord; athletic lacing; strips of cotton jersey; etc.
  - Stretchy material (pony bands, elastic) are easier for short-period use. Ties (shoelaces, bias tape) are more comfortable for all-day wear.
- **For fun:** This mask design has decorative potential! Consider decorating the top layer with quilting, applique, or permanent markers before sewing.



# Instructions

## Prepare and Cut Fabric

1. Cut the front and lining pieces. The difference between lining and front pieces is that the lining is ¼ inch shorter, nose to chin.
2. Transfer markings for pleats to fabric. Two different ways:
  - a. Cut slits along the markings on the paper pattern piece. Use a washable pen or a piece of chalk to draw along the slits.
  - b. OR use the grid printed on the pattern piece as a guide.

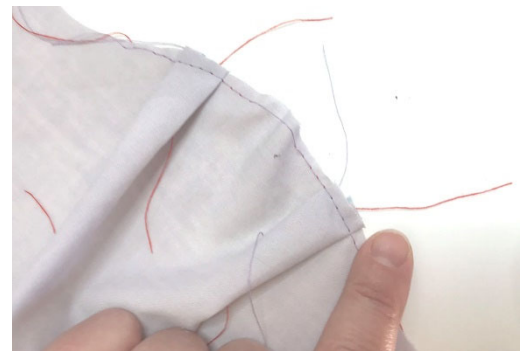
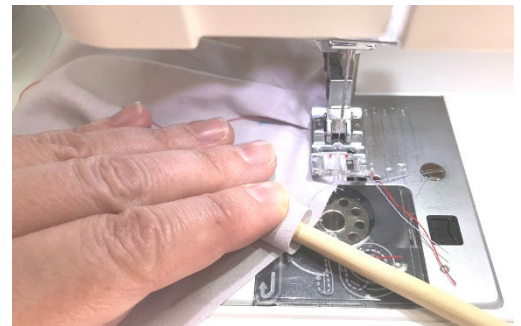


## Create Pleats

**Basting** is temporary stitching that holds pieces and pleats in position until permanent stitching is complete. Basting stitches are pulled out when no longer needed, so it's useful to baste with a contrast-colored thread to make them more visible. To machine baste, set your machine to its longest stitch. Leave ends about 3" long to help with removal later. It is easier to pull the bobbin thread than the top thread to remove basting. In the pictures above right, the bobbin thread is red.



3. To make the pleats (4 each in main fabric and lining), fold the fabric, **right sides together**, bringing together two pleat lines. Pin. Baste.
4. Press the pleat flat. (You can use an iron but finger pressing is fine.) A chopstick or pencil can help to open out the box pleats.
5. Baste the pleats in place, sewing 1/8" away from edge. If that is too difficult, sew 3/8" away from the edge. Avoid basting 1/4" from the edge, where your final stitching line will be.
6. Remove basting along pleat lines (which you did in step 8) by pulling out the bobbin thread first, then pulling on the top thread. If you added interfacing, remove that basting too. Leave in the basting that you did in step 10.
7. After making pleats in both front and lining, change to a thread that matches front fabric.



## Assemble Front to Lining

8. Place lining and main fabric right sides together.
9. Pin ends first. Then match pleats and pin. Finally, match chin and nose and pin. Away from the ends, the lining is slightly smaller than the main fabric so that lining will not show after turning. Carefully align edges so that they are flush when pinning.
10. Sew around 3 sides using a  $\frac{1}{4}$ " seam allowance, leaving an opening at one end for turning. Backstitch at the beginning and end of this seam to help it hold against the stress of turning it right side out.
11. Remove pleat basting. Pull bobbin threads and then top threads.
12. Trim corners to remove bulk for turning. Trim seam allowance around nose and chin to  $\frac{1}{8}$  inch. (This step is scary but will make the end result tidier.)

## Turn and Press

13. Turn right side out. Use a chopstick to poke out corners. Turn the open end inside by  $\frac{1}{4}$ ". Do not sew this opening shut.
14. Press. Because the main fabric is larger than the lining, the seam should press slightly to the back of the mask, making the front look clean. The box pleats should open out into "V" shapes when pressed.



## Topstitch

This step is optional, but the mask will survive washing much better if it is topstitched.

15. Topstitch around the same 3 sides you stitched, 1/8 inch away from the edge.

## Add Nose Bridge Wire

*Do not skip this step.* It is necessary to fit the mask to the face. Without it, your breath will enter and exit through gaps next to your nose, and will *not* be filtered, making the wearing of the mask pointless.

16. Make a casing: On the right side, topstitch from side to side 3/8 to 1/2 inch away from the topstitching across the bridge of the nose.
17. For X-Small and Small sizes, you may wish to cut the pipe cleaner shorter by 1 or 2 inches.
18. Bend 1 inch of the end of the pipe cleaner into a tight U shape.
19. Match the ends of the pipe cleaner and squeeze the loop into another tight U shape. You will have a double thickness of pipe cleaner, 6 inches long, with loops at both ends – one long loop and one very short loop.
20. Feed the long-loop end of the wire through the same opening you used for turning and into the casing. Feed it until it is centered across the nose. It may take some fiddling to steer it through the box pleats. If the wire gets stuck, it is probably stuck inside a pleat. Pull it back a little and rotate it gently back and forth to find the gap between the lining and front mask pleats.
21. Make sure the two wire loop ends are the same distance from the ends of the mask; shift the wire as necessary. With chalk or a pin, mark the locations of the ends of the wire.



22. Sew a short row of stitches crossing the wire casing at each end. This will keep the wire from shifting when the mask is washed. Finish ends neatly.

### Add Bands or Ties

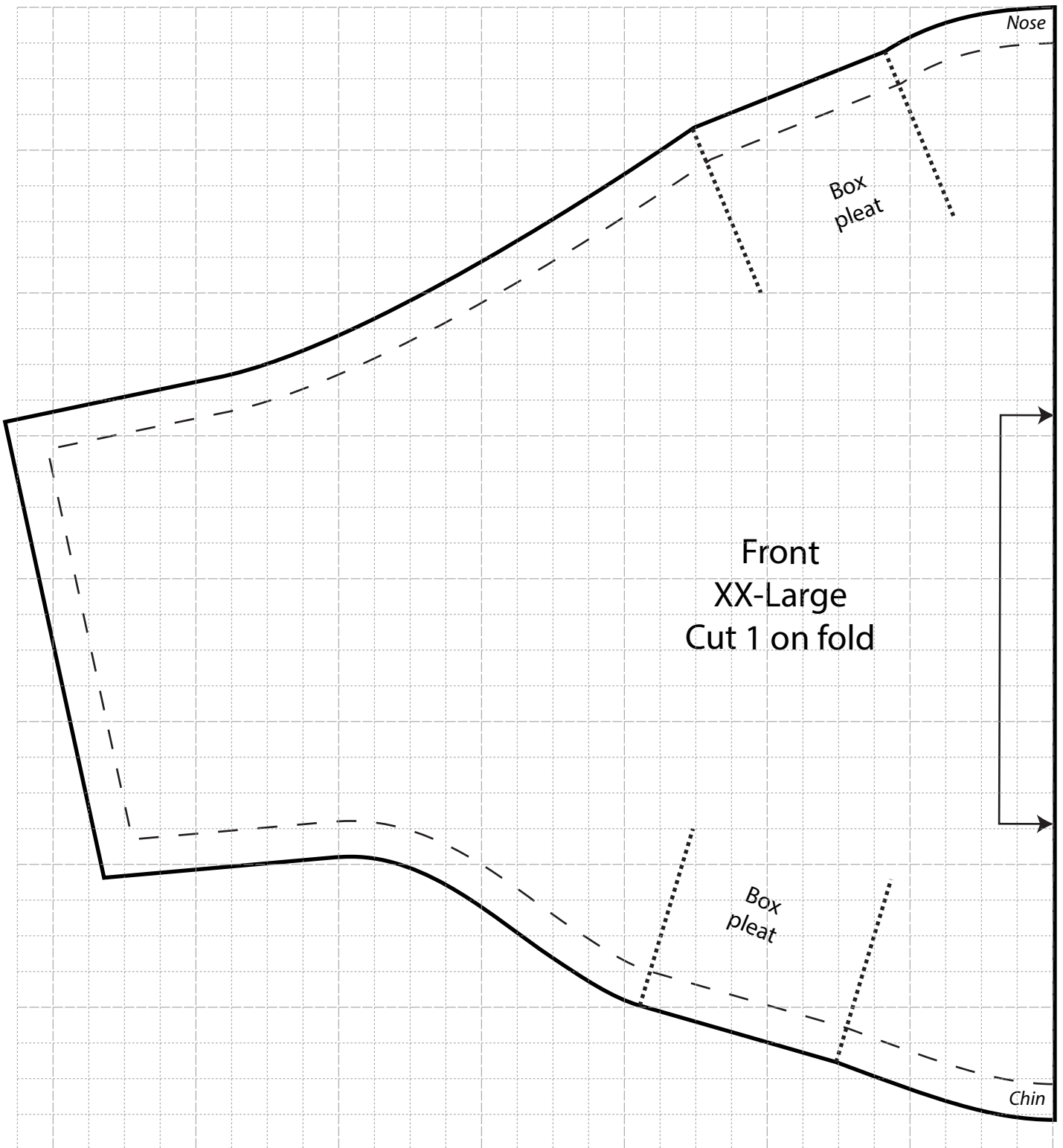
23. If possible, try mask on for fit. Determine where to fold over ends of mask for best fit. Otherwise, just fold ends over by  $\frac{1}{2}$  to 1".
24. If using ponytail bands, insert the ends of the mask through pony bands. Fold over and pin. Sew through all layers. Finish ends neatly.
25. If using a tie other than ponytail bands, just sew the mask ends down, creating loops.
26. Insert the tie material through the loops. Down from the top on one side, then up from the bottom on the other.



**IMPORTANT: Wash your mask in hot water every time you wear it to keep it sanitary.**

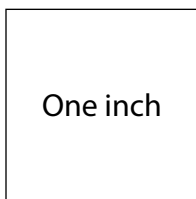
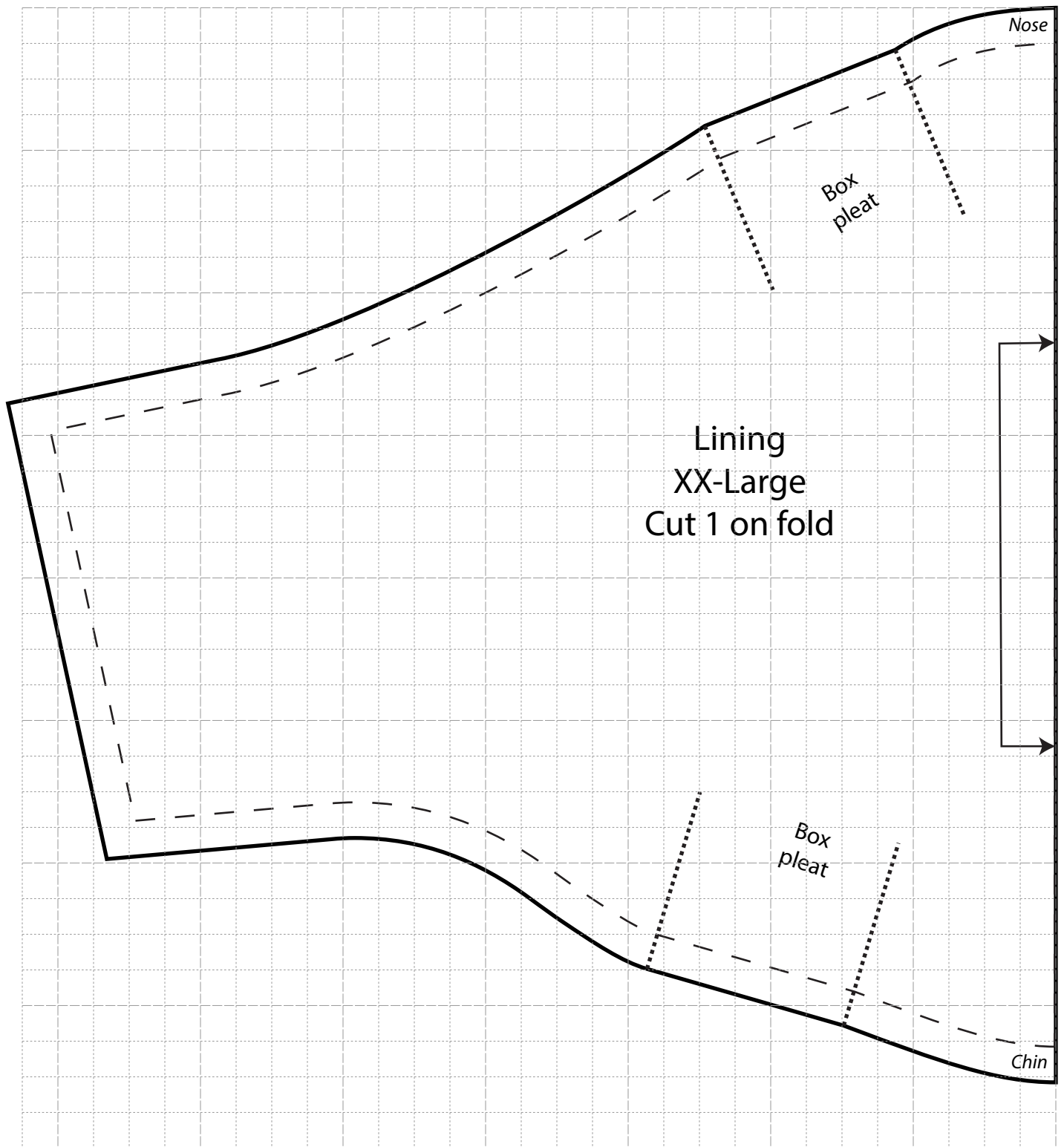
Comments or questions?

Find me on Twitter @elakdawalla.



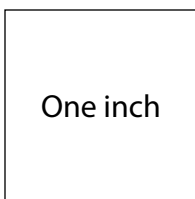
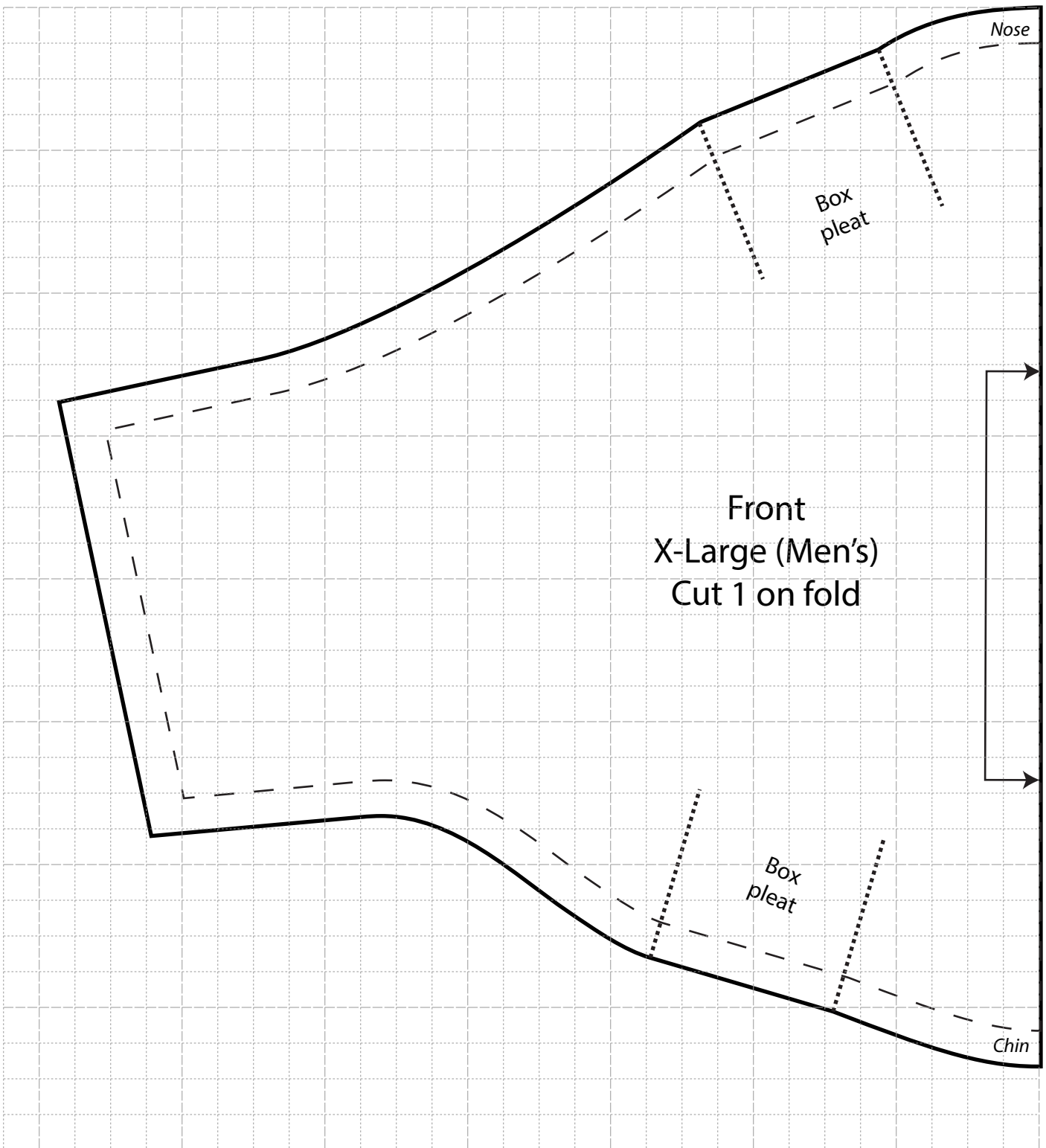
One inch

*After you print the pattern, make sure that the box at left measures precisely one inch on a side. If it is smaller, you need to change the printer setting to print the PDF at "Actual Size."*

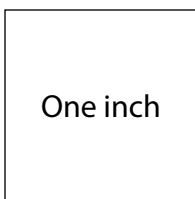
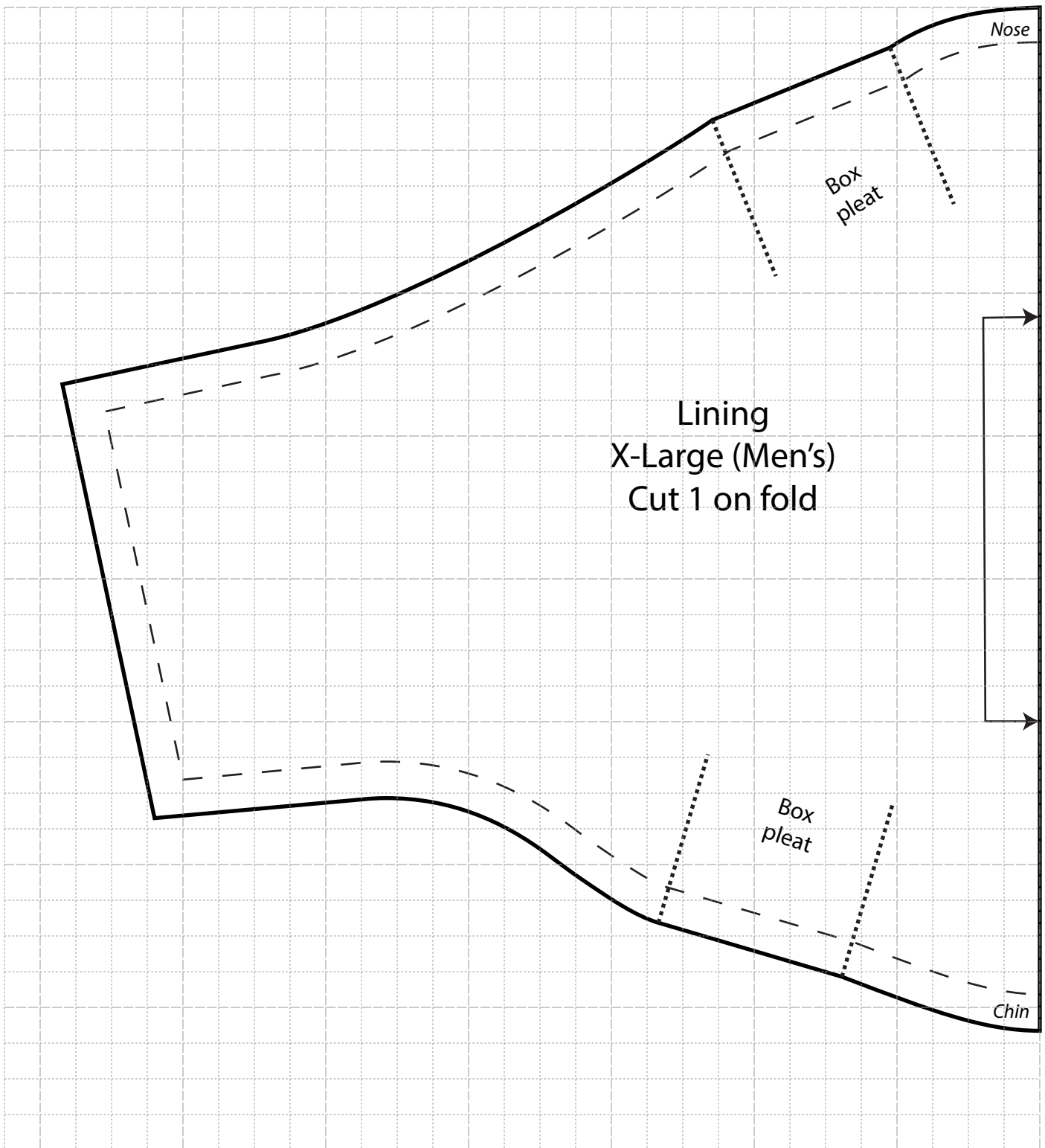


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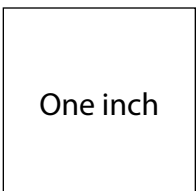
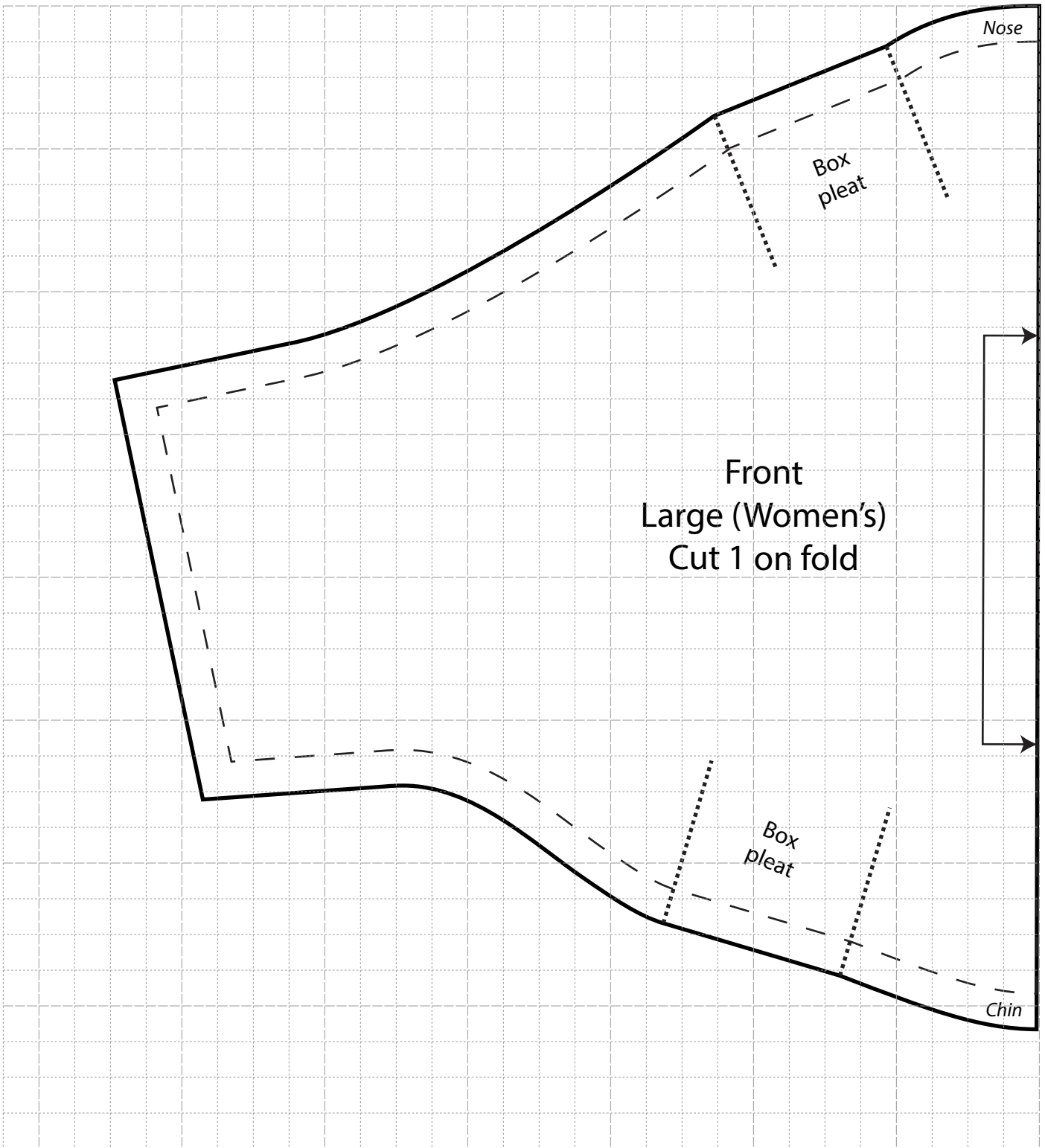




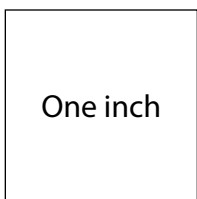
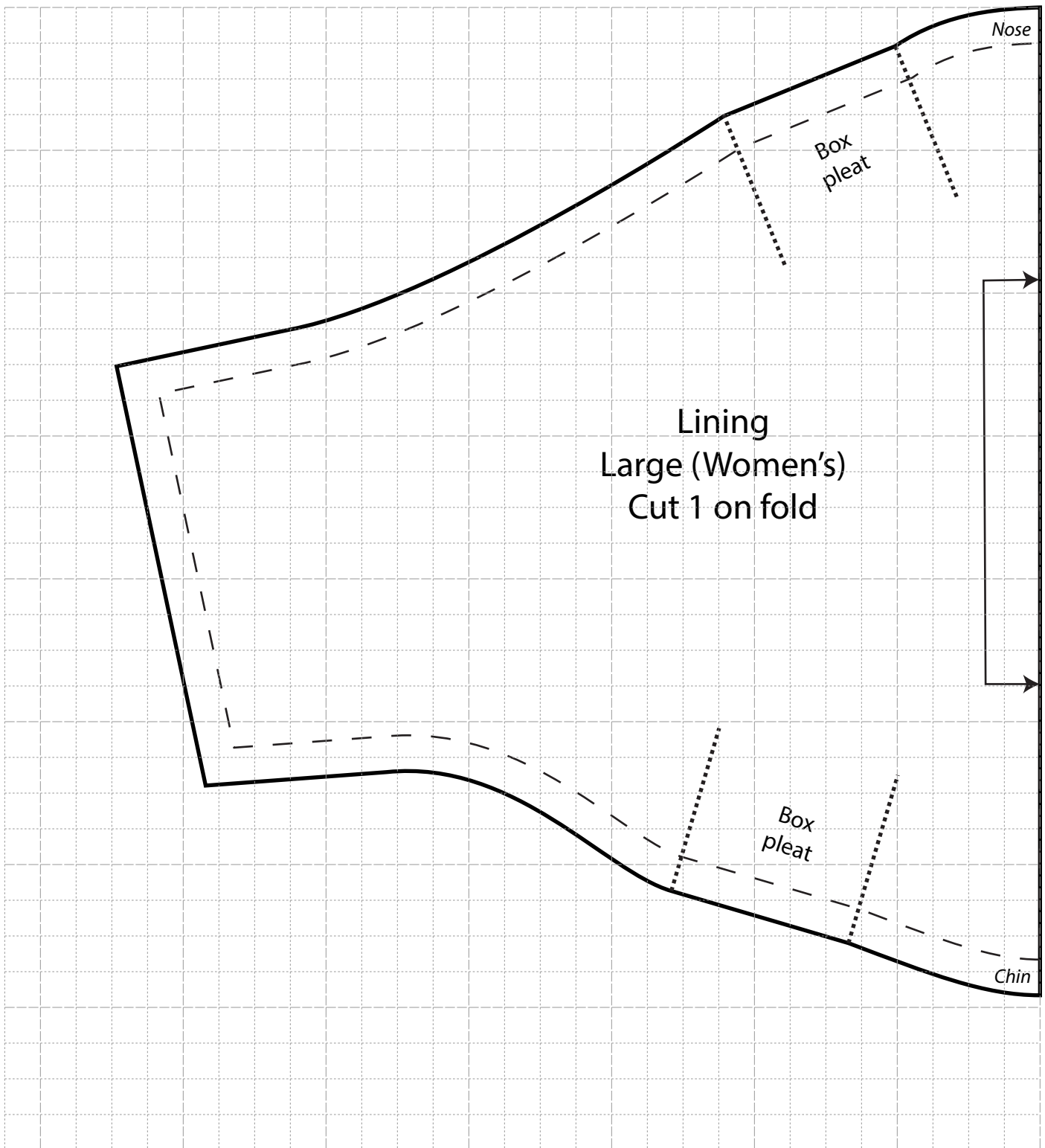
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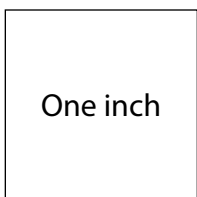
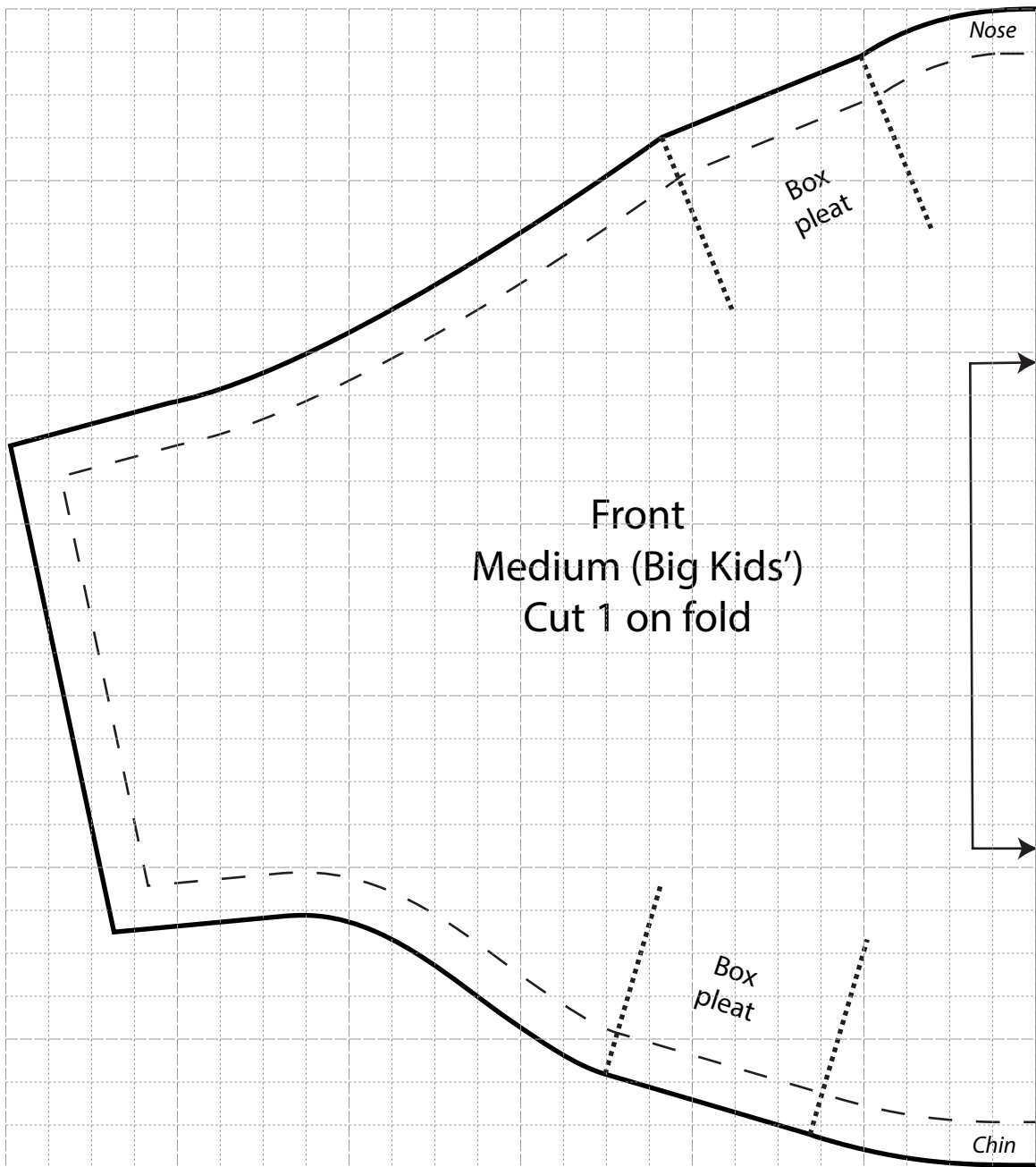
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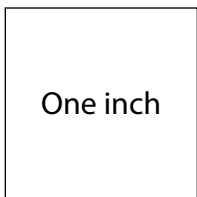
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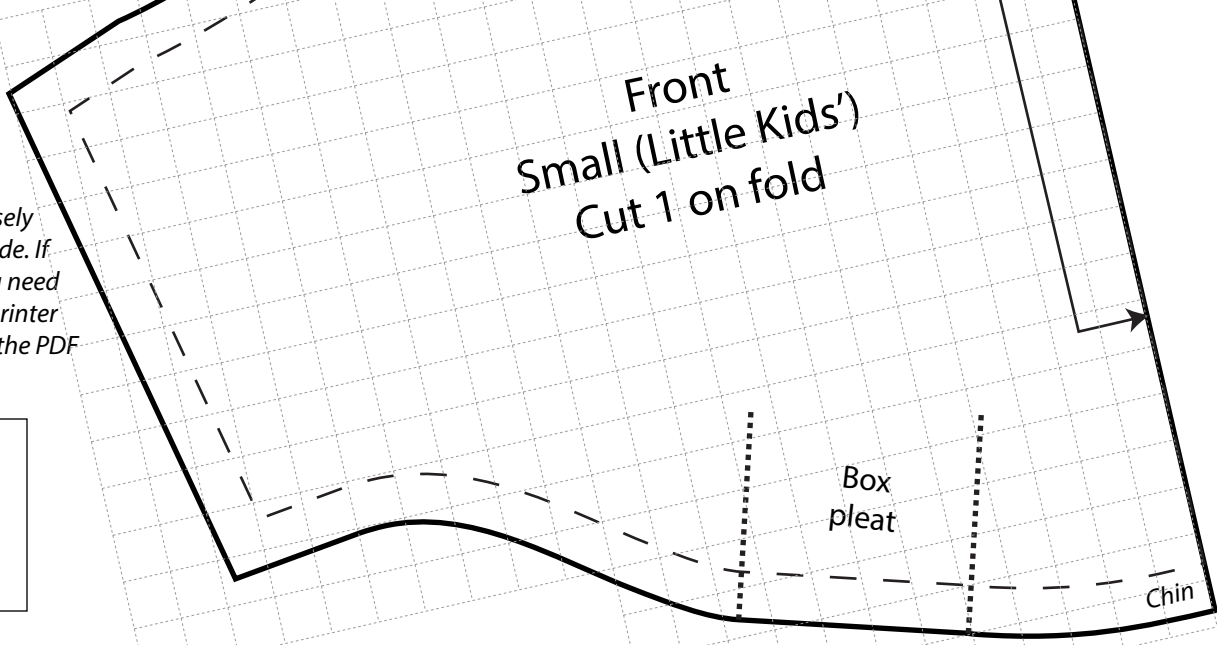
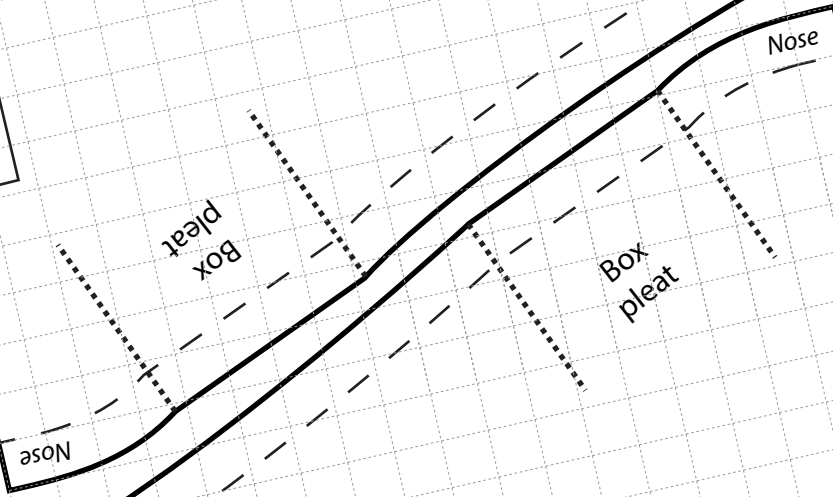
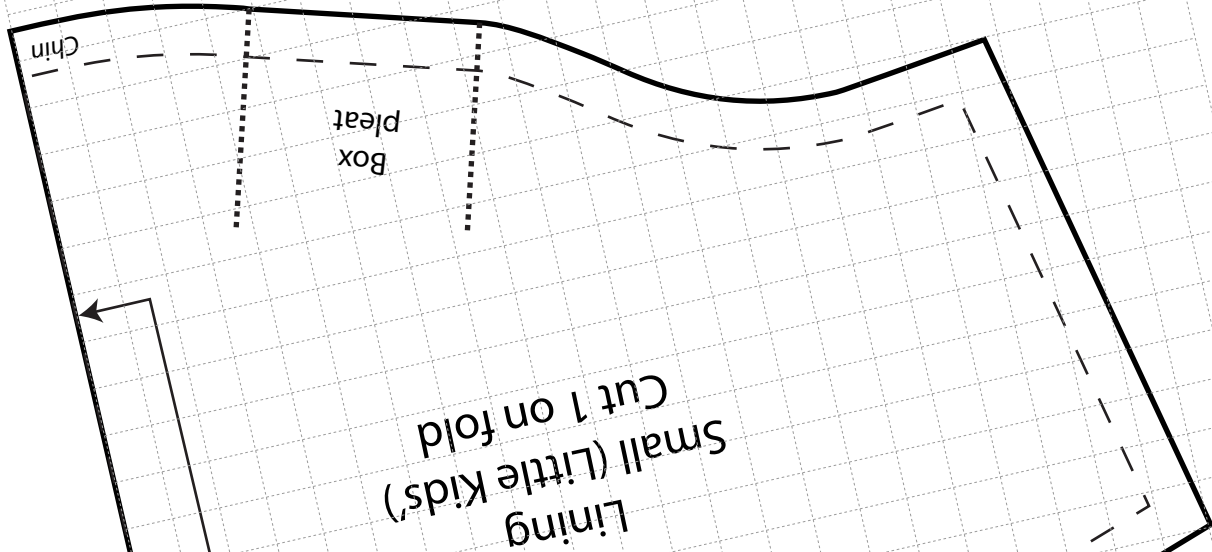
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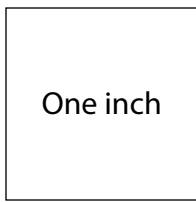
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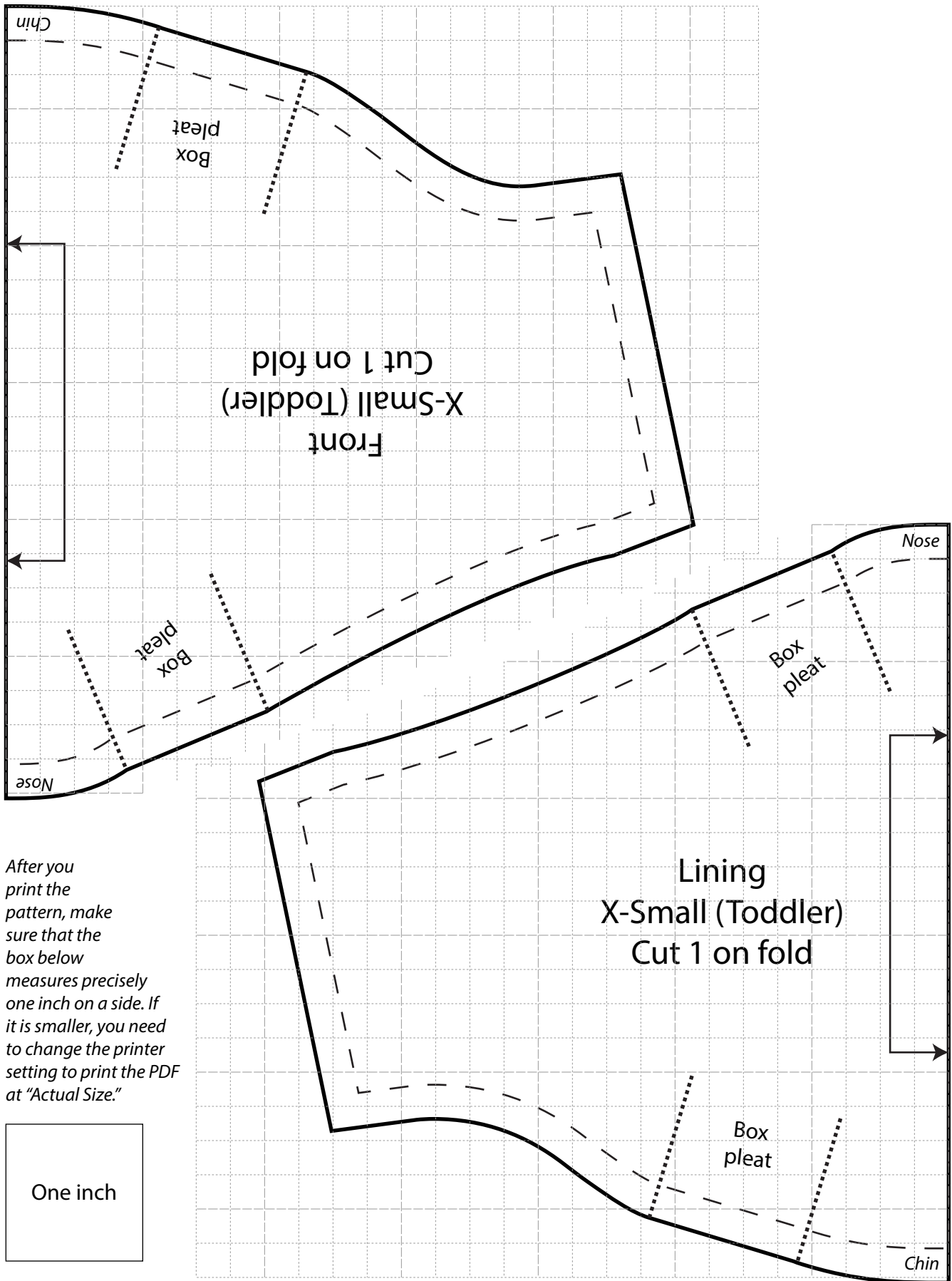


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