

How to make a face mask

(3 pleats - 3 layers)

Home-made cloth masks are not medical masks, but covering our face when leaving the house is a voluntary public health measure that can slow down the spread of Covid-19. Cloth masks should be used alongside and do not replace proven precautions like physical distancing, hand-washing and sneeze/cough etiquette.

This mask is made of three layers: two layers to form the front of the mask and an inside pocket to insert a removable third layer (non-woven material like a paper towel folded or a paper towel and two tissues).

What you need

- A pair of scissors or rotary cutter
- A sewing machine (+ a zipper foot)
- A ruler
- A felt pen
- A safety pin
- Two different fabrics (100% cotton with a tight weave)
 - a fashion fabric. This will be the outside of the mask.
 - a plain lining. This will be the inside of the mask.
- Thread and pins
- Two lengths of elastic (13cm)
- A pipe cleaner (or a short length of small wire)
- Two cardboard templates



measurements in cm H x W	A	B
Small - Child (7-12)	17 x 16.5	15 x 16.5
Medium - Woman	18.5 x 18	16.5 x 18
Large - Man	20 x 19.5	18 x 19.5



1 - Wash the material.

The shrinking due to washing should occur before you make the mask. Not after.
Do not skip this step.

2 - Prepare your cardboard templates

Cut two cardboard templates following the size chart, then add the relevant markings on each template.

Template (A)

It seems obvious, but seriously, consider writing a big (A) in

the centre of your template

Draw two red dots in the top corners to show where the top is.

Trace three horizontal pleat lines every 4cm from the top (4cm-8cm-12cm from the top)

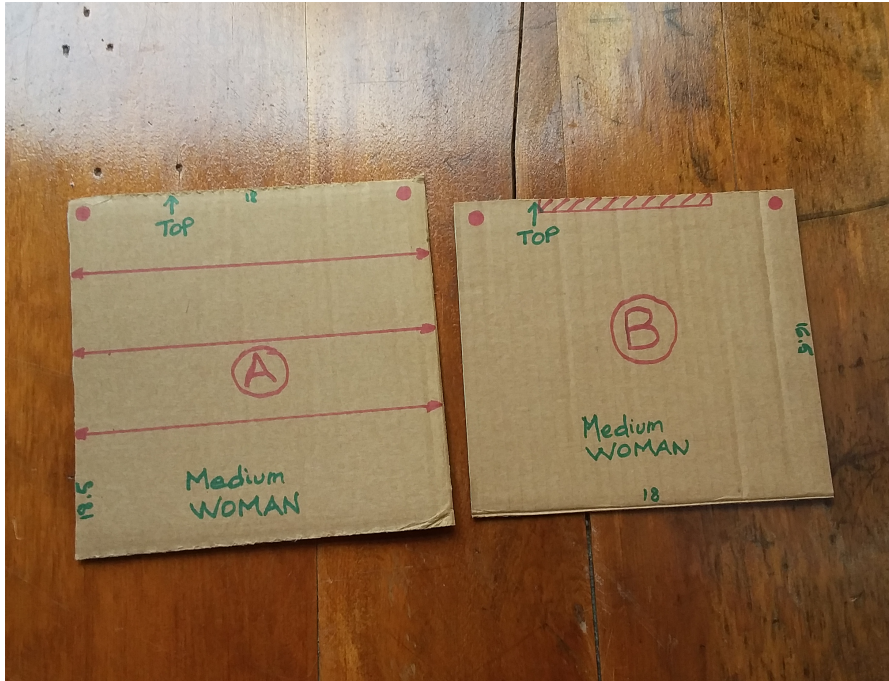
Write width and height dimensions on the relevant sides for future reference.

Template (B)

A big (B) in the centre (again!)

Red dots in the top corners

Find the centre of the top edge and mark 4.5cm either side. This will mark the filter opening.



TEMPLATES (A) AND (B)

3 - Make the front panel (A)

Cut two rectangles using your new cardboard (A) template.

- One out of fashion fabric
- One out of plain lining

Mark the top corners with red dots directly on the back of your fabric with a pen (as on template).

Pin the two rectangles whilst aligning the red dots, print facing out.

Do a zig-zag stitch all around.



CUT TWO RECTANGLES USING YOUR (A) TEMPLATE



DO A ZIG-ZAG STITCH ALL AROUND

4 - Make the back panel (B)

Cut one rectangle of plain lining using the template (B)

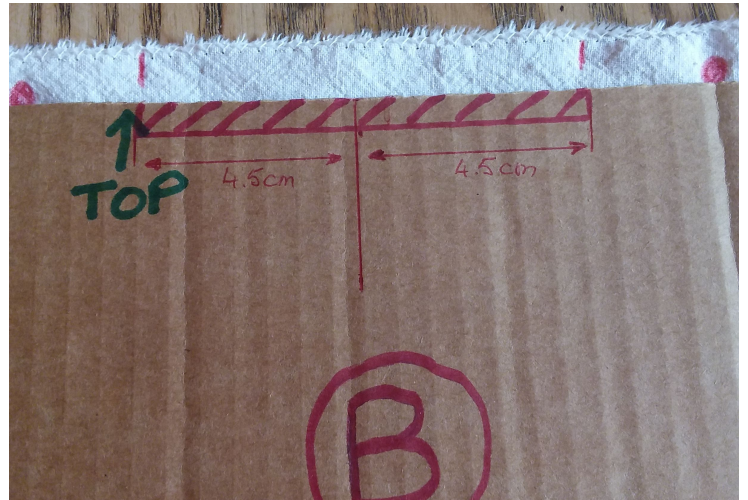
Mark the top corners as before directly on the fabric.

Zig-zag stitch along the top side of the panel (where the red dots are)

Using your template (B), mark the filter opening directly on the fabric.



ZIG-ZAG STITCH ALONG THE TOP SIDE



MARK THE FILTER OPENING

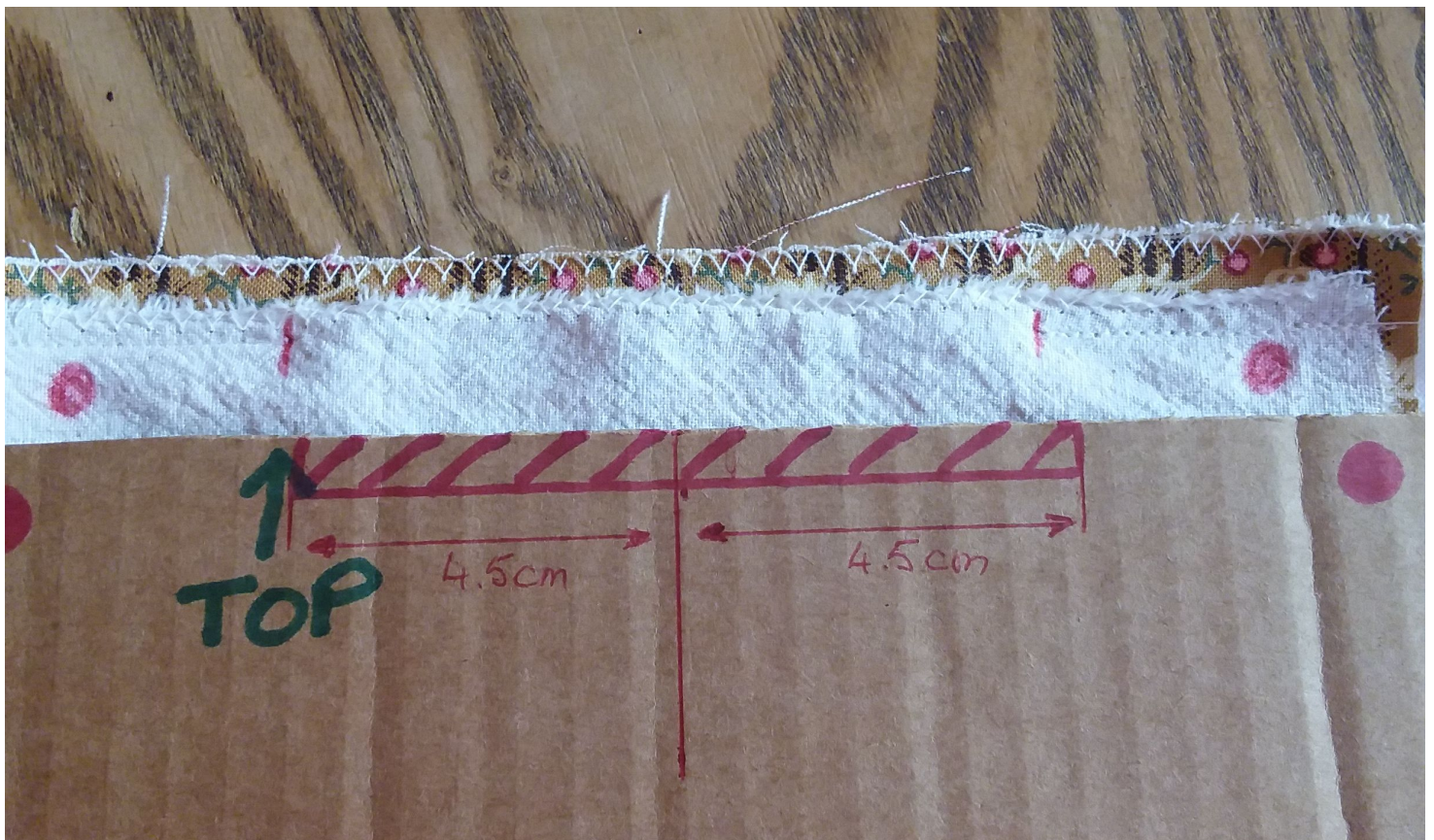
5 - Sew front and back panels together

Position panel (B) on the front of panel (A).

Panel (B) should be 5 mm down from the top of panel (A)

Sew both panels together at 1.2mm from the top of panel (A) but do not stitch the filter opening.

Iron the seam open.



DO NOT STITCH THE FILTER OPENING

Flip it over.

Stitch the back panel (B) to itself as close as you can to the seam you just sewed.

(Only do this for back panel B)6 - Form the pleats



IRON THE SEAM OPEN



STITCH AS CLOSE AS YOU CAN

6 - Form the pleats

Using template (A), mark the 3 pleats directly on the right side of the fashion fabric with a pen.

Iron the 3 pleats one after the other starting from the top one.

Fold the pleats under, so that they are facing away from the top. They will be pointing down on the final mask.

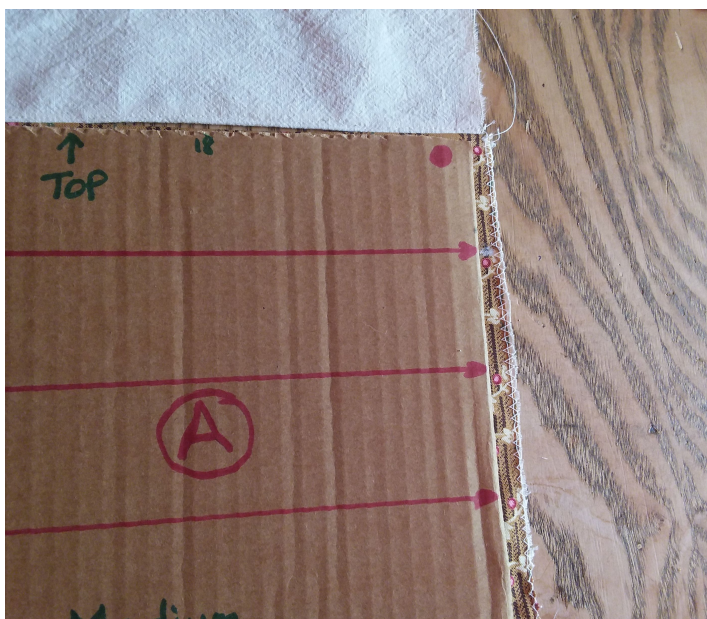
Pin the pleats in place on that side.

It helps to fold your front panel in half to check that pleats are even.

Pin the pleats on the other side.

Repeat the same process on the back panel (B).

Sew all pleats in place close to the edges of your panels.



USE TEMPLATE (A)



MARK THE PLEATS



IRON THE PLEATS



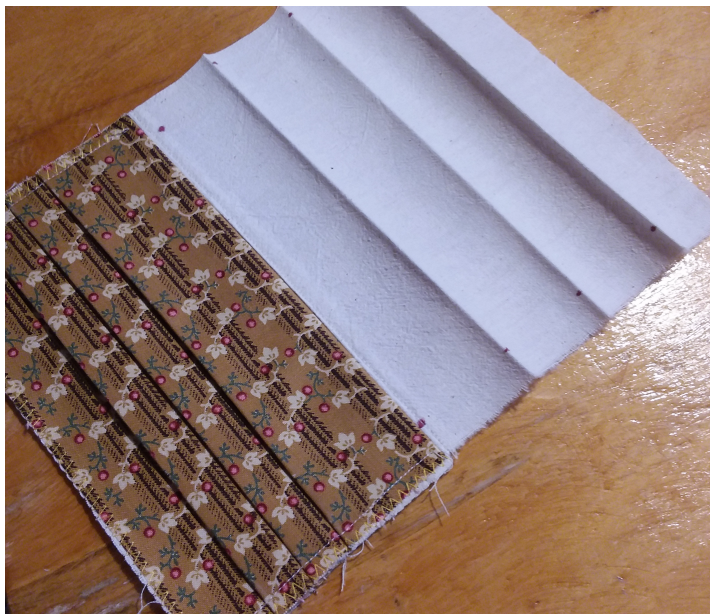
PIN THE PLEATS ON ONE SIDE



CHECK ON THE OTHER SIDE



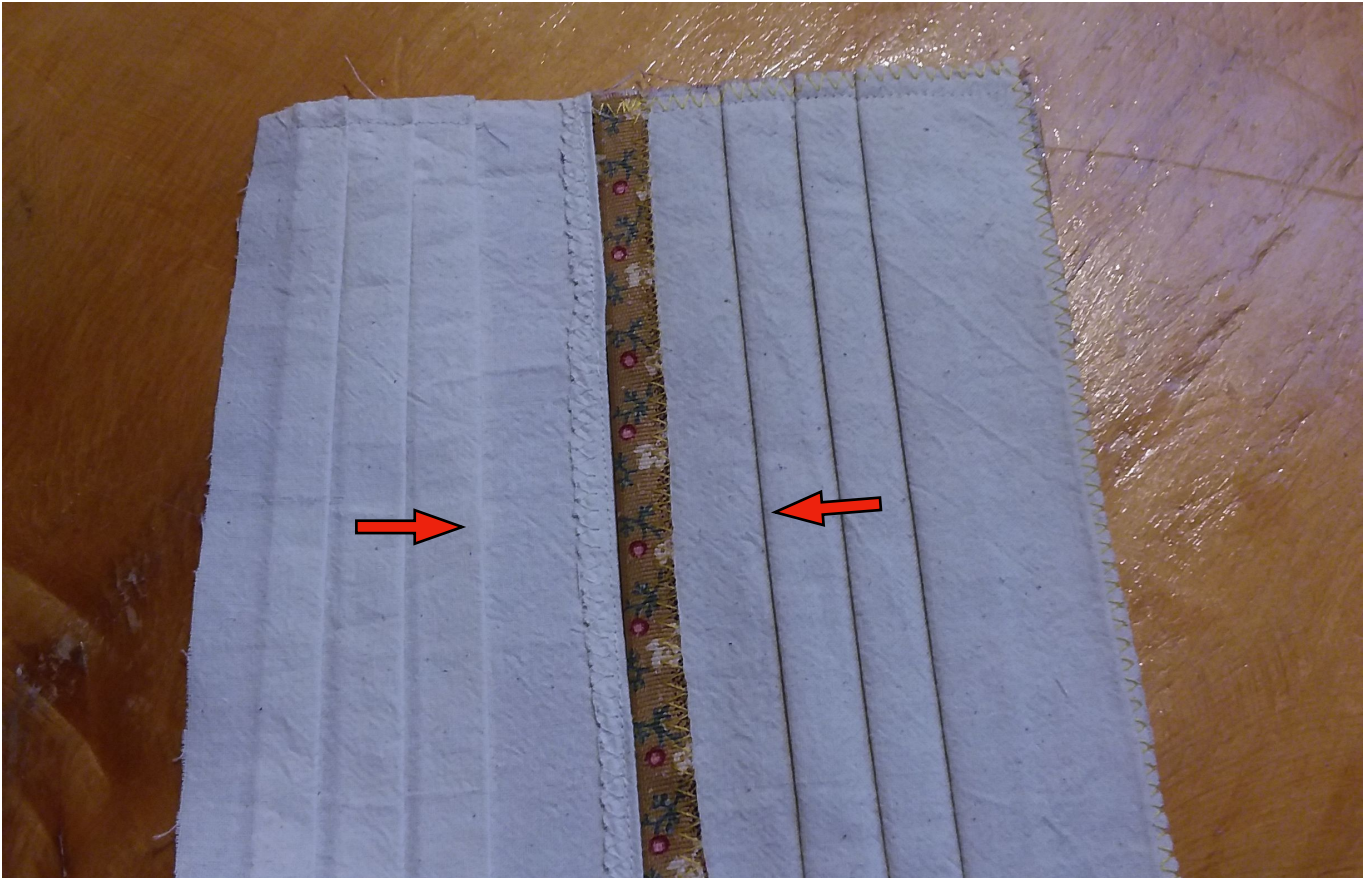
STITCH THE PLEATS IN PLACE



REPEAT ON THE BACK PANEL (B)



PLEATS ON BOTH PANELS



DIRECTION OF THE PLEATS

7 - Insert the nose bridge wire

If your machine does not have a zipper foot, it is best to do this step by hand.

Place the pipe cleaner inside the seam allowance of your front panel (A).

Pin in place.

Sew a channel around the wire as close as you can.

Stop-stitch both ends so the wire stays in place in its casing.



INSERT THE PIPE CLEANER IN THE SEAM ALLOWANCE



USING THE ZIPPER FOOT AROUND THE PIPE CLEANER



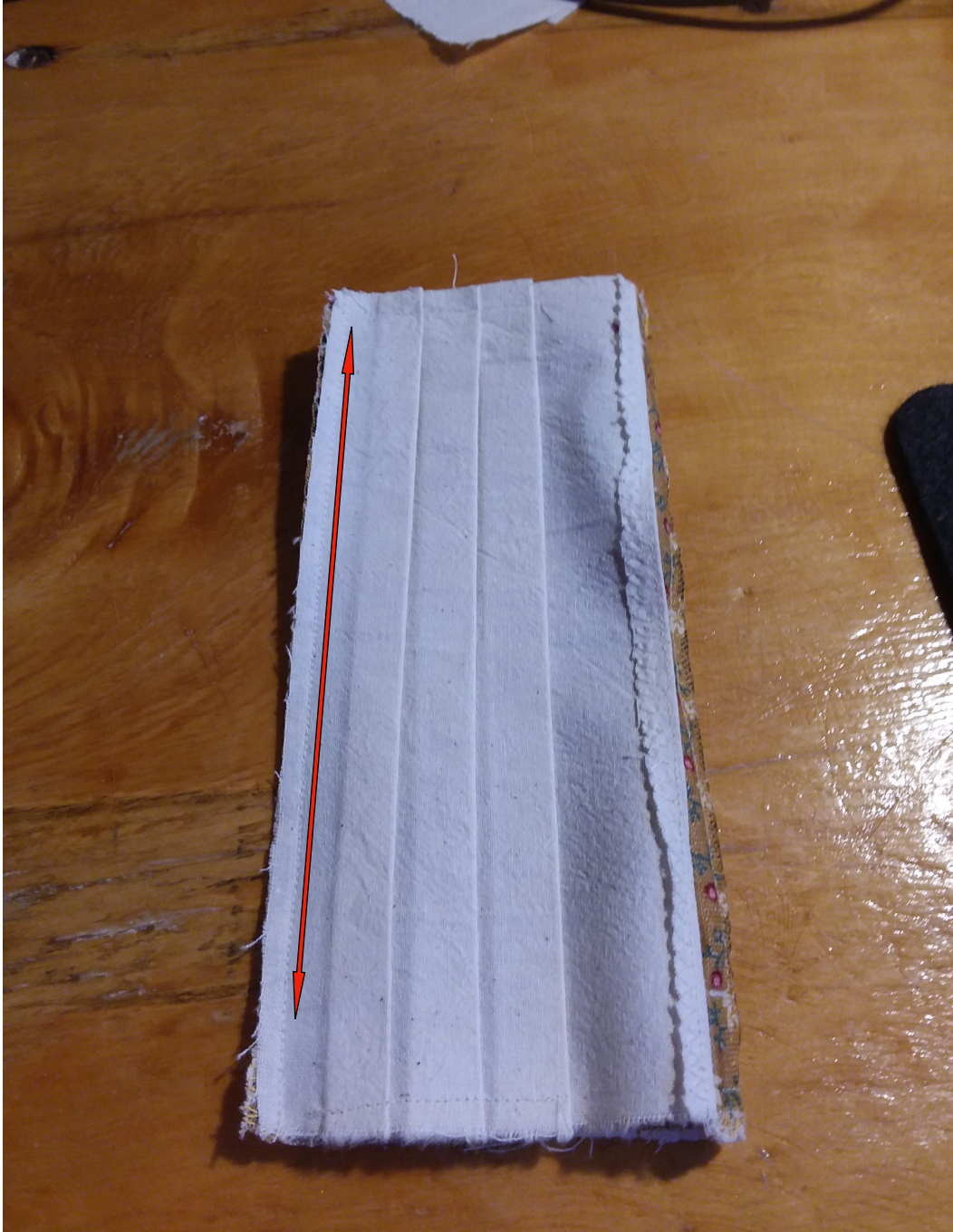
THE NOSE BRIDGE WIRE IN ITS CHANNEL

8 - Close the mask

Stitch panels (A) and (B) at their bottom edge (**print facing in**).

Turn the mask inside out through one of the side openings.

Iron flat.



SEW THE BOTTOM OF THE MASK

9 - Make the ear ties

Cut two strips of your fashion fabric (10cm x 5cm).

Place one strip next to the side edge of your mask and fold top and bottom until it is the same height as the mask.

Stitch the folds in place.

Fold the strip longwise enclosing the top and bottom folds and iron.

Open the strip back up and place onto the back panel print side down aligning the edges.

Sew the strip to the back panel on the side edge (along red arrow, 0.8mm from the edge).

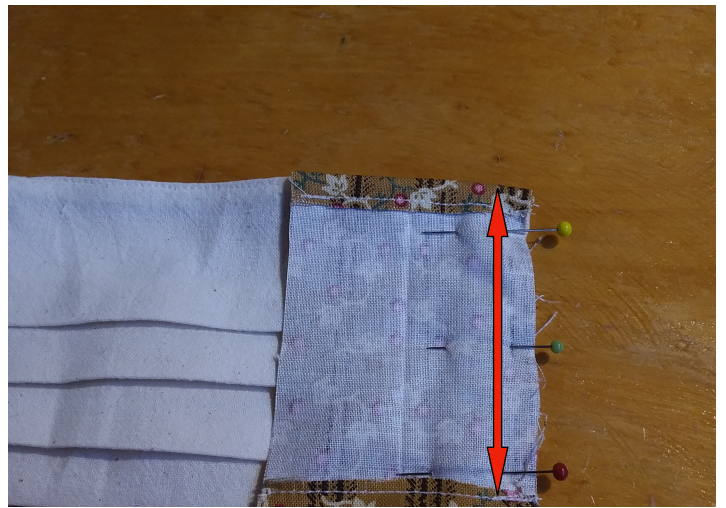
Flip the mask over.

Fold the free strip edge in half down to the iron line (1/4 fold lengthwise).

Now fold again, this time over the front panel of the mask and sew the strip there (align with existing stitch).



FOLD BOTH ENDS OF THE STRIP



ALIGN EDGES AND SEW TO THE BACK PANEL



FLIP OVER. STITCH STRIP TO FRONT PANEL

Cut two lengths of soft elastic (13cm)

Thread the elastic ties through the channels on both sides of the mask using a safety pin.

Stitch the elastic ties edges together with a zigzag stitch or by hand.

Now you can hide the stitch inside the channel by rotating the elastic.



USE A SAFETY PIN TO THREAD THE ELASTIC



SECURE THE ENDS TOGETHER



THE ELASTICS ARE STITCHED TOGETHER



HIDE THE STITCH INSIDE THE CHANNEL

My mask protects you,



THE FINISHED MASK



A SINGLE TIE CAN BE USED AS A VARIATION

This tutorial was developed by Kate Grace.

Special thanks to Louis Grace who applied his sharp mind to Kate's originally obscure instructions.

*Kate is a French native living in New Zealand since 1995. She is on a journey to leading a more examined life. She started **Silent QUEEN** to share that journey with others. She wants to provide actionable tips for people who are looking to add meaning to their life through "making".*

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