Face Mask with Non-Woven Lining and Wire Over Nose

Design and materials suggested are a result of input from a
Medical Doctor at Cornell Hospital.

Why non-woven fabric inside of the mask is important: The non-woven fabric has dust filtration properties, is light-weight and breathable.

Supplies:

1. **100% cotton fabric**
   mask: cut 1 - 7½" x 15"
   binding: cut 2 – 2 ¼" x 5½ - 6"

2. **Non-woven fabric**
   a. If medium-heavy interfacing
      Cut 1 – 7½"***** x 8½"
              or
   b. Light-weight interfacing:
      Cut 1 - 7 ½"***** x 15"

   *if using 20" interfacing substitute 6¾" for 7½", enabling you to get three linings across the 20" width of the interfacing.

3. **⅛" or ¼" wide elastic**
   Cut 2 – 11" long

   Ties alternative: two 33" ties can be sewn in the same way as the elastic, just tack the tie down in the center of the binding)

4. **Twist-tie or pipe cleaner** – 6"

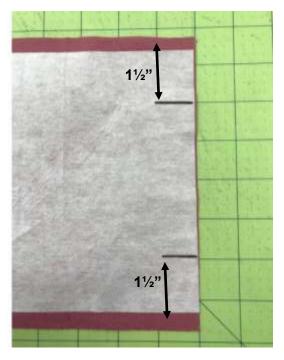5. **Pleating Template** (see page 9)

Mask Construction:

½" seam allowances

1. If using fusible interfacing iron to the wrong-side of the mask.
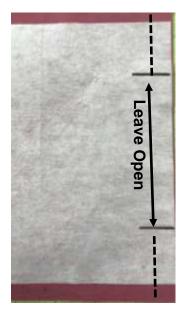   If using regular interfacing pin in place.

   7 ½"

2. Draw a line 1½" from each edge on one 7½" side of the mask.

   1½"

   1½"

3. If fabric frays easily serge or zigzag short edges of mask.

4. Fold mask in half with right sides together. Sew from the edge to the lines drawn on both sides.

Leave Open

5. Press the seam open.

6. Turn the mask right-side out and stitch the seam allowance down on each side.

(See instructions 6a, 6b, and 6c for detailed instructions)

6a. Fold the top of the mask back and begin sewing down one side of a seam allowance.

You will be sewing into the inside of the mask so you will need to flatten the mask out as you are sewing.

6b. Continue sewing down the seam allowance until you reach the end. Pivot-turn, sew across the end and pivot-turn again.

6c. Continue to flatten out the mask and sew the seam allowance down.

8. Verify that the interfacing goes to the top of the mask and is folded over. This will add extra support if adding the optional face shield.

7. Fold the mask with the opening ½" below the top edge and press.

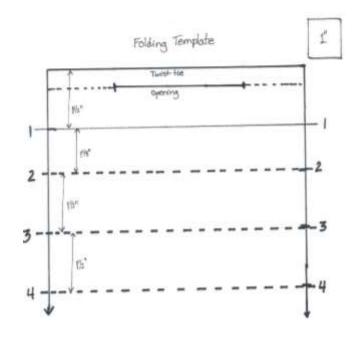9. Sew around the entire mask ⅛" away from the edge.

10. Insert the twist-tie into the opening and push it towards the top fold of the mask.

11. Sew the edge of the opening closed (twist-tie is in here so be careful not to sew it).

12. Lay the mask on the pleating template (see page 9) with the twist-tie side at the top.

13. Mark the four lines on each side of the mask using the pleating template as a guide.

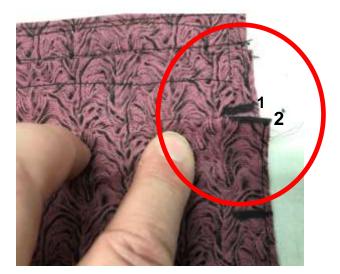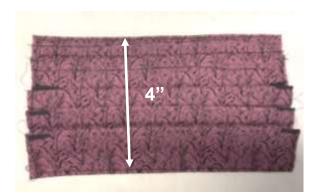14. Create the first fold across the mask by folding at the second mark (#2) on each side.

16. Create a second fold across the mask by folding along mark #3 on each side of the mask. Lay the fold line at the <u>bottom</u> of the first pleat and press.

15. Lay the fold up to mark #1 on each side of the mask. This creates the first pleat. Press.

17. Repeat using mark #4 for the third pleat. Press. The height of the mask should be approx. 4"

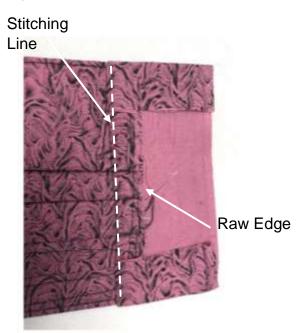18. Center the pleated mask edge on one of the binding pieces with right sides together.
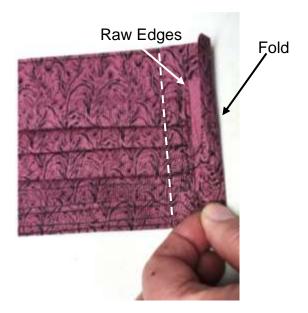

20. Press the binding out with the edges folded in.

Stitching Line

Raw Edge

19. Fold the ends of the binding over the mask making the fold even with the edge of the mask. Sew.

21. Place the long edge of the binding so it meets the raw edge of the mask. This creates a fold.

Raw Edges

Fold

22.   Bring the fold of the binding over to the stitching line and press. <mark>DO NOT PIN YET!!!!</mark>

23.   Repeat with the other binding piece on the other pleated mask edge.

24.   Unfold the binding and lay the elastic inside the binding.

25.   Fold the binding back down to the stitching line and sew close to the edge to secure it to the mask. Do not sew into the elastic.

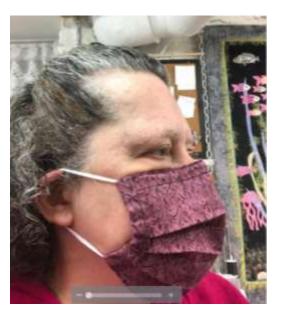26.   Repeat for the other side of mask.

(Mask should look like photo.)

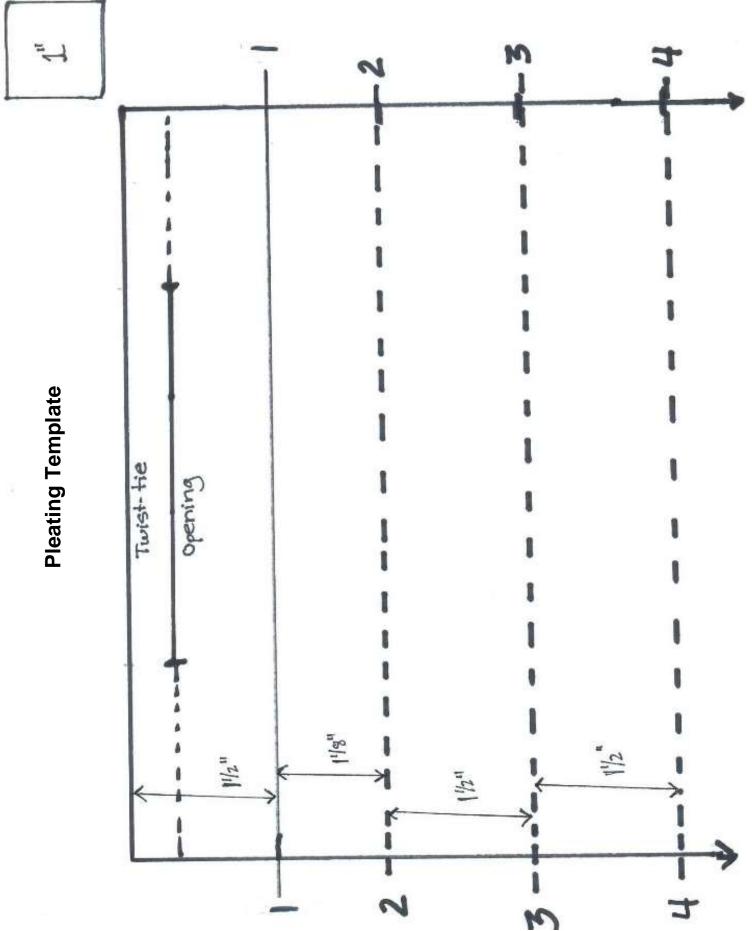27.   Tie the elastic on each side of the mask.

28. Pull the knot into the inside of the binding.

Congratulations!!!!! You DID IT!!!!

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Pleating Template

1"

Twist-tie

Opening

1½" 1⅛" ½" 1½"

1 2 3 4