

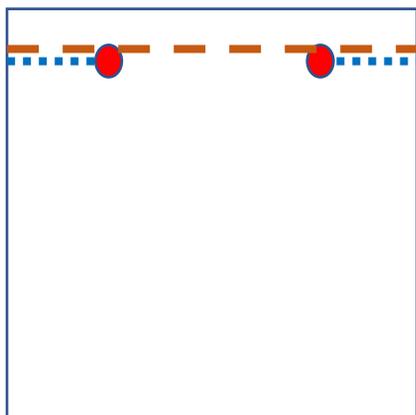
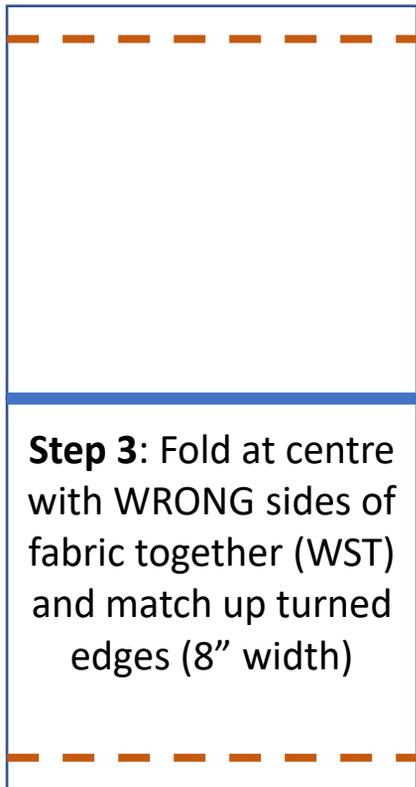
Fabric Mask – Finished Size 7.5” x 3.5”

4 Pleats to Fit Better Under Eyes and Over Nose

Slot to Add Filter - Slot to Add Nose Wire

Material: **PRE-WASHED Fabric** - 100% Quilter’s Cotton.

Ties – Preferred is 1/8” elastic



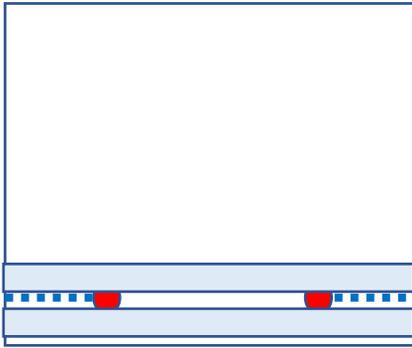
Step 1: Cut washed Fabric 8” wide x 16” long

Step 2: Turn short end under ¼”, then again. Sew across, raw edge encased. Do both 8” ends. (IF you are more comfortable making ½” seams then cut fabric 17” long).

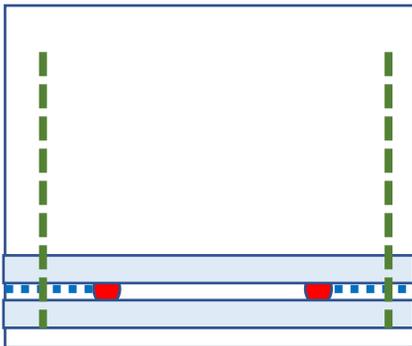
**Your fabric mask supports
Physical Distancing - 2 meters**

Step 4: With WST, sew 1.5” in from each outer edge. Sew just BELOW and not on turned edge fabric. This allows turned edge fabric to lay flat when opened at next step.

- Backstitch at both middle points. (This will be the opening for optional filter).



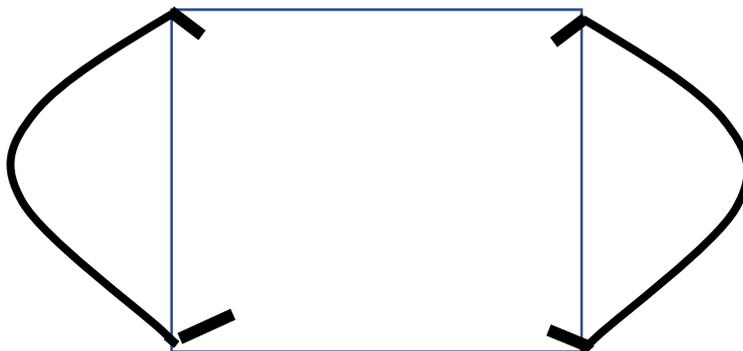
Step 5: Keeping mask WRONG sides facing out. Fold back turned edges to lie flat and align with bottom of the mask. Iron everything nice a flat.



Step 6: Cut 2 elastics 6.5" to 7" and set aside (6.5" fits most women). Starting 1" from corner, sew down, stopping 1" away from bottom corner, do both sides. See GREEN sewing line.

Step 7: Turn mask right side out through filter opening
At corners, tuck fabric inside to align with seams.
Press flat.

Insert ends (1/4") of first elastic top/bottom of one side, ensuring elastic is not twisted, sew down elastic being sure to re-enforce. Do other side. Press flat



Other TIE Options:

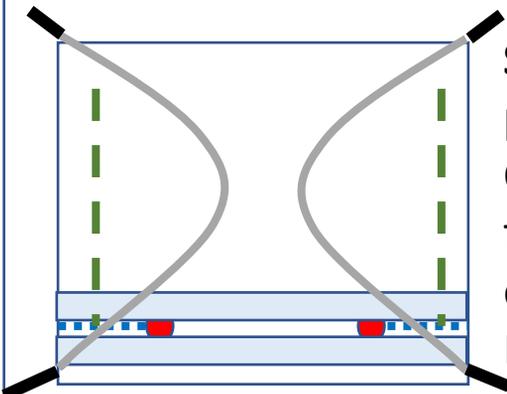
Using method in step 6:

- a) Use 4 x 4" elastic and attach one to each corner for an adjustable Fisherman's Knot
- b) Use twill tape, cut 4 x 20" and sew one to each corner

Binding method:

- c) Cut 2" x 44" (width of fabric) strip. Fold down centre, iron. Fold in ½" from each side to centre crease, iron. Fold the two sides together, iron. AFTER step 10, find centre of binding and centre of top of mask, match up, pin binding to mask. Starting at one end of binding, fold in the end to hide raw edge and sew down length of binding at folded edge including across top of mask, hide raw edge at opposite end. Do same with bottom of the mask. This method does not work well with adding nose wire option.

Alternate Method to Sew in Ties Used in Most Patterns



Step 6: Cut 2 elastics 6.5" to 7" and place BETWEEN the fabrics (inside). Carefully sew, attaching one elastic to each side at corners. Be sure elastic does not twist.

Elastic: 6.5" fits most women.

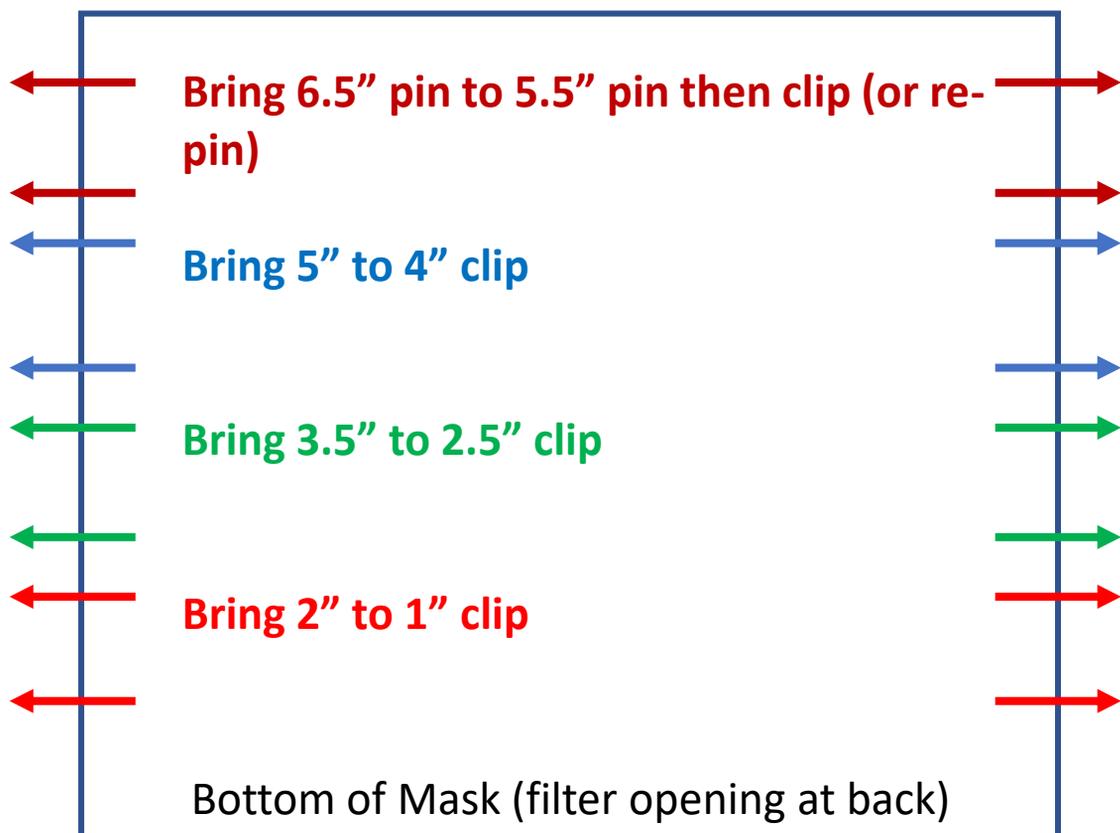
Step 7: Using the filter opening, turn mask right side out. You are now looking at right side of fabric and ties are coming out both sides. Press the mask.

Step 8: Mask is now 7" tall and 7.5" wide. This mask is 1/2" taller than most to allow for a 4th pleat near the nose. This seems to allow mask to fit better (don't really need a nose piece) and keeps the fabric away from the bottom of the eyes. Pleats are a pain.

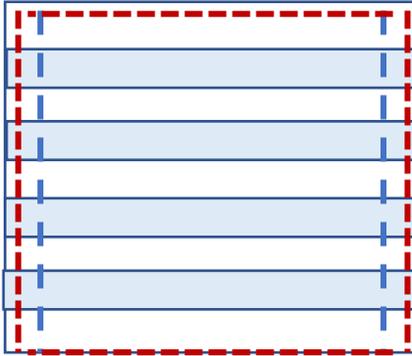
Place pins along both sides of the mask at:

Top **6.5" - 5.5" - 5" - 4" - 3.5" - 2.5" - 2.0" - 1"**

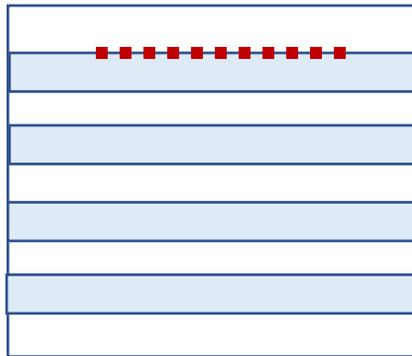
Step 9: Start at top of mask, create pleats



Pleats MUST point down on the front of mask
to maximize protection.



Step 10: Using $\frac{3}{8}$ " seam, sew the pleats down. Follow this with a $\frac{1}{8}$ " to $\frac{1}{4}$ " seam allowance all around the perimeter of the mask staying as close as possible ($\frac{1}{16}$ " to $\frac{1}{8}$ ") across the top of the mask



Step 11: Create pocket for optional nose wire. From centre of top of mask measure out 2" each side, mark with pins. Using $\frac{1}{2}$ " seam allowance from top of mask sew the 4" line, backstitching at each end. Be careful not to catch the pleat.

Note: The easiest way to add nose wire is to turn mask inside out through filter pocket, add the wire, then turn back right side out. Caution: washing machines don't like wire, IF you will wash with wire suggest stitch down the wire with ZIG ZAG stitch or stitch both ends of the wire pocket after adding wire. Highly recommend washing masks in a laundry/lingerie bag.

Step 12: Final pressing. If donating, some organizations require a final washing of the masks before donation.

If everyone were to stay 2 m apart and wear a fabric mask in public, this would further reduce our risk of catching or sharing Covid-19.

[Pembroke Log Cabin Quilt Guild](#)

Pattern compiled by Cathy Fisher after watching [Sarah Maker](#)