

HOW TO SEW A PROTECTIVE MASK

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IN CONJUNCTION WITH THE NEIGHBORS HELPING NEIGHBORS CAMPAIGN

Dear Friends and Neighbors,

After testing the various patterns and methods on line I have developed what I think is the easiest, quickest to create, and most protective home sewn face mask possible, using common and easily found materials. If you can sew a straight line you should be able to sew these masks.

SUPPLIES

1. Cotton fabric. A tight weave is best. Use may use colorful prints or solid colors. I like to use sheets or pillow cases for the backing as they are soft. I also use flannel for some of them. My husband tested the flannel backed mask at a medical call and said it was very comfortable and seemed to absorb perspiration. However, he felt that it was harder to breathe through. It did not inhibit breathing, but just seemed a little harder.
2. Light weight interfacing. You may use the iron on or sew in type. Either is fine but I prefer the iron on as it speeds up the process.
3. Elastic: either 3/16 or 1/4 inches will do fine.
4. Pipe cleaners for the nose piece
5. Iron and sewing machine

Cotton thread, scissors or rotary cutter and mat, pins, patience and a good sense of humor. I also use a waste basket frequently. I save the mistakes that can be corrected for a later time but just trash the big boo boos.

You may cut a template from acrylic or heavy cardboard and draw around it with an ordinary pencil. The marks will not show on the finished product. See *Figure 1*.

← 6 inches →

SORRY THIS IS A LITTLE CROOKED

Cut 3

1. Outside fabric
2. lining fabric
3. interfacing

← 9 inches →

Figure 1

Actual Size

ARE YOU READY?
HERE WE GO!

1. Stack the outside (front) fabric face up. Then place backing or lining on top of the first layer, and put interfacing on top. Stick a pin in the middle to hold in place. Draw around your 9x6 template and cut the three layers at once. After you get the swing of things you may cut several of each layer at once and create your own assembly line.
2. Cut two pieces of elastic each 7 inches long.
3. Cut a pipe cleaner in half. You will use one piece for each mask.

Sew according to Figure 2

Start at the middle of the bottom 9 inch side and sew to almost the corner. Insert one end of the first piece of elastic at the corner between the outside fabric and the lining and anchor at the corner. Sew down the 6 inch side to almost the corner and insert the other end of the same piece of elastic in the corner and anchor. Sew the other 9 inch side and repeat the process for inserting the elastic. When you round the corner back to the first nine inch side sew only part way, leaving a hole for turning.

Turn the mask to the unbroken seam 9 inch side and center $\frac{1}{2}$ pipe cleaner over seam. Zig Zag over the pipe cleaner to hold in place. I set the zig zag at 0 on each end to cover any wire that might stick out. Clip the corners to reduce bulk *see Figure 3*.

Turn the mask right side out. I use a chop stick to get at the corners. If your corners are perfect you are obviously some kind of goddess. Don't worry about them. *Figure 4*

Iron the mask flat. Turn the mask to lining side up and press

See Figures 5 and 6.

Fold mask in half 9 inch side to 9 inch side. Iron a sharp crease. Unfold and fold 1 edge towards the middle. Iron to a sharp crease. Now fold the other edge towards the middle and iron a sharp crease. It should look like a big bulky piece of bias tape.

Take a little break from the machine and sit in a comfortable chair. Hold the mask so that you make sure the pipe cleaner is on top. We do this because most people have their nose above their chin. With the outside facing you pinch the middle crease to make a small pleat. I like to pin the center first and then the ends. Do likewise on the top and bottom creases. Make sure your pleats are the same direction-down. *See Figure 7*

Head back to the machine and either straight stitch or zig zag around the edges. Actually I have found that the straight stitch takes less time and uses less thread.

VOILA! YOU HAVE CREATED YOUR FIRST MASK.

If you have any questions or problems you may call me at 256-332-8230 or email at randigross@outlook.com.

Sharing a few thoughts.

Most of my life I have been teaching. I ran a dance studio for many years and after retiring I became a professional substitute teacher. It was rewarding. However, when I deliver a mask to someone who really needs it, and hear their heart felt, and sometimes tearful thanks I have never felt so fulfilled in my life. Several times I have been brought to tears myself. The need for the masks is somewhat overwhelming. So take the time to get your emotions straight.

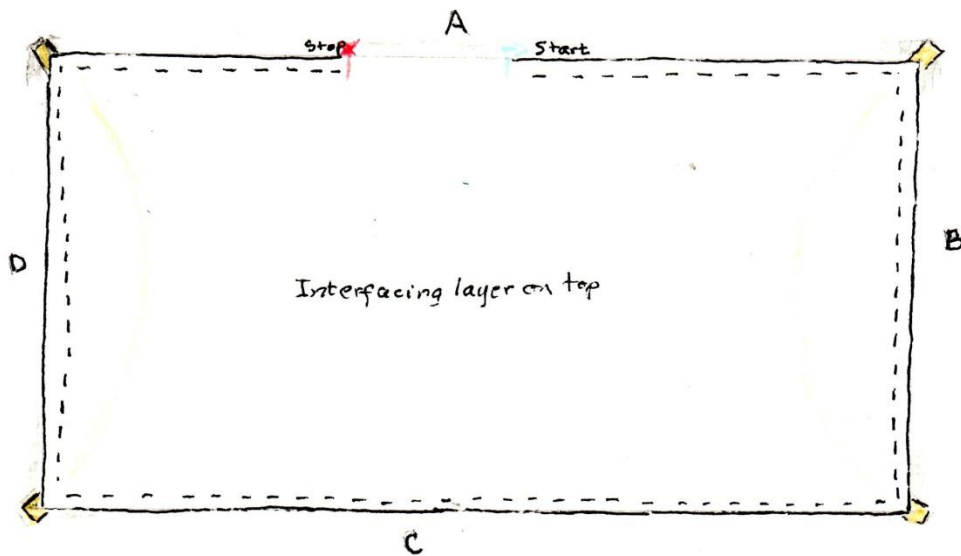
When you deliver a mask emphasize that the Neighbors helping Neighbors program does not charge for them. You may mention that Rick Neighbors is using his organization to help fill this near universal need, and is providing some of the materials, but it is the volunteers that make the masks and provide most of the fabric. When you finish a mask or several, bring a pot of hot water to boil. Place the masks in the water, turn off the heat, put a lid on the pot and leave for ten minutes or so. Then dry them at your highest temp or air dry. Press them so they look nice and neat and place in an individual baggie. You may put Rick's small card in the bag if you have any. I write my name on the outside of the bag and a note that they are washable.

I do not claim that these masks will stop any kind of virus. All I can say is something is better than nothing.

I hope these directions help you. Now,

GO FORTH AND SEW

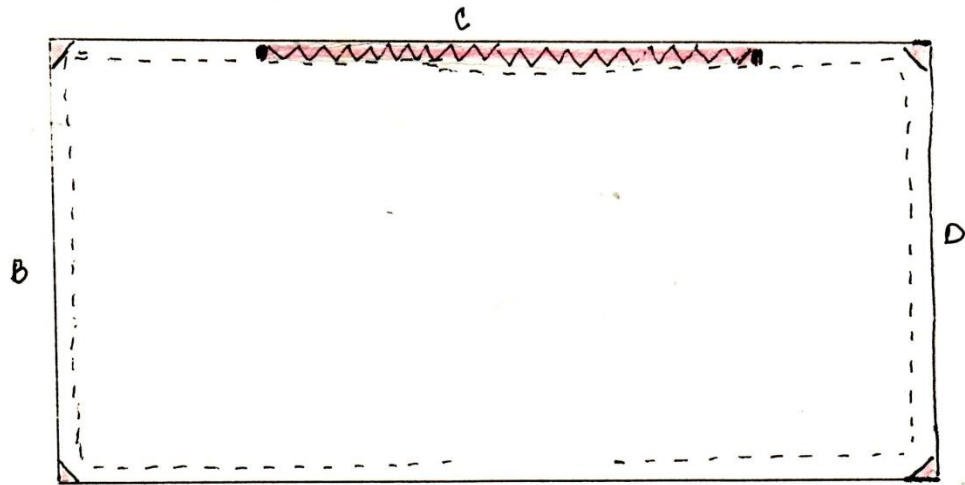
Figure 2



Elastic between
Outside fabric and
lining.
Interfacing on top



Fig 3



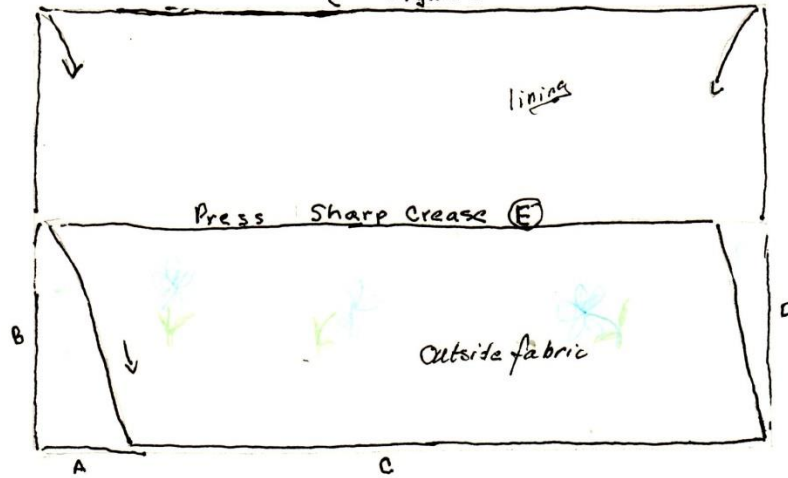
Flip mask so that A is on top. Zigzag 1/2 pipe cleaner
on top of seam line

Fig 4



Turn mask inside out.
Press

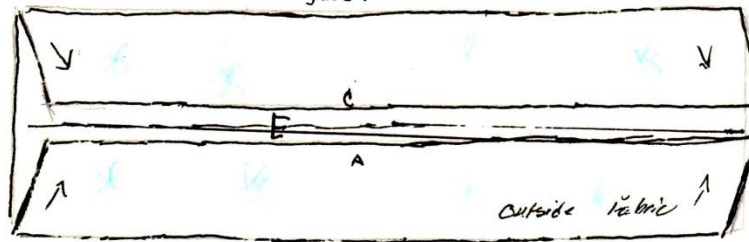
c Figure 5



Fold mask in half - press sharp crease

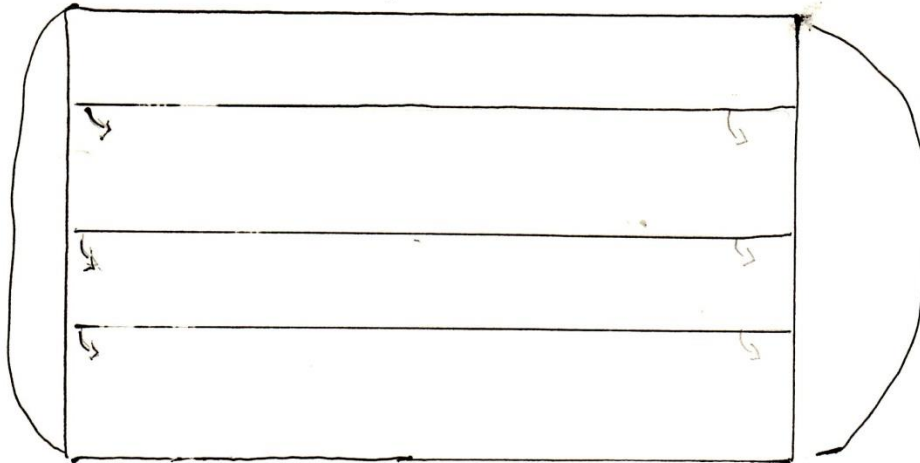
Unfold and bring A + C up to E

Figure 6



Fold C and A to center - E and press sharp creases

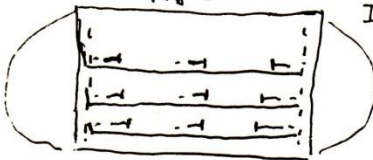
Fig 7



Pinch center line down to
make small pleat
Then do top and bottom.

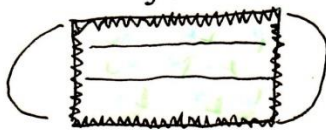


Fig 8



I pin the middle of the pleat first
then the ends. Stitch down the
sides to secure pleats.

Fig 9



Zigzag around edges

Voila - you have
created your first mask!