Facial Mask

Cut pieces as the following.

A. 1 piece measuring 14” by 8”. (mask)
B. 1 piece measuring 1 ¾” by 8”. (nose guard)
C. 1 piece measuring 2” by 8”. (facing)
D. 2 pieces each measuring 1” by 5” (casing)

You will also need two pieces of elastic measuring 9” long (use ¼ or narrower).

The fabric you will need to use must be a tightly woven cotton, such as quilting fabric or cotton sheets.

On Piece A, mark all pleat markings before starting. See diagram below.

1. Press under 1/4” on one of the short end of piece A.
2. Press under ¼” on one of the long side of pieces B and C.
3. Stitch each of the pressed edges.

4. Using the opposite sides of stitched edges, place Piece B on top of Piece C both having right sides facing up. Pin.

5. Then take those two pieces and place them on Piece A, right sides facing together. Pin. Stitch seam using a ¼” seam allowance.

6. Press seam toward the facing (Piece C).
7. Open up seam and lay flat, edge-stitch piece B down to piece C, leaving a 1” opening in the center of the seam. Be sure to reinforce on both sides of the opening). Press seam.

8. With right sides facing together, stitch the hemmed edges of the mask together 2” from edge toward center. (This opening in the center will be used to insert the coffee filter). Reinforce stitching by backstitching close to the center openings. Press seam open.

9. Turn right side out and press flat, having the facing seam at the top.

10. With the outside of the mask facing you, make three pleats. Baste pleats down using a scant ¼” seam on the edges.

11. Fold ¼” on each of the short ends of piece D.
12. Stitch one of the long edges of piece D to the inside of the mask edge—place the right side of piece D to the inside of the mask matching the long edge of D to the pleated edge of the mask. Stitch seam using ¼” seam allowance. Press seam toward piece D.
13. Repeat step 11 for the other side of the mask.

14. Fold under ¼” of Piece D that is overlapping the mask edge, press. Edge stitch at the top of the mask from the edge of Piece D across piece A to the other Piece D.
15. Repeat step 12 but at the bottom of the mask.
16. Press under ¼” of the raw long edge of Piece D, then fold the piece over to the right side of the mask to form a casing. Top stitch on the outside of the mask enclosing the raw edges of the mask. This forms the casing for the elastic. (Do both sides).

17. Insert the elastic into the casings by using a safety pin to aid you in getting the elastic to go through the whole casing. Once the elastic has been gone through the whole casing.

Overlap the edges of the elastic and run several rows of stitching over the overlap. —Be sure the elastic is not twisted! Once that is complete, spin the elastic so the elastic seam in inside the casing.

18. Press mask—check for any loose strings that should be removed.  
19. Congratulations! You have just completed a mask.

If you have any questions, please feel free to call Karen at 785-421-8387.