

Mask Tutorial

By Lauren Oppelt

This is based on the tutorial from The Turban Project and Deaconess... I just wanted to make something that shows all the steps, as well as two added elements, where I have added a wire piece to the nose to help mold the mask more closely to the face. This is just for clarity or for sewists of all levels who want something that breaks it down step by step.

Full disclosure: I am way more concerned about my mask being sturdy and fitting well than looking perfect. I zig zag and sew over certain bits in a way that some people are not into. Follow your rainbow for your own masks. **Remember, you are helping.**

This type of mask has been shown to be up to 73% effective in preventing the spread of Covid 19. I cannot guarantee this mask will be effective against Covid 19, but 73% is way better than 0%.

You will need:

- (1) 9" x 6" piece of tightly woven 100% cotton
- (2) 9" x 5.25" piece of cotton flannel, tight knit cotton, or cotton jersey
- Straight pins
- (2) 6" or 7" pieces of 1/8" or 1/4" elastic or elastic cord or 40" piece of twill tape or bias tape
- 1-2 twist ties or pieces of floral wire
- Bias tape (or fabric to wrap about twist ties/wire) 4.25" piece
- Scissors
- Sewing machine
- Thread
- hand sanitizer, coffee, the things you need for moral and practical support



Step 1: I like to zig zag the edges of the lining... if you are using jersey, you don't have to, but that is my preference. If you are using cotton or cotton flannel this is a must to prevent fraying. For jersey, I turn over once, cotton or cotton flannel I turn over twice. The finished measurement of the piece should be 4.75" x 9"



Step 2: Put your fabrics right side together with the elastic or ties in between the two layers (the blue line indicates the placement angle of the elastic). Pin the elastic (or ties) to each corner on a diagonal, being careful to keep the bulk of the elastic or tie material in the middle so that you are only sewing the ends.



Step 3: Starting on one of the 9" long sides, top stitch from the middle around the edges of the mask. I zig zag around the entire perimeter 2-3 times just to lock everything down. Make sure that you reinforce/backstitch over the elastic in the corners, and backstitch where you start and finish.



Step 4: Turn that bad boy right side out! Make sure to pull the corners and seams so that it is as rectangular as possible. Top stitch all the way around the outside of the mask. If you are feeling kicky, do it twice.



Step 5: Take your wire and wrap it in bias tape. If I am making a batch of twenty, sometimes I do all of the nose wires first, so I can add them all after the mask has been top stitched along the exterior. If I am using floral wire, I sew a little muslin or bias tube and encase them inside that before putting it into the bias tape. I use **two twist ties** per nose piece for maximum bend!



Step 6: Fold the edges of the bias tape over the ends of the wire. You really want to make sure that your wire is not going to poke out. I have found the wire to be a total gamechanger as far as mask fit goes. Make sure that it's in there securely though so it will stay in the bias tape through multiple washings.



Step 8: Pin the bias tape and wire to the center of the mask, over where the bridge of the nose will be. Zig zag all around the outside of the bias tape (You can straight stitch if you want, but these are going to be washed a bunch of times, and I prefer to see stitching than to have the edges start to peel up. I feel like zig zag stitching locks 'em down, but again this a dealer's choice bit).



Step 9: Starting from the top, add your first pleat. You are going to fold the material to make a pleat and pin bit by bit, until you have three pleats. This is the toughest bit but it also means you are almost done!



Step **10**: Sew over the pleats! Lock them down! I went over mine a couple of times. I often zig zag 3-4 times, because it makes the sides really sturdy.



Step 11: Trim your threads! You have a mask!



I like to try the masks on and make sure the wire and elastic feel secure. Hospitals are saying that they will sanitize any masks that arrive. I hope this helps you and thank you for doing your part. Feel free to tag me on Instagram (@laurenoppelt) if you make these and like them!

Stay safe! Be well! Sew lots!

xo

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