

## Instructions for a Bias Tape Tied Pleated Face Mask

***ALL FABRIC SHOULD BE WASHED AND DRIED HOT FOR MAXIMUM SHRINKAGE.  
THIS PREVENTS FABRIC SHRINKAGE AFTER THE MASK IS SEWN.***

Adult finished size – 7" x 9" (cut size 7 1/2" x 9 1/2")  
Young Child finished size – 6" x 8" (cut size 6 1/2" x 8 1/2")  
Small Child finished size – 5" x 7" (cut size 5 1/2" x 7 1/2")

### CUT FABRIC

Cut two pieces of quilting cotton 9 1/2" x 7 1/2" (adult size) - 1 for the mask front and 1 for the mask lining  
Cut two pieces of 1/2" double fold bias tape 54" each

### PIN FABRIC

With right sides together, pin the two pieces of cotton along the short right side and the left side ...  
*leaving the long top and bottom long unsewn.*

### SEW FACE MASK

Sew the pinned right side and left side of the face mask with a 1/4" seam allowance, *using a fairly tight stitch.* When sewn, turn the sewn mask right side out.

### CREATE CREASES/MARKINGS FOR PLEATS

Fold the stitched mask in half and iron well to make a crease.  
Then fold it again into thirds by folding each outside edge to the center, and press again.  
By bringing the top and bottom edges of the mask to the center, you will automatically make a pocket to insert a filter.

### ATTACH THE WIRE NOSE CLIP

Make a small loop in each end of the nose clip wire to keep the ends from poking through the fabric.  
Center the the nose clip wire along the top of the mask, 1/4" from the unsewn edge.  
Carefully zigzag the wire in place onto the mask, sewing back and forth over the ends to secure it.

### ATTACH BIAS TAPE

Open the folded bias tape the long way, and then line up the unsewn raw edges of the bias tape, *right sides together*, along the unsewn fabric edge on the top of the mask. Sew along the crease in the bias tape.

Do this again for the bottom of the mask.

Close the bias tape, pin it upwards and sew it shut by topstitching the bias tape from end to end.

### SEW PLEATS

Using the ironed creases, create roughly 1/2" pleats that are folded downwards. Pin the pleats in place making sure all the pleats are facing the same, downward direction.

Sew over the pintucked pleats on the right and left sides of the mask between the bias tapes using a 3/8" seam allowance.