

Fitted Pleated Mask

(with darts for nose and chin, for better fit.)

This mask will have a pocket to allow you to put things in between the layers; this is done by leaving 4" open at the bottom seam, so you can slip in a mask or other type of filter.



This tutorial is done on a serger, but you can do this on a regular machine- I will make comments when it differs.

Cut 2 pieces, 9 x 8 (some use 9 x 7): front (print) and liner (white).





If serging: serge the bottom edge of the fabrics (this will be what creates the pocket opening)
If sewing, see next step. You'll deal with your bottom edge after.

Next, add a dart at the bottom and the top, by folding the short edges together and darning in like so:

Fold the fabric in half, short edges touching. Dart in from the top and from the bottom approximately an inch and $\frac{1}{2}$ (I just eyeballed it, sorry it's not more exact. I'll refer you to an actual pattern when I post this.) If sewing and not serging, sew, maybe sew twice for strength, then clip the extra fabric away.

Do this to both liner and print fabric. Try to get them to match. Mark your fabric if you're persnickety or do it raw if you live on the edge like me.



Iron the darts open, with the bottom edge of the fabric facing you. This ensures that when you join the pieces, the seams you create will fold opposite, creating less bulk. Now you can see that the center has a funny bulge- that's where your pointy face parts go. :D

(Note that the bottom edge is facing... we're about to get to that.)

Ok. Now you want to iron the bottom edge up, on both pieces of your fabric. If you are just sewing, you fold twice like you're hemming the bottom of a pair of pants. Don't go crazy. Just enough for a smooth seam and to stop fraying.





If you've serged your edge, just iron up and head to the next step.



Ok, next sew that bottom edge. Because mine is serged I just sew the 4" in the middle I'm interested in leaving open... you'll see why in a bit. No serger? Sew all the way across. Do the liner and the printed fabric.

Next we're going to join the liner and print fabric together. Oh boy!!

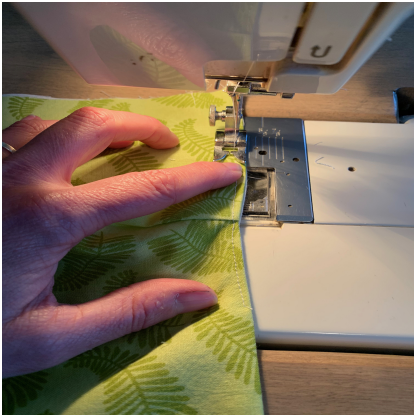


Next step: Right sides facing, join the 2 together. Make sure your seams from the dart point in opposite directions, you'll thank yourself later for less bulk. If you're a big baby pin the pieces together. Me? I live on the edge and just go for it. Sew or serge, join the pieces.

There. All joined. See?



Now put the bottom edges together, and sew in from each side to the center part that you'll leave open to create your pocket.



Ok it's a little off center, my pocket, but you get the point. A little opening meant to allow you to put a mask or other filter in there. Nice and tidy with the seams taken care of so nothing frays.



Now iron your piece, you're going to make pleats.



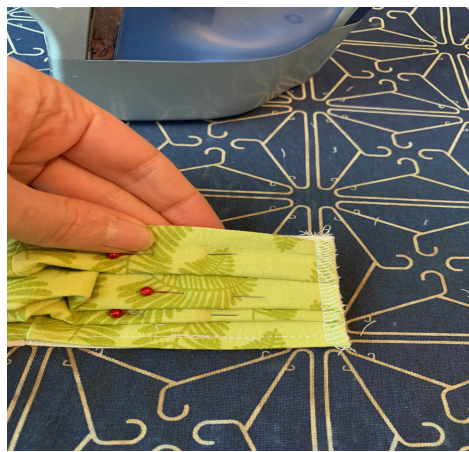
Notice that the middle puffs up. This is why I iron the edges; it will make creating the pleats much easier. Iron toward the center, embrace the puff.

Pleats give some people fits. Don't worry about it. They don't need to be precise or even. Just 3. These are called knife pleats; get 3 on each side, as even as you can, and iron/ pin as you go. Note the way I point the pins; it makes ironing and pinning a little easier.





Your main goal is to get the edges relatively straight. Again, not trying to win any awards, and that center bulge will make you crazy. Do your best and concentrate that the edges are how you want them, the middle sorts itself out later. Cuz your face is in there. Iron well, and go sew the pleats.



If you're serging, looks like this. If you're sewing, looks like that only sort of. Main goal is to anchor those pleats before we hide the edge.



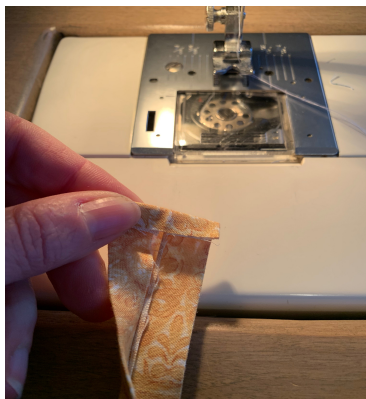
Ok, next get some bias tape. I use 28 to 30" long. There's plenty of tutorials on how to make your own; we use the quick iron method, which folds the edges in nicely. Fold it in half the long way to find the center. Open it up and place your mask edge inside.



Pin the mask inside the folded bias tape.



Fold the top edge, then fold that in, start from the top and sew the edge all the way down with the mask inside, to the other end; fold the other end in (this avoids fraying and makes it nice and neat) and boom. Done with one side.



Repeat on the other side of the mask...



Done. Nice and neat.

Now you can put a disposable mask in the pocket (the wire at the nose in the disposable mask will help you to keep the nose shape, but I find the dart does wonderfully for this anyway.) If you use something else for a filter, please research carefully- some materials are not meant to be near human respiratory systems.

Go out and be safe, friends!!

xoxo Jessamyn

