



Pleated Face Mask

By Missy Billingsley

This is a basic tutorial on how to make a facemask. It is designed to tie around the back of the head with ties attached to the sides of the mask.

The included photos show how to use a bias binder foot for your sewing machine, but it can have a learning curve to use it, so be aware. There is a video on my Missy B Stitchin

You Tube channel on how to use a bias binder for both sewing machine and serger.

Also included on the final page is a template to use for the pleats if you need help folding in $\frac{1}{2}$ " pleats.

Make sure to print template in landscape mode, actual size.

Disclaimer: No claims are made to the effectiveness of the end result. Nothing homemade will ever compare to the medical grade N95 masks and this should never replace it. It is merely designed to help "for now" and by no means is a "forever" mask.

Supplies:

For one mask you will need:

2 - 7" x 9" tightly woven cotton fabric

2 - 1" x 44" **fabric for the ties, can cut to needed length when finished

****Refer to the instructions for the binder you plan to use for the size of fabric**

1 - 5" - 6" pipe cleaner or some type of wire for across the bridge of the nose

1. Print out template and cut out to outline.

Fold pleats in paper template like the photos shown. The solid line is the front pleat fold and the dotted line is the underside pleat fold. (Photo 1 & 2)

This is merely a template to help you with the folds, if they aren't exact, it is OKAY.



Photo 1



Photo 2

- You can mark the fold lines now OR later on the front OR back fabric of the mask.

If marking them now, place the template on top and mark the solid and dashed lines so you will know what direction to fold the pleats in. (Photo 3 & 4)

IF you are marking ahead of sewing, make sure to designate the top edge with arrows or something because that is the edge the pipe cleaner will go in.

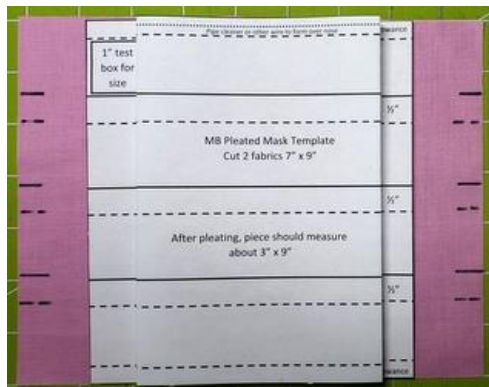


Photo 3



Photo 4

- Place 7" x 9" fabrics right sides together and sew or serge across the 9" edges with a 1/4" – 3/8" seam allowance to create a tube. (Photo 5 & 6)

NOTE: If you choose, you can leave an opening about 4"-5" or so along the bottom edge to be able to insert a filter. This is not shown in the photos.

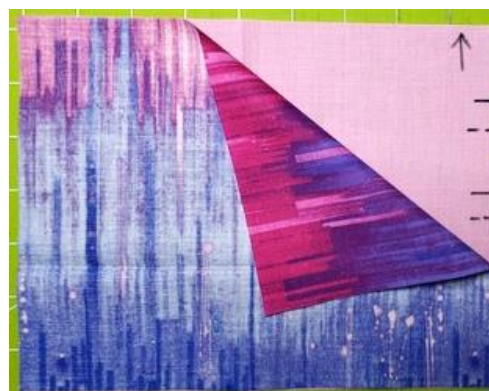


Photo 5



Photo 6

- Place the pipe cleaner centered along the top edge of the mask. (Photo 7)

The standard foot can work but if you have the Pearl and Piping foot, the pipe cleaner will guide under the tunnel of the foot. (Photo 8)

Stitch in place with the pipe cleaner centered under the stitch using a zig zag stitch. SW 4.5 - SL 2.0

NOTE: The last photo is a different color fabric and pipe cleaner for better visibility in the photo. (Photo 9)



Photo 7



Photo 8

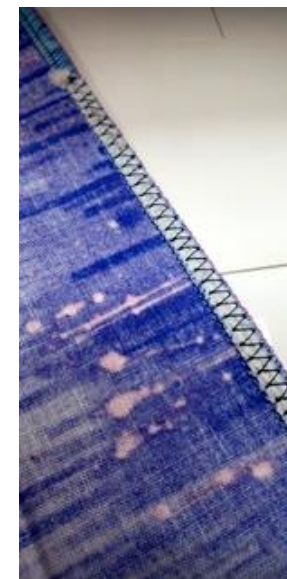


Photo 9

5. Turn tube right sides out and press.

If you choose to mark after sewing together, turn right sides out and press. (Photo 10)

Place the top seam line along the top edge of the mask and mark each line. I marked the lines with a dot so it isn't a huge mark to cover in this photo. (Photo 11)

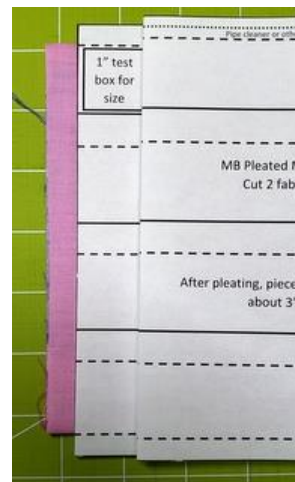


Photo 10

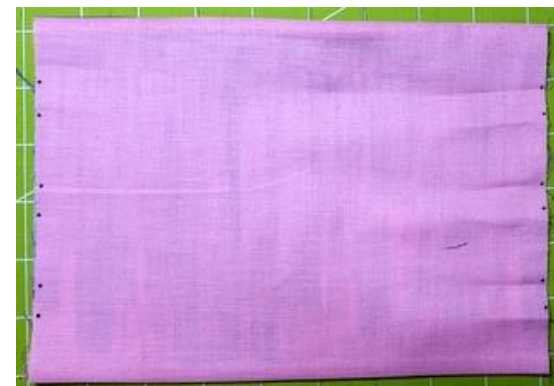


Photo 11

6. The mask has been turned right side out and the pink fabric is the inside of the mask with the marks. (Photo 12)

Fold the dashed line with the front of the mask right sides together and fold onto the solid line with the wrong side of the mask together to create a pleat.

Pin or clip in place. (Photo 13)

Repeat for the next dashed line in the same manner. (Photo 14)



Photo 12

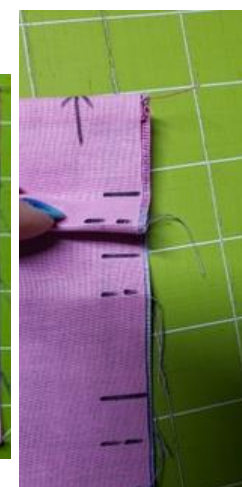


Photo 13



Photo 14

Repeat for the remaining dashed line in the same manner creating 3 – ½” pleats on the mask with the folds of the pleats going down on the front side of the mask. (Photo 15)

The overall measurement of the side of the mask should be about 3”.

Continue to the opposite side of the mask and repeat the steps. (Photo 16)

Once all pleats are in, press.



Photo 15



Photo 16

7. Your mask should look like this once you have the pleats in and have pressed it. (Photo 17 & 18)



Photo 17 & 18

8. Return to the sewing machine or serger and sew down each short edge of the mask to secure the pleats. (Photo 19 & 20)

You can also top stitch the top and bottom edges if you choose. Make sure to avoid stitching on the pipe cleaner if you have used it and also if you have left an opening, don't stitch it closed if that is your intention.



Photo 19



Photo 20

9. The next photos show how to use a bias binder foot for your sewing machine. There are different kinds for different machines. (Photo 21)

You can add ties any way you know how but if you have this foot, try and make friends with it. 😊 It can be a timesaver!



Photo 21

10. The fabric for this binder is cut 1" - 1 1/8" wide and may vary according to your fabric. TEST the cut of the fabric YOU are using. (Photo 22)

Feed the fabric into the cone of the binder wrong side facing you. (Photo 23 & 24)

HINT: It is easier to add the fabric in with the foot off the machine.



Photo 22



Photo 23



Photo 24

11. Feed the fabric all the way into the attachment until you can pull extra under the presser foot. (Photo 25 & 26)

Make sure the folds of the fabric are being folded to the inside.

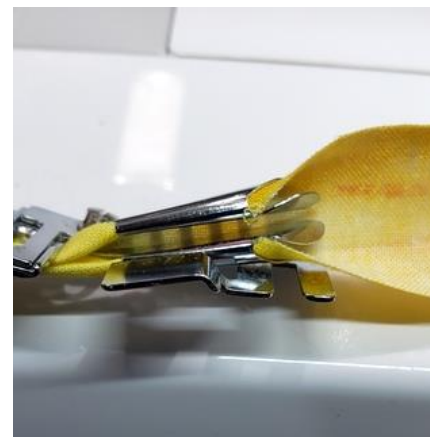


Photo 25

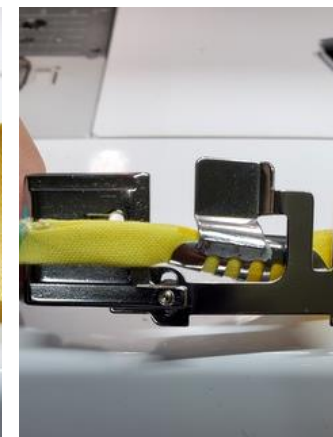


Photo 26

12. Stitch with a straight stitch close to the edges that are being folded to the inside and make sure the fabric feeding in is rolling to the inside. (Photo 27 & 28)

You may need to adjust the width/placement of your stitch to catch the folds of the binding.

Test the stitch and for the ties, stitch about 18"-20".



Photo 27



Photo 28

13. Once you have stitched about 20" insert the mask down into the attachment so it will feed under the foot. (Photo 29 & 30)

Make sure the outside is facing up and keeping the pleats nice and flat, stitch across the mask.



Photo 29



Photo 30

Continue stitching to the end of the fabric. (Photo 31)

Remove from the machine, cut the ties to the length you want. You can then stitch across the ends of the ties or tie the ends in small knots like in the photo. (Photo 32)

A quick and easy finish.

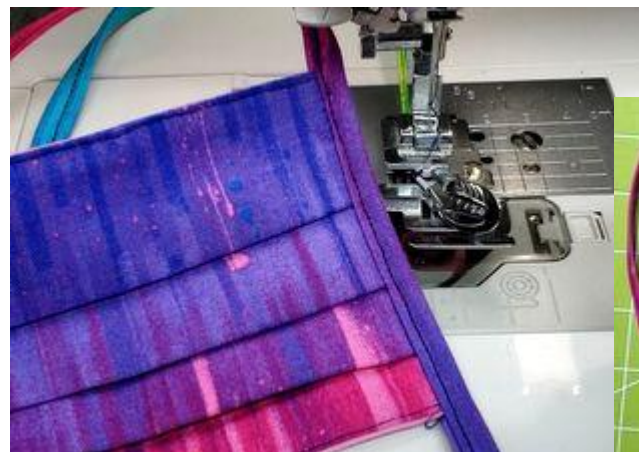


Photo 31

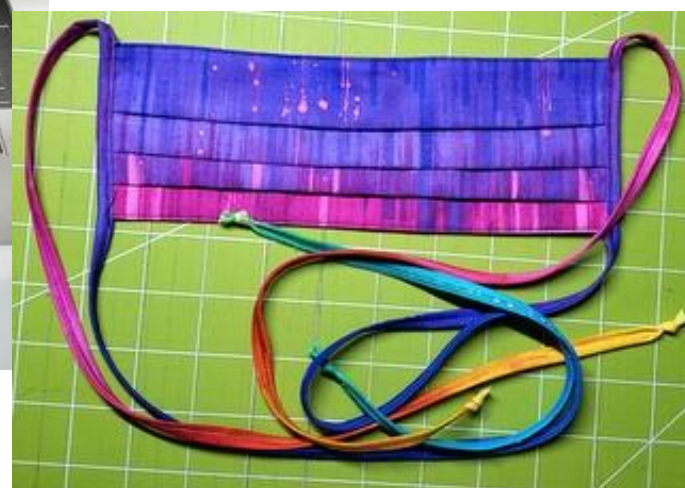


Photo 32

I hope you find this mask and tutorial helpful. Please make as many as you choose to help out those in need. **Remember**, it is not designed to replace ANY time of medically approved mask.

For fun sewing and embroidery projects, you can find me at www.missybstitchin.com also find me on Facebook at Missy B Stitchin as well as YouTube and Instagram.

