Sara's Pleated Mask 2.0

Supplies

Front fabric cut into a rectangle of 7"x 8.5"
Liner fabric cut into a rectangle of 7"x 8.5"
2 Casing pieces cut approximately 2.25" x 4.5" (mix and match!)
1 yd fusible featherweight interfacing (optional) or non-woven interfacing (I stopped doing this)
2 pieces of elastic cut about 13" each (I use Atwood Rope (https://atwoodrope.com/collections/covid-19-elastic/products/3-16-x-60-ft-spool-round-face-mask-elastic)
4" Nose Wire
(https://www.amazon.com/gp/product/B088JV65H4/ref=ppx_yo_dt_b_asin_title_o08_s00?ie=UTF8&psc=1)
2 cord locks
(https://www.amazon.com/gp/product/B08BG3XD64/ref=ppx_yo_dt_b_asin_title_o03_s00?ie=UTF8&psc=1)
Floral wire threader tool, soon to be patent pending for Sara

Steps

1. Cut 1 piece of white and 1 piece of print 7" x 8.5" (the 8.5" measurement is the width of the mask, in case you are using a directional print)

2. Iron the interfacing on the back of the front piece (optional)

3. Place the front and back right sides together and sew the long sides

4. On the top, zigzag the nose bridge into the seam allowance somewhat centered

5. Turn the mask inside out, press

6. Make a "box pleat" so the mask folds to about 3". I fold one pleat facing up, and one facing down. This seems to give the most breathing space in my opinion. Pin or clip in place (https://www.amazon.com/Clover-Wonder-Clips-Red-50-Pack/dp/B004ZKPX8A/ref=sr_1_5?dchild=1&keywords=wonder+clips+red&qid=1601428962&s=arts-crafts&sr=1-5 - best sewing gadget ever!)

7. Sew one casing right sides together on each short pleated edge of the mask

8. Iron the top and bottom edges of the casing in, even with the edge of the mask to finish the casing edges on the top and bottom of the mask.   Fold and iron the long edge of the casing toward the raw edges of the mask. Fold the folded casing over to cover the seam.

   Note – at first I folded the casing, and sewed the double edge of casing to the edge of the mask but it was too hard to get the top and bottom edges inside properly. This works better for me

9. From the front of the mask, stitch in the ditch to sew the casing close.   This should catch fine on the back edge. (If you have the Bernina #10 top stitching foot it, is genius!)

10. Push a floral wire threader (or dental floss threader or supper skinny crochet hook) through the casing and pull the ear elastic through the casing on each side.

11. Place a cord lock on the threader then thread the two ends of the elastic through the threader and pull the cord lock onto the elastic.   Tie a knot in the end of each end of elastic

12. If you feel like it, run the ends through a flame to sear the elastic ends to prevent fraying

13. Wash masks before wearing

Courtesy of Sara Yastrow Silver