

Materials:

Two pieces of fabric 9" x 6" or one piece 18"x6"

Ties: the simplest thing is to cut 1" strips from an old T shirt. They are soft, stretchy and won't ravel, so you don't need to do anything but cut them! You can make "bias" tape ties (the fabric doesn't need to be on the bias) but they are time consuming to make. I find 18" long strips are a decent length. If the people you give them to find them too long, they can always shorten them.

6" wire for the nose piece. This can be light gauge wire (like 18) or if you don't have wire, a pipe cleaner or twist tie may do. Crimp over the edge so it doesn't poke someone. The wire is vital to the fit of the mask.

Making the mask:

Turn down a ¼" edge on each short edge of the fabrics as shown below, this is an easy way to handle the raw edges (much easier than sewing the tube then folding over the raw edges).



Sew right sides together along the long edge, be sure to back stitch at the ends

Turn the tube right side out and press flat.

Make 3 pleats; the first starts about an inch from the top, the last starts an inch from the bottom and fudge in the middle. Give them a good press at each step and when all are in. I found this step took a while to master.

Tuck an end of a tie inside the tube at each corner; pin if you need to. Then run a ¼" seam all around the mask, back stitching over the tie ends to make sure they can be pulled on. This is the mask before sewing around it all.



The last step is to cut a tiny slit on the inside of the mask on the top about an inch from the edge, within the ¼" seam allowance. This is what you slide the wire through; doing it this way makes the wire removable if someone wants to microwave the mask or is worried about the wire in the wash, etc. The pleats go downwards, so figure the top based on that.

Washing

Take the wire out before washing or they get mangled. You can toss the mask in the washing machine.