SEWING WITH Rachel

Face Mask with Filter Pocket and Nose Wire

Assembly Instructions

Face Mask Materials:

- 100% Cotton Fabric
- Elastic Cording (Other Options: 1/8" or ¼" 0.25" elastic, or Rubber Band (large File Bands))
- One Pipe Cleaner, cut in half
- Sewing Thread

Prep Work:

- Cut one rectangle 12" X 9 from fabric (forming a rectangle)
- Cut two 7" strands of Elastic Cording or other from options listed above
- Tie knots at each end of elastic cording
- Cut File Band in half to form two 7" pieces of rubber bands (For large File Band option)
- Cut Pipe Cleaner in half (use only one of the 7" pieces for each mask sewn)

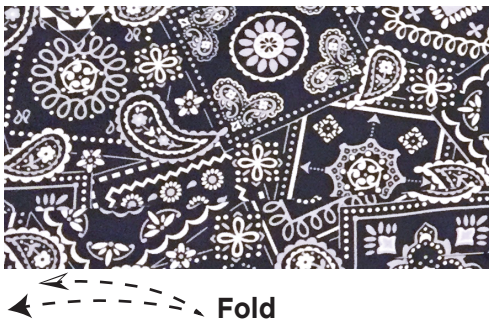
Assembly Instructions:

1

- Sew a zig-zag stitch around the entire rectangle or use a Serger machine to finish off the edges. This will prevent the edges from fraying and will allow for a ¼" seam allowance

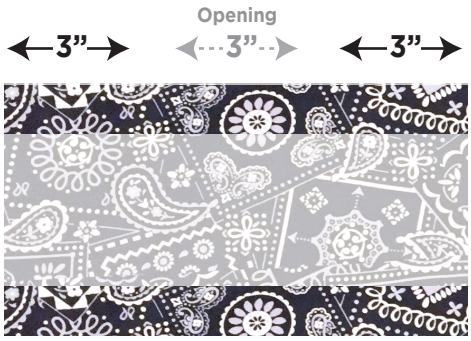
2

- Fold rectangle in half (right sides together, meaning the designed side together) and pin together along the non-folded edge



3

• Stitch 3” from edge of each side (use ½ “seam allowance), forming a 3” opening in the center. This is now the top of the mask. Press open seam. The opening forms the filter pocket.



4

• Using the edge of the ½” seam allowance, form a new fold line at the top edge. (watch video for demonstration)

5

• Insert elastic on each side. Pin one 7” piece of elastic (or file band) into the top and bottom folds (watch video for demonstration).

6

• Sew an ¼” seam on each side. Push the elastic or rubber loop into the mask body to avoid stitching over it. Be sure to use a back stitch over the top and bottom of the elastic (or file band) to secure

7

• Turn inside out through the opening at the top of the mask. Flatten out with hand or press with an iron

8

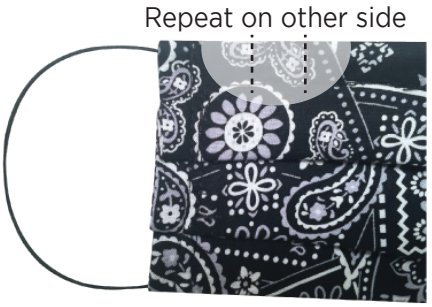
Use the open pocket located on the backside to insert one 7” pipe cleaner and push to fit snuggly into the top fold. Pin in place.

Insert “7 Pipe Cleaner Wire

Push Pipe cleaner (fuzzy wire) into edge of top fold

9

• Stitch across (over) the piping to secure in place (refer to image below for stitching details). One close to each edge of the wire to prevent wire from sticking through fabric after first wear & wash. Then sew another stitch ½” from the first stitch (This Safety & Quality Tip was discovered during a Quality Check)



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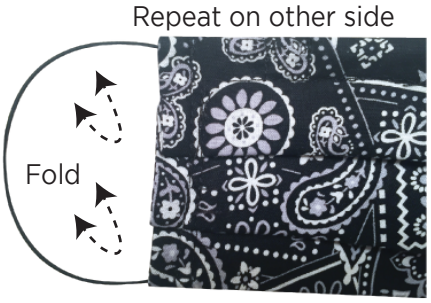
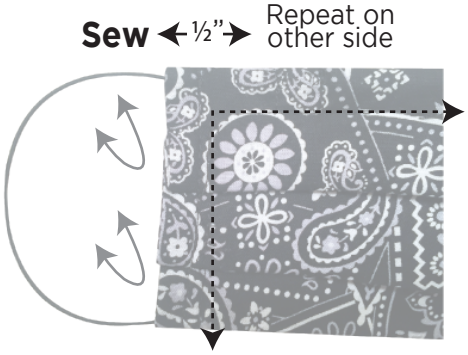
• To form two pleats on each side of the mask, use chalk, fabric pencil, or pen to mark pleat lines 1” apart (mark four pleat lines 1” apart). Bring two 1” markings together to form one pleat. Pin each pleat



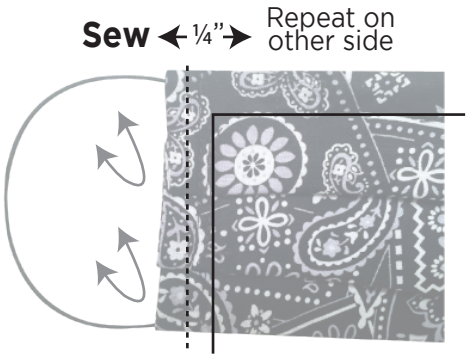
11

• Sew ½” seam around the edge. Start at the bottom and up along first side, continue along the top edge, and down the last edge. (Note to avoid stitching the pocket closed, you may choose to stitch closer to the pipe wire cleaner edge



12

• Sew another stitch ¼” from the edges with the elastic/rubber loops to secure the pleats and edges



Now, you have a finished sewing the face mask. Add your desired filter. You want to use a thin layer of breathable material such as paper towel, interfacing, coffee filter paper, etc.

Safety & Quality Check:

Pre-wash before wear to verify that nose wire is secure and does not puncture through fabric to cause a safety hazard
• Laundry in a washing machine or hand wash the face mask
• Dry mask in the Clothes Dryer or dry flat over night

Care Tips:

• Use laundry detergent to handwash at the end of each day. Then hang or dry flat overnight, or place in the clothes dryer
• Insert clean mask into a small plastic sandwich bag with closure (e.g. Ziplock bag). Then it is ready to wear when needed.

Watch our video now!

WWW.MOOREOFRACHEL.COM/MASK

Thank You!

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