How to Make a Cotton Mask With Four Sturdy Cotton Ties:

Overview: The following description provides general direction on how to make a cotton mask with interfacing between the front and back cotton fabric panels for enhanced protection. There are two options for ties; one is for four fixed ties at each of the mask's four corners that tie behind one's head and the other is for two elastic ear loops. Both works equally well, though a material that can be effectively washed in an industrial washing machine is essential. You may also make ties from the cotton fabric itself. These instructions are based on the following video and were slightly modified for the four sturdy cotton ties rather than the two elastic loops.
https://www.youtube.com/watch?v=9tBg0Os5FWQ&feature=youtu.be

Required Materials:

- 100% cotton fabric (preshrunk tightly woven cotton works best such as that used for quilting, shirting, etc.)
- Interfacing material
- Iron and ironing board (or surface to safely iron on)
- Sewing pins
- Scissors or means to cut through fabric (rotary cutter, etc.)
- Sturdy cotton ribbon or self-fabric (approximately ¼" to 3/8" works well) or ¼" to 3/8" elastic*
    - Any materials used for the ties or loops must be able to hold up to industrial washing machines to be safely laundered.
    - *Please note the below instructions are for ribbon ties, but elastic works equally well and instructions for elastic can be found in the following video: https://www.youtube.com/watch?v=VgHrnS6n4iA&feature=emb_logo
- Marker/Pen/Pencil to mark fabric
- Ruler
- Sewing machine
- Thread

Worth Noting Prior to Starting:

- There are numerous resources online to show how to create these cotton masks. Sizes vary and materials vary depending on the method/video (ex: sturdy cotton ribbon ties vs. elastic loops, 6" x 9" cotton rectangles vs. 7" x 9" cotton rectangles, etc.). The "Directions" below utilize 7" x 9" rectangular cotton squares and sturdy cotton ribbon ties, but any of the following resources or methods should suffice.
- All materials used in the masks need to withstand industrial washing and drying machines so ensure all materials are sturdy cotton or elastic and preshrunk fabrics are best.
    - https://www.youtube.com/watch?v=VgHrnS6n4iA&feature=emb_logo
    - https://www.youtube.com/watch?v=9tBg0Os5FWQ&feature=youtu.be

- https://www.deaconess.com/How-to-make-a-Face-Mask/Documents-Mask/Mask-Information

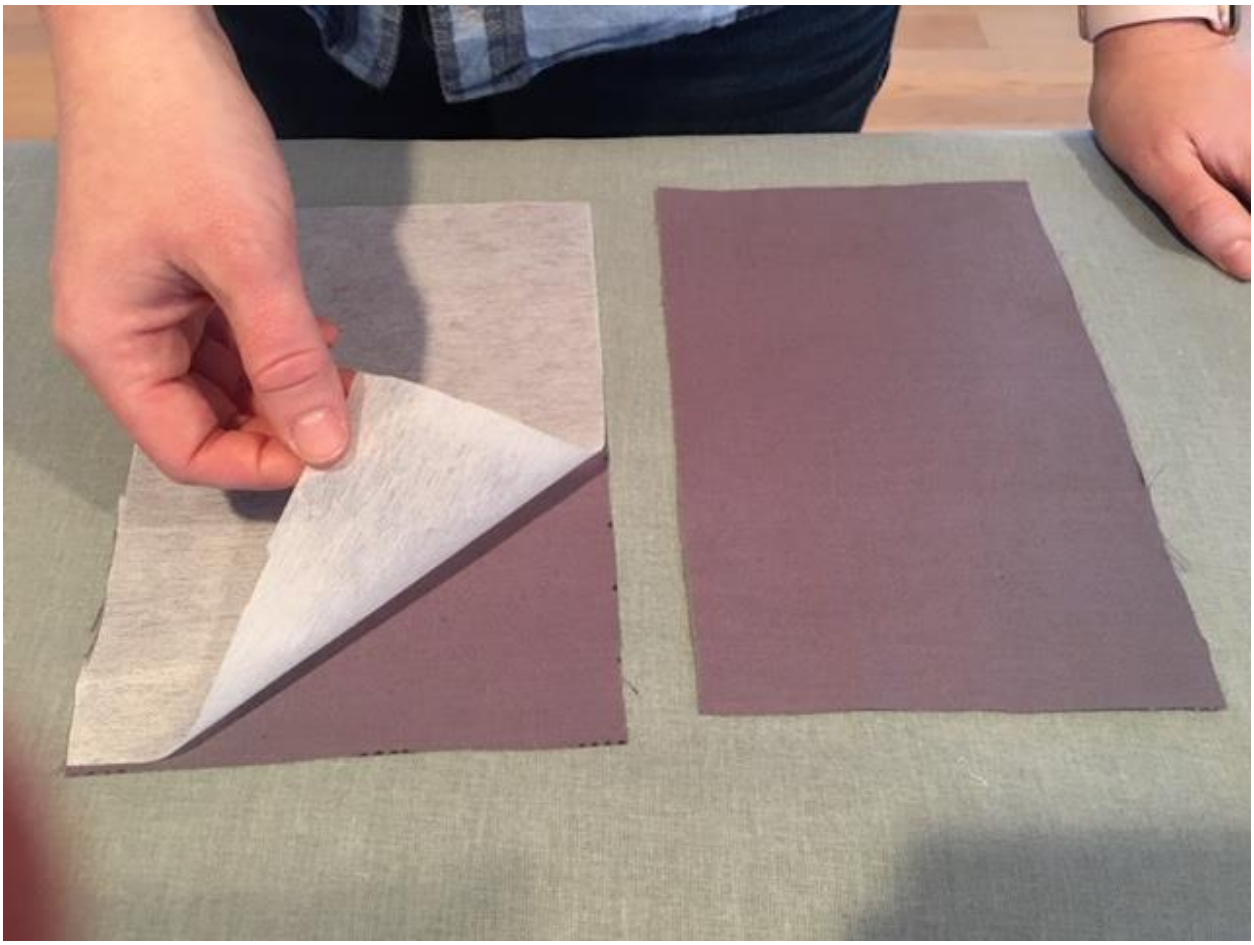
Directions:

Step 1: Cut two equal sized pieces of 7” x 9” rectangles of 100% cotton fabric. Preshrunk cotton (quilting cotton, shirting cotton, etc.) works best and will allow the masks to be safely laundered and reused without shrinking occurring.

Step 2: Cut equivalent sized rectangular 7” x 9” interfacing.

Step 3: Iron cotton fabric rectangles so fabric lays flat.

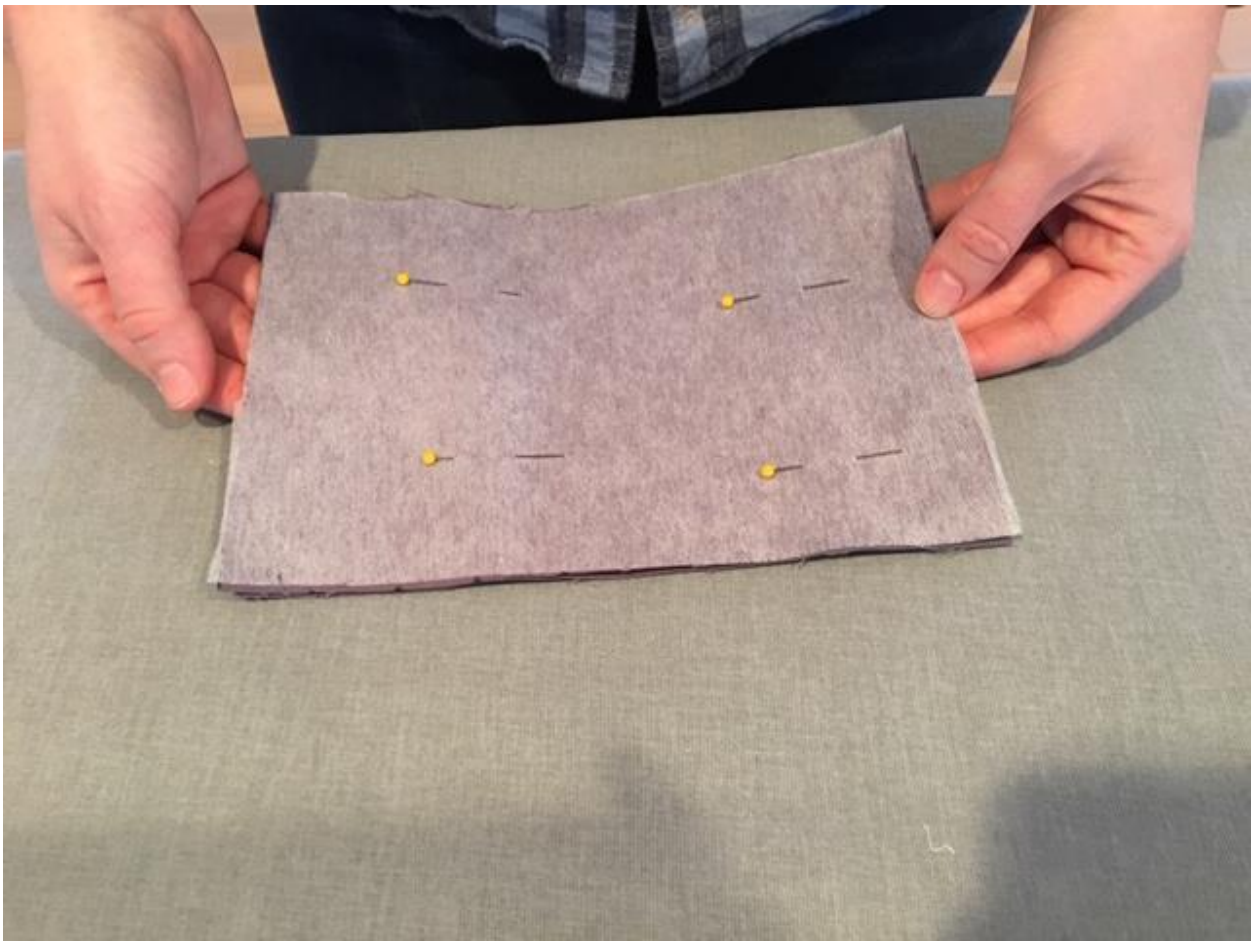
Step 4: The rough side of the interfacing (white fabric) should be placed facedown onto 7” x 9” rectangle of fabric. *It is important the interfacing is facedown prior to ironing so that the interfacing does not stick/adhere to the iron during this step*.



Step 5: Iron interfacing (white fabric) onto one of the 7” x 9” rectangles of cotton fabric until it is adhered to the cotton fabric.

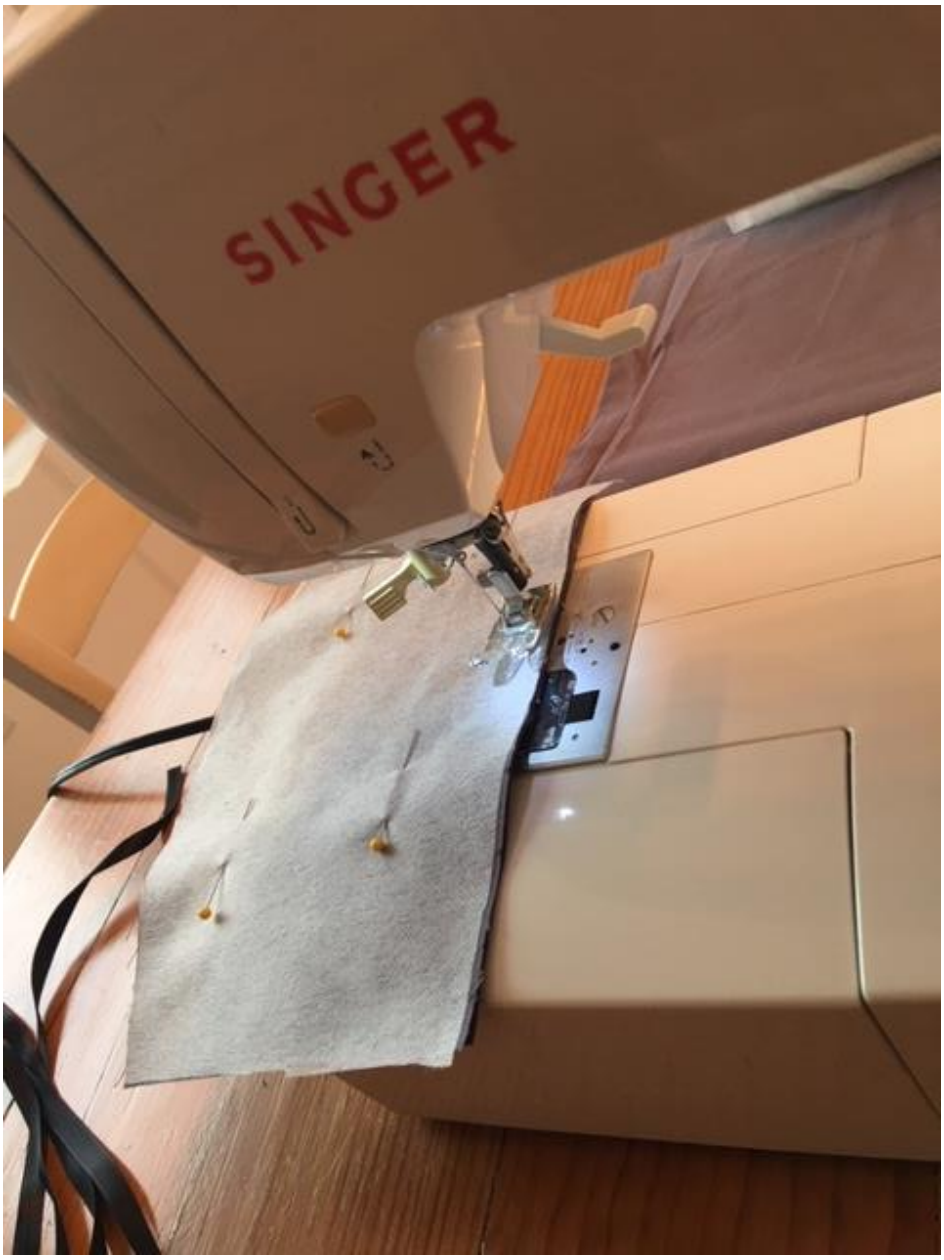
Step 6: Begin pinning the two 7” x 9” rectangles of fabric together, taking care to line them up well. The white interfacing should remain on the top.

Step 7: This is the completed pinning of the two pieces of fabric taking care to line them up well.

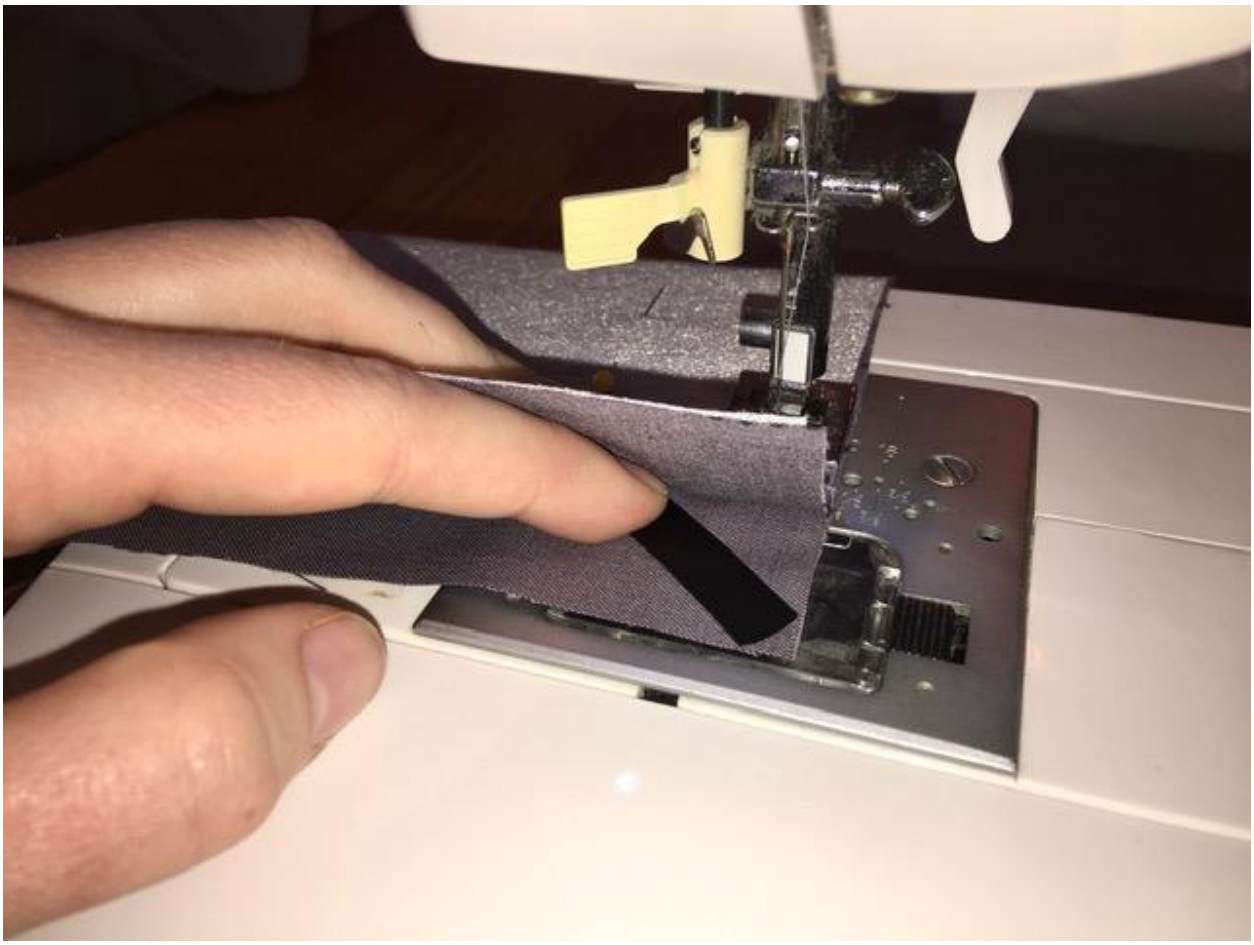


Step 8: If using cotton ties* for the ties on your mask (*cotton ties or elastic both works fine and can be used for mask making. If using elastic, two lengths of 7” of either ¼” or 3/8” elastic should be used and refer to the following video to complete mask making with elastic: https://www.youtube.com/watch?v=VgHrnS6n4iA&feature=emb_logo. If you are using self-fabric [the same fabric that the mask itself is made of] you can follow these instructions to produce them: Self Fabric Strap Instructions.docx), measure and cut four lengths at 17” to sew onto masks.

Step 9: Start sewing around the perimeter of the mask, **beginning at approximately the halfway point** starting on a 9” (longer) side. ENSURE YOU LEAVE AN APPROXIMATELY 3” - 4” OPENING on the starting side as you will need this to flip the mask right side out before completing the sewing around the entire perimeter.



Step 10: Stop sewing before hitting the corner of the 7” x 9” rectangle on the longer 9” side. Separate the fabric pieces apart by lifting the top piece and carefully place one 17” length of precut cotton string along the corner. Repeat this step at each of the four corners of the mask, being careful not to sew the free sides of the string. *ENSURE YOU LEAVE AN APPROXIMATELY 3”-4” OPENING on the starting side as you will need this to flip the mask inside out before completing the sewing around the entire perimeter.*



Step 11: Once all four corners are completed, turn the mask inside out through the approximately 3” – 4” opening on the original longer 9” side of the rectangle that you left unsewn (see steps 9 & 10 above).

Step 12: Once mask is flipped inside out to the correct side of the mask (interfacing is now completely hidden), iron mask one final time to flatten out and complete final sewing around the perimeter of the mask.

Step 13: Create pleats in the mask by making ~1/2” folds in the mask and pinning them to hold the pleats prior to sewing.

Step 14: With the pins in place to hold the pleats, transition mask to sewing machine and carefully sew the two shorter 7” sides of the rectangle to secure the pleats permanently. Take care to not sew over the pins in the process.

Step 15: Complete sewing on both shorter 7” sides of the mask to permanently secure the pleats.

Step 16: Once sewing of two shorter 7” sides is complete and pleats are permanently set, sew around the entire perimeter of the mask to close off remaining unstitched areas of the mask (i.e. 3” - 4” opening from steps 9 & 10). Once complete, remove all pins from the mask. You have now completed your mask!

The final mask should look like this: