



Easy Pleated Masks – with pocket for a filter sheet

After reading the instructions for a pocket mask online, I modified the pattern to make it easier for kids/youth to sew in fewer steps. We're using two pieces of fabric instead of three; and making a "small pillow case" instead of a pocket pillow. This makes folding and sewing the pleats less bulky and easier to sew. The "filter sheet" will be put into the mask from the top opening. (Optional Filters: the most available substitute that I've heard about is using unscented baby wipes. Let them sit out to dry for a couple hours; then insert a sheet into the mask to help capture any small particles that may pass through the cotton fabric.) After wearing the mask out in public, dispose of the filter sheet and wash/dry the fabric mask before wearing it again.



1. Cut two layers of cotton fabric: colorful print for the outside and a plain/muslin for the inside.

Sizes: Larger mask – 9" x 7.5" Medium 8" x 7.5" Small 7" x 7.5"

2. Using your iron, turn 3/8 inch - press on edge (on 9" side) and top stitch. (I like to cut out and sew several masks at one time in an assembly line process to save time and thread.)



- Put the right sides of fabrics together, sew $\frac{1}{4}$ inch seam almost all around, leaving the top of the mask open where the two pieces have a narrow hen.



- Turn the square right sides out, gently pushing out the corners and side seams, press. Then top stitch around the three sides – again leaving the top open.



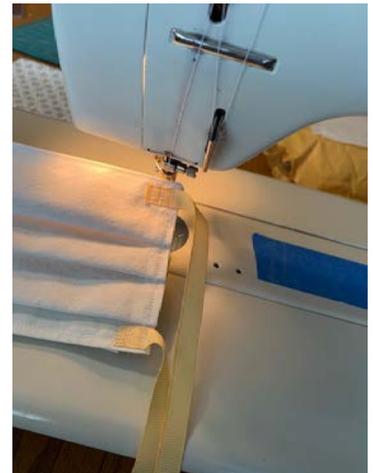
- Using a seam guide and iron, measure and press in 3 pleats, evenly spaced. Start the first pleat about 1.25 inches from the top edge and press a fold. Measure down 1 inch from there, and bring the first fold down to that mark and pin in place. Skip down about $\frac{1}{4}$ inch and make another fold, measure down 1 inch and bring the fold down to that line, pin in place. Do this one more time. You want your mask sides to be about 3.5 inches or less after the pleats.

6. Top stitch the pleats in place along each side.
- 7.



Ties or Elastic

8. Ties – using bias tape or gros-grain ribbon to make ties, cut 4 ties, each about 16 inches long. You may want to fold, press and stitch the bias tape to make it more secure as a tie. Sew one tie to each corner – placing it on the back/underneath side of the corner. Zigzag or double stitch the ties in place.



9. OR Elastic ear pieces – cut two 7 inch pieces of $\frac{1}{4}$ inch elastic. Sew the elastic pieces on each side corners – making a loop on each side of the mask to hook behind ears. (Elastic not recommended for mask that will be bleached/sanitized.)



Special thanks to my sister, Mona for helping me sew dozens of masks this week!!

Gisele Jefferson

Family & Consumer Science/4-H Youth Development

Colorado State University Extension

Golden Plains Area

181 Birch Avenue

Akron, CO 80720

970.345.2287

Gisele.jefferson@colostate.edu

4/4/2020