

Karen's Model - Adult and Child Size

*Pleated face mask with filter pocket, nose piece, and channels for ties.
Includes Karen's Model Ironing Guide for both sizes.*

ADULT SIZE: 3" X 9.5"

CHILD SIZE: 3" X 8"



Follow measurements only

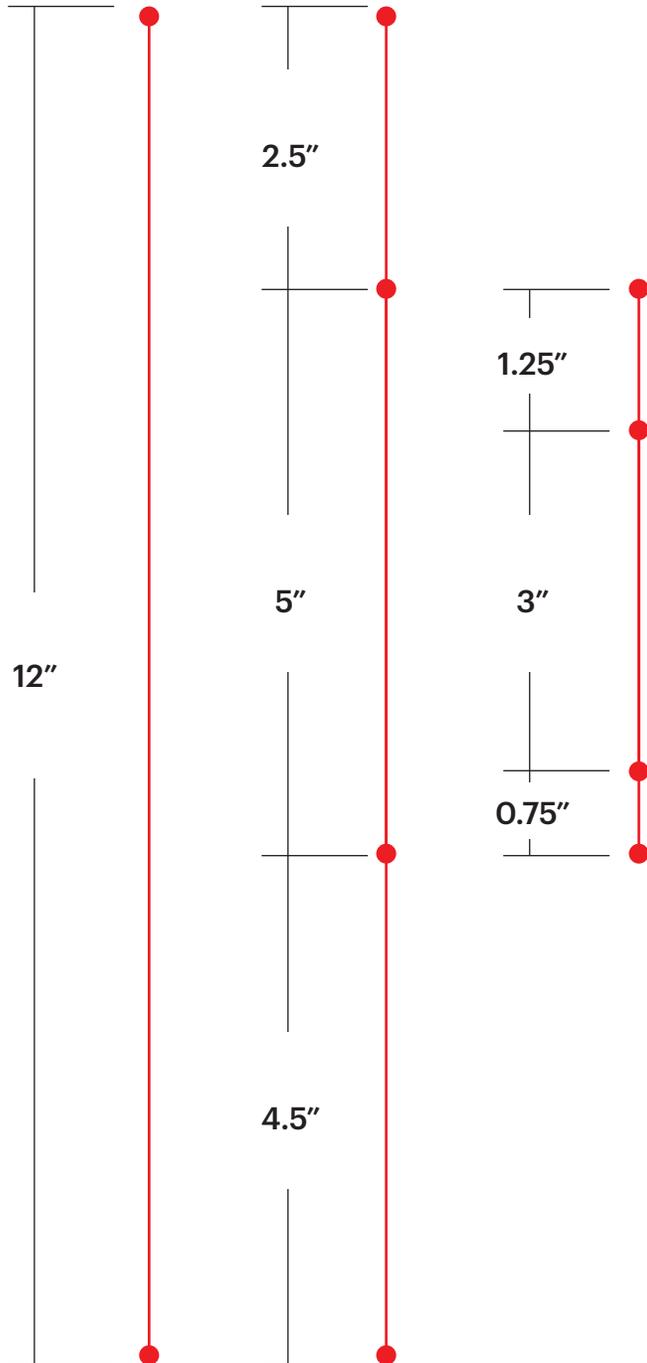
Printed Paper Not to Scale

Karen's Ironing Guide

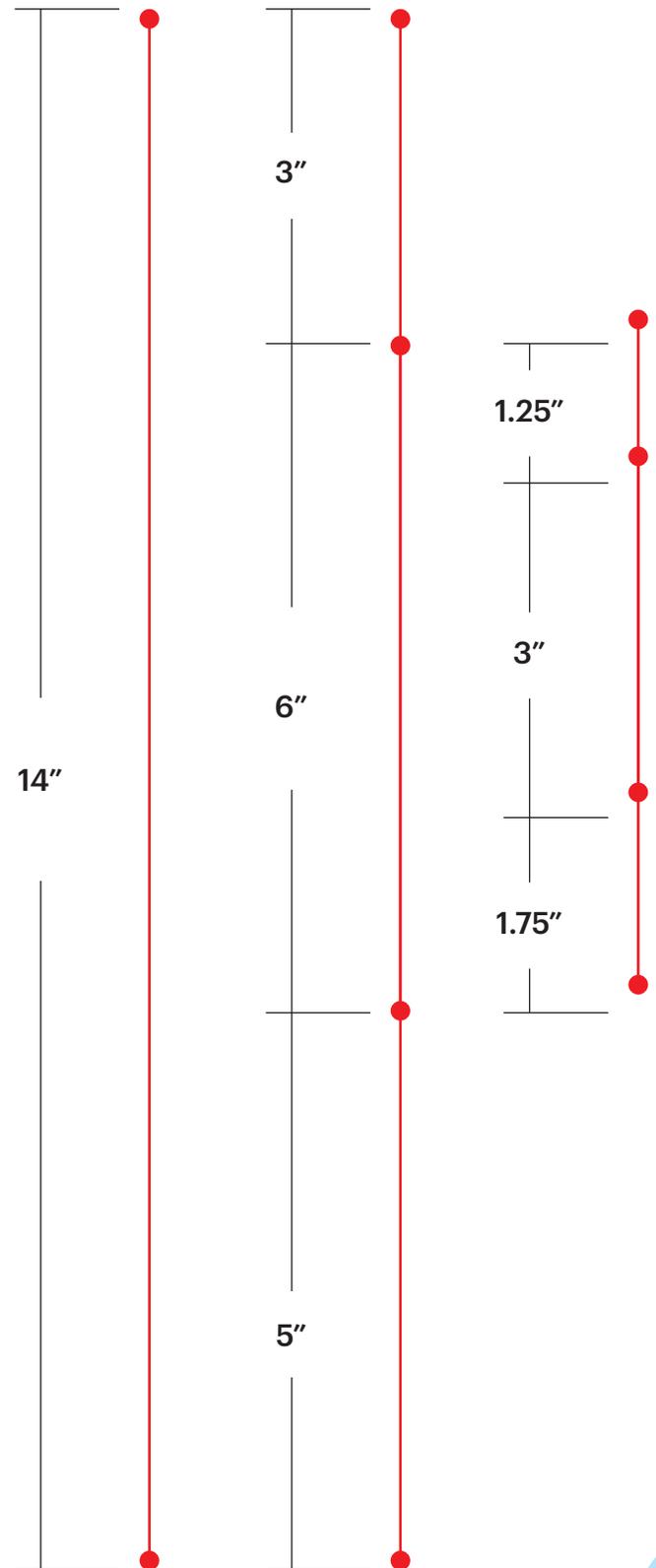
You can mark your ironing surface with chalk, pins or tape.

Once you have it measured out once, no need to measure again. Just use the lines as guides.

Child Size



Adult Size





MATERIALS

- 100% Cotton tightly woven fabric, i.e., quilter's cotton or cotton bedsheets with high thread count. Re: tightly woven: Hold the fabric up to the light. The light should not pass through easily. Please avoid polyester / less breathable fabrics / worn fabric. Fabric should ideally be new or barely used, with little to no stretch.

Fabric must be laundered in HOT water prior to sewing.

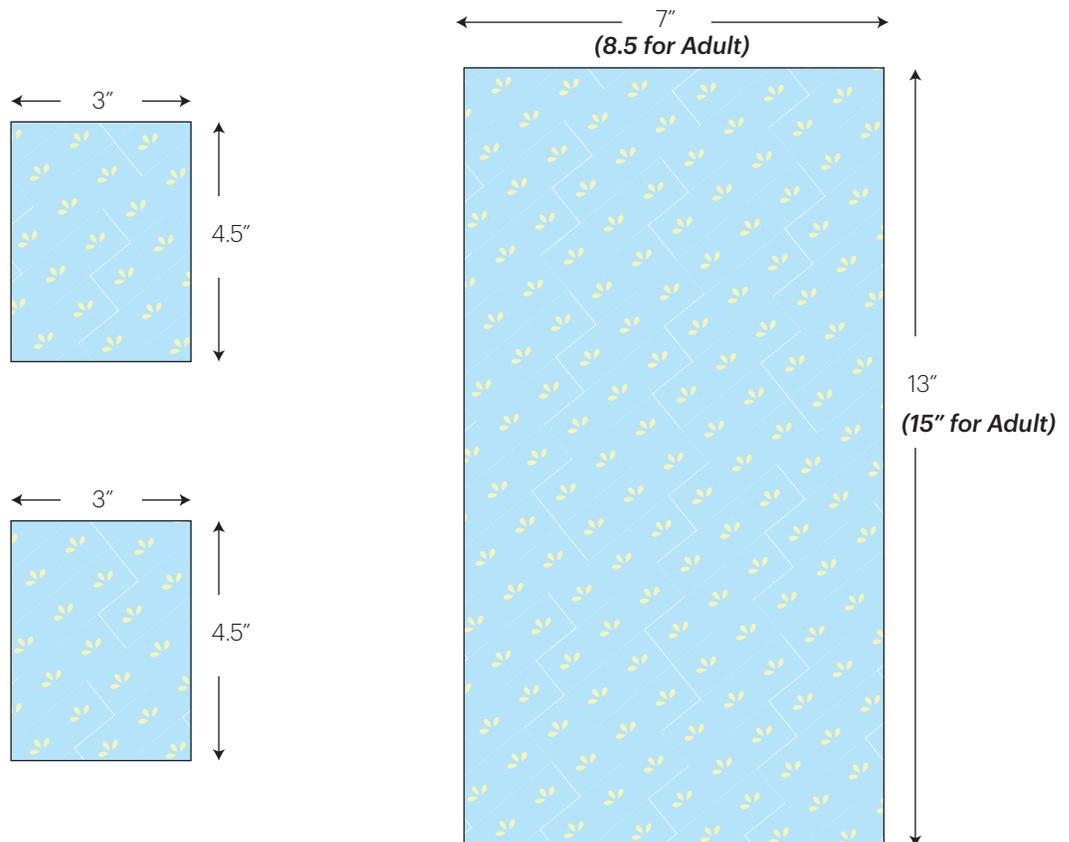
- All purpose thread. Ruler
- Scissor/rotary cutter.
- Twistee Wire: 5" for child / 6.5" for adult for optional nose piece.
- Ties: one 45" long tie, OR two pieces of elastic cut at least 8" long, OR two 36" long ties. (Pg 9).
- Karen's Ironing Guide (pg 2).
- Pressing surface on which you can draw a template, such as a pressing cloth, ironing board, etc

INSTRUCTIONS

- SETUP:** Create an Ironing Template by transferring measurements from Karen's Ironing Guide to your pressing surface using tape, pins or tailor's chalk.

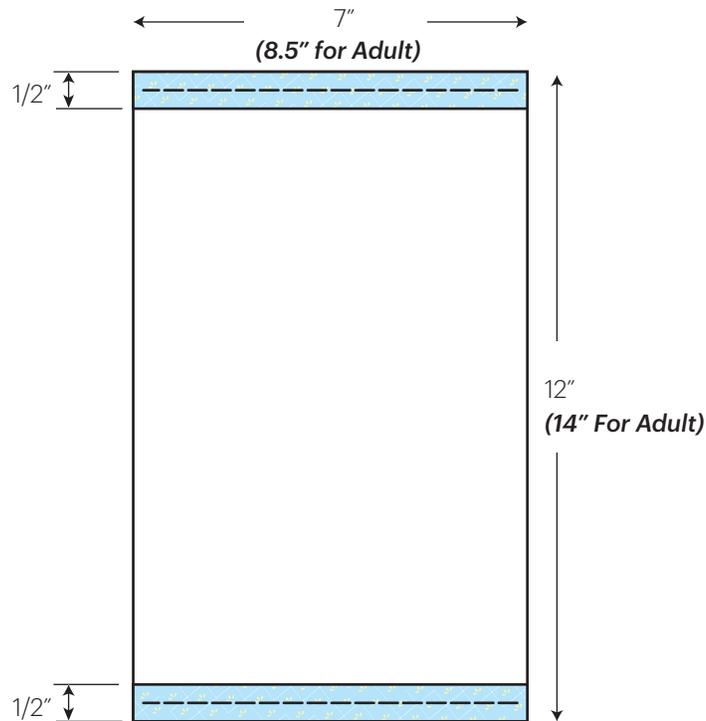
Please note, the guide is not to scale - use a ruler when marking your template.

- Cut one rectangle 7" wide and 13" tall for Child's model (**8.5" by 15" for Adult model**).
Cut two rectangles for side casings, 3" wide and 4.5" tall (same for both child and adult models).

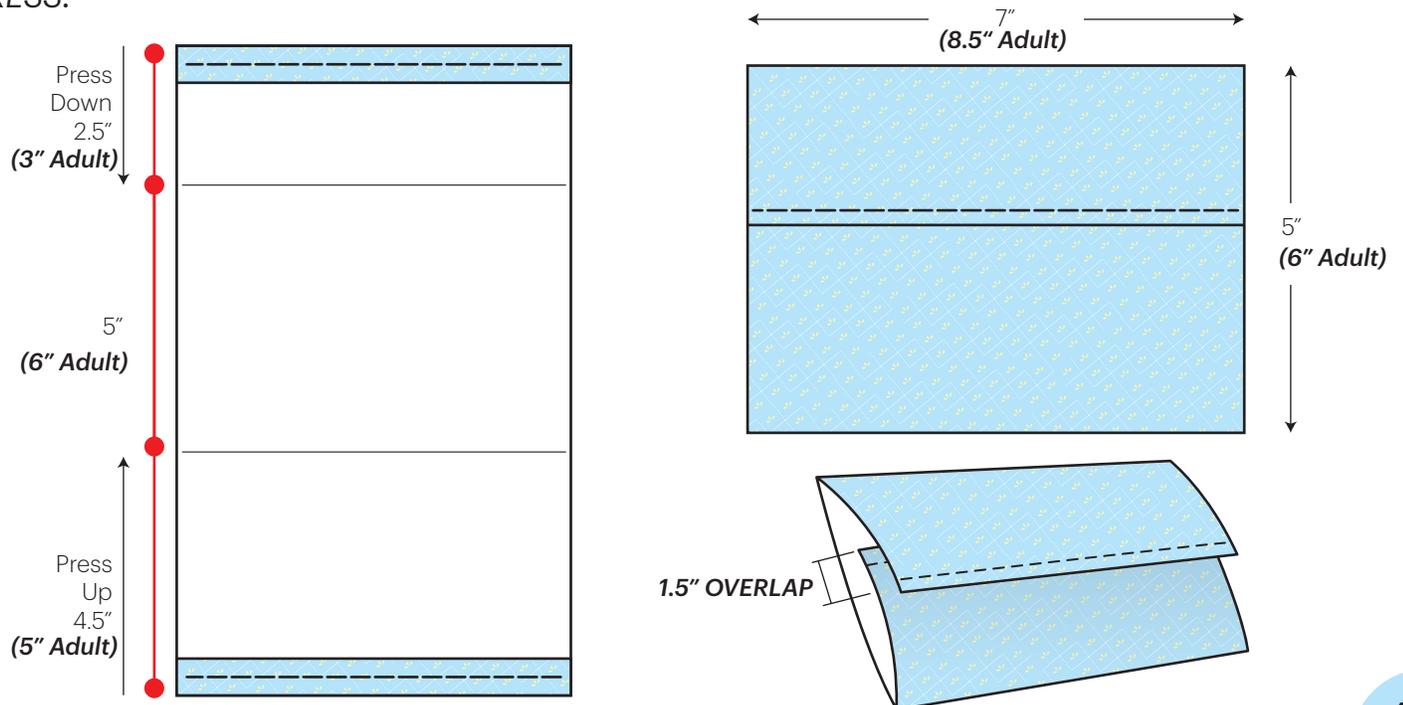


Karen's Model

3. With wrong side facing you, hem the two shorter ends with a double 1/4" fold.
The hems will reduce the original height by a total of 1" , i.e., 1/2" on the top and 1/2" on the bottom.



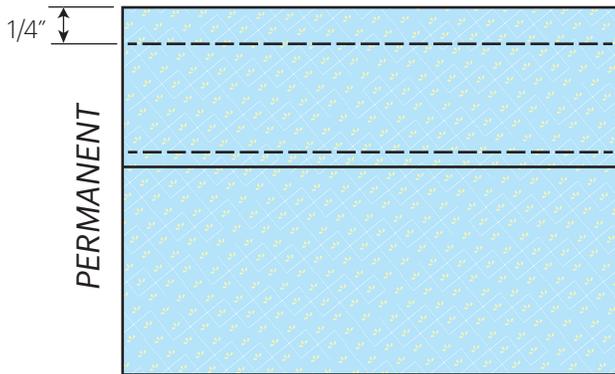
4. Position hemmed piece next to your template with top and bottom aligned with the first and last markings of your template. Lay fabric with wrong side up. Fold bottom edge up 4.5" (**5" Adult**). Fold top edge down 2.5" (**3" Adult**). The edges will now overlap by 1.5". Finished dimensions will be 7" (**8.5" Adult**) wide by 5" (**6" Adult**) tall. **MAKE SURE THE TOP EDGE OVERLAPS THE BOTTOM EDGE. PRESS.**



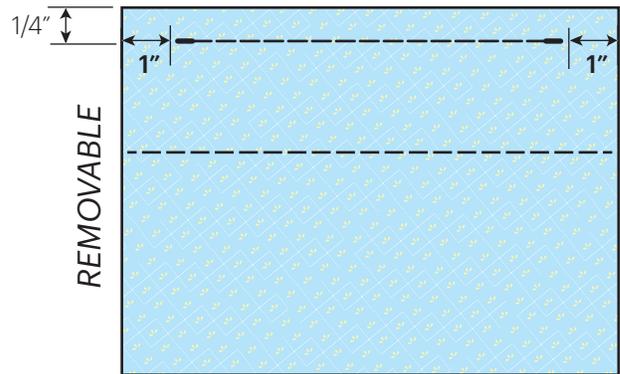
Karen's Model

5. **OPTIONAL NOSE PIECE:** Sew a 1/4" seam parallel to the top of the mask to make a channel. The length will depend on if you want a permanent nose piece or a removable one.

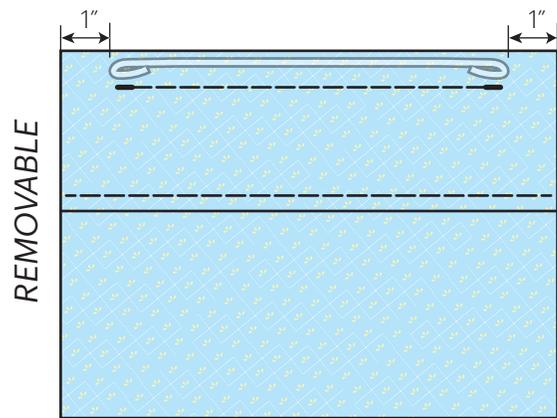
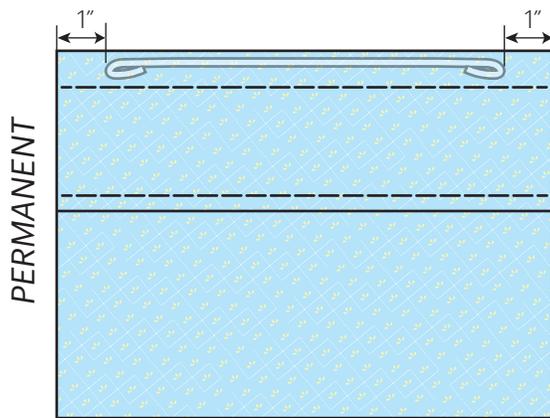
For the Permanent Nose Piece, sew from edge to edge.



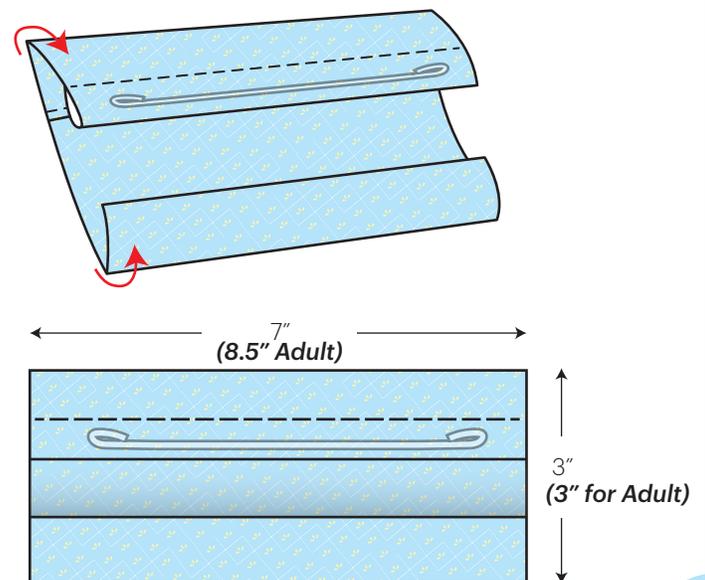
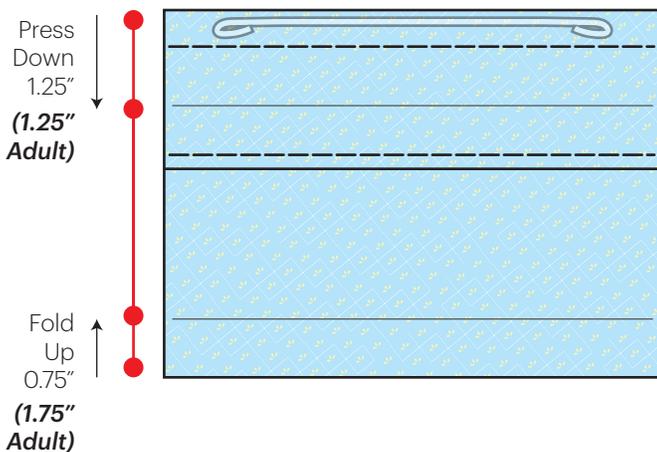
For a Removable Nose Piece, stop 1" from each edge. Backstitch to secure.



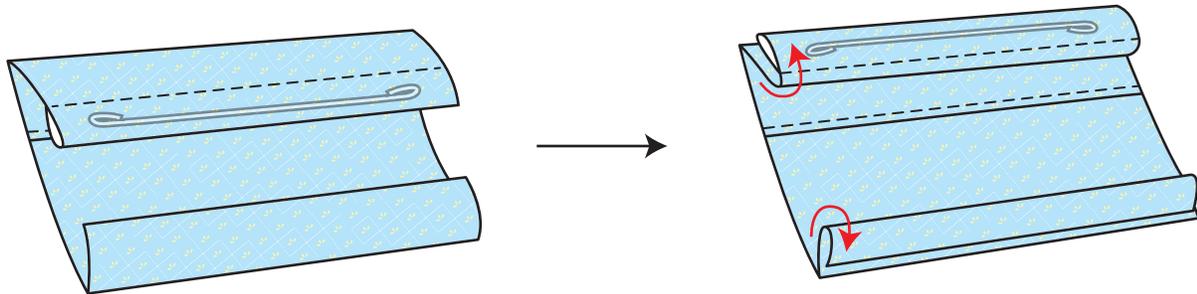
6. **OPTIONAL NOSE PIECE (CONTINUED):** Insert a 5" (6.5" for Adult) Twistee Wire center of channel. Curl the ends of the wire so they will not poke the wearer. Make sure wire is placed so its ends are at least 1" from the right and left edges of the mask.



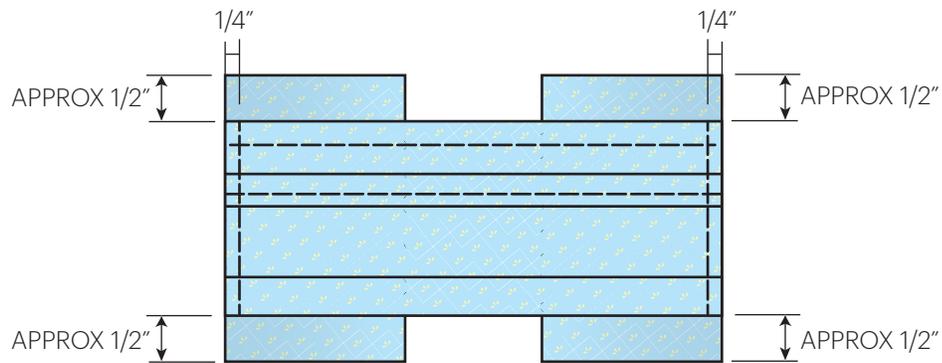
7. Place the mask, pocket side up, back onto your ironing template. Align it between the 2nd and 5th marks from the top. Using the middle two marks as a guide, first fold the top down towards the center and the bottom up towards the center. PRESS. Finished dimensions will be 7" (8.5" Adult) wide by 3" (3" Adult) tall.



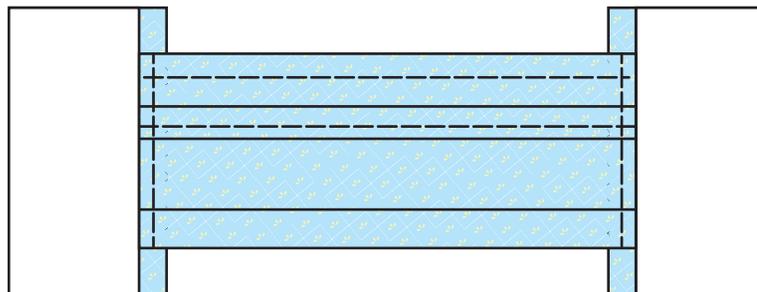
8. Take the sections you just folded. Take the top edge and bring it up towards the top of the mask. Take the bottom edge and bring it down towards the bottom of the mask.
The mask should not change in height - it should remain 3" tall. PRESS.



9. **MAKE SIDE CASINGS FOR TUNNEL:** Take a small rectangle and place it right side up. Align its right edge against the right edge of the front of the mask, vertically centering it so there is approximately 1/2" inch overhang on top and bottom.
NOTE: the back side of the mask will be facing you.
Sew 1/4" inch seam at the right edge. Repeat with the second flap for the left side.



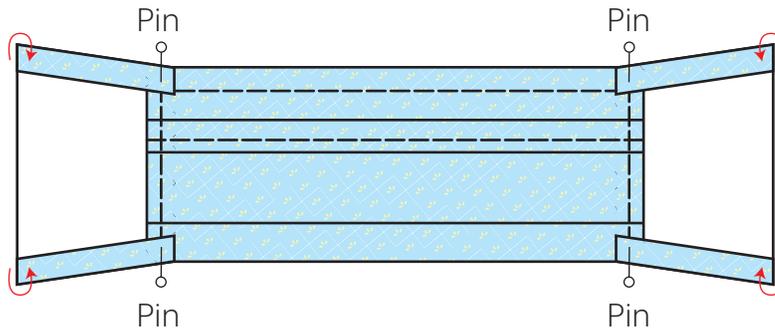
10. Open casings. With the wrong sides facing you, PRESS.



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11. Fold down the top and bottom of the casings towards the center, with the fold flush with the top and bottom of the mask.

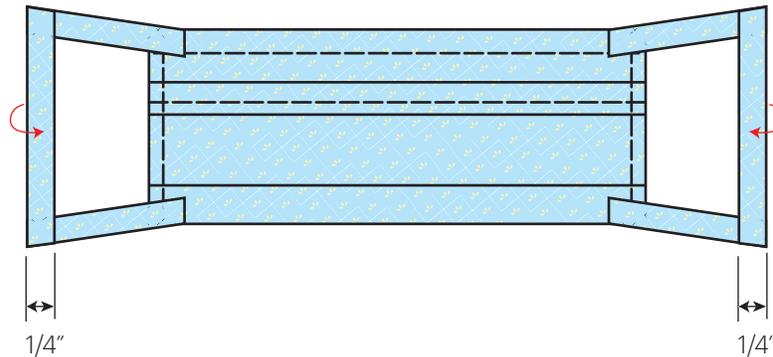
NOTE: Step 12 will actually be easier if this fold is slightly slanted, so feel free to have the turn down at the non-pinned end closer to 1/2". PRESS or finger press.



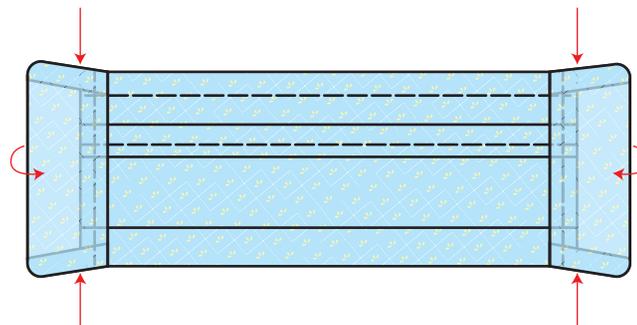
CLOSE UP VIEW



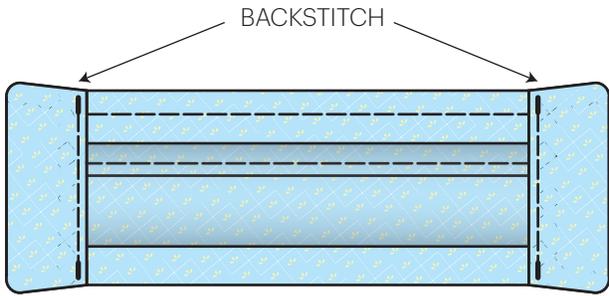
12. Fold over the right and left casings in towards the center 1/4". PRESS or finger press.



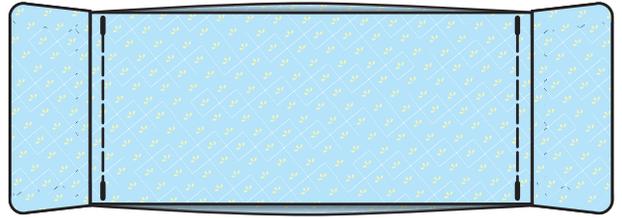
13. Fold the flaps toward the center, placing folded edge just past the seam line from Step 9.



14. With the back of the mask facing up, stitch down the folded side casings. Backstitch beginning and end of stitching line.



BACK VIEW



FRONT VIEW

FINAL PRODUCT

FRONT VIEW



BACK VIEW

- POCKET FOR FILTER
- PLEATS
- NOSE PIECE



TUNNEL

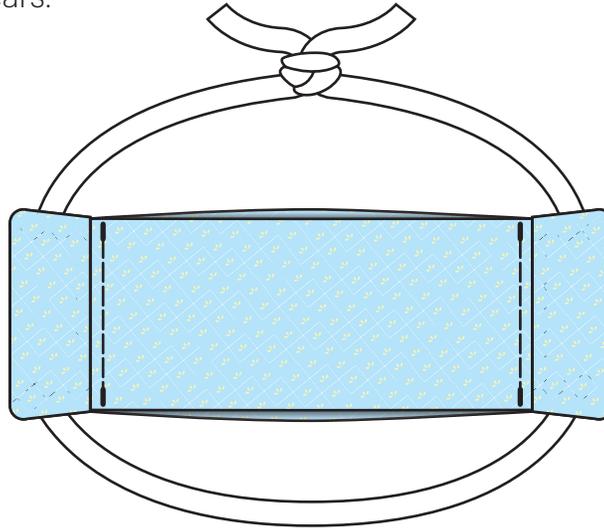
- REMOVABLE TIES



TIE OPTIONS

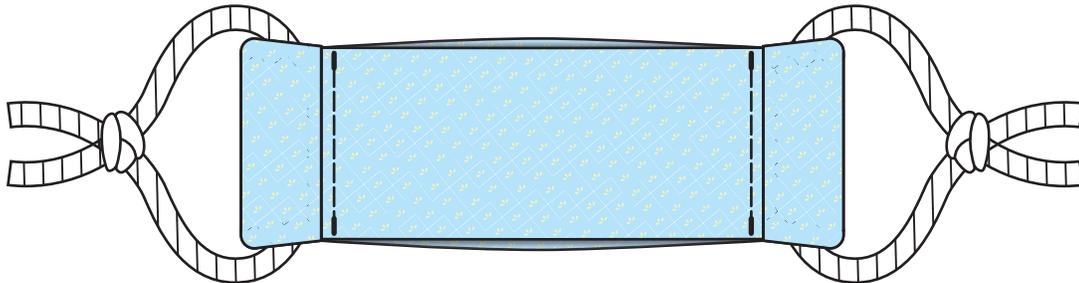
Option 1:

Thread one 45" long tie from top of one side down and then up from other side to the top for placing over the neck and tie around ears.



Option 2:

Cut two pieces of elastic cut at least 8" long. Take a 8" piece of thin elastic and feed it through the channels on the right. Tie a knot to adjust for fit without gaps. Repeat on left side.



Option 3:

Cut two 36" long ties. Take one 36" long tie and feed it through the channels on the right. Tie a knot to adjust for fit without gaps. Repeat on left side.

