

This mask is a modified version of the A.B. Mask - for Nurse by a Nurse by Jessica Nandino

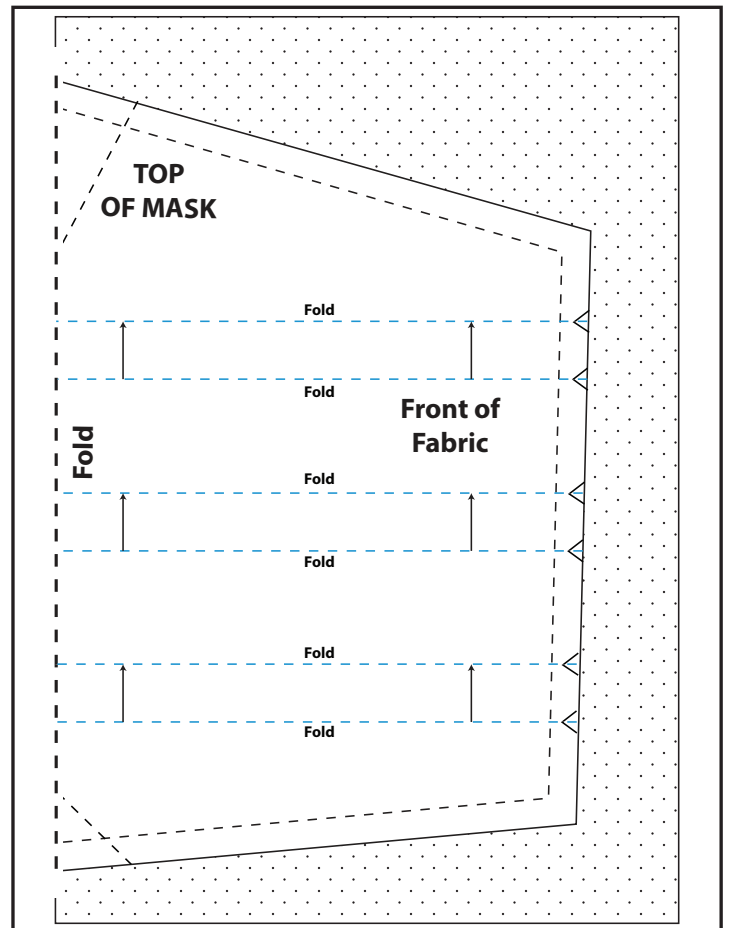
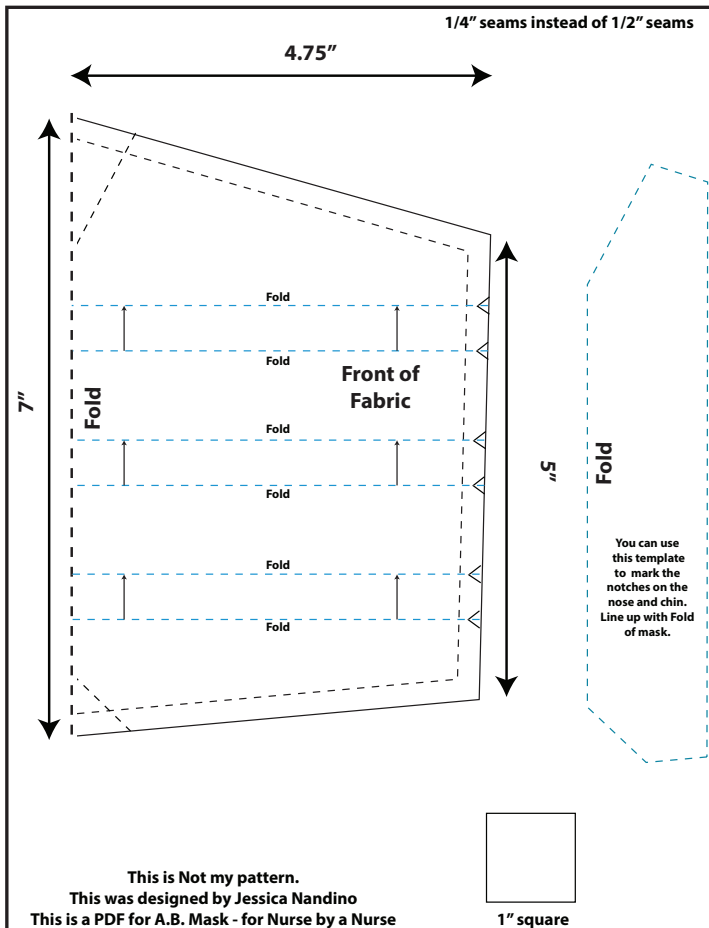
Materials:

11" x 8" piece of main fabric folded in half so it measures 5½" x 8"

11" x 8" piece of lining fabric folded in half so it measures 5½" x 8"

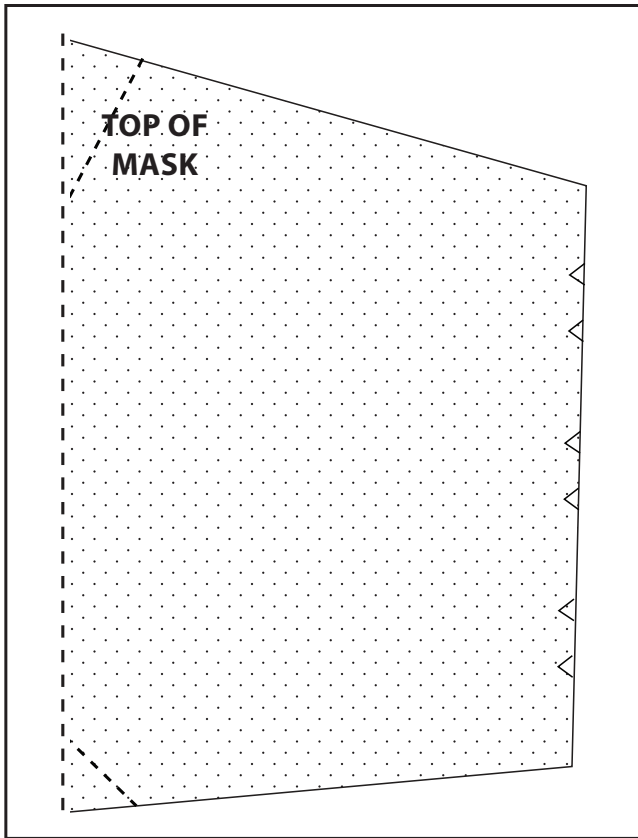
2, 1½" x WOF strips for ties or double fold bias tape (one package makes two masks)

PDF template

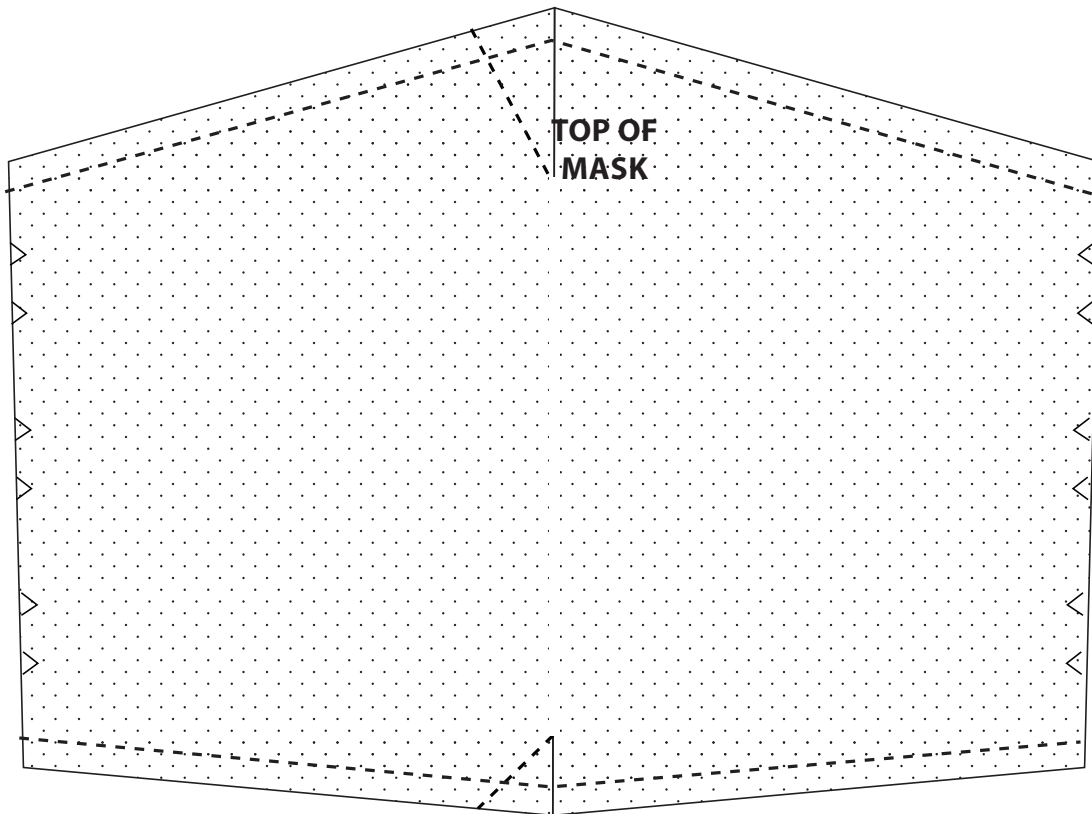


1. Cut out both templates. I traced mine onto template plastic and used the templates to trace masks onto fabric. Make sure to cut out the little notches.

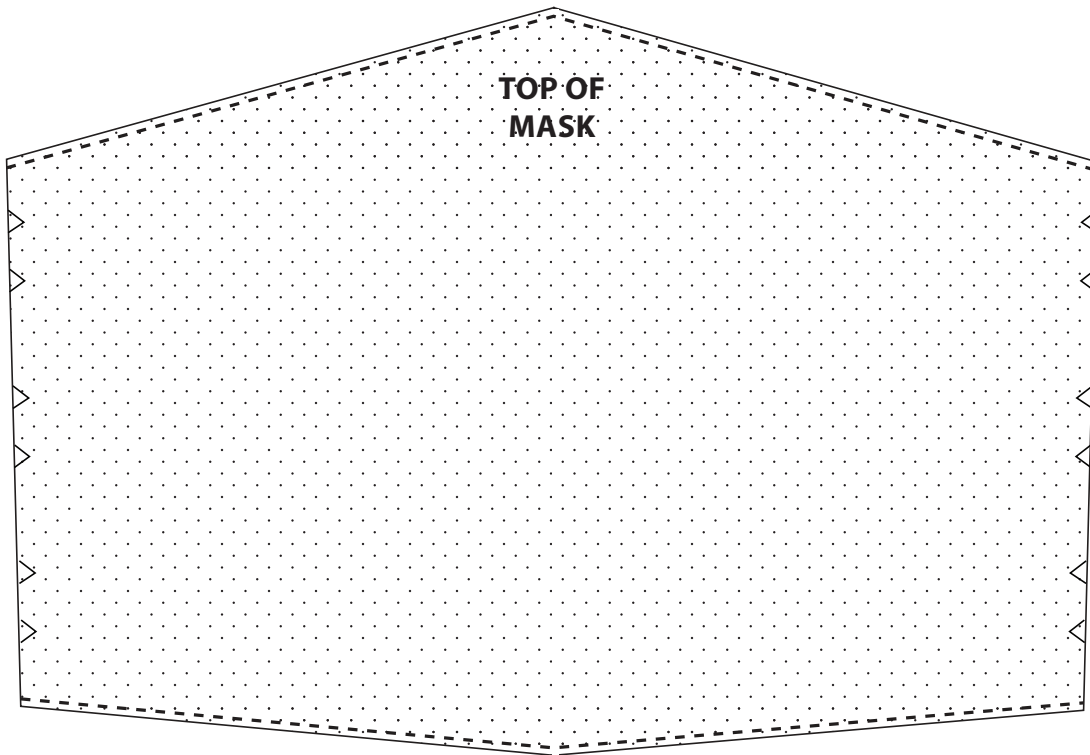
2. Trace the template onto the front of the main fabric and the lining fabric. Cut the mask shapes out - little notches too.



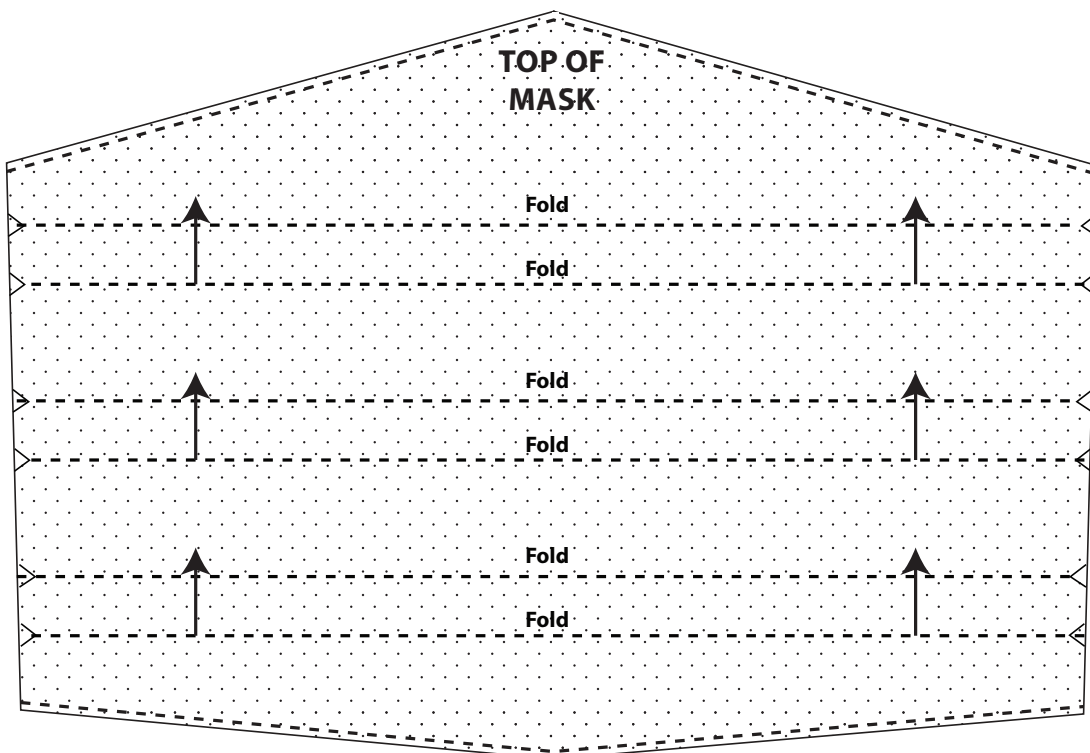
3. Mark the darts on BOTH the main fabric and the lining fabric using the other template you cut out. You only need to mark one side of the dart.
4. Stitch the two darts on both the main fabric and the lining fabric on the wrong side of the fabric.
5. Once stitched, fold the darts to one side on the main fabric and to the other side on the lining fabric. This will keep the seam from being too bulky when you stitch them together in the next step.



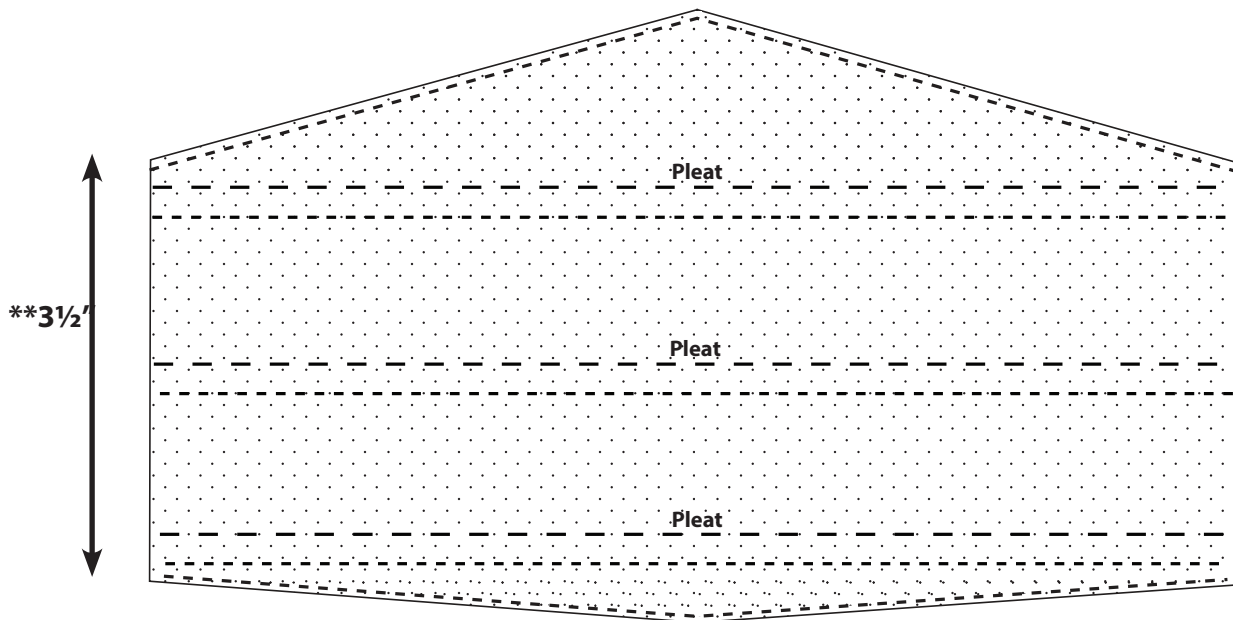
6. Line up the main fabric, right side up, with the lining fabric, right side down. (It is really hard to show that the darts have been stitched but they have!)
7. Stitch the top seam and the bottom seam using a $\frac{1}{4}$ " seam allowance.



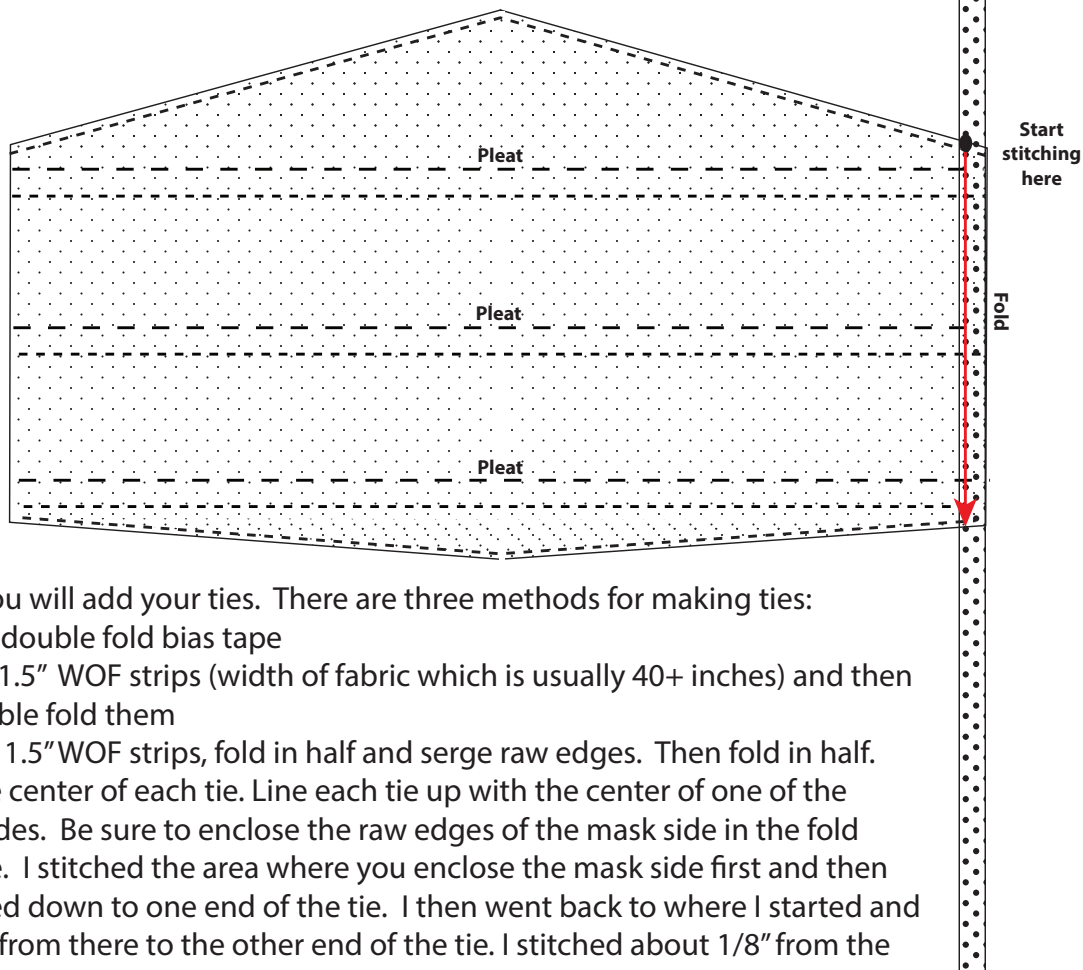
8. Turn the mask right side out and iron. Top stitch the top and the bottom.



9. Fold the bottom line in each set of notches up ****1/4"** past the first folded line to form pleats. You are folding towards the TOP of the mask. Practice with paper first. I printed off an extra copy of the pattern, cut it out and played around till I got it. ****** This will result in a mask that is roughly 3½" in height. THIS may be too big for you - You can always make the pleats wider which will result in a smaller mask.



10. Once pleated, your mask should measure roughly ****3 1/2"** in height. It will all depend on how deep your pleats are. ****See previous step!**



11. Lastly, you will add your ties. There are three methods for making ties:

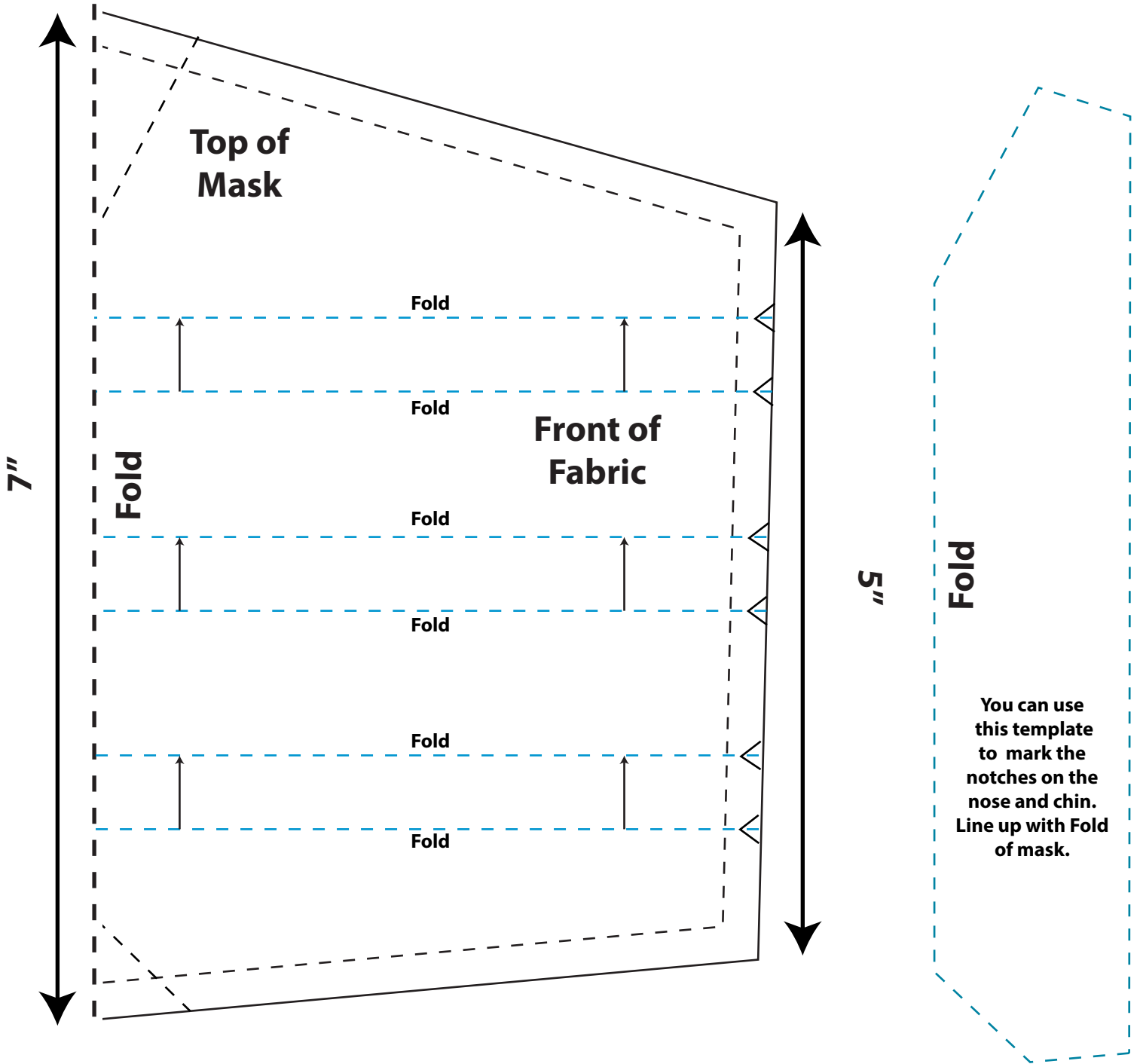
- Buy double fold bias tape
- Cut 1.5" WOF strips (width of fabric which is usually 40+ inches) and then double fold them
- Cut 1.5" WOF strips, fold in half and serge raw edges. Then fold in half.

12. Mark the center of each tie. Line each tie up with the center of one of the masks sides. Be sure to enclose the raw edges of the mask side in the fold of the tie. I stitched the area where you enclose the mask side first and then continued down to one end of the tie. I then went back to where I started and stitched from there to the other end of the tie. I stitched about 1/8" from the edge like top stitching.

13. When you have added both ties, you have finished!

1/4" seams instead of 1/2" seams

4.75"



7"

Top of Mask

Fold

Fold

Front of Fabric

Fold

Fold

Fold

Fold

Fold

5"

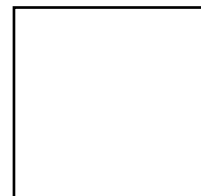
Fold

You can use this template to mark the notches on the nose and chin. Line up with Fold of mask.

This is Not my pattern.

This was designed by Jessica Nandino

This is a PDF for A.B. Mask - for Nurse by a Nurse



1" square