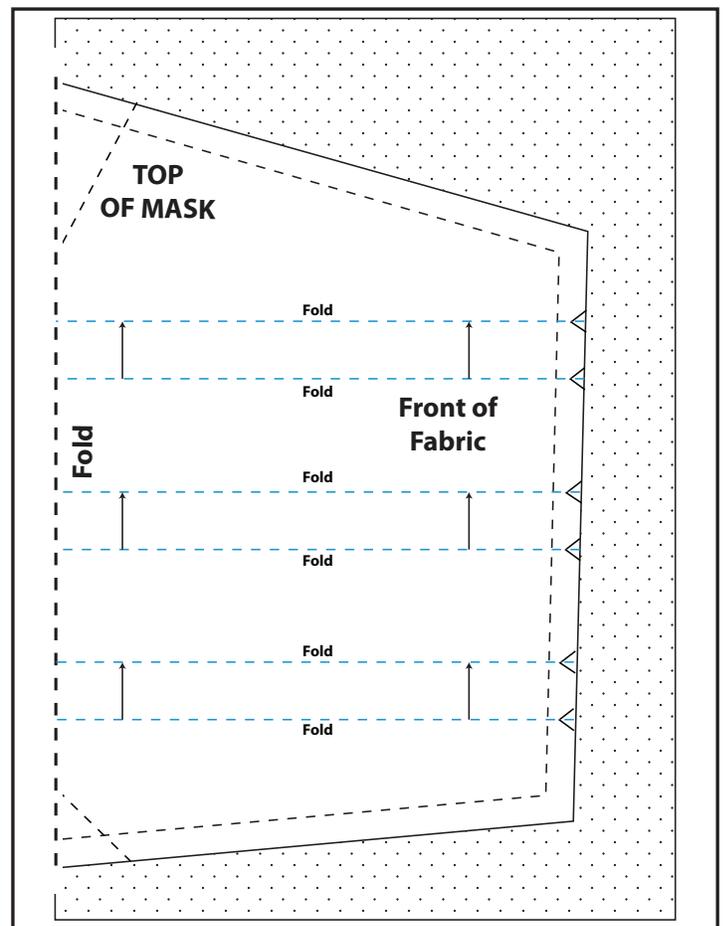
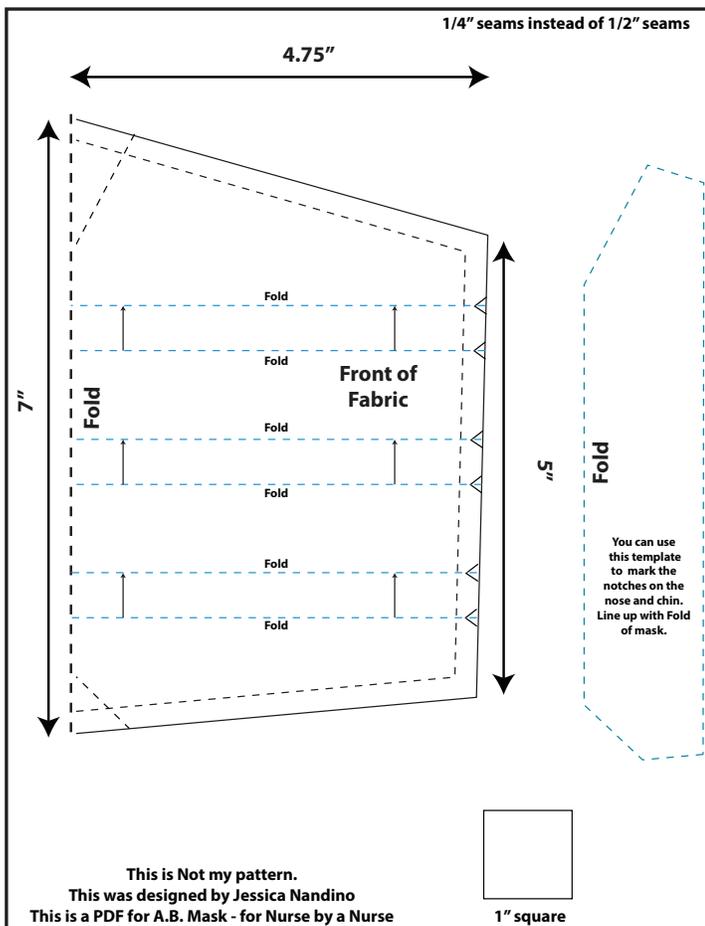


**This mask is a modified version of the A.B. Mask - for Nurse by a Nurse
by Jessica Nandino**

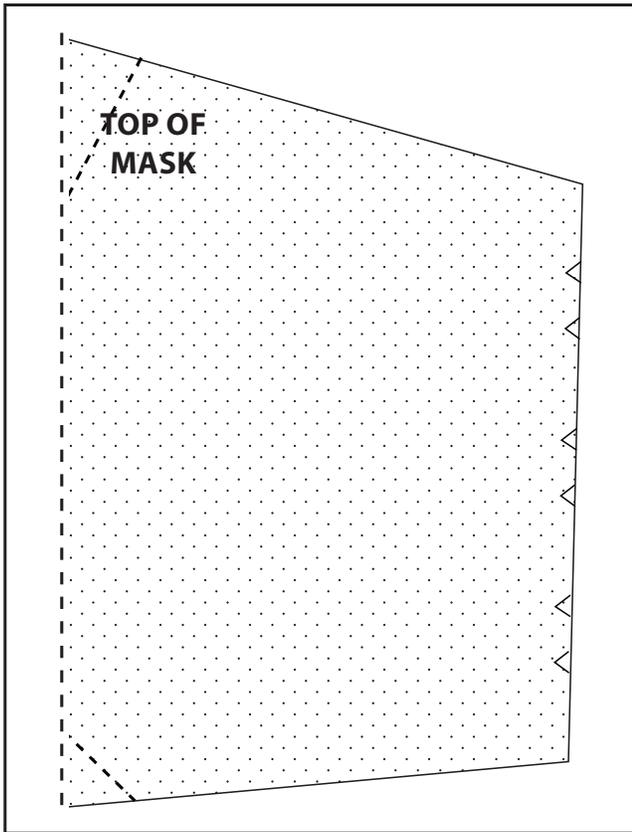
Materials:

- 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, 2½" x 4" strips for tabs
- 1, 6" pipe-cleaner or 7" of 18 gauge wire. Fold in the ends with pliers so they are not sharp.
- 2, 12" pieces of ¼" elastic
- PDF template

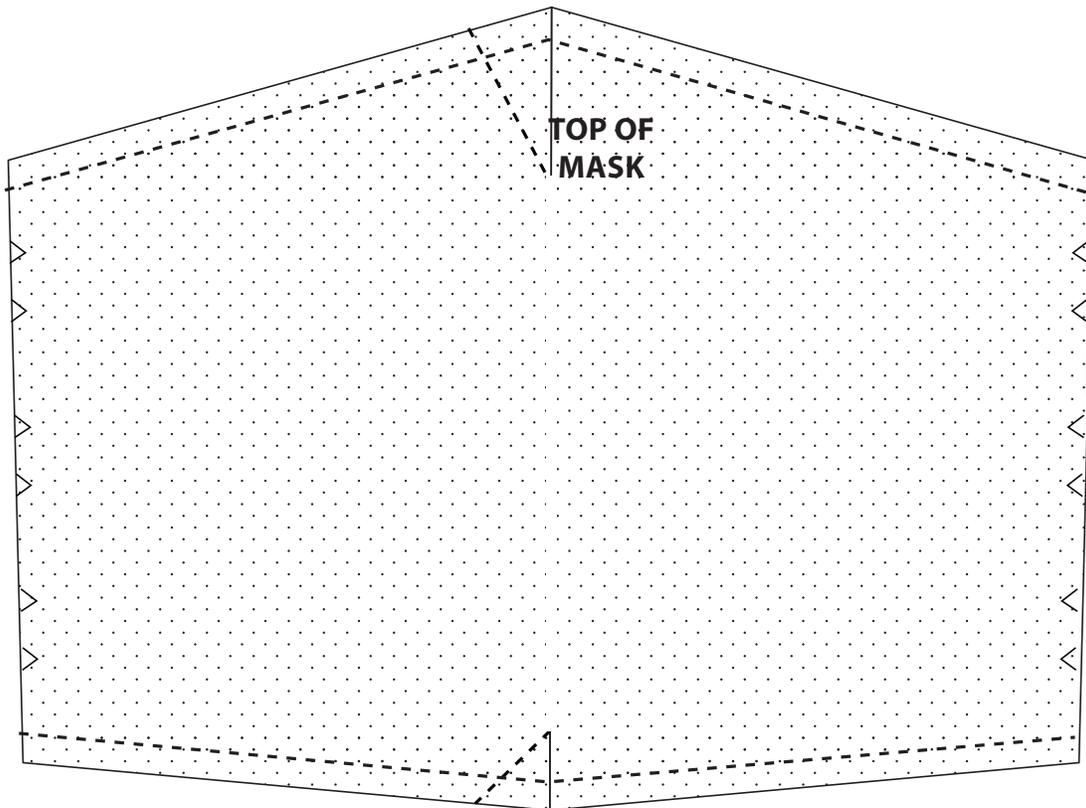


1. Cut out both templates. I traced mine onto template plastic and used the templates to trace masks onto fabric. Make sure to cut out the little notches.

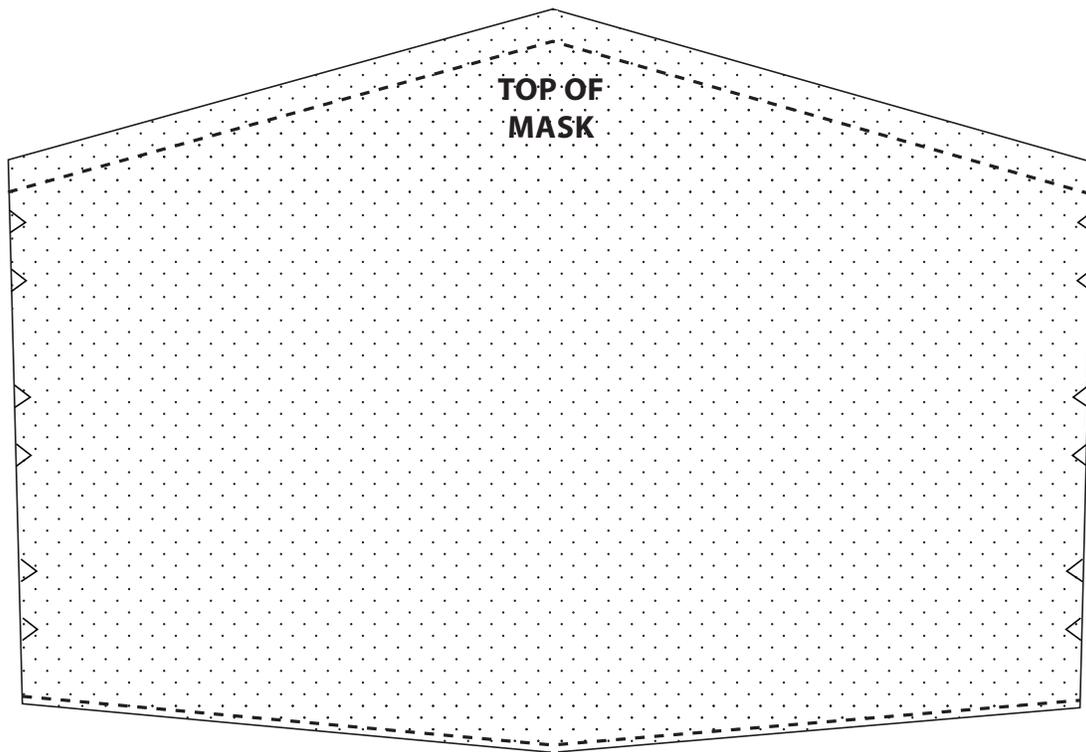
2. Trace the template onto the front of the main fabric and the lining fabric. Cut the mask shapes out - little notches too.



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.

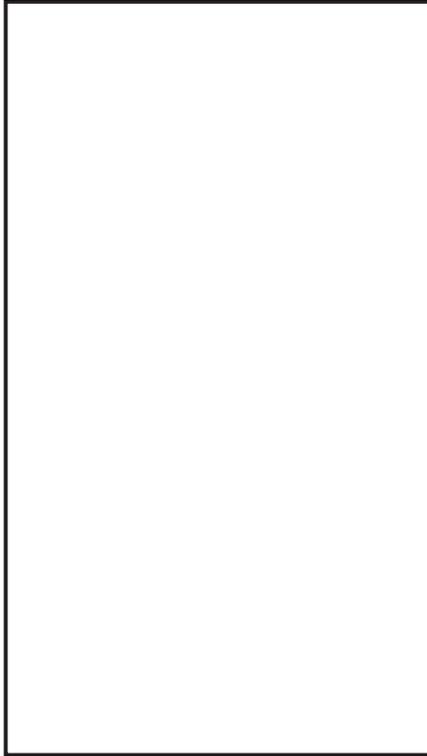


6. Line up the main fabric, right side up, with the lining fabric, right side down. (It is really hard to show that the darts have been stitched but they have!)
7. Stitch the top seam and the bottom seam using a $\frac{1}{4}$ " seam allowance.

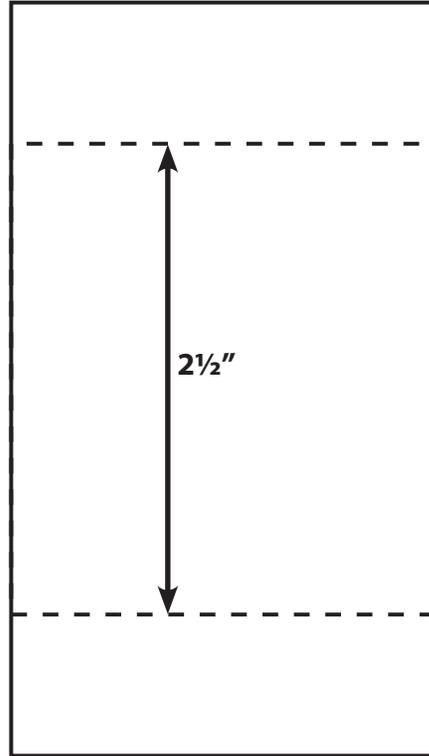


8. Turn the mask right side out and iron. Stitch the top about 1/4" from the seam so that wire or pipe-cleaner can be inserted into the gap. Top-stitch the bottom close to the edge. Now, insert pipe-cleaner or wire into the 1/4" gap you have made. This can be a little trying as it might get caught on the darts. Keep trying, you will work out a method.

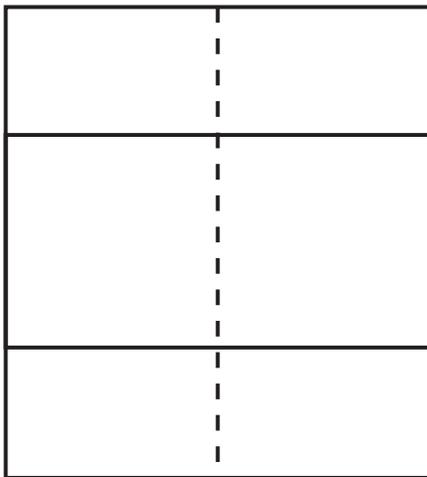
Making the Side Tabs



Cut two pieces of fabric, $2\frac{1}{2}'' \times 4''$



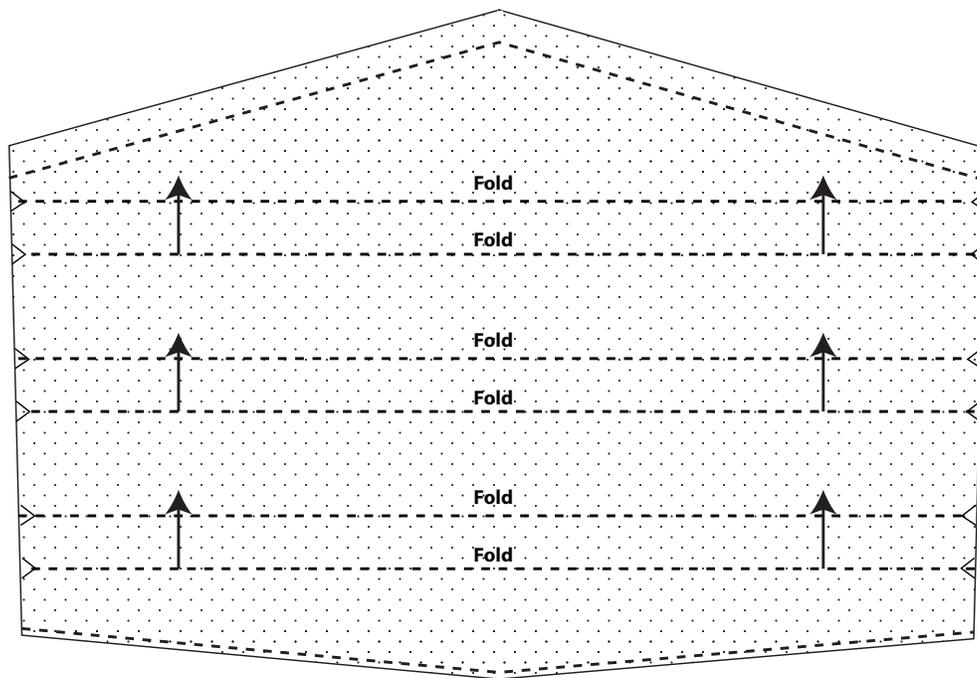
Fold the top and bottom ends in so that the piece now measures $2\frac{1}{2}'' \times 2\frac{1}{2}''$



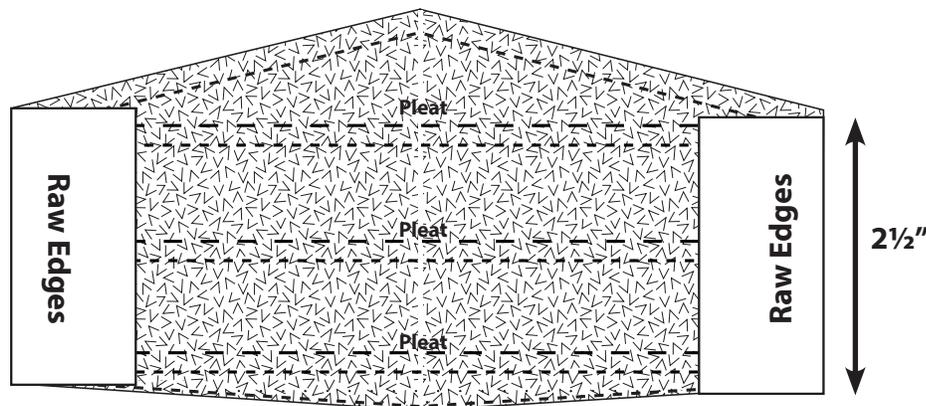
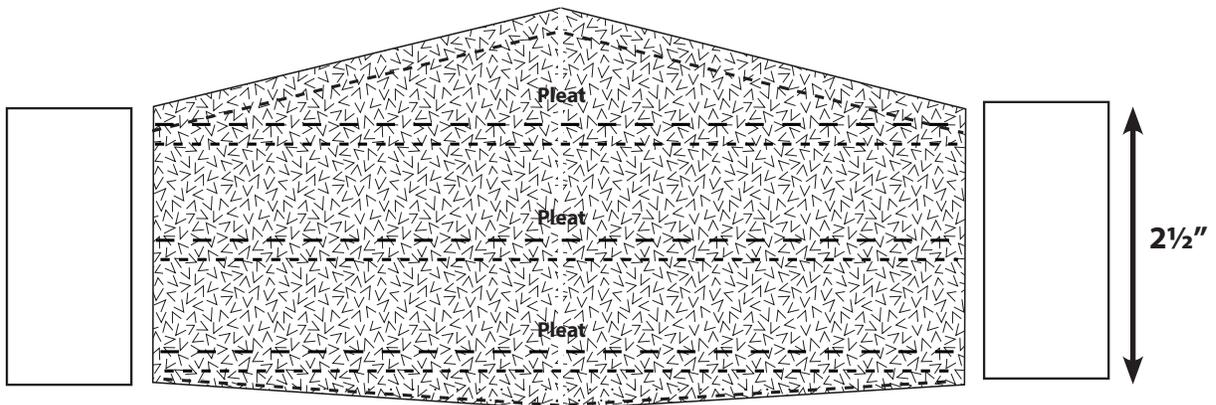
Now, fold the $2\frac{1}{2}'' \times 2\frac{1}{2}''$ piece in half vertically



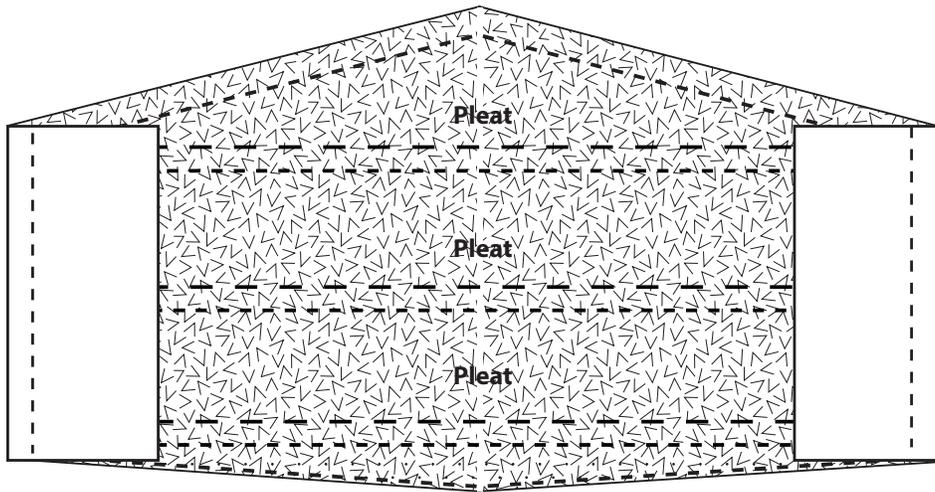
Tabs should now measure $1\frac{1}{4}'' \times 2\frac{1}{2}''$



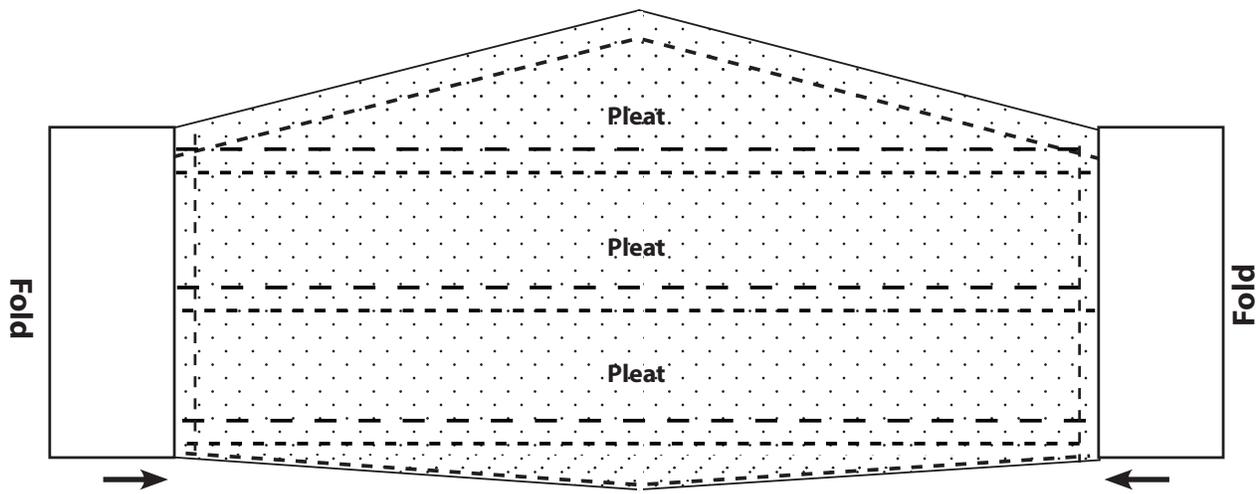
9. Roughly fold the bottom notches up at least 1/4" past the first folded line to form pleats. You are folding towards the TOP of the mask. Your goal is to pleat the mask so that the sides measure roughly 2 1/2" in height to fit the tabs. **This is different than the first version of this mask.**



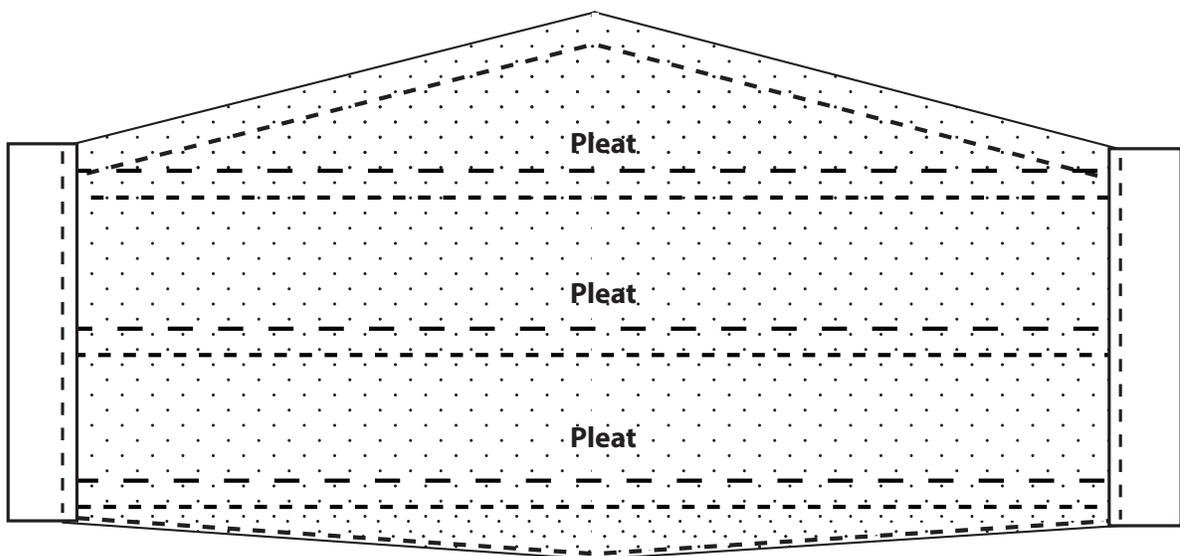
10. Turn the mask over so that the lining is face up. Line up the raw edges of the tabs with the raw edges of the pleated mask. I have to be honest, I pleat at the same time as I put the tabs on. I make the middle pleat and the clip it to the tab. Then I make the top pleat so that it matches to top of the tab and repeat this for the bottom pleat.



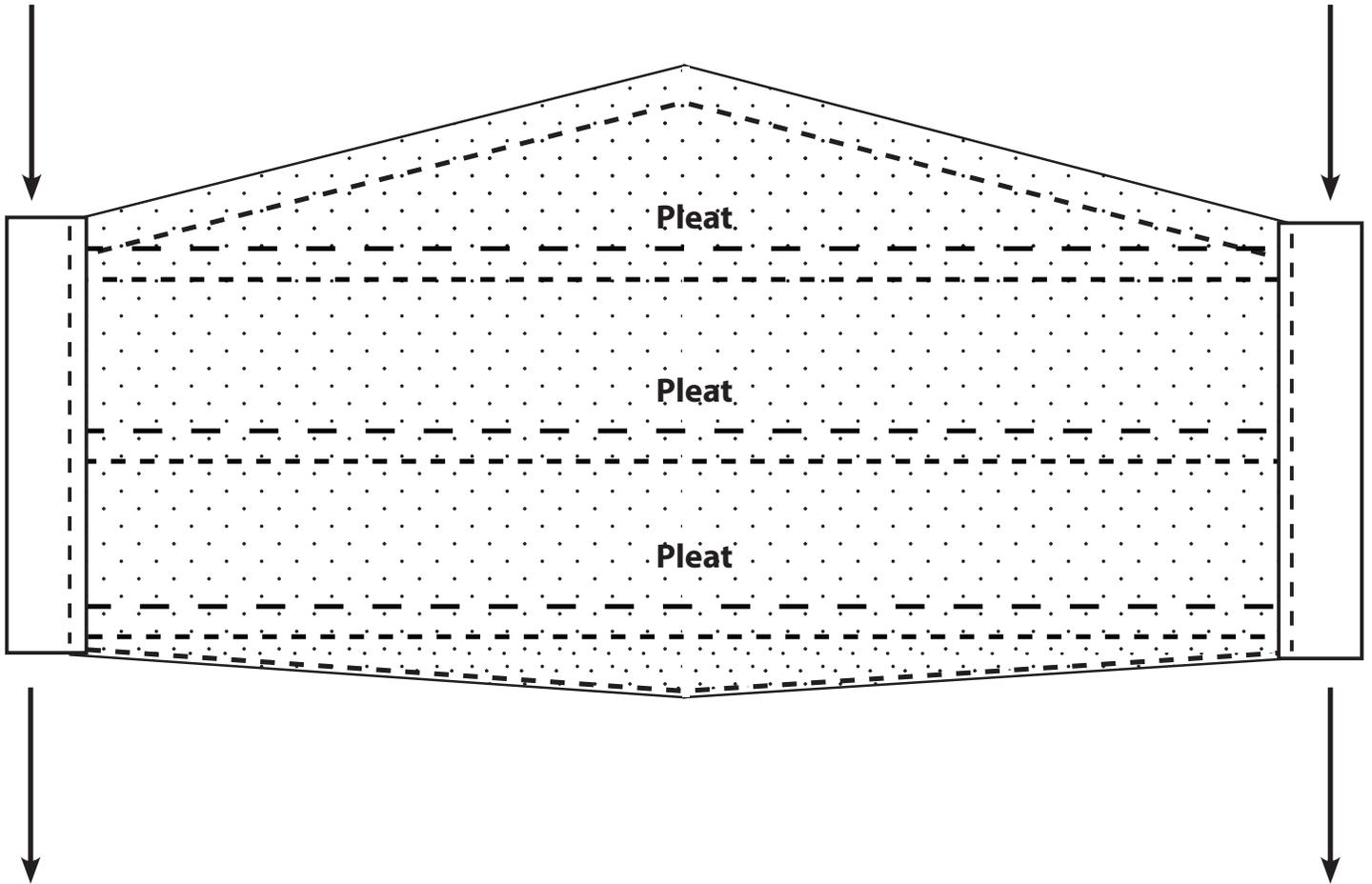
11. Stitch the sides using a 1/4" seam.



12. Turn the mask back over so that the right side is face up. Fold the folded edge in just past the stitching line.



13. Top-stitch close to the edge. You have now formed two passages through which you will thread your elastic.



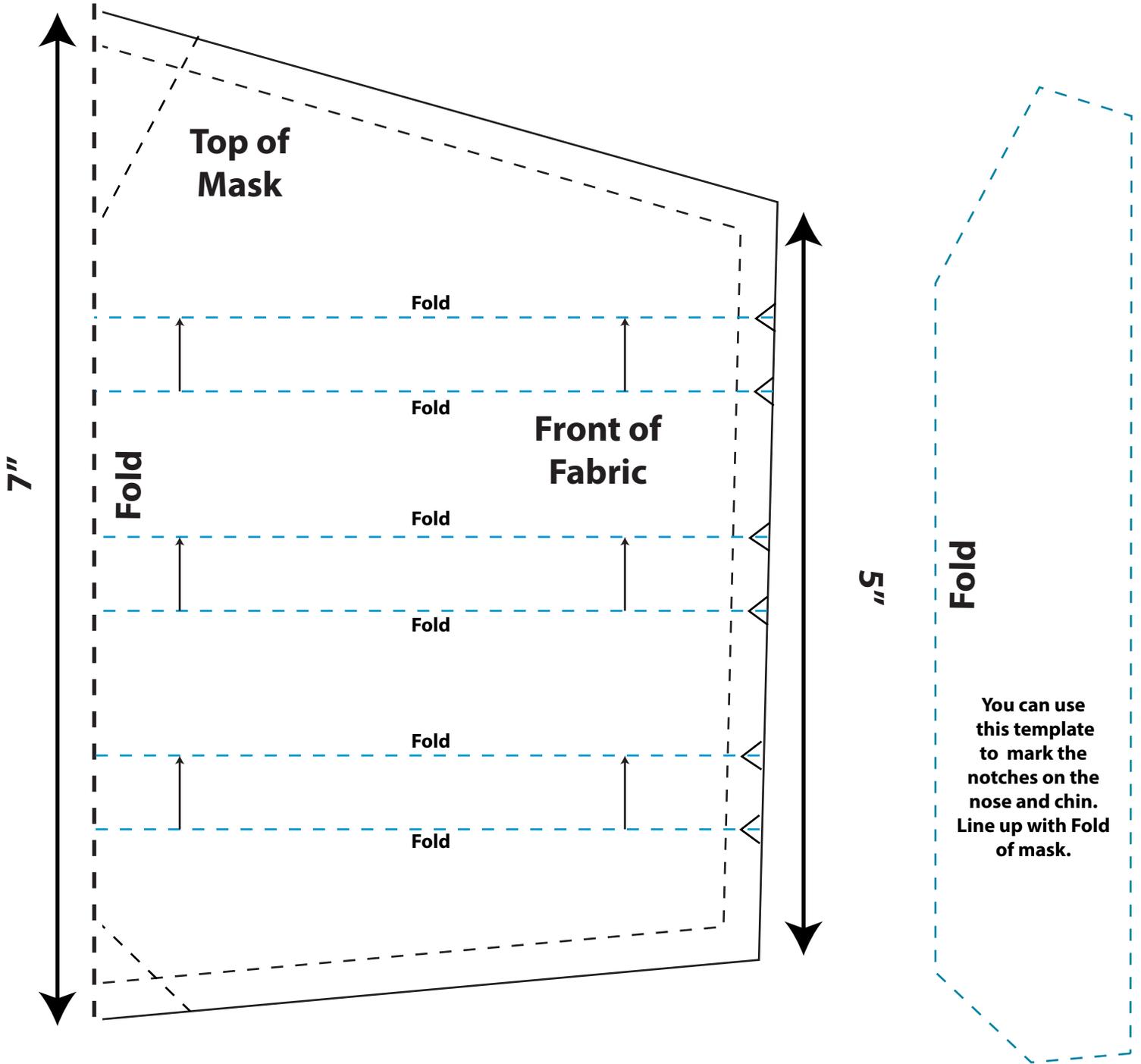
14. Thread your elastic through the two passages you have created using a crochet hook or a Dritz loop turner. Loosely tie a knot in the elastic if you are giving the mask to someone else so that they can fit it to their face. If it is for you, put the mask on your face and adjust the elastic until the mask fits snugly. Then, tighten the knots.

You are finished!



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

4.75"



5"

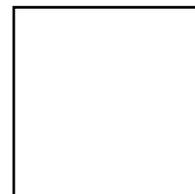
Fold

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