A step-by-step guide to make adult-size face masks with ties

Materials:
- One (1) 8 x 14 inch piece of cotton fabric*
- Two (2) 1.5 x 34 inch strip
- Thread and sewing machine
- Iron

* The best fabric for this type of face mask is a heavy “quilters cotton” with a thread count of at least 180.

Directions:
1. Cut out an 8 x 14 inch rectangle of cotton fabric, and two 1.5 x 34 inch strips of cotton.
Note: I cut my pieces from a fat quarter of cotton, therefore I cut two 18 inch pieces and joined them in the middle (that is why there are four pieces shown in the image.)
2. On the 8 x 14 piece, join right sides together and sew a 1/4 inch seam along edge opposite fold to create a tube. Turn right sides out, press seam and fabric.

3. Make three pleats, approx 1 inch each in size, press and pin to hold. Make should be approx. 3 to 3.5 inches in width.

4. Sew ¼ inch seam on each side to secure pleats.

Prepare the ties:
5. Fold ties in half and press, wrong sides together. Open tie back up.

6. Fold each edge in to meet middle and press.

7. Fold in half again, securing raw edges inside and press. Each tie should be approx. 3/8 inch in width.

Assembly:
8. Align center of tie with side of mask, so pleats are horizontal, open tie so edge of mask fits snugly inside. Pin.

9. Sew tie to mask, making seam as narrow as possible. Just attach the mask to the tie at this point.
10. Repeat for other tie and other side of mask.

11. Sew down edges of tie, securing raw edges inside. Make seam as narrow as possible. When you get to the mask edge, stitch a second seam over the existing seam to help reinforce.

12. Repeat for other tie and other side of mask.

13. Clip any stray threads. Be sure to wash before wearing and wash after every wear.