

COTTON COMFORT-FIT MASK (PAT. PENDING)

More pictures and How-To VIDEO at www.LoveMendingSouls.org click on COTTON COMFORT-FIT Mask

1. If using the Autoclavable 2-Ply Comfort-Fit Mask template, then **add a 1/4"** around entire outside of pattern to allow for 1/4" seam allowance, cut out 2 of this pattern (for 1 outer and 1 inner layer) from quality cotton fabric. (If serged straps are not available), cut 2 of 1" x 36" cotton for the ties. Top is edge "A", cheek sides are "B" and Bottom is "C".
2. Thread sewing machine with a quality polyester thread, any color.
3. Place outer and inner mask, right sides together. Leaving a 4" opening at the center of top edge, sew a 1/4" around the mask.
4. Turn right side out and press. **Press 1/4" in on both sides of 4" opening so it's easier to sew.**

Sewing Instructions with Nose Wire

1. Make a pocket for twist ties. On top edge, mark 2" either side of center. At one of the marks, start sewing from edge in toward mask, 1/2" allowance. Pivot and sew 1/2" from edge for 4" across for twist ties to sit on. Pivot upwards and sew to top edge.
2. Insert 2-3 plastic-coated twist ties into the pocket you just created.
3. Stitch pocket closed at top, about 1/8" in from top edge **Figure 1 – narrow zipper foot is helpful.**
4. Fold at center of the vertical sides B, inner sides together. Starting at the side B raw edge, **1" from the fold**, sew for about a 1/2" horizontally. Be sure to backstitch at beginning and end. Repeat on other vertical side B.
5. With outer fabric side up, open mask, inside layer down.
6. Flatten the 1" tuck to create a fold on either side of the previously sewn stitch. Sew down along raw edge using 1/4" seam. Repeat on other vertical side B. See **Figure 2** at the cheeks.
7. Fold Bottom C in half at center. Start 3/8" in from fold, sew for 1/2". Push chin tuck to one side & stitch down. **Figure 2** shows steps 4-7, tucks completed. *Should make a pyramid-point air pocket away from lips.*
8. Ties – Fold in half lengthwise, 1/2" x 36", and using serger 3 thread narrow overlock finish the raw edges. Or on sewing machine, fold each raw edge in to the center, lengthwise, and sew 3 step zigzag down middle of strip encasing the raw edges. Either way will create a 1/2" x 36" tie. Make 2 ties.
9. Set to a zigzag stitch W4.0, L3.0. If you don't have a zig zag, do two straight stitches side by side.
10. Center a single 36" ply tie on center of tuck on vertical sides B. Clip to hold. At top, tie goes straight up. On bottom of vertical sides B, angle fold the tie up. **Figure 3**
11. Vertically zigzag stitch the tie to the side B being sure to backstitch at beginning and end. Repeat Side B.
12. **PLEASE trim any threads.** Double-check the box pleats and chin pleat create a raised 'air pocket' away from lips when the nose wires are pinched together.

Thank YOU, MASK WARRIOR! YOU ARE PROTECTING THOSE WHO PROTECT US!!



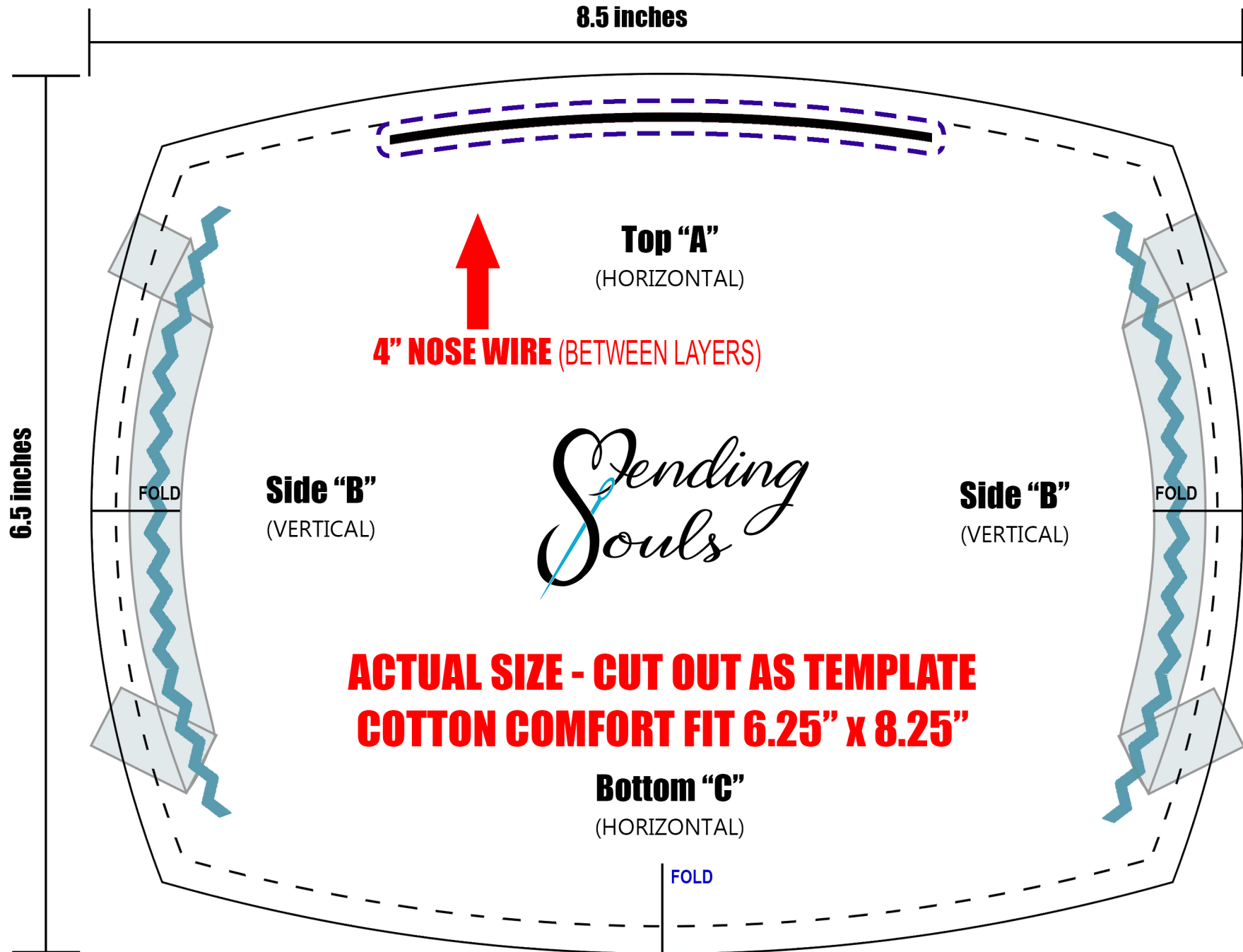
Figure 1



Figure 2



Figure 3



To Customize Mask to Face:

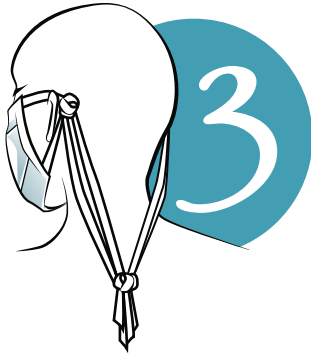
(It helps to have a partner make the knots for you!)



Center mask and pinch at nose wires.



Hold in center while taking the two straps on one cheek and tie in a knot comfortably behind the ear.
Repeat for other ear.



The 2 straps will hang down from each ear knot. Tie all 4 ties together at the tips with a 3rd knot.



While looping and unlooping around ears all day to take on and off, it should hang comfortably around your neck.



Why are Comfort-Fit masks the best for comfort?

- A. 100% cotton, tight-weave, double layer with soft and coated nose wire to prevent poking through fabric.
- B. No touch air pocket is breathable, stays dry and won't move while talking.
- C. No stitches or folds across nose and mouth.
- D. Strong, durable, serged tie straps can be worn multiple ways. In order to hang around neck when not in use, make knotted ear loops and then tie again at tips' ends in the back (see illustrations "To Customize..."). Customized sizing of mask may be maintained by washing with knots in place.



Care Instructions

Care Instructions for Cotton Masks:

Wash in cold water and air dry to prevent shrinking. Do not untie knots.

Care Instructions for Autoclavable (Surgical Wrap) Masks:

Heat in home oven 170 degree for 30 minutes on cookie sheet. Do not wet.

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