40th Ward Sewing Guard Mask Instructions

Materials

- 2 - 8” x 9” fabric rectangles
  - Using two different patterns makes it easier for the wearer to pick and remember which side is “inside”
- 4 - 18” lengths t-shirt yarn ties
  - Wearers can trim the ties for their own head

Making t-shirt yarn

- I followed this tutorial: https://www.instructables.com/id/t-shirt-yarn/
- I cut the t-shirt strips between 1” and 1½” wide
- One t-shirt made more than 40’ of yarn

Step 1: Pin the mask

1. Put one piece of fabric face up
2. Lay a piece of t-shirt yarn ties starting from each corner IN to the center of the mask and OUT the center of the bottom edge
3. Lay the second piece of fabric face down on top
4. Pin:
   a. At each corner, through both layers of fabric and the end of each t-shirt yarn tie
   b. On the bottom edge ⅓ of the way in from each corner
Step 2: Sew the faces together

1. Starting at the bottom pin to the left of where the ties stick out, sew clockwise around the border, finishing at the last pin before the ties
   a. This should leave a ~3” opening
   b. The opening gets closed later when I sew the pleats
2. Turn the mask right-side out by pulling the mask and ties through the opening
3. Pull each tie to pop the corners out
4. Iron flat
Step 3: Pleats

1. On one side, starting from the top of the mask, put a pin at:
   a. 1 ½"
   b. 2 ½"
   c. 3"
   d. 4"
   e. 4 ½"
   f. 5 ½"
2. This will make 3 half inch pleats -- the longer intervals get folded. Sew pleats down from the top, folding in the direction the machine is going:
   a. Fold pin a onto pin b
   b. Fold pin c → d
   c. Fold pin e → f
3. If I’m doing 2 seams around the whole mask, I continue all the way across the bottom, turn around, and come back up the pleats (because it’s harder to sew the “wrong” way across the new pleats on the other side).
4. Once the first side is sewn, I pin the pleats on the second side
5. Finally, sew across the top and and twice over the second set of pleats
End result