

## QUICK WAY TO SEW THE PLEATED FACE MASKS

An ingenious and much more efficient way to sew the pleated face masks, devised by Helena!

Cut your fabric  $8\frac{1}{2}'' \times 16\frac{1}{2}''$  (or sew together 2 squares  $8\frac{1}{2}'' \times 8\frac{1}{2}''$  along one edge). Press both long sides in about  $\frac{1}{4}''$ . Sew the short bottom edge with right sides together. Turn this tube right side out.

Place the nose wire inside, centered at the top seam, and place a long pin (such as a flower head pin) below it to secure in place.



Sides are open with seam allowance pressed in. Nose wire pinned at top.

Make the pleats and clip to hold, using the **template technique (see below!)**.

THEN sew up one side, inserting the elastic as you go, reinforcing the elastic and pleats; across the top and around the wire, down the other side inserting the elastic at top and bottom and backstitching over the elastic and pleats to secure.



**DONE!** And no threads to cut!

To make the cardboard templates for the pleats:

### Template technique to speed precision pleat

Here is Andrea's tip to make perfect pleats in seconds! See my **video on my Facebook page** to see this neat technique in action!

Make yourself a pleating template:

1 piece cardstock (or a file folder cut to 8 ½" x 11").

Draw lines lengthwise from top to bottom and score each line with the point of a scissor along your ruler. Cut in half widthwise so you have 2 identical templates. Fan fold along the scored edges.



Space the drawn lines:

.75"  
1.5"  
.75"  
1.5"  
.75"  
1.5"  
.75"

Sandwich the fabric between the 2 templates. Fan fold the templates and fabric together into pleats.



Place clips to hold the pleats in place. Take to your sewing machine. Remove the template and you are ready to sew! (You can even sew it with the template in place and without needing to pin the pleats.)