

Dignity4Girls.org has transitioned from sewing feminine hygiene kits to sewing masks. We have tested many different designs, asked healthcare professionals for feedback, watched hours of youtube videos and tried out different materials. No one mask is perfect but we have settled on these designs. If you find a different pattern you like, feel free to experiment! Thank you for making a difference through your sewing! You are appreciated and loved.

Dignity4Girls

dignity4girls.org | dignity4girls@gmail.com



D4G shaped pattern (pictured at left)

Pattern attached.

MySew Bliss

Surgical face mask with filter pocket (pictured below) <https://www.youtube.com/watch?v=TnTAKYRxSeY&t=236s>

Best materials for making face masks:

<https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/>

Where to send finished masks:

Start locally:

- schools (especially in low-income districts)
- nursing homes
- homeless shelters
- long-term care facilities
- churches
- chemotherapy centers
- meals on wheels
- eldercare
- food pantries

If you don't have a place to distribute, contact dignity4girls@gmail.com and we will connect you with an organizations or individuals who need masks.



Shaped Face Mask with Nose Bridge Wire – All Sizes

Supplies:

High quality woven cotton fabric (“quilt shop” fabric, 180 thread count or better) for outside mask (10” x 15” per mask)
T-shirt or t-shirt fabric for mask lining (10” x 15” per mask)
2 yards grosgrain ribbon, bias tape, fabric (elastic or fold over elastic) for ties
10” – 15” pieces of wire (22 gauge galvanized steel or a pipe cleaner)
Matching or contrasting thread
Pattern Template (print and attach to cardboard cereal box)



Instructions:

Pre-wash all fabric in hot water and dry in hot dryer. Iron out wrinkles.



Fold mask fabric in half along straight of grain, right sides together.

Trace around pattern on mask fabric with pen.

Turn t-shirt inside out, fold flat with right sides together.

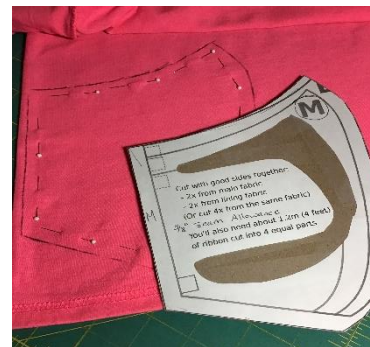
Trace around pattern with pen.



Pin fabric layers together.

Cut out mask fabric with sharp scissors.

Repeat with t-shirt fabric.



Pin mask pieces together and lining pieces together, along center seam.



Sew center seam with 3/8” seam.

Do not backstitch bottom end (chin edge) of seam.

V-clip mask and lining center seam allowances, being careful not to cut the stitching.



Press seams open. To make it easier, finger press the seam allowances apart, being careful not to stretch the fabric.

Now is the time to use a sleeve board, if you have one.

If not, press on a rolled towel or the edge of the ironing board.



Press under $\frac{3}{8}$ " seam allowance on both sides of the outside mask fabric.

Do not press under the t-shirt lining side seams.



Nest the lining piece, right sides together, inside the mask front.

Starting with the top (nose) edge, match the center seams together and pin in place.

Continue to match the raw edges together and pin the rest of the top edges together. The lining side edges should extend beyond the mask front by approx. $\frac{3}{8}$ ".



Repeat for the lower (chin) edge of the mask. Pin center seams together and work out across the lower edge. Again, the lining side edges will extend beyond the mask front by approx. $\frac{3}{8}$ ".

Carefully iron the lining side seam allowances under to match the mask front folded edge.





Backstitching when you begin and end, sew 3/8" top (nose) edge seams. Repeat for bottom (chin) edge. Leave the sides open.

Clip the top and bottom seams as shown. Gently pull open or clip close to the center seam by the chin edge.



Turn mask right sides out through one of the end openings.

Run a knitting needle or closed ball point pen inside the seams to make sure they are fully turned. Crisp edges are needed for a correct and comfortable fit. Iron flat.



Top stitch close (1/8") from the top edge of the mask. Stitch again 3/8" from the top edge to create a casing for the nose wire.

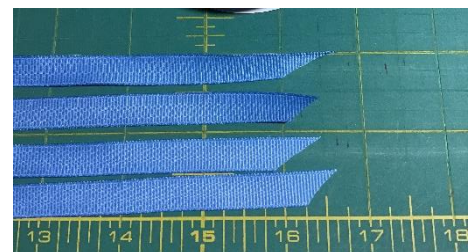


Bend one end of the nose wire. Insert the wire in the casing and push it through to within 1/2" of the other end.



Pull the unbent end of the wire out about 3/4" beyond the edge of the mask.

Bend the wire to form a tight loop and reinsert into the casing. The wire should be 1/2" or so in from each side.



Cut four 16" lengths of ribbon for ties. Cut the pieces at an angle to prevent fraying. IF USING EAR LOOPS SEE LAST PAGE



Insert one end of a piece of ribbon into the top of an open end, just below the wire casing. Place one end of a second ribbon into the bottom of the open end.

The ribbon should be placed an inch into the mask. Pin in place. Line up the folded edges and pin the end opening closed.

Repeat for the other side of the mask.



Beginning at the corner closest to the top of the wearers left ear, topstitch close (1/8") to the side edge of the mask. When you reach the bottom corner, pivot and continue stitching along the bottom (chin) edge of the mask. Pivot at the next corner and topstitch along the second end of the mask to the top edge.

Pivot and stitch along the very top edge for approx. 1/4". Pivot again, and topstitch down the side 3/8" from the edge. This will close the wire casing and secure the ties in the side seam. Continue topstitching 3/8" in along the bottom edge and back up the first end. Backstitch to secure the topstitching.



Smooth the mask and lining together.



To prevent the lining from becoming inhaled into the wearer's mouth, topstitch through the center front seam.

Start at the top edge, just below the nose wire casing. Backstitch and "stitch in the ditch" to the lower (chin) edge. Backstitch to secure.



Almost finished! These masks can be made in three sizes – Small, Medium, and Large. Take a moment to write the size inside the mask with a fabric, laundry, or other permanent marker.



Thank YOU!!!

Ear Loop Hack

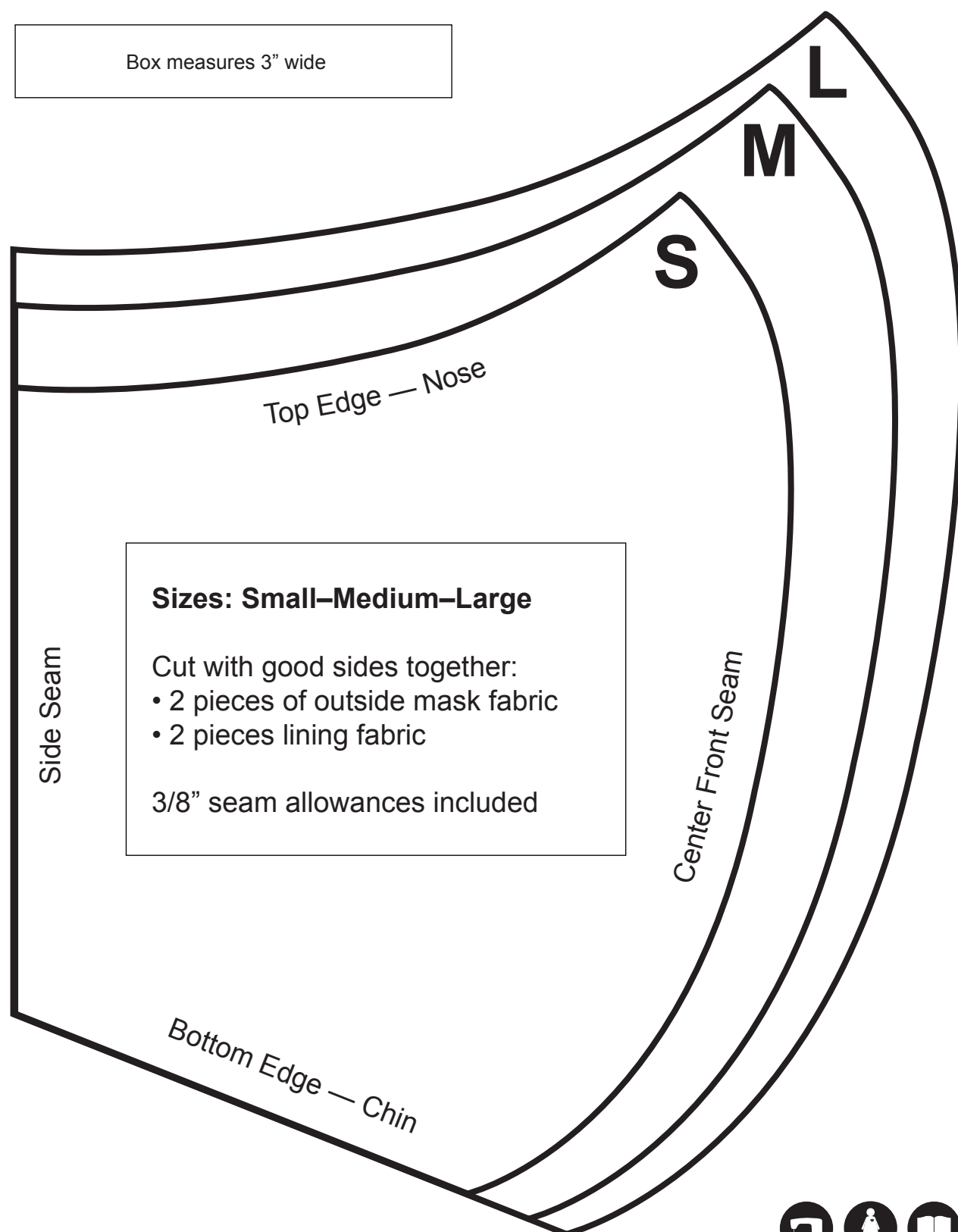
If desired, use fold over elastic (FOE) to create ear loops. Attach in same fashion as ribbons. A paper clip can be used to secure loops in back of head.

Sew a pleat in sides between FOE to decrease vertical width of mask.



Fitted Face Mask Dignity4Girls Pattern Sizes: S–M–L

To make a template for tracing: Print out on cardstock and cut out pattern on outside lines.



For updates on the pattern, email Dignity4Girls@gmail.com



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