

How to make an effective sewn face mask with pocket



Requesting community assistance in donating masks.

Thank you for standing with us to help protect our health care heroes and yourselves. We appreciate all mask donations you have the time to aid us with. Your help in protecting our staff and patient families is critical and appreciated.

What you will need:

- 100% new, unused cotton fabric that has been purchased within the last year
- 1/8" flat elastic, cut in 7" long strips, with knots at each end
- Fabric pen, or any pen
- Pinking shears or serger
- Clips and/or pins
- Plastic twist ties
- Iron

Before you start:

- Wash and dry the fabric (without fragrances or dyes) prior to sewing

Directions:

- Fabric design should be placed horizontally.
- Cut fabric into two rectangles that measure 14" long x 10" tall. Use pinking shears or serger on the 10" side to keep the fabric from fraying.

- Place 10" sides of fabric together with fabric turned inside out. Use clips/pins to hold together.
- Using a ruler and fabric pen, mark every 2 1/2" down each 10" side of fabric. The opening in the middle will not be sewn to create a pocket.
- Starting a 1/2" from the edge, sew to the 2 1/2" mark on each side. Don't forget to backstitch. This creates an opening in the middle for a pocket.
- Use a pin to mark the center of the fold on each end.
- Line up the center of what you've just sewn with a needle.
- Iron sewn edge open.
- Mark 1 3/4" on every corner and on both sides.
- Connect the dots on each corner.
- Sew along the lines you just made at each corner. Don't forget to backstitch.
- Cut off excess corners, about 1/4" from the line just sewn.
- Turn mask, be sure to push out the corners. Masks should be showing the correct side of fabric now.
- Iron mask flat.
- Place twist side at top of mask. Pay attention to direction of fabric.
- Top stitch 1/4" all the way around the mask, but leave one small edge open.
- Lay mask flat with pocket side up.
- Fold edge up in line with the corner. Clip it.
- Fold other edge up in line with the corner. Clip it.
- Fold edge of fabric up to make a straight line, do all four sides.
- Fold the edge of the mask in two times on the side where elastic will be. Don't forget to backstitch.
- Sew 1/8" along the edges where elastic will go. Don't forget to backstitch.
- Cut two 12" pieces of elastic.
- Pull elastic through the edges using a bodkin or safety pin.
- Tie ends of elastic into a knot. Run knot into the casing.

How to donate your masks:

We will collect masks at the church on Fridays, from 11am-1pm, beginning April 3rd.

If you are unable deliver masks at this time, please e-mail carolyncritz1954@att.net and we will schedule a porch pick-up.

You can also Mail them to:

Cook Children's Medical Center
Attn: Alison Vrba, Family Services
801 7th Ave.
Fort Worth, TX 76104

Or you can drop them off at the main entrance of the medical center (address noted above) on a weekday between the hours of 8 a.m. and 4 p.m. A bin to collect the masks will be available.