

# Properfit Clothing Co.®

## 2.5 PM Surgical Mask Sewing Instructions



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Pattern can be downloaded and printed on your home printer from Properfit Clothing Co. [Youtube Instructional video](#) (pattern link is in the description) or their Facebook page: Properfit Clothing Co. ® “How to Make PM 2.5 Face Mask”. This is a copyrighted pattern available for immediate download for \$2.99.

Supplies needed: Fabric yardage is enough to make a couple of masks. Please feel free to use your own “stash” of clean fabric that is in new or like new condition. Old jeans could be used as the denim from the front panel, but please make sure they are the “old” denim that does not stretch and that the fabric is clean and cut from areas without wear).

- ¼ yard tightly woven, non-stretch fabric, such as denim, duck cloth, canvas, or twill
- ¼ yard lining minimal stretch cotton, cotton-blend fabric (can be softer and thinner than outer fabric).
- Extra wide double fold bias tape (can purchase or can be made. See instructions below)
- 1/16 inch cord elastic or 1/8 inch braided elastic. (approx. 24 inches per mask)
- 3-1/2 to 4 inch plastic coated ¼ inch metal bendy strip (or 2 heavier plastic coated twist ties). Amazon sells such supplies in bulk for less than \$10. Share with your friends or donate back to the hospital to distribute to others!
- Printed pattern (see above). Print pattern on standard copier paper. Be sure to print at 100% or “actual size”. Cut out pattern pieces.

### From Main Fabric:

1. Cut 1 or 2 Front Main Panels (1 panel is sufficient if using a heavier fabric, recommend 2 panels if a thinner fabric is being used.)
2. Cut 1 Front Bottom Panel

### From Lining Fabric:

1. Cut 1 Front Bottom Panel from lining fabric
2. Cut 2 Side Lining Panels
3. Cut 1 Center Lining Panel

### Lining Construction:

1. Mark the hemlines indicated on the Center Lining and Side Lining Panels.

## 2.5 PM Surgical Mask Sewing Instructions

2. Fold fabric along the individual hemlines (wrong sides together) on each panel piece (be sure to only hem the inside edge of the lining side panel). Press (pin if desired). Stitch with approx. 1/8 inch seam allowance along the inner (raw) hem edge.
3. Sew the top dart on the Center Lining Panel by folding piece in half, right sides together. Stitch just along the diagonal edge of the top dart – approx. 1/8 inch seam. Snip the bottom point, along the stitch line, to ensure the seam allowance is just a little under 1/8 inch.
4. Next, attach the Lining Side Panels to the Center Lining Panel. Mark the attachment points labeled on the pattern. Make sure the tops and bottom edges are oriented appropriately. To do so, lay the Lining Center Panel right side up. With the Lining Side Panel right side up (with the top of the piece correctly oriented to the top of the Center Panel) gently slide the hem of the Side Panel under the hem of the Center panel. Pin at the top and the bottom. Do the same for the opposite side. The Lining panel will now have the same shape as the Main Front Panel – with the 3 pieced lining sections with right/wrong sides oriented correctly.
5. Place a small tack stitch across the bottom hemline only on both sides of the Center Lining panel. (the top will be tacked in step 7).
6. Attach the Bottom Lining Panel to the Center Lining Panel by matching notch points with fabric wrong sides together. Pin along the edges. Panels will need to be well centered. Sew along the edge with a ¼ seam allowance. Clip curve perpendicular ( T ) to the stitch line in several areas to ease curve. Be careful not to cut into your stitching.
7. Attach the tops of each Lining Panel with a small tack stitch (as we did for the bottoms in step 5). The lining is now complete.

### Front Main Outer Layer Construction:

1. Sew the dart on the top of the Front Main Panel (following instructions in step 3 above).
2. Attach the Front Main Bottom Panel and attach to Front Main Panel (as above in step 6).

### Finishing:

1. Place Lining layer and Outer Layer wrong sides together, with top and bottom edges, top dart and sides aligned.
2. Pin bias tape all along the top and bottom edges (with raw edges of the panels between the bias tape).
3. Sew as close to the inside edge of the bias tape on the top. NOTE: as you are sewing the bias tape along the top edge, you will need to slide your bendy strip (or 2 plastic coated twist ties) in between the binding strip and the outer layer (forming a casing over the strip) – centering the metal across the top dart. Take care not to sew over the metal strip as you finish sewing the inside edge of the bias tape. Carefully go back and sew a perpendicular ( T ) stitch line along each side the metal bendy strip to prevent it from shifting.
4. Sew the bottom inside edge of the bias tape.
5. Trim all 4 edges of the bias tape to be flush with the side panels.

## 2.5 PM Surgical Mask Sewing Instructions

6. Finish off each side panel edge of the mask with a serger or zig-zag stitch.
7. Cut (2) 12 inch strips of braided elastic.
8. Hem side edges of the mask by folding hemline over (wrong sides together) in a ½ inch or slightly larger hem. Press.
9. Lay the length of elastic along the folded inside edge of the hem, centering the middle of the elastic to the midportion of the mask. Stitch along side inside edge of serger or zig-zag stitch—being careful not to catch the elastic in your stitch.
10. Tie cut edges of elastic together forming a loop that will cover over the ear. Loop will end up being approx. 10 inches around. Pull knot tight. The video instructs you to cut the elastic tails from the knot. We ask that you don't – so the knot can be retied or adjusted in length as needed!
11. Gently pull along the elastic to slide the knot into the inside of the hem.

Your mask is now complete!

### **HOW TO MAKE YOUR OWN BIAS TAPE**

Cut a 2 inch strip\* of cotton or cotton-blend fabric that is more than twice as long as the top length of the mask. Use fabric similar to the lining fabric, it will be easier to use than the heavier fabric.

\*For this project, the strip does not need to be cut on the bias. It can be cut along the straight of grain.

#### **To make the tape:**

- Using an iron and pressing as you go, fold the strip up so that the raw edge lies 1/8 inch away from the top of the other raw edge. This will result in an approx. one inch wide strip of fabric.
- Open the fabric. You will see the crease down the center.
- Fold the bottom edge up to allow the raw edge to meet the crease. Press along the bottom folded edge.
- Now fold the top edge to the center crease and press along the top fold. You will once again have a one inch wide strip – with the raw edges not quite touching in the center crease.
- Fold the one inch strip in half (along the center crease) so that the raw edges are folded inward and you are left with a ½ strip with folded edges on the top and bottom.

**Regional Medical Center (RMC) is a hospital located at:**

**Regional Medical Center**

**Properfit Clothing Co.®**  
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