

JULIE FROUDE'S

THE TALKER

A FITTED, PLEATED, COMFORT MASK

It fits every face, with 3 sizes, pleats and a bendable insert to fit every nose perfectly.

Lets you talk naturally, since the mask moves as you speak.

It's comfortable, fitting behind your head, not your ears. Great for kids and those with hearing aids.

Stays in place with the center chin dart.

It's washable, so you can use it again and again.

It's adjustable, with your choice of shoestrings or elastic.

About the Teaching Mask

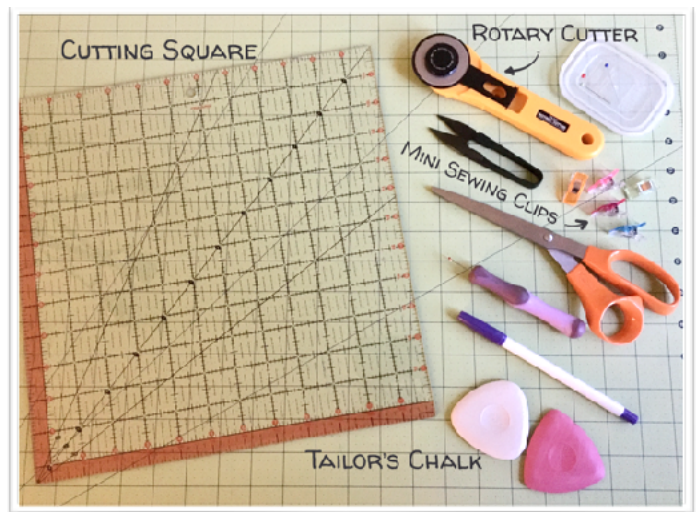
As a music teacher, I use my voice all day. As I've been sewing various mask patterns, I've worked to improve how they fit to the face (without feeling uncomfortable, or leaving wide gaps) while allowing us to talk and sing. It was also important that those with average sewing skills could create this. Feel free to use and share this pattern, as well as improve on it.

Materials

- Scrap Fabric, cotton recommended.
- Coffee bag "tin tie" or pipe cleaner.
- Shoestrings or elastic.

Useful tools

- Cutting tool. I find a rotary cutter and mat easier than a scissors.
- See-through cutting square
- mini sewing clips
- pins
- ruler
- disappearing ink marker and tailor's chalk.



Helpful tips

- You will find the template pattern at the end of this PDF.
- Use 100% cotton, pre-washed and dried.
- Trim excess threads as you go.
- Backspace every seam a few stitches to lock in the stitching.
- “**Face**” side of fabric means the side you want facing out. Printed fabric looks plain on the “**Back**” side.
- The mask uses two primary pieces of fabric.
 - “**Main**” denotes the fabric on the mask side you want facing out, and for the nose channel piece.
 - “**Contrast**” is the lining (the side facing your mouth), and for the side cord channels.
- Bias means to cut fabric on a 45 degree angle to the grain, to give it flexibility when wearing. Only the nose channel should be cut on the bias.
- The other pieces should be cut *with* the grain going up and down (nose to chin). To check, give the fabric a gentle tug horizontally and vertically before you cut. If it has very little give, you are going with the grain.
- Finger-press means to run your fingers up and down a fold with a bit of pressure to make a mark as if it were ironed. Cotton fabric does this easily.
- If you are making multiple masks, creating a tagboard template will speed up your time.
- Using a rotary cutter with a clear cutting square speeds up cutting and accuracy.
- Laundering instructions: Remove wire in nose channel, and place mask with shoelace/elastic as is into a lingerie bag and wash/dry with like colors.

1

Cut fabric pieces for the size mask you prefer. A rotary cutter with a clear cutting square is fast and accurate.



2

Create channel for bridge of nose:

A. Fold one short end $\frac{1}{4}$ ", finger-press.



B. Fold long sides together.



C. Top-stitch folded short end closed.



D. Repeat on other end.



3

Find center of nose channel piece. Finger-press to mark. Find center of top edge of the **contrast** square. Finger-press a short line.



4

Matching centers, top-stitch nose channel to right side of lining square, close to folded long edge.



5

Creating the folds: Mark folds on mask and lining squares using disappearing ink marker or tailor's chalk, on both edges of the **face** side of the **main** and **contrast** fabrics.



6

Create folds on *main* fabric by bringing the top mark (top solid line on the template) to the next mark down (the nearest dotted line on the template). Finger-press to set. Bring the third mark to the fourth and press, doing the same for the fifth mark to the last mark and finger-press.



7

Use mini clips or pins to hold side edges of folds together.



8

Stay-stitch over the tops of the folds, about 1/8" from side edges of fabric.



9

Repeat steps 6-8 for the *contrast* fabric square.



10

Chin dart: Find the center of the bottom edge of the mask, and pinch *face* sides together to make a dart.



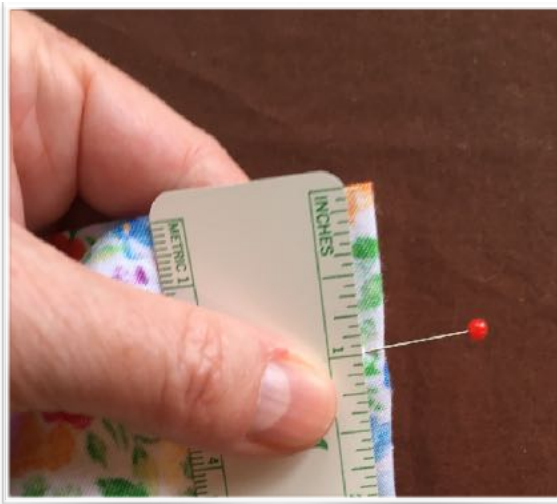
12

Finger-press both darts to the right, so when *main* and *contrast* sides are sewn together, the darts go opposite ways and even out the thickness.



11

Mark point of dart 1" from bottom edge of fabric with pin or disappearing marker, and stitch a 1/4" dart on wrong side of fabric. Repeat step 8 for lining fabric, also *face* sides together, so dart will be concealed between layers.



13

Attaching the cord channels: Stitch side cord channels to sides of lining piece using $\frac{3}{8}$ " seam, *face* sides together. Side channel pieces may be longer than the lining to allow for minor slipping of the folds. Trim threads and excess after stitching, and finger-press seam open.



14

Match main fabric and lining pieces together, *face* sides together. Use mini clips or pins to hold fabric together. Stitch top and bottom edges together, using $\frac{3}{8}$ " seam.
Note: stitching should begin at mask edges (the long side), not side channel edges.



15

Turn mask right side out, finger-pressing seams flat. Use clips to hold seams together.



16

Finger-press the short ends of the side channel pieces so that the folded edges line up with the seams of the top and bottom edges of the mask.



17

Top-stitch both long sides close to the edge, including the side channel pieces.



18

Fold outer edge of both side channel pieces in about ¼" and finger-press.



19

Match open raw edges of main and lining fabric and pin together to hold.



20

Looking at the top of the mask, bring folded edge of side channel over the side edges of mask, and match the fold to be the same as the lining side. Clip or pin to hold.



21

Top-stitch all layers together, close to the folded edge, making sure to remove pins as your stitching nears.



22

Repeat a second stitch about $\frac{1}{4}$ " from this same folded edge.



23

Thread elastic or a shoelace up one channel and down the channel on the other side. If using elastic, a small safety pin attached to one end will help you thread it through the side channels. Insert a bendable wire (such as the closure on a coffee bag) into nose channel.



Top cord goes over the ears and behind head or neck. Loose ends can be tied to fit behind neck, or use cord-stop.

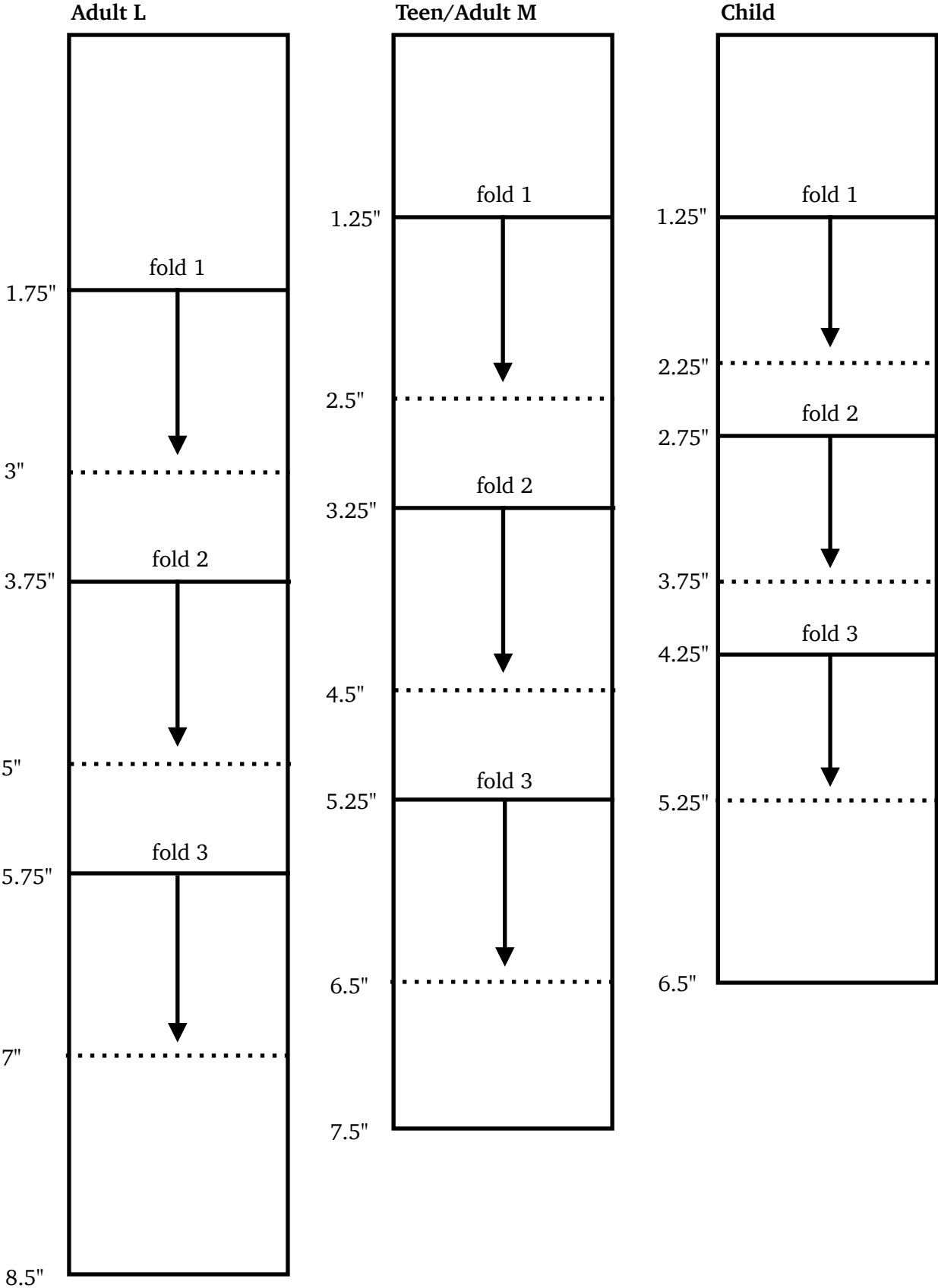



If using one long piece of $\frac{1}{4}$ " elastic (start with 28") in the same way. Wrap both ends of elastic around finger together and knot (like knotting the end of a balloon).



Adjust location of knot to fit wearer. If top cord is not going over a ponytail or bun, both cords may be at the same location, at top of neck.

Template for marking folds - Create out of stiff paper or tag board. Cut length to match fabric squares.





Child: 6.5" x 6.5" — Main and Contrast Fabric (2 pieces)

Teen/Adult M: 7.5" x 7.5" — Main and Contrast Fabric (2 pieces)

Adult L: 8.5" x 8.5" — Main and Contrast Fabric (2 pieces)

