

## How to make a fitted, two layer, face mask.

When you have printed the pattern, measure the square and make sure it is one inch exactly, alter your printer settings if necessary.

Alternatively enlarge it on your computer screen measure the inch square until it is exactly an inch. Then trace it from the screen ,



## Sizing

**Large** for men and larger women, **Medium** for medium to small women and youths

**Small** fits older children., **Extra small** should be ok for under 7 years old.

## Materials,

**Cotton:** Closely woven, sheets or shirts would work.

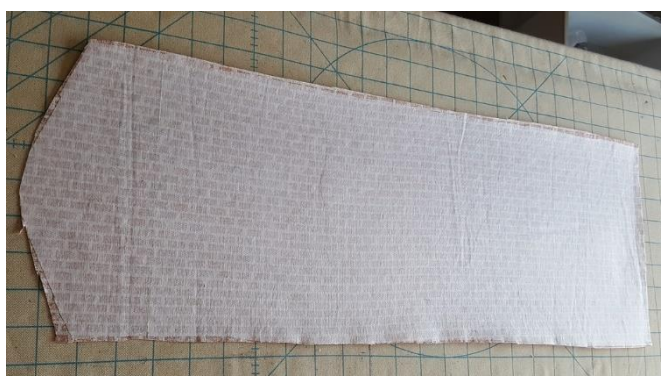
**Elastic:** or tee-shirt ties (instructions at the end of this document), or strips cut from nylon tights,

**Wire:** pipe cleaners, garden wire, twist ties from sandwich bags, or from aluminium pie dishes (instructions also at the end of this document)

**Iron on Interfacing** is optional. It adds an extra non-woven layer for filtering and also adds structure to the mask which keeps it from bunching up around the face.

It is quicker to iron on the interfacing to the fabric before cutting rather than cutting out both shapes individually.

**All seam allowances are ¼ inch**



Fabric with interfacing  
ironed on



Fold fabric and cut two pattern pieces on the fold.

Each pattern piece is one half of the mask, front and back.

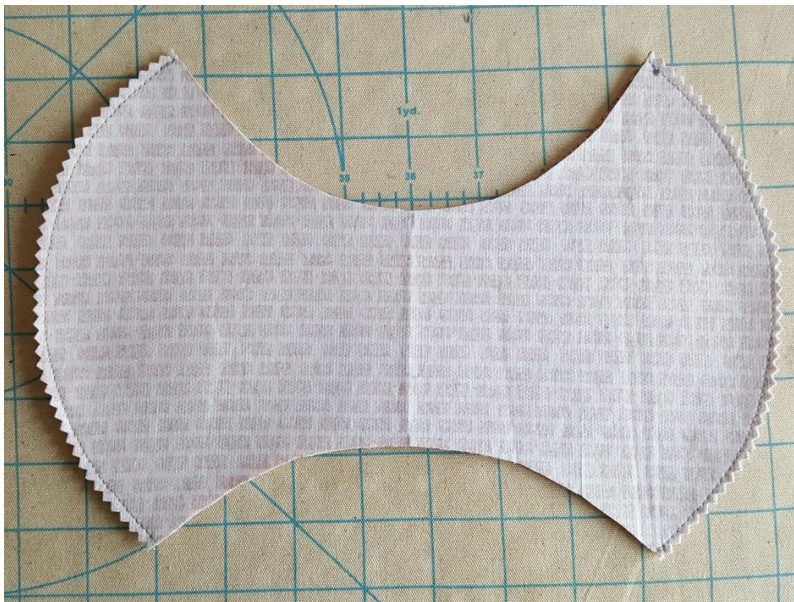


Unfold the pieces and place right sides together. Mark the centre fold top and bottom on both pieces, also put a dot at the upper corner of what will be the top of the outside piece.





Sew both curves with 1/4" seam allowance, back tacking to lock the stitches at the start and the end.



You can clip the curves or trim with pinking shears which I recommend as a quicker and easier option.

This reduces the bulk when you turn it inside out.



Fold with the centre seams together like this.





Pin around top and bottom. Mark your stitch start/stop line 1.5" in from the side folds on both sides, top and bottom. This is the large size mask I'm working on so this measurement will be a bit smaller on the smaller masks **but no less than 1"**. I've also marked where the gap for turning should be at the bottom.



Stitch the top and bottom of the mask, back tacking to lock at the beginning and end of each line. Don't forget to leave the opening to turn it.

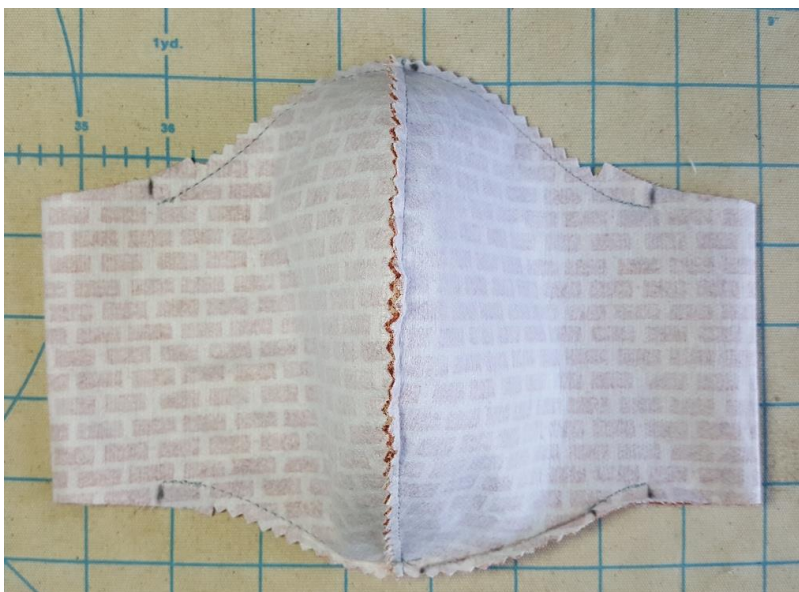




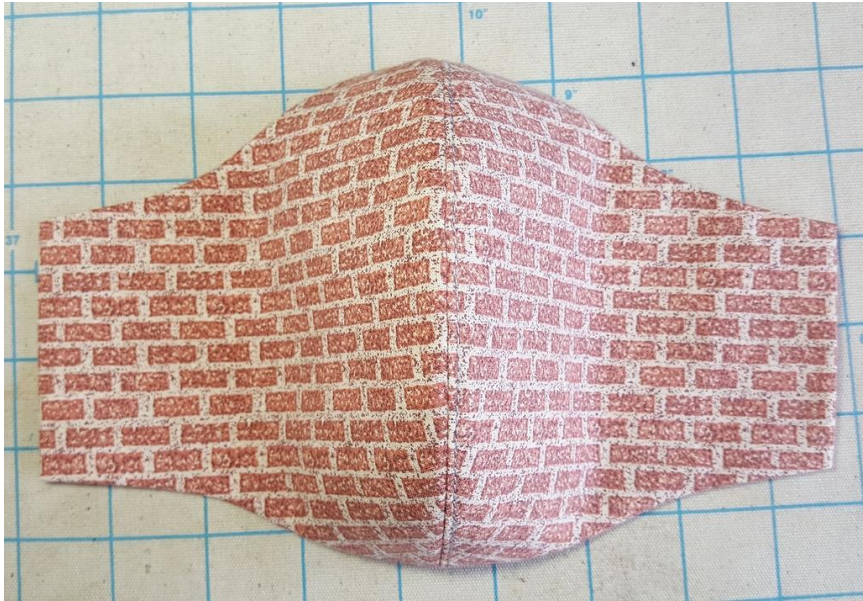
Close up of the gap left for turning



This is an optional step but it's helpful to press the seam allowance around the gap so when the mask is turned it's easier to sew over.



Clip the curves or trim with pinking shears starting about 3/4-1" from the start of the stitching at the sides as shown. Be careful not to trim much around the gap so there will be enough seam allowance to sew it closed later.



Turn the mask right sides out and press.



Make sure the seam allowance at the sides is tucked in evenly, there should be enough of an opening to insert your finger and help it lay flat if needed but it should turn out easily based on the stitching and clipping done before turning.





Use a wire that's about 4" long. This extends out over the cheeks and prevents poking the nose. For the smallest mask, decrease to 3".

Insert the nose wire through the turning gap and pin it into place along the top seam allowance. Begin stitching where my finger indicates, start sewing about 1/2" in from the side (a bit more if you are using a thicker tie like tshirt yarn but no more than 3/4")

The stitching is done in one continuous line all the way around the mask, as indicated by the black line above.



Push the nose wire up against the seam allowance and hold it in place with pins as shown. Indicate where the wire starts and stops with the placement of the first and last pin.





When your stitching reaches the first pin indicating where the wire begins, with the needle in the down position, lift the presser foot and pivot to take a stitch or 2 along the edge of the wire. **Less is more,**

Stop as close to the bottom edge of the wire as possible. With the needle down, lift the presser foot and pivot again to stitch along the bottom of the wire.

Repeat pivot steps at the end of the wire to sew up to the edge, pivot and continue edge stitching

Close up of wire stitching below.



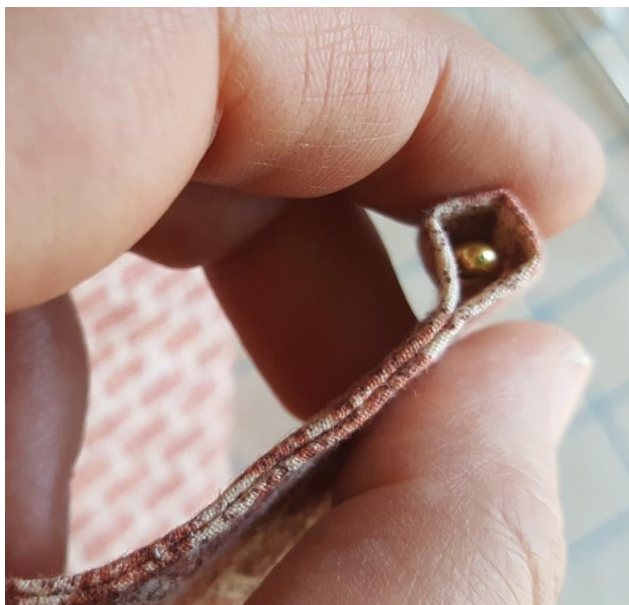




A variety of tools can be used to thread the elastic of ties into the side channel.

I've found a small crochet hook the best. If all you have is a needle with a large enough eye that is sharp at the business end, simply push the eye end through the channel rather than the point.

A safety pin also works well



If you're catching on the seam allowance, gently push the side to open the top until you can see the tool you are using and visually guide it though.

Use about 8" of elastic for each side (less for the small sizes) and leave them unknotted so they can be fitted to the face of the wearer



**How to make wires from disposable aluminium food pans.**



Cut open, cut off the corner pieces and flatten it out.

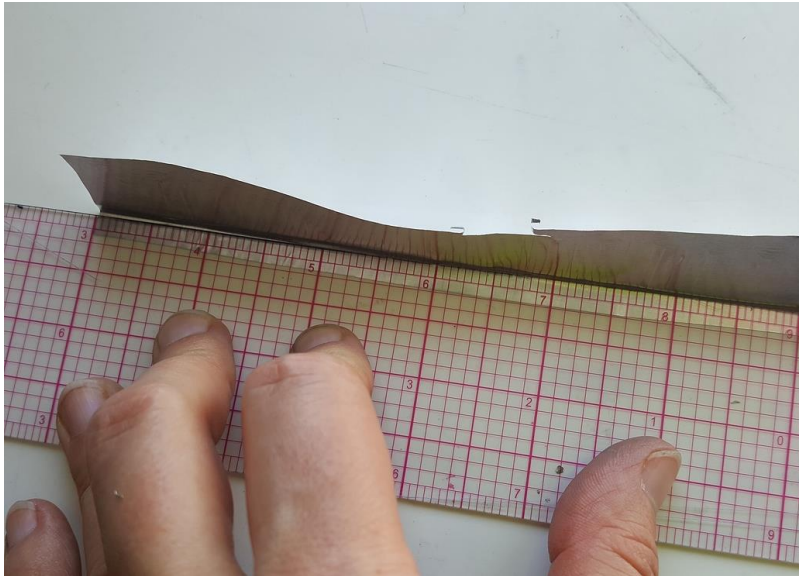




Flatten with a warm/hot iron over a firm surface.



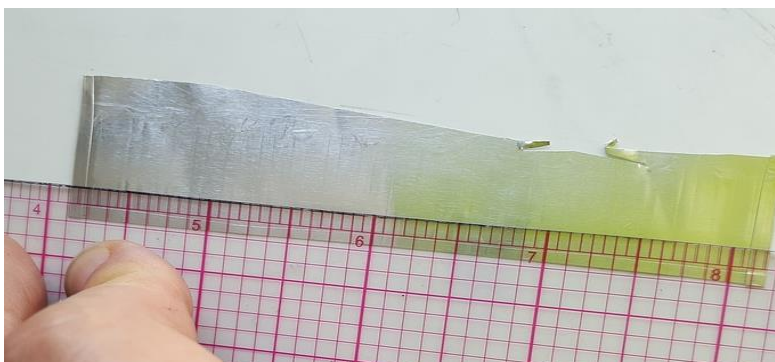
Cut a strip approximately 1.5" x 6"



Fold over 1/8" against a ruler. Fold over completely and rub it down with the back of a spoon



Fold over the sides in the same way, this prevents the sharp edges poking out of the mask fabric.





Trim and then fold over the final edge



## How to make ties from teeshirts.

Elastic around the ears can be uncomfortable to wear for long periods. Two long ties that tie at the back of the head, are much more comfortable. These can be cut out of an old teeshirt. A teeshirt without side seams is ideal but any one will work.



Cut off the bottom below  
the armpits



Cut off the hem and trim the shirt to be an even rectangle. I used chalk to mark lines 1" apart from side seam to side seam.



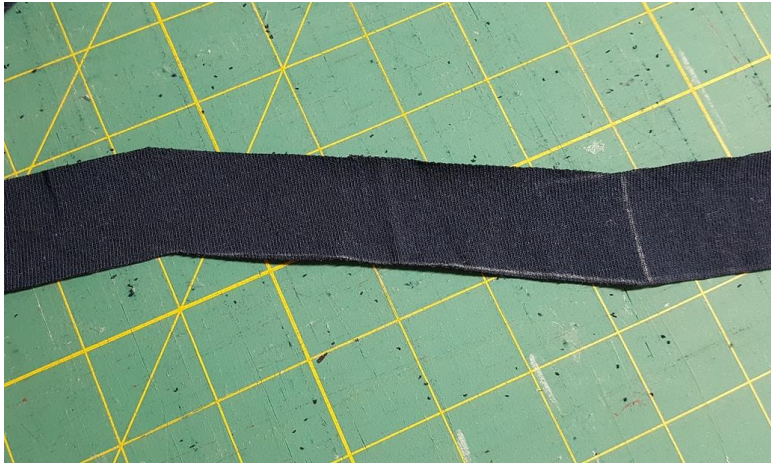
Using scissors or a rotary cutter, cut the lines starting at one side and stopping about 2" from the other side as shown. **It is important NOT to cut all the way through. If you want to make a continuous strip.**

But if you only want shorter lengths, just cut all the way across,



This step is how you get a continuous strand of yarn. Unfold the side you did not cut through and mark lines as shown. Cut along the lines.





There will be a small jog as seen here.

**This is the magical part:** starting at one end, firmly grasp the yarn in both hands and stretch it, pulling the yarn through your hands from one end to the other. This causes the edges to curl up into a rounded yarn shape. I got yards and yards of it from just one shirt! You can knit with it, or use it for mask ties.

