

## Face mask Sewing guide

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I recommend using 3 layers of cotton (I use homespun/broadcloth and printed quilter's cotton)

*When cutting out your pieces, make sure they are mirrored, so that when you put them together the right sides are touching. Eg either cut 1 from folded fabric to get both pieces, or cut 1 piece then flip the template and cut the other*

I make my masks with a casing on the sides and a drawstring made from t-shirt yarn that goes around the back of the head/neck with a bead slider for adjustment. I find this is a simple and comfortable way to do it, with no pressure on the back of your ears, and no use of elastic (which stretches over time and can be difficult to source while people are madly making masks).

The t-shirt yarn is a perfect fit for a "pony bead" to use as a slider, that won't shift on its own but isn't hard to slide when you want to. If you'd prefer to use ear elastics or fabric ties, please feel free to modify the pattern/instructions to do this. If you are sewing elastics/ties on instead of making a casing, cut all pieces with the shorter template, as you won't need the extra for the casing fold-over.

Disclaimer – I cannot guarantee fit nor effectiveness. These masks will not protect you against covid-19, nor will they protect others from catching it from you. You must still practice social distancing, wash your hands and stay home where possible!

### Mask without a filter pocket or nose wire:

- Cut 2 of the full mask pattern from your outer (print) material and 4 from your inner (plain) material.
- Place the 2 outer material pieces together, right sides touching and sew along the curved side leaving a 1cm seam allowance. Zigzag the raw edges to stop it fraying. Or overlock.
- Place the 4 inner lining material pieces together, with right sides touching and likewise sew those together along the curved edge – I find if I leave a slightly wider seam allowance (about a 1.5cm instead of 1cm) this makes the inside of the mask sit neater (because it's then a tiny bit smaller), while not requiring a separate pattern for the inner lining. But it also works sewing both the same.
- Turn the sewn outer (print) piece out the right way.
- Separate the inner lining (plain) pieces to expose the centre seam.
- Pin the outer (print) seam against the inner (plain) seam at the top and bottom of the mask to make sure the seams are together.
- Sew around the mask leaving 1 end open for turning. Zigzag raw edges to stop it fraying, or overlock.
- Turn the mask out the right way, and fold in the open end seam allowance.
- Sew a top stitch around the whole mask.
- Fold over the ends of the mask about 2cm to make the casing for the drawstring and sew that down over the top of the topstitch on the ends.

Note, if you find your sewing machine struggles to sew through all the layers for the folded over casing (since you'll be sewing through 9+ layers!), try a fresh needle suitable for heavier fabrics, and start sewing just past where the seam allowance is, so you're not going through all those layers too. Using an overlocker to sew closed the straight ends, instead of folding the edges in and top stitching, also reduces the bulk there. You can also reduce the layers in the casing portion by doing the pocket method which then has fewer layers of fabric in the casing area.

### Adding a nose wire

There are a few ways to do this. The easiest way is to sew the wire into the seam allowance on the outside fabric side, using a zigzag. Just make sure the wire can't slide sideways (eg if your wire ends are looped, a tight zigzag should stop it slipping) – or when you do the top stitch, include a vertical line of stitching to keep the wire in place. To make a removable wire, sew a casing from ribbon/bias binding and sew that to the inside nose of the finished mask, leaving one end open to slide the wire in/out.

Some people use pipe cleaners or twist ties – but the wire in those is very thin and won't be durable for long-term use, so I wouldn't recommend them – they are also not galvanized, so they will rust eventually! Remember that wire will snap after it's bent multiple times, and the thinner the wire the fewer times it can bend without snapping. Some people use a flattened out paperclip, again these can eventually rust, but they are at least thick/strong enough to hold up well in use. What I use is [garden tie wire](#), which is about 1mm thick and galvanized – so it's cheap, durable and won't rust!

### The way I do the nose wire

The method that (through some trial and error) I personally think works best for how it sits in the mask and durability (even if it takes a little longer to do) – is to cut a piece of wire, fold over the ends using pliers (stops them poking into you or poking through the fabric). Then make a casing from either 10mm wide bias binding or ribbon (The bias binding I think is best) a few mm longer than the wire – sew down each side, insert the wire then sew the end closed. Sew that onto the seam allowance on the outer fabric side of the mask before turning it right way out. I pin where the wire is so I know as I'm top stitching (You don't want to hit the wire!) then as I do the top stitch, I stop at the pin and basically sew around where the wire is with a wider topstitch, then go back to normal to go around the rest of the mask. Just be careful not to sew over the wire! I find this way the wire is padded against your nose from all the seam allowance layers, it's easy to sew in because you're sewing the casing on not trying to sew the wire itself on, and it's an extra layer between the outer fabric and the wire for extra durability so the wire isn't rubbing against the fabric to wear through.

### Adding the drawstring

Thread the string through the casings. I use tshirt yarn, because it's slightly stretchy and the perfect size for the pony beads (without letting them slip around on their own) but you can use cord or anything else.

My preference is to have the ends on the top of the mask – so that the tie/slider is at the top of the head rather than the base of the neck (as we found this less likely to snag your hair)

For a bead slider on tshirt yarn - thread the bead onto 1 piece of your yarn (You can cut the end on a diagonal to make it easier to fit through), then open the yarn flat and insert the other end of the yarn – roll that together tightly and pull it through the bead to thread the other side through as well. Knot both ends separately.

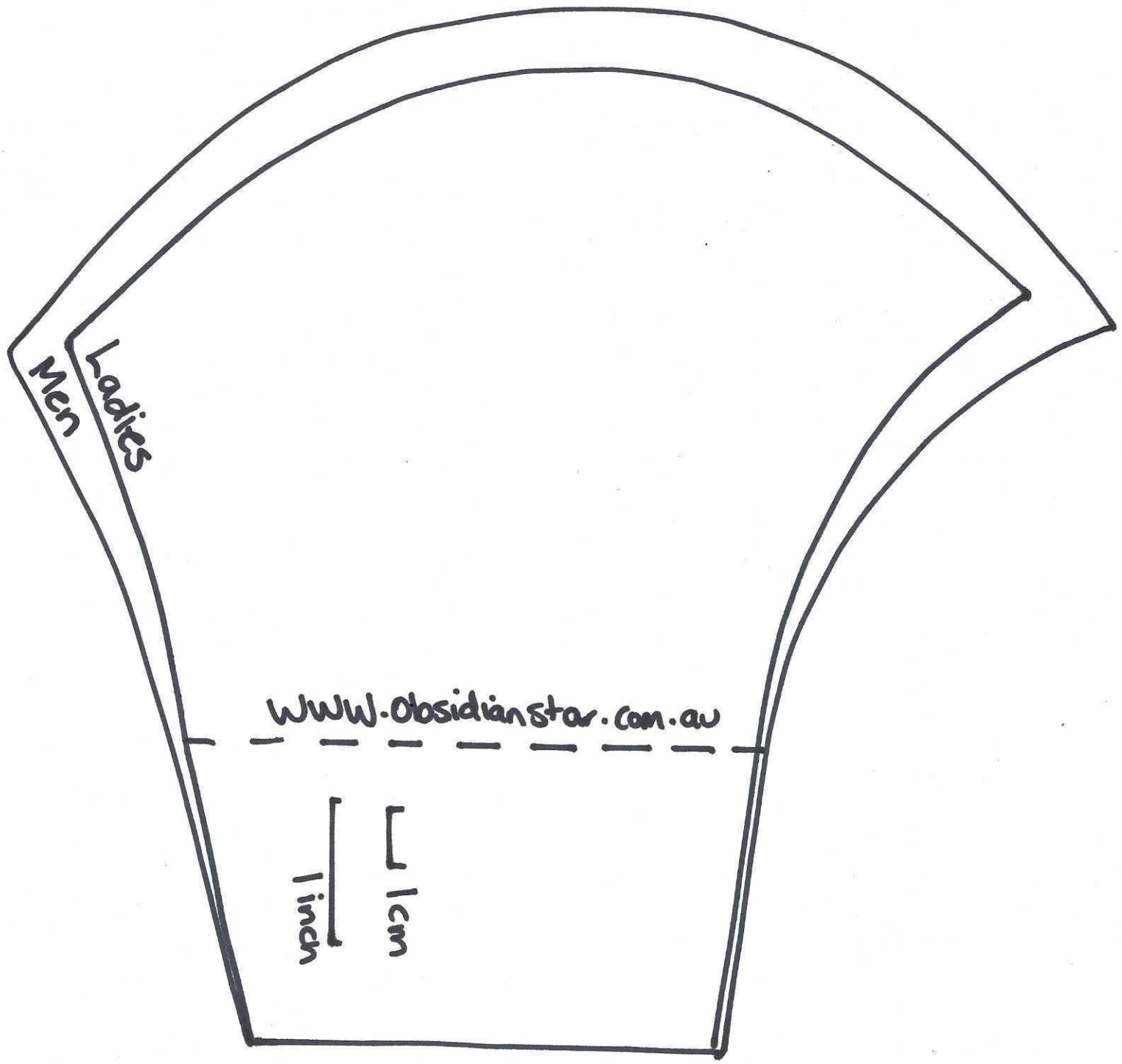
### Sewing the mask to have a pocket:



*(This lets you have the option to add extra filter layers into the mask, and it also reduces the bulk on the casing ends)*

You'll need to either print 2 of the pattern and cut one of them off at the dotted line so that you have a full piece and shorter piece. Or cut the one pattern and fold over at that dotted line to use the same pattern for both pieces.

- Cut 2 of the full mask pattern from your outer (print) material
- Cut 2 of the full mask pattern from your inner (plain) material (Inner #1)
- Cut 2 of the shorter (along dotted line) mask pattern from your inner (plain) material Inner #2)
- Hem the straight edge of the shorter (inner #2) pieces. (The pattern has allowance for a .5cm folded over hem, if you're overlocking this straight edge then you'll need to trim the pattern a little smaller as you won't have the fold over hem)
- Sandwich the 2 shorter (inner #2) pieces together, right sides touching with the 2 longer Inner #1 pieces – so that you have it stacked with the 2 shorter pieces between the 2 longer ones
- Sew along the curved side of your sandwiched layers, leaving a 1cm seam allowance. Zigzag the raw edges to stop it fraying. Or overlock. – I find if I leave a slightly wider seam allowance (about a 1.5cm instead of 1cm) this makes the inside of the mask sit neater (because it's then a tiny bit smaller than the outer), while not requiring a separate pattern for the inner lining. But it also works sewing both the same.
- Place the 2 outer material pieces together, with right sides touching and sew those together along the curved edge. Zigzag the raw edges to stop it fraying. Or overlock.
- Turn the outer piece out the right way so that the right sides are open
- Separate the inner lining (plain) pieces to expose the centre seam on the shorter pieces.
- Pin the outer (print) seam against the inner #2 (plain) seam at the top and bottom of the mask to make sure the seams are together and making sure the shorter pieces straight edges are sitting where they should.
- Sew around the mask leaving 1 end open for turning. Zigzag raw edges to stop it fraying, or overlock.
- Turn the mask out the right way, and fold in the open end seam allowance.
- Sew a top stitch around the whole mask.
- Fold over the ends of the mask to just before the shorter pocket opening, to make the casing for the drawstring and sew that down over the top of the topstitch on the ends.



Men

Ladies

[www.observianstar.com.au](http://www.observianstar.com.au)

1 inch

1 cm

