

Sewing Instructions – Simple Contour Face Mask

NOTE: these instructions use a free template from www.craftpassion.com and provide a simplified approach to create non-medical grade masks in four sizes.

Materials needed:

Template pattern (attached)

Pre-washed woven cotton fabric ¼ yard will make 3 masks

- Quilter's cotton, especially batiks are an excellent choice
- The tighter the weave, the better

Non-woven, fusible interfacing (optional but recently recommended by the CDC)

- Light to midweight – often called by brand name “Pellon”

Clean, soft T-shirt (to be cut up)

Clips (best) or sharp straight pins

Fabric scissors or rotary cutter and thread snips (and mat if using rotary cutter)

Ruler

Sewing machine, and your favorite foot for straight sewing

Thread – cotton or cotton/poly blend

Iron and ironing surface

1. Pattern prep:

- Trace your chosen size onto another sheet of paper or onto a piece of cardboard
- Add a ¼” seam allowance to the outside of the pattern, all the way around

2. Fabric prep:

- Pre-wash the cotton fabric (interfacing does not require pre-washing)
- Press the cotton fabric to remove wrinkles, trim away any raveling threads
- Cut or fold cotton fabric so that you have four (approx. 7” x 7.5”) layers – printed (wrong) sides together; 2 layers for interfacing (sides with fusible material facing)
- Cut out the cotton fabric and (optional) interfacing separately
 - Place the pattern (with the ¼” seam allowance shown) on to the cotton fabric, aligning the bottom straight edge of the pattern with the grain of the fabric
 - Prevent it from slipping by using tape, clips, or pins (pin only in the seam allowance) and cut it out – you should have 2 pairs of pieces (two lefts and two rights)
 - Repeat with the interfacing – only 1 pair of pieces to cut out
- If using interfacing: fuse an interfacing piece to the unprinted side of 2 facing cotton pieces, using manufacturer's instructions.
- From the t-shirt, cut a strip 1.25 to 1.5” wide - across the grain of the knit (parallel to the bottom of the t-shirt – in the direction of greatest stretch). Set aside

3. Constructing the mask

- Take two pieces and match them up with printed (right) sides together
- Sew the two pieces together on the front (convex) curve with a ¼" seam
- Repeat with the remaining two pieces.
- With your iron, take one sewn pair and press the seam to one side
- For the second sewn pair, press the seam in the opposite direction. This avoids the seamline becoming "holes" in the mask
- Place the two pair right sides together. Place a pin or clip where the pieces meet at the top and bottom of the front seam. Double check to see that the seams do not overlap and face in opposite directions. Add additional pin or clip to the end of both the top and bottom seam. (add more if it works better for you)
- Stitch the top and bottom of the mask with a ¼" seam. Leave sides open. Press these seams open
- Turn the mask right side out through one of the side openings, and press the entire mask again, from the front side.
- On each end, use your fingers to turn about 3/8" to the inside and press in place

4. Add the ear loops

- From the t-shirt strip, cut two pieces approximately 6" for women's mask and 7" for men's mask
- Take one piece and insert one end into the side of the mask, snugging it up against the top seam. Pin or clip in place. Repeat with the other end, snugging it up to the bottom seam.
- At the sewing machine, close up the edge by stitching a scant 1/8" from the folded edge, catching the ear loops in the stitching. Stop stitching about 1/8" from the bottom edge, pivot the mask and sew back over the line of stitching just sewn to firmly secure the ear loops.
- Repeat for the remaining side of the mask.

5. Finishing

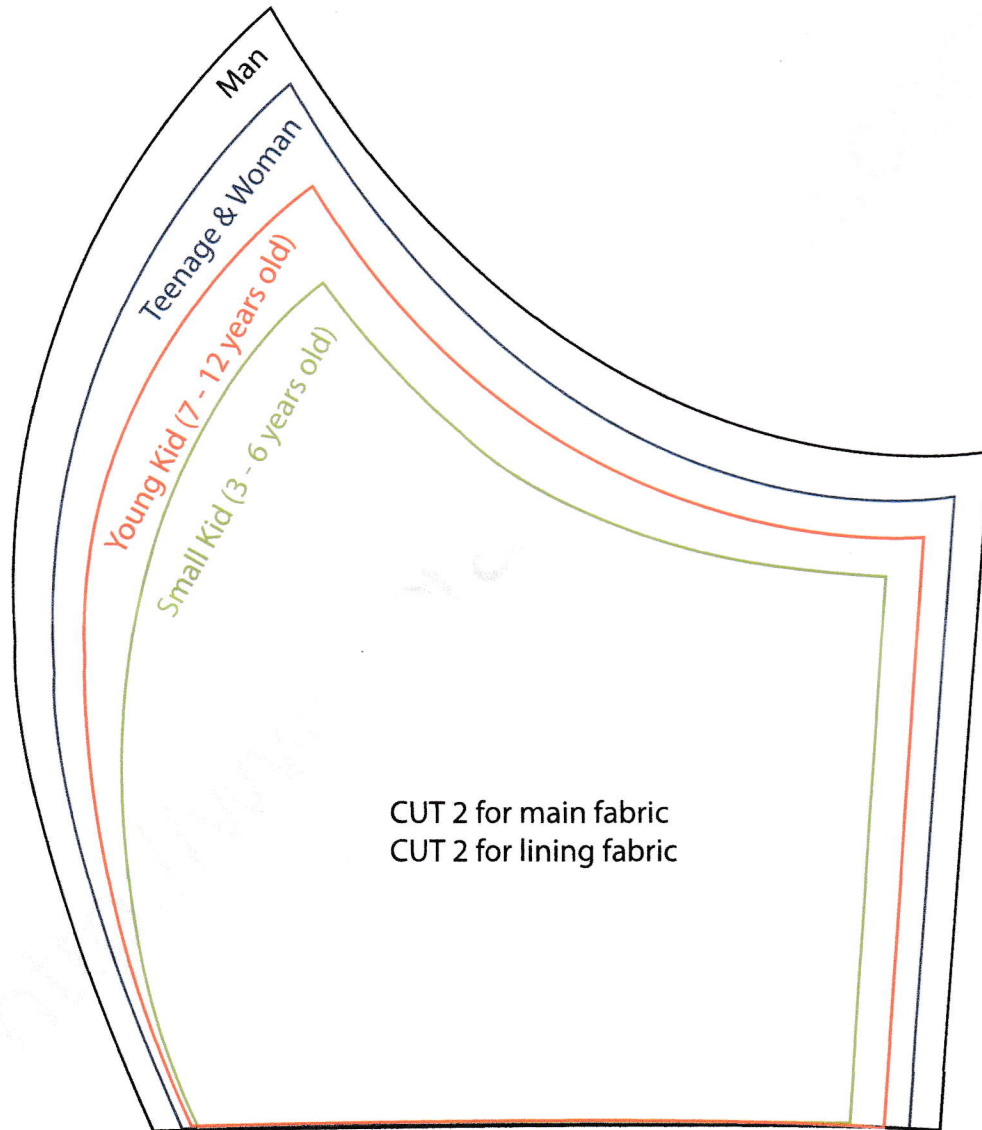
- Give the mask a final press with an iron set to "cotton" and steam. This not only gives the mask a crisp finish, but also sterilizes it.
- Admire your work while it dries
- Carefully place the finished, clean mask in a plastic bag with clean or gloved hands, or tongs.

More instructions are available at www.craftpassion.com, which has made use of this pattern available for personal non-commercial use.....not for finished products to be sold.

Face Mask Pattern

(version 2)

<http://www.craftpassion.com/?p=26304>



2"



Please check your scale here after print

Note: Please add 1/4" seam allowance for all the pattern

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