

Face Mask Making Instructions

Materials – Cotton or polycotton shirting / 4mm flat 6 cord elastic / thread

Tools – Download & printable template / scissors / sewing machine / thread snips / spatula / iron

To make the mask (for Medium Size mask, fits most women)*

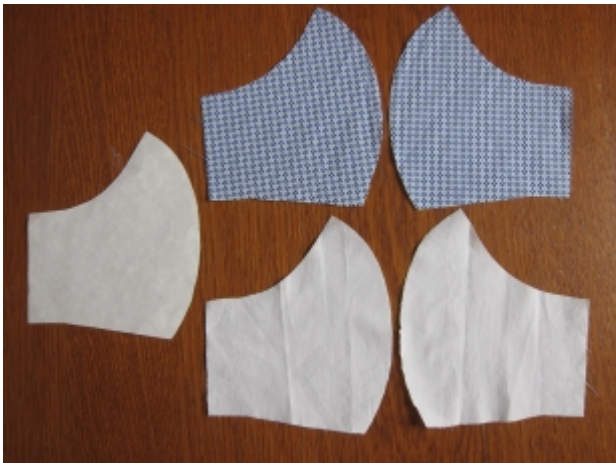

1. Cut out 4 pieces / 2 pairs (2 lining / 2 outside) of fabric. Lay them in pairs face-to-face
2. Machine sew both pairs around the curved edge (1cm hem)
3. On both pieces, turn the hem to one side and top stitch 2mm from the seam
4. Fold along the seam and iron – have one piece face in / one piece face out
5. Open one of the pairs and place the second folded pair inside. Face sides together. Make sure they fit tightly and all 4 pieces stack neatly
6. Gently open out with the face sides together. Machine stitch along the top edge and bottom edge (1cm hem), leaving the ends open
7. Make 4 snips into the hem of each curve. Snip away the bulk at the top and bottom of the curve
8. Turn inside out (right sides out)
9. Push out the pointed top fully (bamboo skewer works well) and push out the seams with a spatula. Make sure both layers are positioned with the seams together. Iron flat. Make sure the two layers sit flat together with no excess
10. Double turn the open ends to the inside and iron (to make a crease, then open out again)
11. Machine around top and bottom edges with 2-3mm allowance (leave the ends open)
12. Double turn the ends on the ironed crease and stitch down the inside edge of the hem

To attach the elastic

For fixed elastic - Gather a small fold in the turned hem of the mask to reduce the height to 5cm. The fold should point down. Machine stitch the fold either up to the inside edge of the double turned edge or parallel to the vertical end. Cut elastics x2 @16.5cm. Insert elastic into open ends (1cm each end) and stitch (go over 3 times) making sure exposed elastic measures 14cm (*for large mask, cut 19cm. finish 16-17cm)

For continuous loop elastic - Cut elastics x2 @ 23cm. Thread one through each hem. Overlap the ends by 1.5cm and stitch to secure. Feed the join back into the hem. Gather the end of the mask over the elastic and pull the elastic tight (*for large mask, cut 25.5cm)

Note – Inside and outside fabrics can be different. Top and bobbin stitches will be seen so use the same for both

<p>1</p> 	<p>2</p> 
<p>Cut 2X outside and 2 x inside</p>	<p>Sew around curve, face sides together</p>
<p>3</p>	<p>4</p>

Face Mask Making Instructions



Move hem to one side and top stitch



Iron one seams inside and one seams outside



Place one inside the other



Sew top / bottom edge. Snip the curve and cut away the bulk



Turn right side out and iron seams

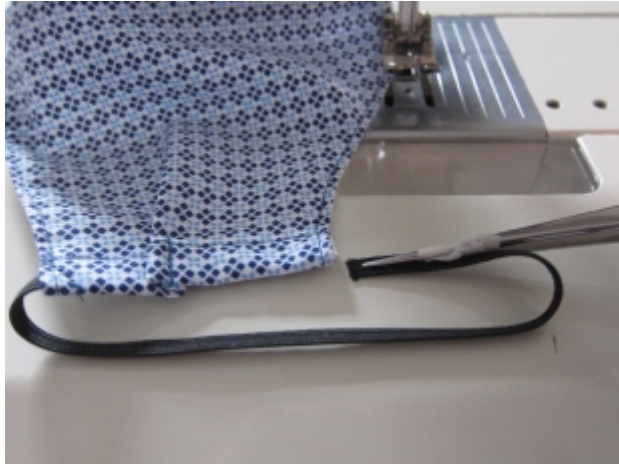
Option 1



Double turn hem

Option 2

Face Mask Making Instructions



Stitch a small tuck and insert elastic



No tuck with elastic loop and gathered hem



Finished!