Requirements:

* Two fabrics, one for front, one for lining. A Fat Quarter yields about 5 ladies masks and 4 men’s.
* Non woven interfacing (optional)
* Elastic (optional)

Fabric should be 100% good quality cotton or polycotton.  The tight weave is important and the fabric has to be breathable. (<https://www.nbcnews.com/health/health-news/making-your-own-face-mask-some-fabrics-work-better-others-n1175966> )

You need two different coloured or patterned fabrics, One for the inside and the other for the outside of the mask. This makes it easy for the wearer to remember which side they have worn touching their face

Fabric must be washed before you make the masks.

Cutting

Cut 1 main fabric using the outer piece pattern.

Cut 1 lining fabric using the inner piece pattern.

Cut 1 interfacing from the inner pattern. (optional – the interfacing adds another level of security)

Directions

Stitch the long curved seam (centre front of mask) using ¼ inch seam allowance and repeat for the lining.

Clip the curved seams and top stitch about a 1/8 of an inch from the seam on both front and lining of the mask.

Match the centre seam on the lining and front with right sides together, pinning to hold in place.

Stitch along the top and bottom edge of these using ¼ inch seam allowance. Clip the upper edge, curved seam and turn right side out.

Carefully pin along both edges of the previously sewn seams in preparation for top stitching, again 1/8 inch from the edge of the mask, including the ends where there isn’t any lining.

Fold the unlined edge back (about 1 inch) and stitch close to this folded edge.

Fold the raw edge back ¼ inch, ensuring that it lays flat on the mask before stitching close to this folded edge. This forms a channel where elastic can be threaded through.

If using elastic there are two methods that can be used.

A.) cut two 8 inch pieces of ¼ - 3/8 inch wide elastic, securing each end on the top and bottom of the mask on either sides to form a loop to go over the ear.

B.) Cut an 11 inch piece of elastic and thread through the channel that you previously made, joining the ends of the elastic by overlapping and securing with stitches or tying.

If you prefer ties, you can make your own or use purchased bias binding or twill tape. Cut 2 ties to 18 inches for the top edge of the mask and 2 ties at 15 inches for the bottom edge. To make your own ties, cut fabric strips 1.25 inches wide, pressed in half. Then begin sewing folding the raw edges in as I stitched.

If you have any questions please give me a call. Thanks for helping our local hospitals.

Heather Black

905-279-9175

h\_nblack@sympatico.ca (title: hospital masks please)

