

## How To Make A Face Mask

### Make Your Own Face Mask (Free Pattern with 3 sizes to make)

Due to the coronavirus pandemic, face masks are currently in high demand. If you like to sew, masks are easy to make on your home sewing machine.

Birch Creatives have a pattern that includes 3 sizes to fit a range of ages to keep the whole family safe. For their blog they chose a fun dinosaur print, lined it in a complementary fabric and teamed it with a Fluro elastic, creating a design that's perfect for children.

#### **Masks Are Ideal To Make From Fat Quarters Or Any Leftovers From In Your Stash!**

It's also fun to experiment with different themes, fabric, and elastic combinations.

Keep in mind the edges need to sit tightly against the skin, so this design is tied to fit. Naturally, you can finish the elastic to your own measurements if you prefer a custom fit. Plus make yourselves some mask mates to make them more comfortable to wear.

The masks are washable and reusable and if you create several, you will ensure there is always one on hand. While the mask won't protect you from the virus, it will help to control the spread of any other germs and particles in the air, which is useful whenever you're around others.

It also frees up the medical grade masks for those who really do need them. Sizes included are Small (ages 3-6), Medium (ages 7-12) and Large (teens to adult). We recommend washing daily so it's a great idea to make at least 4 or 5.



## Materials You Will Need Are:

- Fabric (15 x 14cm for each piece)
- Main fabric (enough for 2 pieces)
- Lining Fabric (enough for 4 pieces) Suggested - use interfacing as a middle layer
- 004640 Birch Premium Quilting Thread (or any cotton thread)
- Scissors (We used Kai Tailoring Shears SKU 018659)
- Birch Safety Pins for threading elastic through the casing. (SKU Q57274)
- Taylor Seville Fabric clips (SKU 216053)
- Optional layer of wadding or carbon filter in between fabric layers

Note - The Australian Government recommends the use of 3 layers of fabrics:

For example, using the method explained you can use:

- Quilter's Deluxe (Lining)
- Butter Muslin (H00100100 - Middle)
- 100% Cotton (Outer)



## Instructions:

1. Cut 1 Pair x pattern in Main fabric and 2 pairs x pattern in Lining.
2. Cut length of elastic based on individual (roughly 80cm for adult).
3. Face the 4 pieces of lining (or 2 lining and 2 interfacing) together and stitch along the curve. (If using interfacing, ensure the interfacing is on the outside with lining inside - this will allow the interfacing to be the middle layer).
4. Face the 2 main fabric pieces together and stitch along the curve.
5. Lay main fabric and lining with right sides together and stitch along the top and bottom leaving ends open.
6. Bag out the mask through the opening.
7. Fold edges roughly around 1.5cm, leaving enough room to feed elastic through and stitch along the width of mask to seal ends.
8. Feed through the elastic and tie or stitch closed to create the perfect fit.



I found these sewing pattern ones online through Birch Creatives and thought id share them with you all as there a Free Pattern and often throughout this pandemic I've found myself having to crafty creative plus watch my own pennies. I loved the fact the pattern covers the three main sizes from child to adult.

You can also make them to suit your own lifestyle and favourite colours as wearing masks are a safety factor for us all and we will need to wear them till our biologist discover a form of inoculation and protection for us all.



I am also placing a link here for you all to the mask mates pattern on my website. They are great for taking the pressure off your ears with the elastic rubbing, I know I've found them extremely useful within my own family and so have our workers on the front line.

You can make a few out of cotton so they wash and don't shrink. Make a few in colourful bright designs or something more subtle to your own colour choice.

Mask Mates Pattern Link:

[https://cdn.shopify.com/s/files/1/0005/5803/9095/files/KNIT\\_MASK\\_MATES\\_PATTERN\\_cd5579b2-3c75-4a4d-b4a8-2fb1e23e0bb0.pdf?v=1602467476](https://cdn.shopify.com/s/files/1/0005/5803/9095/files/KNIT_MASK_MATES_PATTERN_cd5579b2-3c75-4a4d-b4a8-2fb1e23e0bb0.pdf?v=1602467476)



I do hope you find both patterns useful, I know I did the pandemic isn't going anywhere in a hurry and as we all adjust to covid19 with having to wear mask these patterns can be quite useful.

I trust you have a lovely week!

**Carey**

**Casz's Country Craft's**