

Normal Speak sewing instructions for Face Mask *(updates in red)*

This pattern is from www.craftpassion.com/.

I have modified the instructions so they will hopefully be understandable for even the NEWEST sewist. If you are hand sewing this project use a *basing running stitch* there are hand stitch instructions here <https://www.sewkailua.com/wp-content/uploads/2020/03/sew-kailua-stitch-instructions-.pdf>. (found on the same page you found these instructions, just below them.)

Material:

- Main Fabric (cotton), 12" x 6", wash it
- Lining Fabric (cotton), 10" x 6", wash it
- [Round Cord Elastic Band 1/16" \(you can buy from hair accessories section, or here\), 16"](#)
- [Face Mask Sewing Pattern](#), download and print separately.

1. Wash and Dry your fabric before you begin - this is important because you are going to wear this on your face and fabrics are often treated with chemicals to make keep them wrinkle free in the store. If you picked up a mask kit from Sew Kailua the fabrics were all washed just before they were cut and bagged.
2. Download or use the pattern in the mask kit, cut out the pattern size you need - larger is good - in the adult kit I cut the men's and women's size and the larger of the kid size.
3. We are going to sew the mask parts together: Turn the face mask pieces so the side you want showing when you are done is facing each other. - the inside of the sandwich. (You can go bright side out or local style aloha shirt inside out showing). Do the same thing with the inner fabric - if you got a kit this is the cream colored fabric.
4. Sew on the curve part about 1/4 of an inch from the edge. Do this with both sets of fabrics.
5. We are going to notch now - Sew language for making that curve you just sewed turn nicely the other way. Keep your fabric packs as they are - don't turn them right-side out yet. Cut into the curve along the stitch you just made around the curve. you will need about 6 little snips about 1/2 -3/4 inch apart. BE careful and don't accidentally cut into your stitch line.
6. Put the outside mask off to the side for a moment.
7. Grab the part that is going to be the inside of the mask. We are going to do what needs to be done to make the pocket part. We are going to hem the sides so you can slide a paper liner into the pocket when you want



to.

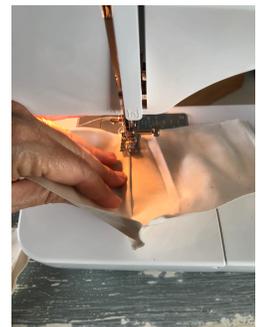
8. Lay your inside mask flat on the table so you can see the stitch and little clips you made. At the side end of the mask turn the fabric 1/2 inch over towards the center. Scratch it with your finger nail to make a crease. Do this on both sides. Now turn that 1/2 inch over on itself and scratch with your nail again. What you should see is a fold over that leaves no fraying edges of fabric. Should look like the bottom of any pants you have.



9. Sew down the turned over edge - make your sew line in the middle of that folded over pack. Do it on both sides. Congratulations you just sewed a *hem*. **NOTE: Line up your inside mask with the outside mask to check for size - your outside mask should be about 1 1/2 inches longer than your inside mask - if it is not - just fold each end over it over one more time and sew. I had to do this will all the ones I made.**



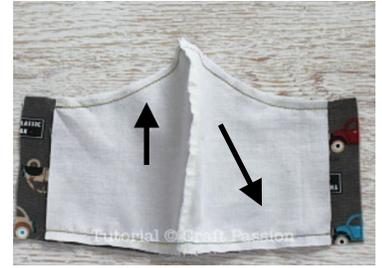
10. **TOP STITCHING:** You can make this mask a little stronger and lay better on your face - and **if you are hand stitching** please do this - it will make your mask hold together longer. We are going to sew down the seams we made in the middle of the mask. Open up both the inside and the outside masks so the seams you made that joined them together are facing you. Scratch them flat with your finger nail to one side, does not matter which side. Sew down the fabric pack you just scratched into the mask. It will make a stick line along the seam you made to join the two pieces together in step 3. (see the picture) You will do this with both the inside and outside mask parts. Congratulations you just *top stitched*. **NOTE: this can be a little challenging because of the curve that is created by bringing these two shapes together. When you are sewing the top stitching try setting up the mask on the sewing machine like the picture - see the curve - and go slow making sure the fabric is not folded over the seam you scratched flat - and if this is too much to do - you can skip this step - top stitching is great but this project is not suppose to stress you out!**



11. Grab both fabric piece - we are going to join the two together.

12. Line up your outside mask with your inside mask at the center points - where you sewed them together in step 3 and just top stitched - you will want the good sides facing each other - so you will see your center seams on the outside, and the side of the fabric you want showing in the end with be on the inside (see the picture above with the green and cream fabric). When we are done we are going to turn them right side out so all the stitching is on the inside. **Notice** your inside piece is smaller than your outside piece - that's because we have done the pocket part already.

13. Sew the top and the bottom - like in the picture - from edge of the inside fabric to edge of outside fabric. If you go past the edge of the inside fabric no problem - more stitches here are not bad - just make sure you sew all the way to cover the inside edge (the one you hemmed down). Now your mask should look like the above mask in the picture does.



14. **Notch the top edge of the mask - just like we did in step 5 - only this time we are cutting little snips in the top of the mask**

15. Turn the mask right side out so all your seams are on the inside. Pull it through one of the open sides - this opening is your paper insert pocket when we are done.



16. **OPTIONAL:** top stitching the top and bottom. It will help make the mask lay better on your face and hold the structure a little more - *but this is not a have-to step*. Lay your mask outside fabric you on the table - scratch the seams you just sewed - top and bottom so the two fabrics stay on their sides - outside on the outside / inside on the inside. Now sew the edge of where these two meet. Just like you did in step 10 for the center seams. Try and stay on the edge without falling off - we don't want to make the pocket too small by going into the mask middle with this sew line.

17. Now you are ready to make the elastic *casing* - the place where the elastic runs through a kind of open pocket. We are working on the outside part of the mask only now (already did the inside part in step 8. We are going to do what we did in step 8 again, BUT this time we are going to make it a little bit smaller so it lays just NEXT TO the edge of the inside fabric - that way we can still open the pocket in the mask. (a) At the side end of the outside of the mask turn the fabric 1/4 inch over towards the center. (b) Scratch it with your finger nail to make a crease. Do this on both sides. (c) Now turn that 1/4 inch fold over to meet - but don't let it go over the inside fabric. (d) Scratch with your nail to make a crease. *If using HAIR TIES as elastic see step 17 now* (e) Sew this down. Do it on both sides. You are now nearly done!

18. **HAIR TIE METHOD** if you don't have elastic right now. When using hair ties you have to go with the ear loops to hold it on - and it changes the order a little: before you sew the casing in step 16 (e) closed you will have to insert the hair tie into the folded over edge. Now sew the edge of the folded over fabric closed - be sure to not sew the hair tie! For truly beginning sewers it might be easier to hand sew this so you make sure you don't catch the hair tie in your stitch. You are now done!

19. Grab your elastic piece. Find yourself a small safety pin (or a paper clip if you don't have a safety pin) Pin the safety pin to the elastic at one end (or tie it to

the paper clip). You are going to slide the safety pin through the pocket you made in Step 16 at the end of the mask.

20. For the behind the head strap: You will side through one side bottom to top and then to the other side bottom to top, remove the pin or clip, measure for size and tie a knot with the two ends. Remember when you tie a knot it will take up some of the elastic - so you might have to resize again after you tie the knot.

21. For the ear loops: Cut your elastic in half and add the pin or clip to one side. Side pin or clip through one side bottom to top and tie a knot. Do this on the other side. Now try it on and make sure it is snug enough, re-tie if you need to.

22. Congratulations you are done! Remember to wash and dry this after every uses - if you add a paper insert be sure to remove that before you wash the mask. Whatever filter insert you use, it must be placed so that it is at the highest point of the center of the mask - where the nose goes. If you use a dry wipe make sure its really dry so you don't breath in too many chemicals - we are working on keeping your lungs healthy with this mask!

