

## FITTED FACE MASK WITH KNIT BINDING INSTRUCTIONS



Full Tutorial and PDF Pattern Downloads at [www.5MinutesforMom.com/FittedFaceMask](http://www.5MinutesforMom.com/FittedFaceMask)

*Please note that face masks should not be used by anyone having difficulty breathing, nor should face masks be used on children under two years old or on anyone who cannot remove the mask themselves. This mask is not a replacement for N95. 5 Minutes for Mom does not guarantee effectiveness against disease. Use at your own discretion and risk. Copyright © 2020 5 Minutes for Mom*

### SUPPLIES

- Best Fitted Face Mask Pattern – Free Download for [Fitted Face Mask Pattern – Adult Sizes](#) or [Fitted Face Mask Pattern – Child Sizes – 5 Minutes for Mom](#)
- Woven cotton fabric for outer layer (1/4 yard for 5-6 masks, depending on mask size)
- Woven cotton fabric for lining layer (1/4 yard for 5-6 masks, depending on mask size)
- Interfacing (sew-in, lightweight or medium weight) – optional for added filtration
- Aluminum nose piece (or DIY alternative such as a coffee bag tie)
- Knit fabric strip – 3/4" wide and approximately 25" long OR two 10" long pieces of 1/8" elastic (or 3/4" knit strips) – See our post on [How to Make Ties for Face Masks using Knit Fabric](#) for more information
- Knit fabric 2"x10" – OPTIONAL BINDING
- Knit fabric 1½"x10" – OPTIONAL BINDING
- Knit fabric 1½"x4½" x 2 – OPTIONAL BINDING
- Thread
- Scissors

# INSTRUCTIONS

## NOTE ABOUT FILTRATION LAYER

For our masks, we use non-woven, sew-in, lightweight interfacing. We prefer to use sew-in versus fusible interfacing in order to avoid any glue.

A layer of interfacing does not guarantee filtration but adds another layer of protection while still allowing the mask to be breathable. This interfacing layer is optional and when making kids masks, we often skip this layer to make the mask as lightweight as possible. Cloth face masks are NOT replacements for N95.

## FREE PRINTABLE FACE MASK PATTERNS IN MULTIPLE SIZES

Below you will find two printable pdf files – one that includes four adult sizes and one that includes five child sizes.

[Fitted Face Mask Pattern – Adult Sizes – 5 Minutes for Mom](#)

[Fitted Face Mask Pattern – Child Sizes – 5 Minutes for Mom](#)

### 1. Print Pattern

Download and print our free Best Fitted Face Mask Pattern in [Adult Sizes](#) or [Child Sizes](#). Cut out the appropriate size pattern piece.



(You may wish to print multiple copies of the pattern so that you can dovetail the pattern pieces in order to make the most use of your fabric.)

### 2. Cut Fabric

Fold the fabric for your outer part of your mask in half. **Cutting the fabric while it is FOLDED with the pattern piece will result in TWO mirrored pieces.**

If you are using patterned fabric and *you wish to place the pattern in specific areas, (for example to have Olaf in the right position on your finished mask,)* you will need to mirror the pattern (*flip it over horizontally*) when cutting.

To create a mirrored piece when only cutting ONE layer of fabric at a time, **FLIP the pattern piece over horizontally when cutting the fabric for the second piece** so that the right side/patterned side of the fabric will be facing the correct way.



Repeat the cutting process with liner fabric, once again cutting while the fabric is folded or flipping the pattern piece for the second cut if cutting one layer of fabric at a time.

### 3. Sew Center Seams

With **RIGHT SIDES** (the nice sides of the fabric) together, sew the center seam on the outer fabric pieces and on the lining fabric pieces with a 1/4" seam allowance.

**NOTE:** if adding the interfacing layer, sandwich the two interfacing pieces around the outer fabric pieces before sewing center seams and sew the center seam with the four layers as shown below.



Trim seam allowances and/or use pinking shears to reduce fabric bulk.



#### 4. Sew Layers Together

*If adding the knit trim/binding, use the following directions. If not using knit binding, click over to follow directions for the fitted face mask without binding in our Fitted Face Mask Tutorial Part 2.*

Finger press (or press with an iron) the center seam to one side of the mask on the outer layer. On the lining layer, press the center seam to the opposite side.



With WRONG SIDES together, so that the right sides of the fabric are facing outwards, pin the outer piece and lining piece together and stitch along top of mask with a seam allowance of 1/4".



Then trim seam allowance, rounding the top corner. (Alternatively, you can sew with a 1/8" seam allowance and only trim/round the top corner, noting that the finished mask will be slightly larger.)



Remove the backing of the flexible nose piece and place the nose wire inside the mask with the sticky sharper side of the nose piece attached to the wrong side of the outer fabric so that the smoother side of the nose piece will face down on your nose for a more comfortable fit.

Place the ends of the nose piece right next to stitching with the center of the nose piece as close to the top of the center of the mask as possible. You may need to bend the nose piece slightly to get the best fit.



**IMPORTANT:** Sew a few stitches at both ends of the nose piece to hold the nose piece in place.

### 5. Attach Knit Binding

Along the TOP of the face mask, pin the 2" wide piece of knit binding to the inside/liner side of the mask with the raw edge of the knit binding along your stitching line, slightly stretching the knit fabric for a very subtle gather.



Stitch 1/2" from the raw edge top of mask, sewing VERY carefully below the nose piece. If you hit the nose piece, you will break your needle. So sew slowly and carefully.





Fold the raw edge of the binding to the raw edge of mask and then fold over to encase raw edges in binding. Pin in place.



Topstitch binding in place, about  $\frac{1}{16}$ " to  $\frac{1}{8}$ " from the folded edge, once again sewing very slowly and carefully around the nose piece. You will probably have to stretch the knit binding slightly to get it to reach over the center of the nose piece.



Along the **BOTTOM** of the face mask, gently **STRETCH** and pin the  $1\frac{1}{2}$ " wide knit strip of binding to the inside/liner side of the mask with the raw edge of knit  $\frac{1}{8}$ " away from the raw edge of the bottom of mask.



*For the bottom of the mask, you want to stretch the knit binding more than you stretched the top binding so that there is more gathering on the bottom of the mask for under the chin.*

Stitch 3/8" from the bottom, raw edge of the mask.



Fold the raw edge of the binding to the raw edge of mask and then fold over to encase raw edges in binding.



Topstitch binding in place, about 1/16" to 1/8" from the folded edge.





## 6. Sew Casings/Channels for Ties/Elastic

There are TWO options for sewing the side casings/channels for your knit ties or ear loops. (Note: the mask on the left is a Child Extra-Small and the mask on the left with the knit casing is a Child Small.)



You can simply trim off excess knit binding and then fold over the raw edges twice and stitch down to form a channel.

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Or you can use rectangles of knit fabric to make casings that are covered in knit binding.

To make this binding casing version, first, trim off excess fabric (about 3/4") from the sides that would otherwise have been used to fold over to form the channel. If you skip this step, your mask will extend closer to the ears.



Pin the two 1½"x4½" rectangles to the inside/lining side of the mask, with raw edges of knit 1/8" away from raw edges of the sides of mask.



Stitch in place, 3/8" from the raw edge.



Fold in short ends of binding. Then fold the long raw edge of the binding to the raw edge of mask and then fold over again to encase the raw edges in binding. Pin in place.



Topstitch binding in place, about 1/16" to 1/8" from the folded edge.



Repeat on the other side.

### 7. Thread Ties or Elastic Throw Casings/Channels

Use a bodkin, safety pin, or a bobby pin to thread your elastic or knit ties through the side casings/channels of your mask. *(A bodkin needle is a fabulous tool that allows you to easily thread elastic, straps, etc. through channels, waistbands, etc. Bodkins can come in various lengths and styles.)*



As we mentioned earlier in this post, to have the best and most comfortable fit for your mask, we recommend using stretchy knit ties. *(Read our post to learn how to easily make your own knit ties with t-shirts or leggings you have at home, [How to Make Ties for Face Masks using Knit Fabric.](#))*

While most people prefer to have their masks knit ties or elastics loop around their ears, (it is faster to get your mask on and off if using ear loops,) using ties that go around the top of the head and the back of the neck allow you to tie your mask on firmly without tugging or hurting the ears.

You can use two sets of knit ties or, as we do, use one 25"-28" long knit strap that loops around the top of the head and ties at the base of the neck.

Otherwise, you can use an "ear saver" that stretches across the back of the head and attaches to the ear loops to relieve the ears from the pressure of elastics pulling on ears.

To make stretchy knit ties, simply cut long strips of light or medium weight knit fabric 3/4" wide. Then STRETCH the strips so that the fabric ravels at the sides, forming "t-shirt yarn."

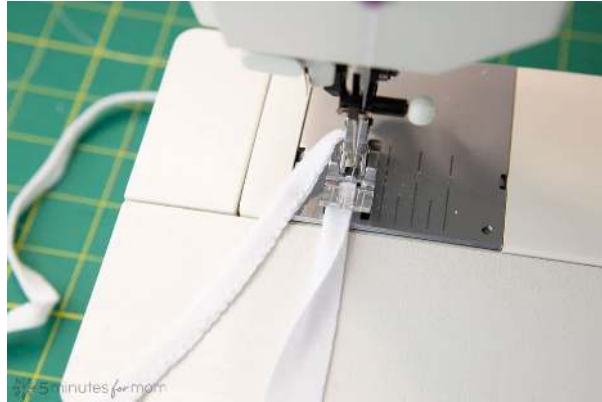
**If your knit fabric is too lightweight, it will disintegrate and drop tiny balls of fabric. But NO WORRIES!**

Lightweight knit fabric makes perfect stretchy "spaghetti straps" that are perfect for face mask ties.

Cut long 3/4" wide strips of lightweight knit fabric.



Fold in half, lengthwise, with right sides together, and stitch along the raw edge with a small zig-zag stitch.



Then turn the long tubes of fabric with a loop turner or a bobby pin. (A loop turner is a long, wire tool used to turn fabric tubes, such as bias tubes and spaghetti straps, right side out.)



Trim to size – we recommend 8"-10" long knit strips if using as ear loops and about 25"-30" long knit strips if using as one piece that loops at the top of the head and ties at the back of the neck.

Then thread ties through casings with a bodkin, safety pin, or bobby pin.





If you are using your knit ties around the ears, you can tie them with knots so that they are adjustable. Once you know the correct size and fit for your masks, you can sew the ear loops if you prefer.



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