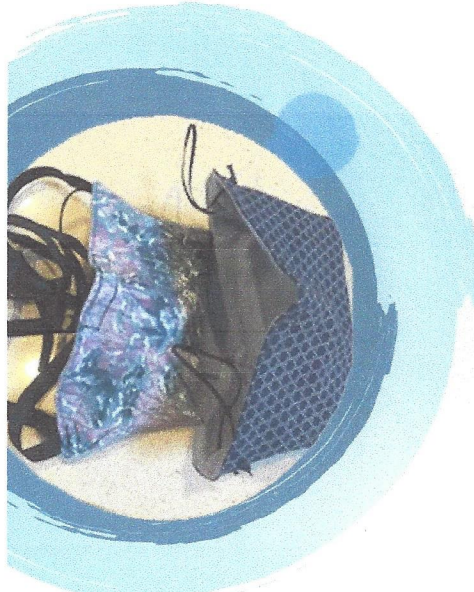


HOW TO MAKE A DUCKBILL FACE MASK WITH NOSEPIECE



DUCKBILL MASKS CREATE A BIT OF AN AIR POCKET IN FRONT OF THE WEARER'S NOSE AND MOUTH. THIS MAY ALLOW THE WEARER TO BREATHE EASIER AND FEEL LESS RESTRICTED. THE NOSEPIECE HELPS SEAL THE MASK BETTER, AND HELPS KEEP EYE GLASSES FROM FOGGING

Feel free to share this mask and pattern; however, use at your own risk. We make no claims as to the level of protection or safety this mask may provide.

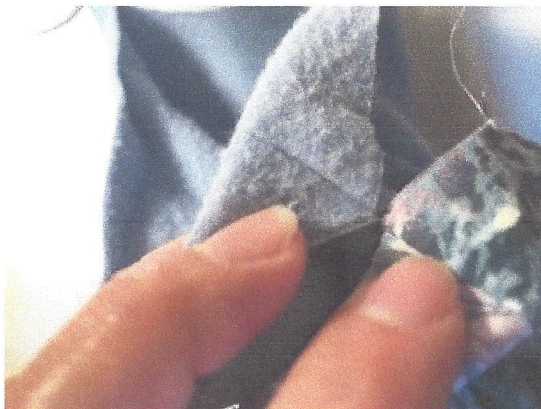
You will need:

1. Two tightly woven scraps of fabric such as high thread count sheets, or quality quilting scraps of at least 8 x 10" (preferably of different patterns; or one patterned, one plain; so the wearer can easily distinguish which side was used for the inside) . If making multiple, you can stagger the pattern to cut the maximum number of pieces from your fabric.
2. #1 paper clip for the nosepiece (about 1" long; please do not use "jumbo" paper clips)
3. Rope elastic, wide (2mm or more) beading cord elastic, or any flat elastic ¼" wide or less to wrap around the ears (each mask needs 2 – 10" pieces) If elastic isn't available, or if you

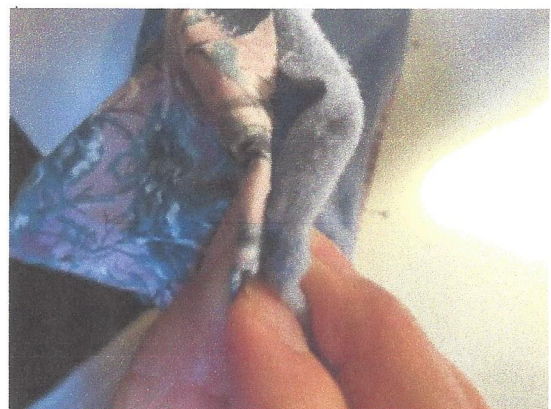
only have wider elastic, it can be used, too. Once the mask is created, measure enough elastic to wrap the head, with some stretch to hold the mask snugly. If you can, use two pieces. One low, near the neck, and one higher around the high back of the head. This holds the mask on even better (place them near the eyelet hole marks and secure with a couple rows of zigzag stitches). Or, create two ties with fabric or seam binding (1/2" extra wide double fold, or fabric ties of similar dimensions. Each side uses 36", which are folded in half, slightly offset, and then the folded ends are attached to the inside the mask, one on each of the side seams)

INSTRUCTIONS:

1. Cut one pattern from each piece of fabric (as suggested, you can stagger the pattern to minimize fabric waste when creating more than one mask). Fold each piece with fronts together (blue# on pattern (1.))
2. Seam each slanted edge, backstitching to lock seam (2.)
3. On both pieces, finger press the edges that will form around face about ¼". Stack the pieces with backs together, where the inside piece on the inside . At the pointed corners, fold flaps in about 1" to "round" the corners a little (fig 1) . Near each of the folded seam corners, you will need to slightly tuck in fabric on both sides of the fold (3.) (fig.2) This almost makes the face opening into an oval shape. Match seams, pin, and sew both pieces together 1/8" from edge (fig 4)



1. fold in corners



2. Slightly tuck each side of folded edges in to ease seaming

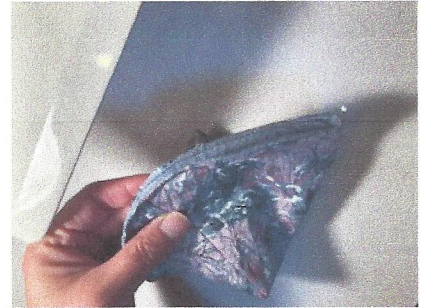
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3. pin together matching seams and edges of both folded over pieces

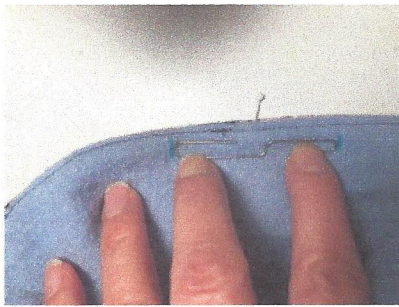


4. Seam about 1/8" from edge catching both pieces



5. Match seams and pin on one side to find top center of mask

4. Find center top and mark with a pin (fig 5). Unfold a #1 paper clip, center over pin, and mark edges (fig 6). Using a small zigzag stitch, make a rectangle box which will house the paper clip (fig 7). Cut an opening inside the box on the INSIDE PIECE ONLY, about 1/4" inside the rectangle (do not cut all the way through!). Then slide the paper clip completely inside the pocket (fig 8). Bend the center of the paper clip into the shape of your nose bridge first, then bend each side to shape your nose. Remember to remove clip before washing the mask.



6. Mark pocket for paper clip



7. Zigzag box to house paper clip



8. Clip 1/4" from one end on inside fabric only (do not cut through). Insert clip completely

5. Hold the mask onto your face. If the fabric contracts too much when you breathe in heavily, you may need to reinforce the mask (my example did not contract much with one layer of cotton fabric, and one layer of flannel). To reinforce, fold mask flat along side seams and stitch about 1/8" from where one side meets the face opening, turn and stitch along the folded front, then turn and stitch down the opposite side. Be sure to stitch through both the inside and outside pieces for maximum stiffness. Repeat with another row right next to the first. This will help the mask retain its duckbill shape.
6. If you're making ear loops, use the eyelet buttonhole feature of your machine (or a small tight zigzag stitch), create 4 small, reinforced circles which can keep the knotted elastic from pulling out. (4.) Use a pointed scissor to poke a hole inside the reinforced circle, then use a needle nose plier, insert it into hole from outside to inside of mask, grab an end of the elastic, pull the end thru, and then knot it. Repeat for the other eyelet. The knots can be adjusted for a tighter or looser fit. Repeat this process for the other side of the mask with the other piece of elastic. If you are using wide elastic, follow the recommendations in "You Will Need", point 3, above. These elastic pieces will not be adjustable because you will need to secure both ends.
7. If you wish to use ties, cut two pieces of 1/2" extra wide double fold seam binding to 36" and stitch the binding closed down the side. The ends are cut on the bias and they will not fray when washing, so you do not need to zigzag or stitch the ends closed. If you use your own ties and do not cut them on the bias, you will need to zig zag or fold and stitch the ends closed. Fold each tie in half and slightly offset, and pin (fig 8). Secure the ties onto side seam area inside mask with two rows of zig zag stitches (fig 9). Repeat on the opposite side. All done!



8. Pin ties to both sides inside mask at side seams



9. Secure ties with two rows of zig zag stitches

