

## **Duckbill Face Mask - Sandra's version**

*(WARNING: this version is for a cloth face covering, NOT a medical-grade mask)*

MODIFIED from Chris Holmes' pattern posted at:

<https://www.instructables.com/id/Face-Mask-Duckbill-With-Filter/>

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Modification Notes: In lieu of elastic, I created skinny straps and tabs, and I used 'ball' shaped cord stops to snug up the mask around the ears. I did NOT include a filter layer. I modified the shape of Chris Holmes' mask along the sides to make it easier for me to sew around the curved edge. I used soft-coated plant tie for a nose wire.

### SUPPLIES NEEDED to make 4 Masks:

- .40 m of tightly woven 100% Cotton (or Poly/Cotton) fabric (115cm wide) for the Outer layer (.3m is enough if not making your own fabric straps) (extra fabric will be needed if you want to 'feature' a particular part of a print)
- .25m to .30m of tightly woven 100% Cotton (or Poly/Cotton Broadcloth) fabric (115cm wide) for the Lining layer
- 2 to 8 'ball' shaped cord stops with big enough openings to fit 2 layers of the straps (NOTE: if all 4 masks are for one person, one pair of cord stops can be sanitized and switched from mask to mask when changing)
- .50m (20") soft-coated plant tie (rubbery-coated wire from a hardware store)
- thread

### Alternative Strap/Tie Methods & Supplies needed:

- If you'd rather not make fabric straps and tabs, try using Twill Tape instead. You will need to hem your strap ends, but not your tabs. Get 5m of 6mm (1/4") wide Twill Tape to make 4 masks, and get a bit less fabric (as noted above).
- If you'd rather not have straps around the ears, try using a longer strap that will go around the back of the neck. You can make a 115cm (45") fabric strap, or a Twill Tape strap, or use a Shoelace. Run your chosen long strap up through the tabs on one side of the mask and down through the tabs on the other side before tying the ends at the back of the neck or securing them with a cord stop. (If using a Shoelace, a 2-hole cord stop is an alternative to the 'ball' style cord stop.)

### INSTRUCTIONS for one Mask:

1. Prepare the nose wire: Cut 1 piece of soft-coated plant tie 12cm (4 3/4") long. At each end, pull back the rubber coating and snip off an extra .5cm (1/4") of wire so that the wire doesn't poke out the ends.
2. Create straps and tabs out of your chosen Outer fabric:
  - a. Fold Outer fabric selvage to selvage and cut a strip of fabric 2.5cm (1") wide from the fold across to the selvage. (Now you have a strip approximately 115cm (45") in length.)
  - b. Fold strip in half (side to side) and press.
  - c. Fold both raw edges inward to center fold and press again.
  - d. Edge stitch down the whole length to form one long strap.
  - e. Fold the strap in half and cut it in two at the fold. From those cut ends, cut away 2 tabs 5cm (2") long from each strap. (Now you should have 2 straps of approximately 47cm (18 1/2") and 4 tabs of 5cm (2"). Straight stitch or zigzag stitch the ends of the 2 straps as needed to prevent fraying.
3. Prepare your Outer & Lining layers:
  - a. Using my slightly reshaped pattern, Cut out your Outer and Lining layers from your selected fabrics. (Cut 1 of each if placing on the fold OR Cut 2 of each if seaming across the 'front' edge.)
  - b. With right sides together, and using a 1cm (3/8") seam allowance, sew the Outer layer along sides (and 'front' edge if needed). Repeat for Lining layer.
  - c. Turn the Lining layer and nest it inside the Outer layer so that the right sides of the fabrics are together with raw edges and side seams aligned. Aiming seam allowances to the 'bottom' (chin) side, pin 1cm (3/8") from each side seam to mark where your tabs will start.
4. Putting it all together:
  - a. One by one, fold each 5cm (2") tab in half, then tuck it between the fabric layers beside one of the four pins you just placed, so that raw edges line up, and add a pin to keep it in place.

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- b. Add more pins across the 'top' (nose) or 'bottom' (chin) edges if needed.
  - c. Leaving a 7.5cm (3") opening along the 'bottom' edge, and using a 1cm (3/8") seam allowance, stitch around the 'top' and 'bottom' edges of the mask so that all tabs become secured. Remove pins as you go.
  - d. Through the opening you left, turn the mask right sides out and nest the Lining into the Outer layer.
  - e. Smooth all layers, aiming seam allowances of opening toward the inside, and press the mask.
  - f. Through the opening on the 'bottom' edge of the mask, tuck your wire in between the layers, work it up to the 'top' edge of the mask, and place it against the seam. Once the wire is centered across the 'top' (nose) edge seam, add a pin alongside it, and at each end of it, to keep it in place.
  - g. Edge stitch around the entire 'top' and 'bottom' edges of the mask, using a zipper foot to stitch around the wire (so you can stitch closely). This stitching will close up your mask and it is now ready to wear.
5. Wear your mask:
- a. Thread one strap through one pair of mask tabs, and then feed both ends of the strap through a 'ball' shaped cord stop. Repeat with second strap and cord stop.
  - b. Put the mask over your nose/mouth/chin and loop the straps over your ears. Bend the nose wire, snug up the tabs at the sides, and adjust the cord stops upward on the straps until they sit just behind your earlobe and you have a good fit. If you have air leaks and adjusting the straps doesn't help, add some pleats or darts, or modify the pattern to tailor it to your individual needs.



### 6. Care / Laundry:

I recommend using mesh lingerie bags to protect masks during laundering. Because the wires bend, masks tend to ball up. Straighten them out between washing and drying, and remove promptly from the dryer to ensure they are fully dry. You may need to hang them to finish drying. Masks with Poly/Cotton Broadcloth lining seem to wrinkle less than the ones lined with 100% Cotton.

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