
SEW IT! BY HAND: FACE MASK

for the 'me' made life!

MARCH 28, 2020
SEW IT! WORKSHOP

Sew It! By Hand

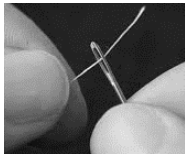
How to Make a Face Mask

Supplies You Will Need:

- 2 pieces of lightweight WOVEN (not stretchy) fabric. The fabric can match or not match, its up to you. Fabric options: outgrown clothes; old pillowcases/sheets. Just nothing stretchy.
- A needle with an elongated eye like an embroidery needle. But a regular needle will work too.
- Ribbon or shoelaces, etc for your tie straps the can match or not match but you'll need 80 inches altogether (72 inches for kids)
- All-purpose thread
- Ruler
- Chalk, a pencil, or pento mark your fabric
- A few pins or even safety pins
- Scissors

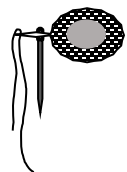
You'll need to thread a needle and sew a Running Stitch to make this Project:

Threading Your Needle



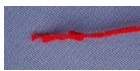
This very first step in sewing can be a little intimidating - the eye of the needle looks so small! But it's easy, especially if you begin with a needle with an elongated eye like an embroidery or chenille needle. Make sure you have good light. Use black all-purpose thread and a piece of white paper to act as a background. Cut a piece of thread that is about as long as your arm. Remove any frayed thread by snipping a fresh tip on the end. Dampen the tip of the thread with water or saliva to seal and stiffen as you guide it into the eye of the needle. Now, hold the thread between your forefinger and thumb with about 1/2 inch of thread showing. Hold the needle in your other hand near the eye. Then, gently push the thread through the eye of the needle. It may take a couple of tries. Once the thread goes through, pull it so that you have two equal lengths of thread.

How to Use a Needle Threader



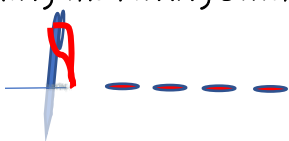
The needle threader is a cool little tool. Just push the flexible wire loop through the eye of the needle. This is very easy to do because the wire and the holder give you plenty of stability. Put your thread through the wire loop and pull it back through the eye of the needle and presto! Your needle is threaded

How to Make a Knot



To secure your hand stitching just make a simple knot at the end of one or two strands of thread by making a loop around your index finger and bring the thread ends through the loop and pull gently to form the knot.

Sewing the Running Stitch



You may already know this stitch even if you don't know it by name.

Make a Stitch Practice Line: Draw a straight line on a piece of paper with the pencil and ruler. On top of that line, draw about 10 dashes that are $\frac{1}{4}$ inch long and $\frac{1}{4}$ inch apart. Thread your needle. Push the needle from underneath the paper and pull gently until the knot catches beneath. Push the needle down at the end of the dash and pull again until the stitch is nice and flat. Continue for the remaining dashes.

Knotting Off - How to Finish a line of Hand Sewing

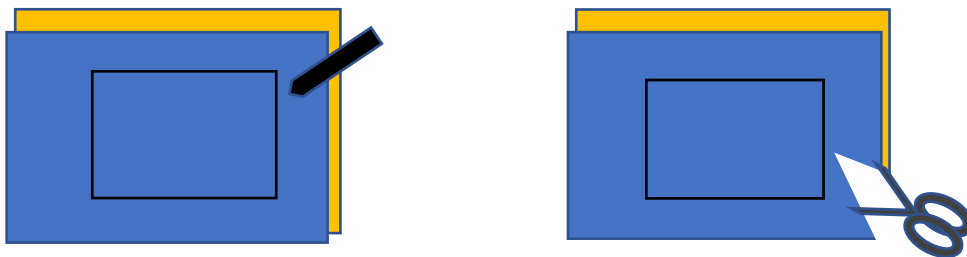
When you are just beginning, always make sure you have at least 5 inches of thread on your needle as you sew. This will make it easy to secure your sewing with a knot at the end of your stitches. To make the knot, take a tiny stitch and pull slowly until you have a small loop. Feed the needle through the loop and pull gently to create the knot. Make a second knot over the first one for extra security.

Try making stitches on a small piece of fabric just like you did on paper. Now you are ready to sew by hand!

Sooooo! Let's Get Started!!

Step 1 - Mark and Cut the fabric

Measure a 6" x 9" rectangle on one piece of fabric with your ruler (5" x 8" for kids). Draw the rectangle. Stack the fabric with the marked rectangle on top. Pin the corners to make sure the fabric does not shift. Cut out the two rectangles.

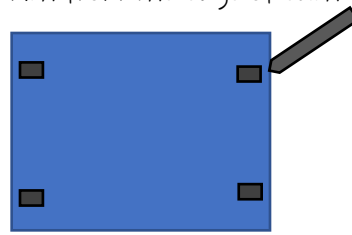


Step 2 - Cut your Straps

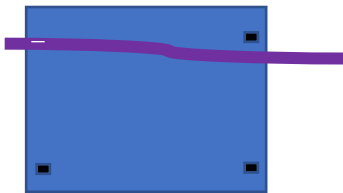
Cut the ribbon, twill tape or shoelaces to 20-inch long pieces to make the straps. You will need 4 straps.



Step 3 - Mark the placement of your straps about one-inch from the edge of each long side of one piece of fabric. Mark on the pretty side of the fabric.

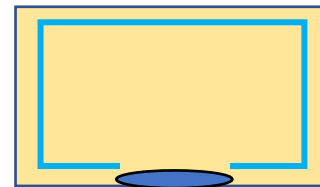


Step 4 - Attach the Straps. Place one strap on each mark. With about an inch of the strap extending over the edge of the fabric. Pin in place. Sew the strap to the fabric. Make sure you are just sewing the strap to one piece of fabric. Repeat for the remaining 3 straps.



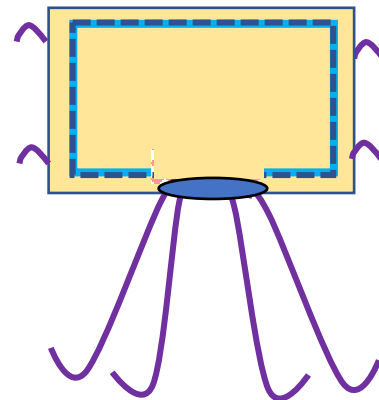
Step 5 - Mark the remaining piece of fabric

Draw a line that is $\frac{1}{2}$ inch from the edge on each side of the fabric. On one long edge, leave a space that is about 3 inches long to turn the mask right side out.



Step 7 - Sew the Back and Front together. Stack the two pieces of fabric with the pretty sides touching (also called right sides together) and the straps sandwiched inside. Match up the edges and make sure the fabric is nice and flat. Pin each corner and at the space for the opening so that nothing shifts. Pull your straps gently through the opening space on one long edge.

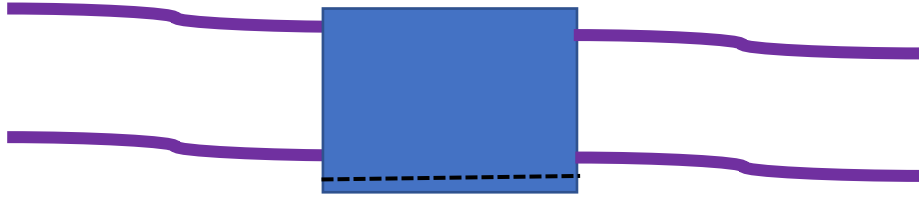
Sew all the way around the mask on the line. You'll need to rethread your needle a couple of times. Knot off each time you need to rethread.



Step 8 - Turn your mask right side out. YAY!! Push out your corners and flatten the mask.



Step 9 – Close the Hole. Pin the opening closed and sew across.



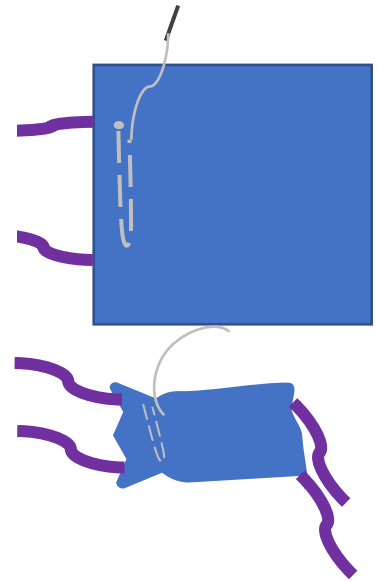
Step 10 – Shape the Mask Sides

Now we'll shape the sides of the mask so that it will fit over your face. We'll do that by making a few gathers on each side of the mask between the straps.

All you need to do is sew two lines of long stitches as shown below near the edge of the mask. See the *Finishing the Mask* video. You are stitching a long, narrow 'U' shape.

Then, gently pull the thread with the needle still on while sliding the fabric along the long stitches. The fabric will scrunch up. When you can't pull any more, the gathering is done. Knot off. Cut off the thread.

For extra security, sew the gathers in place. Make sure you are seeing through all of the layers. Knot off.



Tie a little knot at the end of each strap if necessary.

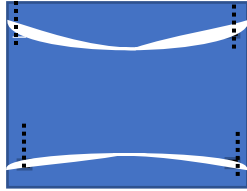
That's it!

A fully washable, reversible, totally cool face mask! You did it!!!

For a Hand-Sewn Cloth Face Mask with elastic, here are 2 options:

At Step 4, hand stitch elastic on the mask as shown

To go around the head:

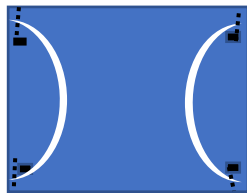


Upper elastic
is 12 – 13”.

Lower elastic
is 9 – 10 “.

$\frac{1}{4}$ - $\frac{1}{2}$ “ elastic

To go around the ears:



Elastic is 7” long for
each ear and no more
than $\frac{1}{8}$ th inch wide.

Complete the mask following the remaining steps.