

SUPPLIES NEEDED

FROM KIT no. 1:

1 8 x 17-inch fabric panel

1 fabric tie

6 safety pins

1 pair of scissors

MAKE-A-MASK no. 2

INCLUDED IN

THIS KIT:

1 instruction booklet

1 fabric insert

1 sewing needle

thread

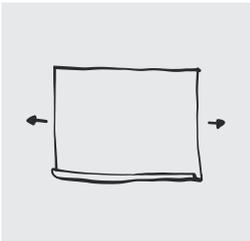
BEFORE YOU BEGIN

This kit will introduce two foundational hand sewing stitches—the running and back stitches—as a way to modify the torso mask technique learned in kit no. 1 and create a three-layer mask.

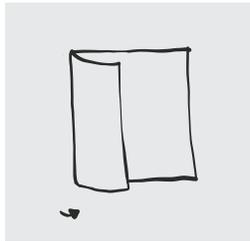
Make sure to save the sewing needle, scissors, and thread for use in the next kit or for any sewing and mending projects you may have in the future.

Please read through all directions carefully before beginning.

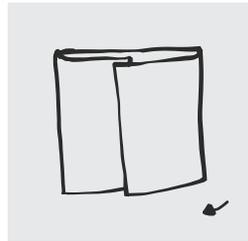
MAKING THE MASK



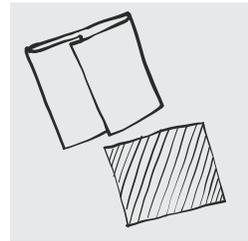
1. Start with one 8 x 17-inch fabric piece, give it a slight tug—this will make the fabric curl along the long edge. Face the fabric to get the curl to slightly roll up and towards the middle.



2. Fold the left side so the end is just past the mid-line of the fabric piece and gently crease the fold.

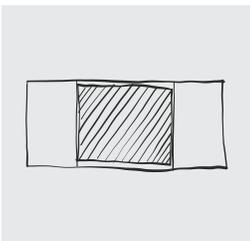


3. Fold the right side just past the middle so there is at least an inch overlap of the fabric. Gently crease this fold. Your fabric piece should be between 7 and 8 inches now.

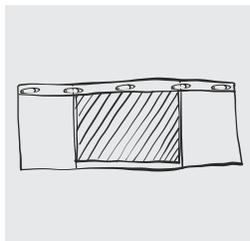


4. Use this 7 to 8-inch width or the measuring guide along the bottom of the back page to measure and cut the new fabric insert to size.

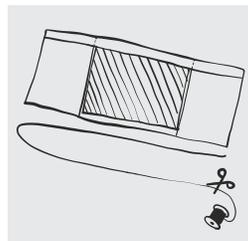
You will want to measure and cut this piece a little smaller than the panel width, as it will be placed in between the folded fabric.



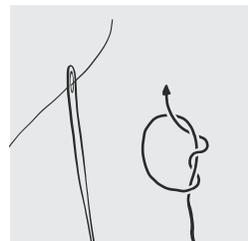
5. Open the 8 x 17-inch panel back up. Using the fold/crease lines to place the newly cut fabric insert on top of the panel.



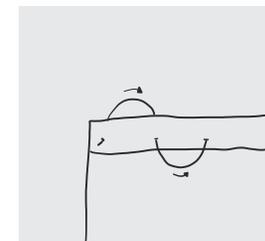
6. Fold down the top edge of the panel, making sure to also collect and fold the insert fabric as well. Secure this fold with the safety pins.



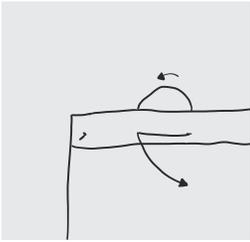
7. Measure your thread. Because you will be using a back stitch, you will want to make sure to measure your thread to be at least double the length you are sewing.



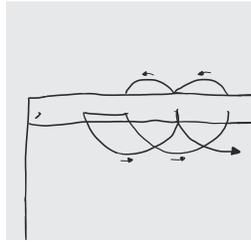
8. Thread your needle. Create a double knot at the end of your thread, opposite the end that has been threaded.



9. You can start from either the left or right side of the folded/pinned edge. People often like sewing in the same direction they write. Start by sewing from the inside to the outside of the fabric panel. This will be your only forward stitch.



10. Sew back into the fabric where the thread last made a hole and pull your thread tight.

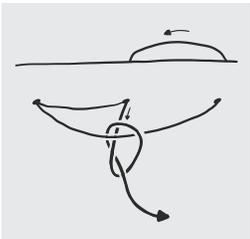


11. Continue by using a back stitch along the fold to create a hem for the mask and secure the insert fabric.

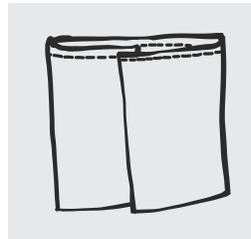
A back stitch is a sewing stitch that creates the look of a continuous sewn line by sewing forward underneath and then looping back over the top of the fabric, over and over.

The needle should come up and out of the fabric short distance from the last stitch and then always go back to the last place the thread went under the fabric.

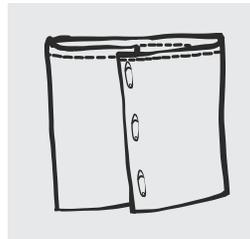
Repeat until you get to the end of the folded edge. Remove safety pins.



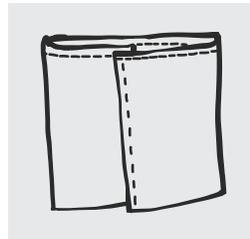
12. To lock in the thread at the end, create a knot by threading under and around the last stitch on the backside of the fabric. You can do this twice, pulling tight between each to create a secure double knot. Trim down any excess thread, leaving at least $\frac{1}{4}$ to $\frac{1}{2}$ tail so the knot won't undo over time.



13. Lay the sewn 8 x 17 inch panel with attached insert flat and re-fold along the old creases to sandwich the insert fabric.



14. Use the safety pins to secure the overlap. Make sure not to catch the insert fabric or the front of the fabric panel.



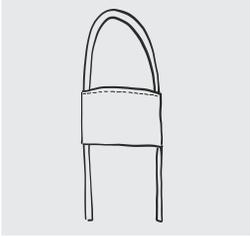
15. You can use the back stitch or a running stitch for this next sewn line. A running stitch is the visual equivalent to a dashed line, and the sewn line is created as you sew over/under the fabric in a forward motion.

16. You will want to double stitch the first and last stitch of this sewn to secure this seam. Lock your thread at the end of this stitch. See step **12**. Remove safety pins.

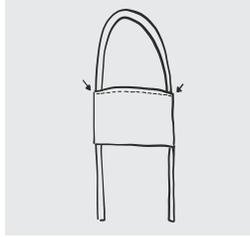
This is different from the back stitch, because there is no looping back, so you will need to measure your thread to be at most 1.5 times the length that you are sewing.

WEARING THE MASK

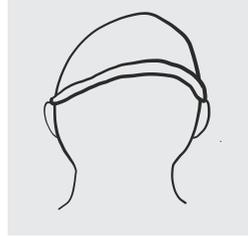
These masks are meant to be adjusted after you secure the ties. Don't worry about getting it right on the first try. Have patience: practice and a mirror tend to make this process easier over time.



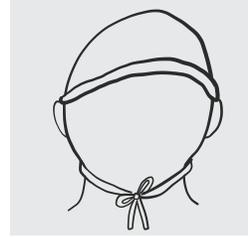
1. Thread a tie through the newly sewn three-layer sleeve to create an upside down “U” with the ties coming out the bottom of the double layered fabric. The loop portion should just be big enough to go over your head.



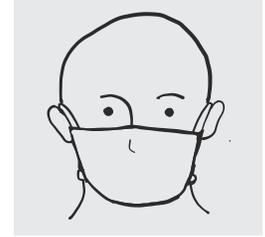
2. Hold the mask along the top corners, pinching at where the ties come to the fabric so the ties don't slip.



3. Flip the loop section of the tie over the top of your head so that it rests just above your ears.



4. Pull the bottom ties around to the back of your neck and tie so the mask is firmly in place. Just focus on how tight the mask is and if the fabric is still overlapping.



5. Once you have the right tightness, then you can adjust your mask to better fit over your face.

6. Make sure the mask is resting comfortably on the bridge of your nose, and continue to adjust the ties as needed. You might need a mirror to make any final adjustments.

Make sure to wash your masks after each use.

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