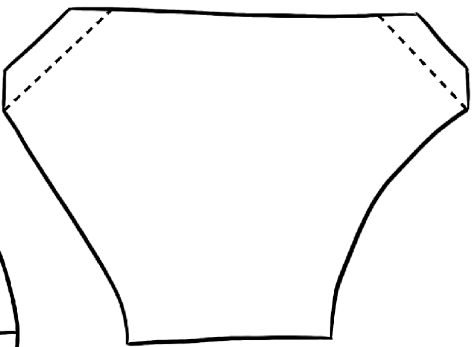
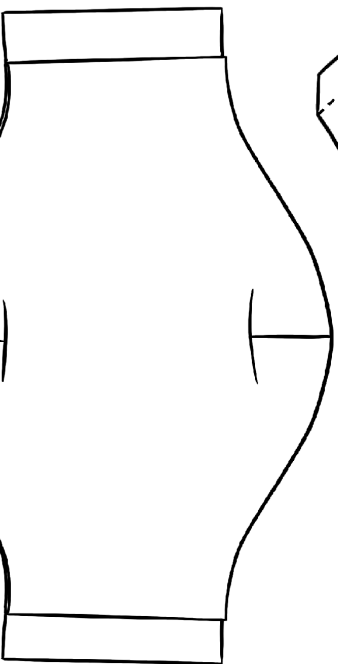


DIY FACE MASK WITH POUCH FOR FILTER

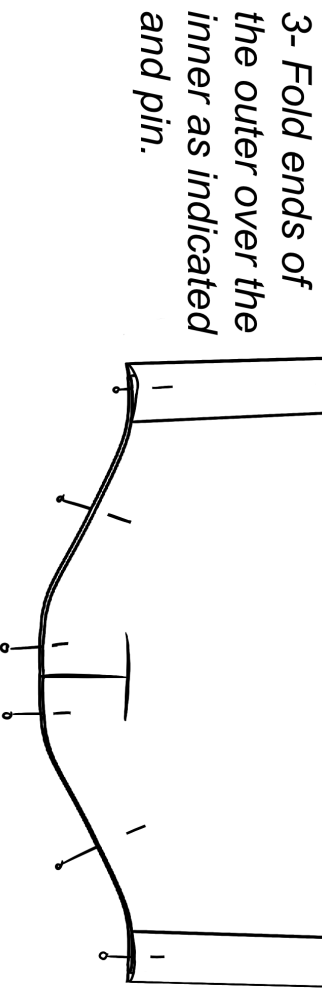
BE SURE TO PRINT AT 100% COPY RATIO + PRINT AT 105% FOR A LARGER MASK OR 95% FOR SMALLER
use a medium weight cotton knit and
1" fold-over elastic for best results.
BY VI ZERO OF RICH-LOVE.COM



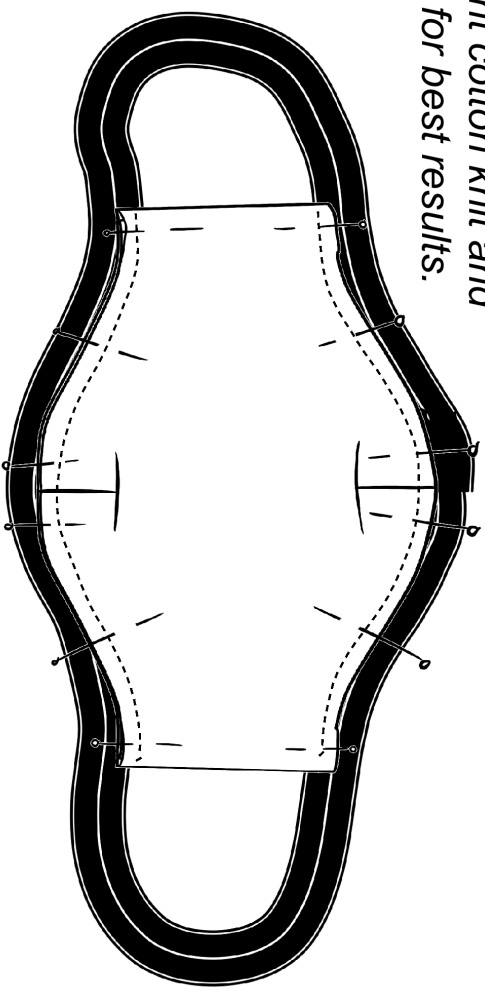
1- Use a zigzag stitch and sew both pieces along the nose and chin as indicated (3/8th" seam allowance.)



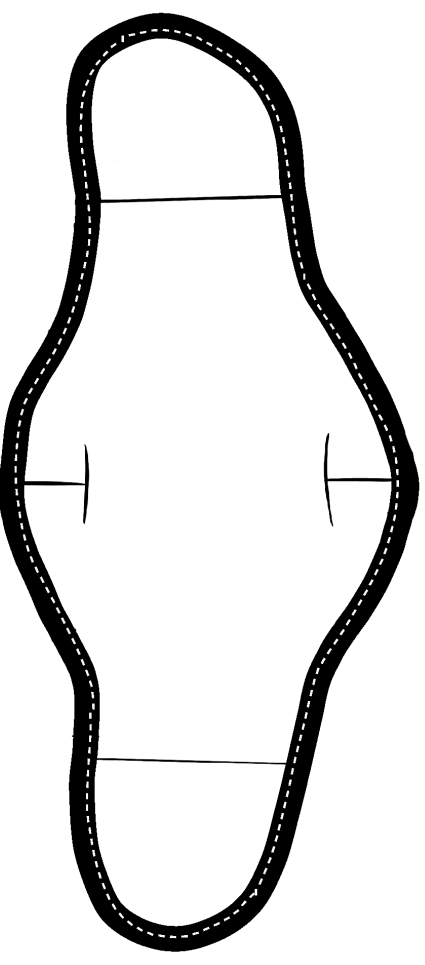
2- Place "wrong" sides of inner and outer together and line up center seams.



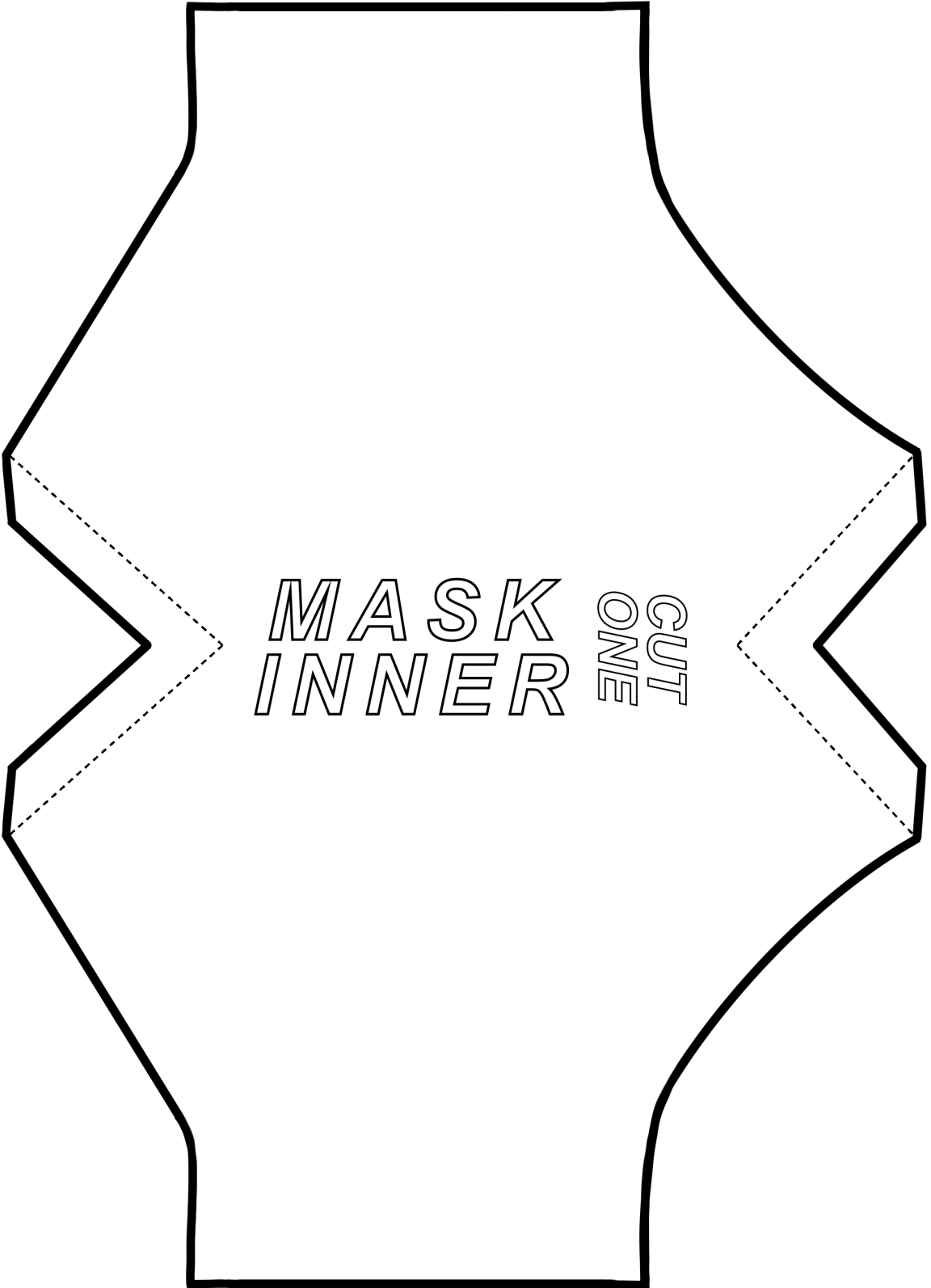
3- Fold ends of the outer over the inner as indicated and pin.



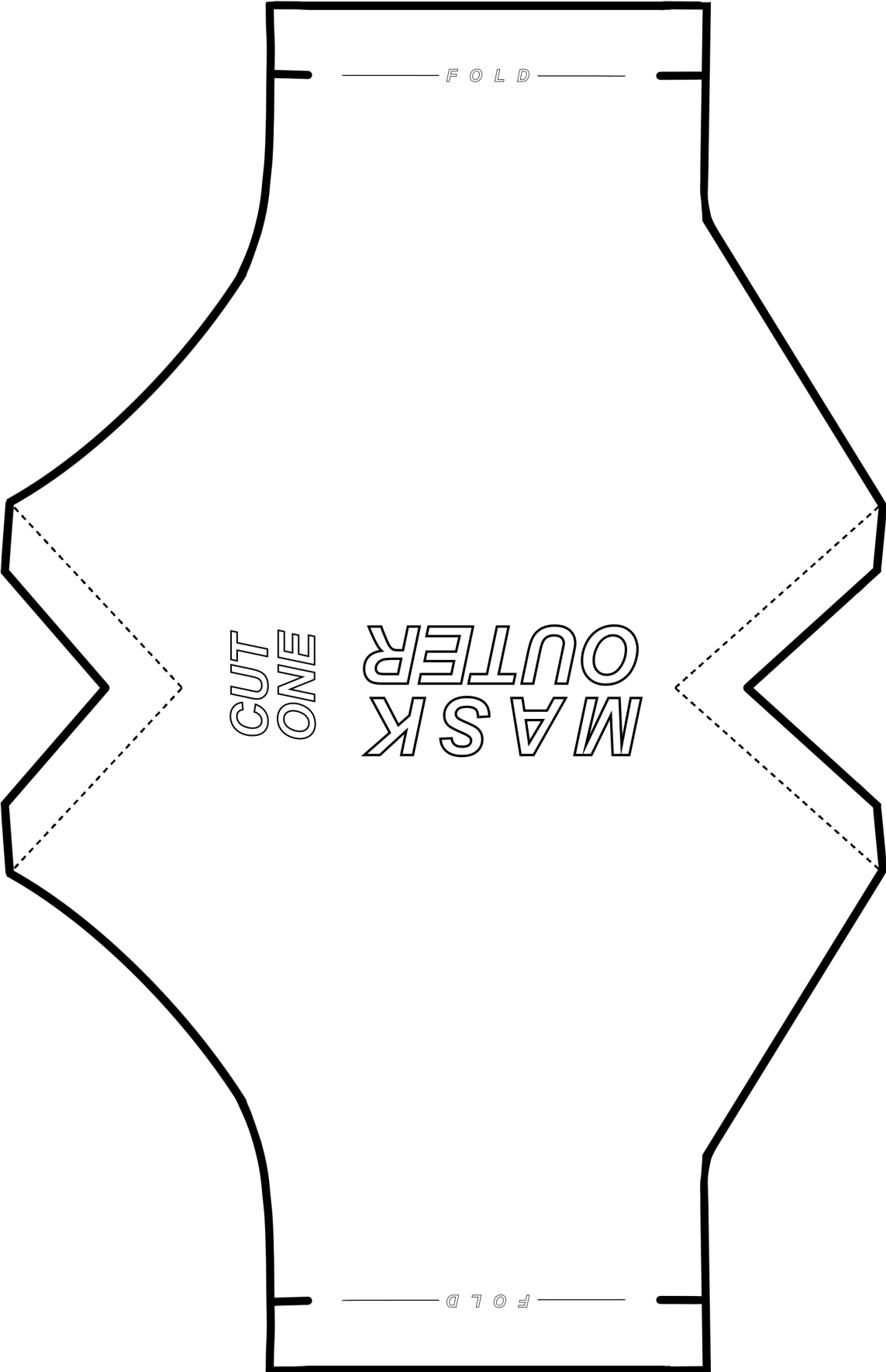
4- From the front, use a zig zag stitch to sew the inner & outer to the middle of fold-over elastic, leaving 5.25-5.5" on either end as ear loops.



5- Using a zig zag stitch, fold-over the elastic and stitch around entire length- mask and ear loops.
It's done! RICH-LOVE.COM/DIY-FACE-MASK



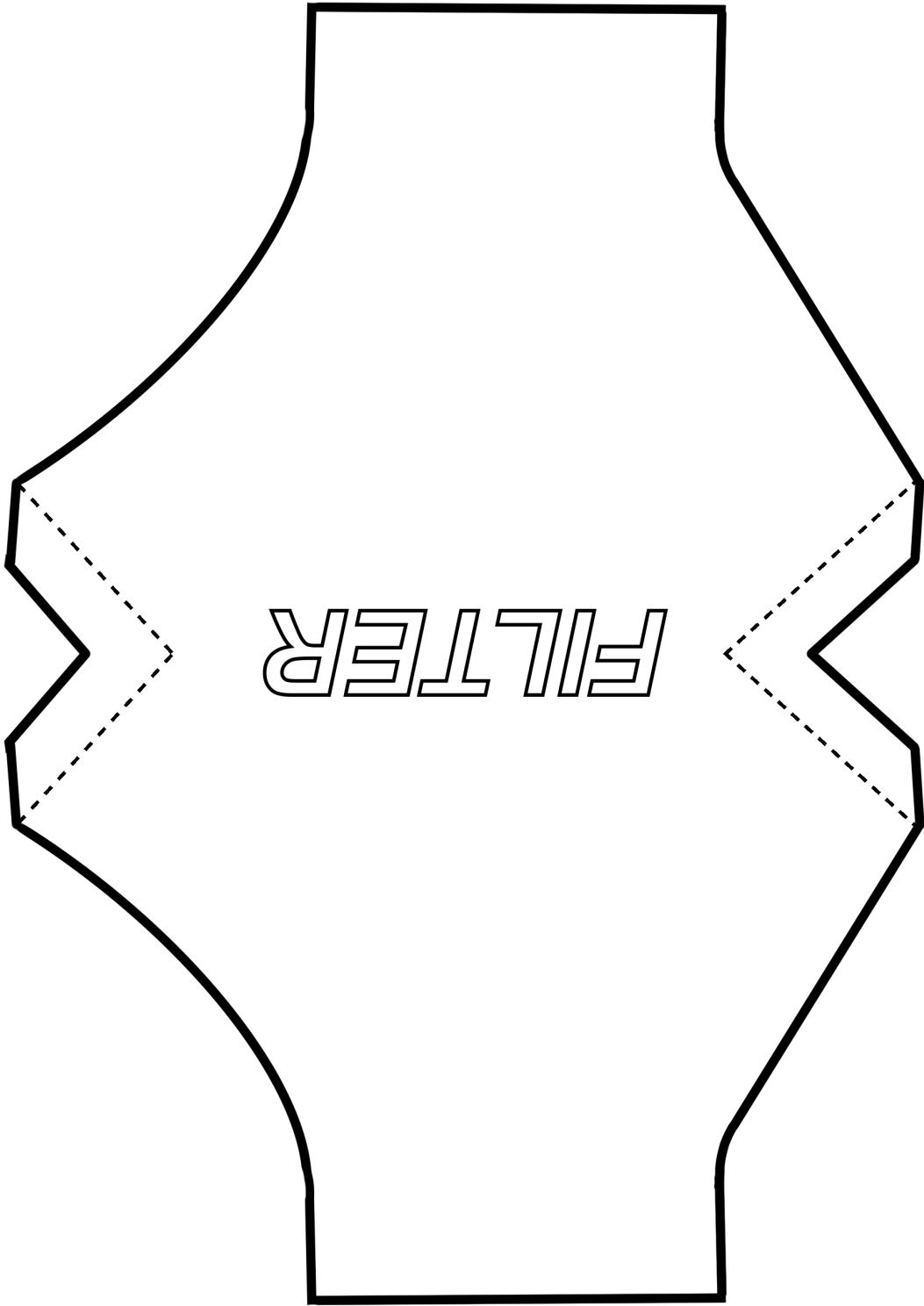
*MASK
INNER* *CUT
ONE*



FOLD

MASK
OUTER
CUT
ONE

FOLD



SEWING TERMS EXPLAINED

ANCHORING STITCH // BACK STITCH - when you sew in reverse over a stitch at the beginning or end to keep everything secure.

BIAS GRAIN - Any grain that falls between the straight and cross grains. 45 degrees between the warp and the weft threads is “true bias”. Greatest stretch and most fluidity in draping.

BINDING - Ribbons of folded and pressed fabric made to enclose raw edges.

CROSS GRAIN - oriented perpendicular to the selvage and parallel to the “weft threads”. Typically has more stretch than straight grain due to the weft being generally looser than the warp threads during weaving.

FEED DOGS - Teeth that help move fabric below the presser foot.

GRAIN - the orientation of the threads of a woven textile. Generally speaking, one typically lines up either the longest part of the pattern or the longest seams with the chosen grain orientation. There are three grain orientations: straight grain, cross grain, and the bias grain.

RIGHT SIDE - the intended outward side of the fabric

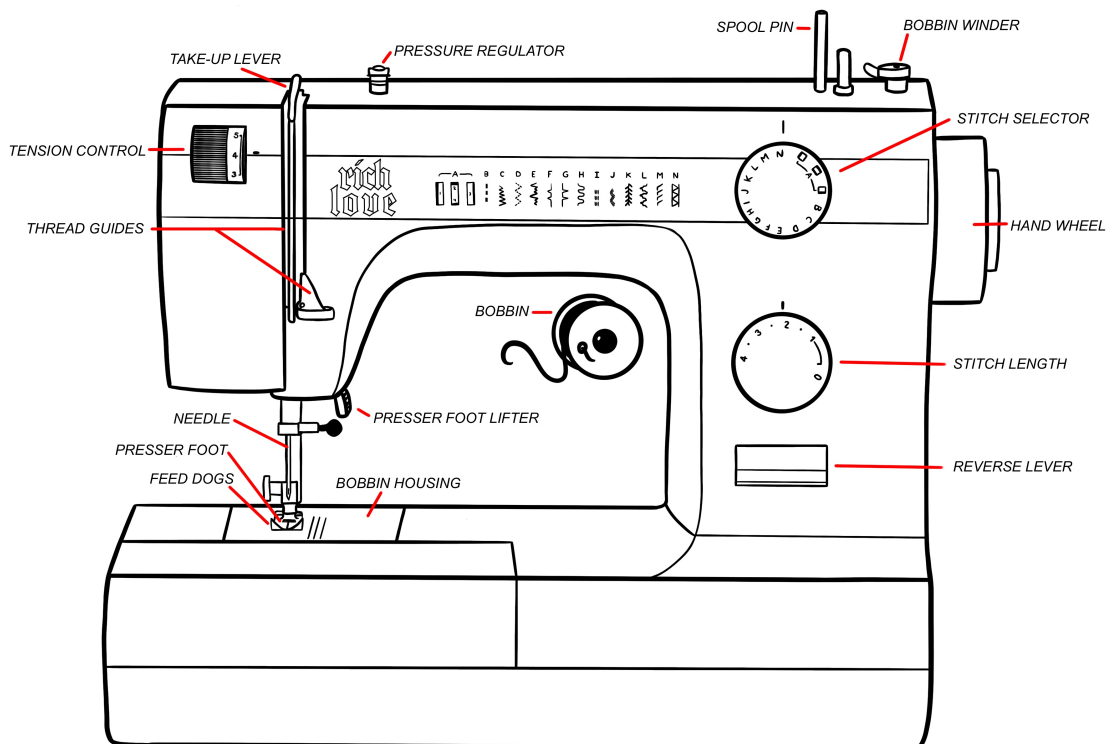
SELVAGE - factory edge that runs parallel to the lengthwise grain.

STRAIGHT GRAIN - oriented parallel with the selvage and the “warp threads”. Least amount of stretch.

TENSION - Disks which apply drag to the machine thread. Also the amount of pressure or pull needed to apply to create a balanced stitch

TOP STITCH - Securing or decorative stitches sewn to the right side of the garment.

WRONG SIDE - the intended inner side of the fabric



SEWING TERMS EXPLAINED

IMPORTANT STITCHES

- STRAIGHT STITCH

The most basic of sewing machine stitches. It is exactly what it sounds like- a straight line of stitches. You can vary the stitch length depending upon the project you are working on and the effect you wish to acquire. The straight stitch is quite versatile and can be used for regular seaming as well as basting, topstitching and gathering.

- ZIG ZAG STITCH

Today, the zigzag stitch is considered basic and is available on almost all sewing machines. It is a variant of the straight stitch but instead of running in a straight line, it zigzags like a running letter 'Z'. This is another versatile stitch and can be used for finishing raw edges, mending tears in fabric, sewing on appliqués, buttons and elastic and also for decorative purposes. You can vary the stitch length and width for different purposes and for different effects.

- TRIPLE STRETCH STITCH

This stitch uses a two steps forward, one step back pattern. This stitch is also called back stitch or triple stretch stitch because it is used to sew very strong seams in stretchy fabrics. You can also use them for sewing seams in difficult places like the armpits. The triple straight stitch is also great when used for top stitching.

- ELASTIC STITCH

An elastic stitch is a narrow zig zag stitch and it is used to stitch knit fabrics. A straight stitch will break under the stretch of these fabrics but a zigzag stitch stretches according to the fabric stretch. Some call it the lightning stitch or stretch stitch.

It is also used to join elastic and for joining fabric. This is a good stitch to use for mending tears in fabric. You need to keep the torn fabric together and stitch, joining the pieces.

