

Foot2Face Mask & Hat



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As we enter this new mode of presentation within the world, where face masks are required, we each have personally experienced a subsequent disconnect between ourselves and the outside world. The face mask obscures the nose and mouth, but it also affects the eyes—causing them to become downcast, affecting their ability to make eye contact with another's. It's as though the mask shields the entire person, making it impossible to reach out, emotionally, and connect with other humans.

This is why we chose to create a mask that flips the body upside down—it brings the feet to the face; it pulls the eyes upward, so that the heart can extend out and find solace, hope, and love in connecting with the eyes around us. The ridiculous aesthetic of the mask encourages others to look at you, so that you can meet their eyes and smile in return.

We chose to design a mask using every day house hold materials, so that most individuals can make their own without sourcing newly manufactured goods. 1 pair of socks and 1 pair panty hose creates 2 masks to further encourage a sense of connection with others. Whether worn side by side with your 'quarentine' or creating a matching mask to send to your missing half, the masks are meant to unite people even when separated.

The use of panty hose or nylon material increases the filtration efficacy of the mask by 50%. The masks are washable, reusable, and can be endlessly personalized.*

We hope those who are struggling to look out and see others in the world will find this unique mask tutorial to be both humorous and empowering—with it, they can walk confidently and with love. They can spread peace and joy—if anything by wearing a pair of panty hose as a hat, that'll make people smile (even if you can't see).

(<https://www.npr.org/sections/goatsandsoda/2020/04/22/840146830/adding-a-nylon-stocking-layer-could-boost-protection-from-cloth-masks-study-find>)*

The following instructions will produce 2 ‘Foot2Face’ mask/hats.

What you will need:

- 1 pair of socks
- 1 pair of pantyhose or tights
- Fabric scissors
- Straight pins
- A sewing machine
- A piece of paper
- Pen or pencil
- Paper scissors

Part 1 The Socks

1. Take 1 sock and lay it flat so that you have the ‘side view’ of the sock and the heel forms a triangle.
2. Make sure the points of the heel triangle meet up from the front and back
3. Cut out the heel from the rest of the sock with 1/4" seam allowance—with the heel portion folded in half, wrong sides together, mark the middle with a pin.
4. From the point of where the heel triangle was, cut a straight across the rest of the sock.

You will now have 3 pieces—the heel, the foot/toe, and the ankle

5. Cut the ankle portion of the sock in half so that you have two rectangular pieces.
6. Adjust the foot/toe portion of the sock so that you have the ‘top view’ of the sock—if there is a seam along the toe box, it will lay flat and the toe will be a nice curve at either top edge.
7. From the open end, cut along the side seam of the sock and stop below where the toe box begins to curve—do this on both sides.
8. Open up the foot/toe portion of the sock and lay it face up with the toe box standing in the middle.
9. Match the pin in the heel portion to the middle of the foot/toe portion (where your cut ended), face sides together, and use the pin to connect two pieces together.
10. Beginning at the pointed end of the heel portion (extend the pointed end of the heel portion slightly so that it lays flat and matches to the edge of the foot/toe portion) sew the two pieces together with a 1/4" seam allowance, using a machine if available—pivot slightly when you come to the middle of the heel portion—remove the pin before proceeding. Back stitch at the beginning and end of your stitching. Cut your threads.
11. To make the straps, lay one of the ankle rectangles on top of the short end of the combined heel/toe piece, face sides together. The pieces should match as they should be the exact same width. Pin together. Repeat with the other ankle portion on the other side.
12. Sew a straight line with a 1/4" seam allowance to connect the ankle rectangle to either side of the heel/toe piece. Back stitch at the beginning and end of your stitching. Cut your threads.

Repeat steps 1-12 on the second sock.

Part 2 The Pantyhose

1. Cut the pantyhose in half around the center crotch seam. Set one half of the pantyhose aside for the second mask.
2. Cut the waist band off the remaining half of the pantyhose.
3. Lay one of your sock masks on the top straight edge of the pantyhose to use as a pattern. Cut a rectangle from the pantyhose's that is the same width as the sock mask. Cut this rectangle into two pieces at the side seams.
4. Fold the heel portion of the sock mask in half and lay on a piece of paper. Trace around the straight edge and curve then draw a line to connect the two points. Add 1/8" seam allowance around the first two lines you drew: the vertical straight edge and curved edge. Cut out the paper pattern you just drew.
5. Use your pattern piece to cut out two matching pieces from the top of the pantyhose. Only cut through one side of the pantyhose.
6. Lay the toe portion of the pantyhose flat. With the sock mask folded in half so that the ankle ties rest on top of one another and the heel portion is folded in half, set the sock mask down on top of the pantyhose, matching the toe portion of the sock mask to the toe portion of the pantyhose.
7. Use the sock mask as a pattern to cut the foot/toe off the pantyhose. Mark the end of the heel portion of the sock mask where it lands on the pantyhose. Estimate a straight line down and mark the same point on the opposite side of the pantyhose. Cut a straight line between these two points on the pantyhose.
8. Cut up the side seams of the foot/toe portion of the pantyhose's in the same way you did with the sock mask—reference No. 6-7 from sock instructions.

You will now have 7 pieces—the following 5 pieces will form a lining for the sock mask: the foot/toe portion, the two pieces cut from the paper pattern (will be known as “chin lining”), two rectangles from the top of the pantyhose. The following two pieces will form the hat: the waist band and the rest of the pantyhose leg.

9. With right sides together, sew the waist band portion to the curved edge of the remaining leg portion of the pantyhose. The curved edge was created when you cut out the two paper pattern pieces. If possible, use a zig zag stitch. Otherwise be careful not to over stretch material as you sew. Always back stitch at beginning and end of your stitches. Cut all your threads.
10. With right sides together, sew the two rectangles to either short edge of the toe portion of the pantyhose, similar to how you sewed the ankle portion to the foot/toe portion of the sock earlier. This piece is now the ‘hat’.
11. To create the ‘chin lining’: with right sides together, sew along the curved edge of the two pieces cut from the paper pattern with 1/8" seam allowance.
12. Match the center seam of the chin lining, at the flat edge, to the middle of the toe of the pantyhose (the point where your cut out the side seam ended) and pin right sides together. Sew together across from end to end of chin lining. Reference instruction 10 from the sock mask for further detail.

You will now have 3 pieces—the sock mask, the hat, and the pantyhose lining.

13. With the chin lining of the pantyhose lining piece facing down, place one side of the raw edge of the waistband portion of the hat at the seam between the toe portion and rectangle attachment on the lining. Pin the length of the raw edge of the hat to the top raw edge of the pantyhose lining. Repeat on the other side with the second raw edge of the hat.
14. Fold up the hat so that it rests fully on top of the pantyhose lining. Place the sock mask on top, matching up the heel portion of the sock mask to the chin lining of the pantyhose below. Pin along both top and bottom, being careful catch the hat between the pantyhose lining and the sock mask at the top but not to catch the hat in the bottom set of pins. You will at one point stop pinning to the pantyhose lining and only pin to the hat portion—this is ok. The ankle ends of the sock mask will extend beyond the pantyhose lining and hat portion—they will be used to tie the mask tighter to the face.
15. Sew along both top and bottom where you've just pinned.
16. Turn right sides out.
17. You can top stitch with 1/8" to 1/4" allowance along the edge top edge (the cheek and nose side) and bottom edge (the jaw and chin side) of the mask for a more consistent fit. Now it's ready to be worn! Remember to use the ankle extensions at the back of the mask to fit the piece closer to the head and face.
18. Repeat steps 1-17 on the second half of the pantyhose so that you can wear a matching mask with your roommate, partner or 'Quarentine', or even mail it to a far off friend or loved one!

ABOUT FEMAIL

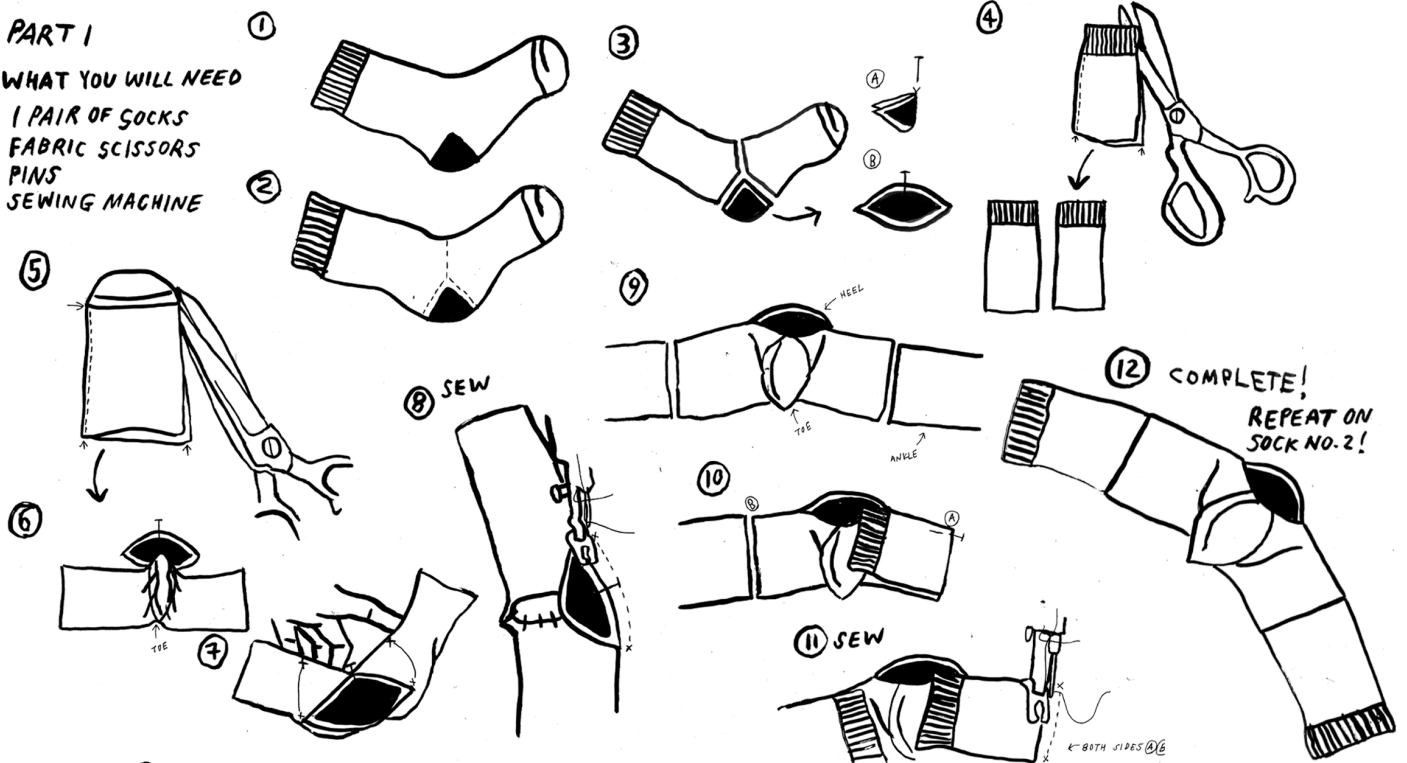
Camilla Carper and Janelle Abbott met at Parsons School of Design in 2008. They formed a friendship over their shared love of adventure and childhood mementos. After college, the two returned to Los Angeles and Seattle respectively. Their need to maintain a friendship from afar was resolved with FEMAIL: an art and fashion collaboration conducted through the USPS. FEMAIL is the documentation of intimate conversations held within a friendship. They mail work back and forth, each adding and subtracting along the way—in this manner, their collaboration is *reactive* and always built on commas. In 2019 Teen Vogue named FEMAIL one of their Generation Next designers. FEMAIL has also been featured at the Bellevue Arts Museum, and the Seattle Art Museum and in publications such as Nylon and Interview Magazine. Explore the world of FEMAIL at www.femailforever.com

FOOT 2 FACE MASK

FEMAIL

PART 1

WHAT YOU WILL NEED
 1 PAIR OF SOCKS
 FABRIC SCISSORS
 PINS
 SEWING MACHINE



PART 2

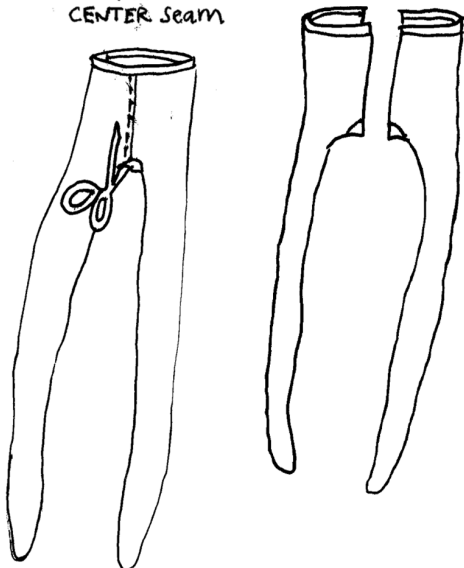
WHAT YOU WILL NEED
 1 SOCK FACE MASK SEEN ABOVE
 1 PAIR OF NYLON STOCKINGS
 SCISSORS, PINS, THREAD
 SEWING MACHINE

PUT
 1
 HALF
 ASIDE
 FOR 2nd
 MASK

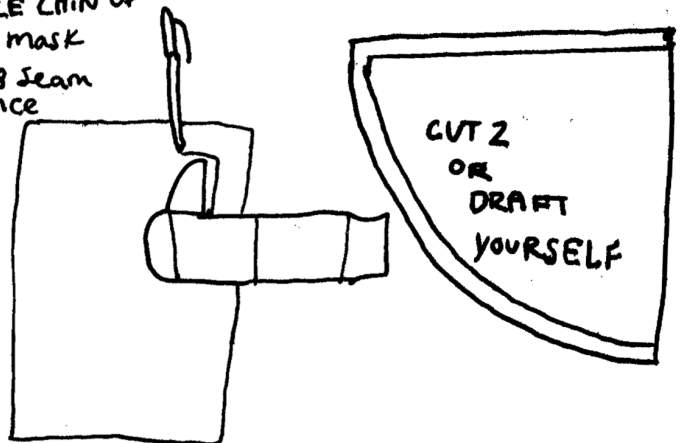
TAKE SOCKING
 HALF CUT
 OF WAISTBAND

LAY MASK
 ON SOCKING
 CUT RECTANGLE
 SAME WIDTH
 AS MASK

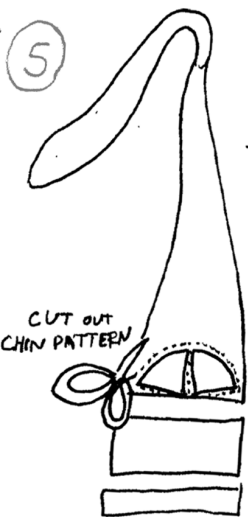
① CUT SOCKING
 IN HALF DOWN
 CENTER SEAM



④ TRACE CHIN OF
 SOCK MASK
 Add 1/8 Seam
 allowance
 ON
 CURVE
 and
 Bottom

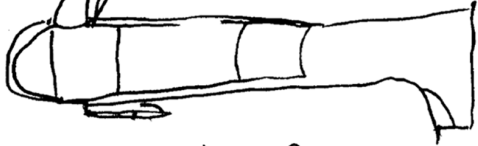


FOOT 2 FACE MASK



CUT OUT CHIN PATTERN

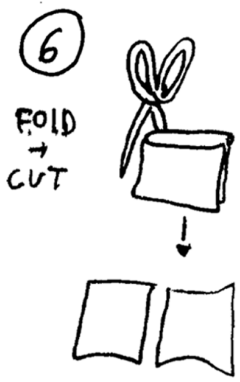
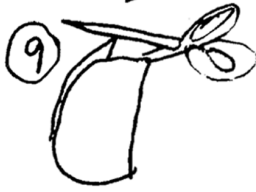
7 FOLD MASK LAY ON TOP OF SOCKING TOE. MARK CHIN PLACEMENT ON TOP + BOTTOM



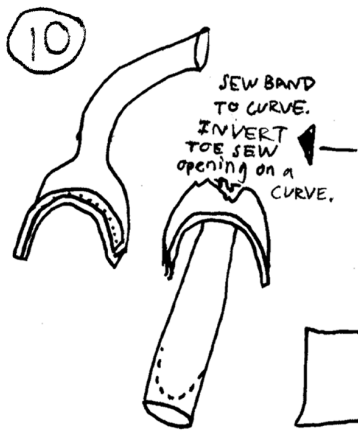
9 CUT THROUGH AT MARKINGS



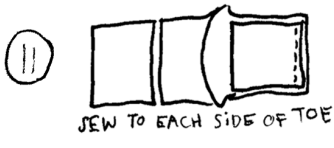
9 CUT TO TOE AT TOP + BOTTOM



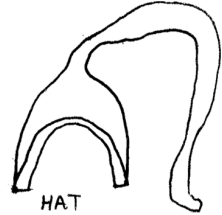
6 FOLD → CUT



10 SEW BAND TO CURVE. INVERT TOE SEW OPENING ON A CURVE.



11 SEW TO EACH SIDE OF TOE



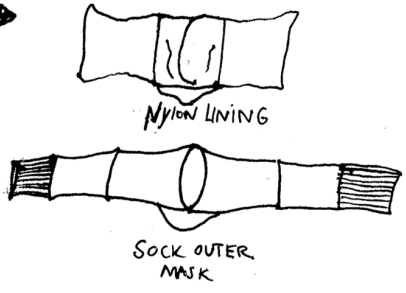
HAT



12 SEW CURVED SIDE OF CHIN

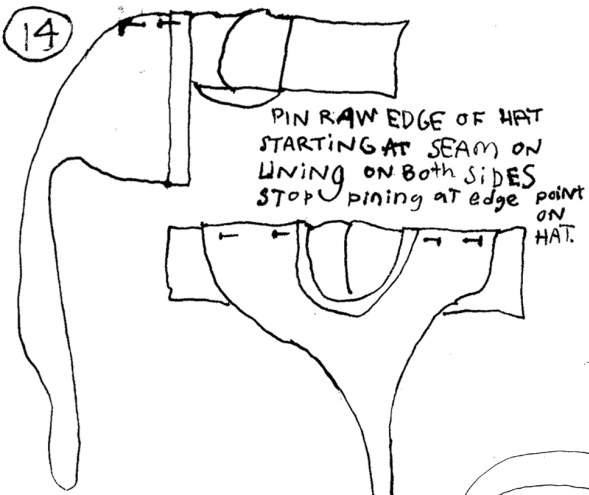


13 SEW CHIN TO MOUTH

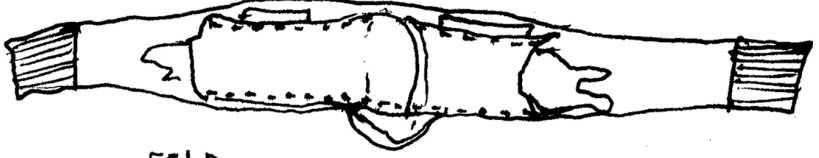


NYLON LINING

SOCK OUTER MASK



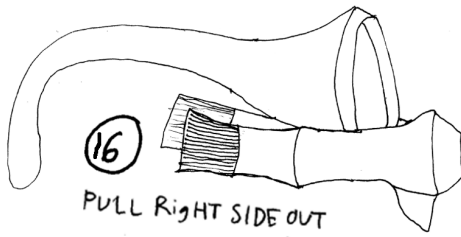
14 PIN RAW EDGE OF HAT STARTING AT SEAM ON LINING ON BOTH SIDES STOP PINNING AT EDGE POINT ON HAT.



15 FOLD STOCKING HAT INTO NOSE OF LINING. PLACE ON + SOCK MASK, SO HAT IS SANDWICHED BETWEEN MASK + LINING. SEW TOP AND BOTTOM



17 MEET SOCK ENDS AT BACK OF HAT SEW TOP STITCH MASK EDGE. SEWING UNATTACHED BACK PART OF HAT TO SOCK, LEAVING ENDS OF SOCKS PARTIALLY UNSEWN TO TIE



16 PULL RIGHT SIDE OUT



FEAIL