

# Sculpting Hand-in-Hand

## Recipe for the Mold

1. Read and follow material data safety sheets for alginate and gypsum cement/hydrostone.
2. For easy release, rub petroleum jelly on hand and inside of container
3. Loosely measure 7 cups of dry alginate into container. Add about 6½ cups cool water.
4. Mix by hand until consistency is like lumpy pourable oatmeal.
5. Coat hand with mixture, pour mixture into container, then plunge hand that is holding special object deep into container.
6. Remain still until mixture becomes rubbery solid.
7. Slowly pull hand out, leaving object in mold.

## Recipe for the Cast

1. Mix 3 cups of dry gypsum cement/hydrostone and 1 cup water in a gallon-sized food storage bag.
2. Mash bag until mixture is smooth. Add small amounts of water until consistency is like melted ice cream.
3. Fill mold halfway, rotate to coat inside of mold and release bubbles.
4. Pat sides to release bubbles, then finish filling.
5. Leave mold alone for one hour.
6. Carefully slide mold from container.
7. Gently remove mold pieces from hand cast.
8. Carve away bubbles, fill pits, and file base for smooth mounting.
9. Rest cast on a soft towel in an open shoebox for a few days to harden.
10. Mount case to a base with recommended adhesive.