



SAVE MONEY REDUCE WASTE

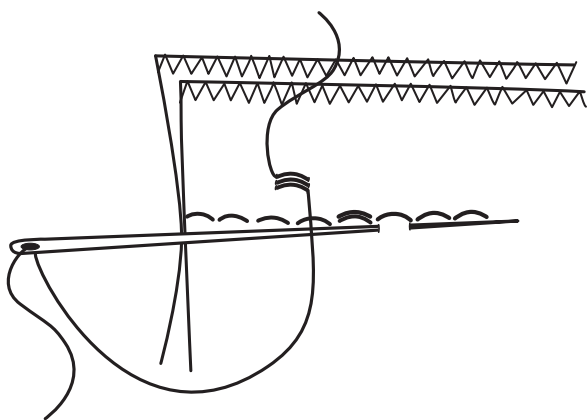
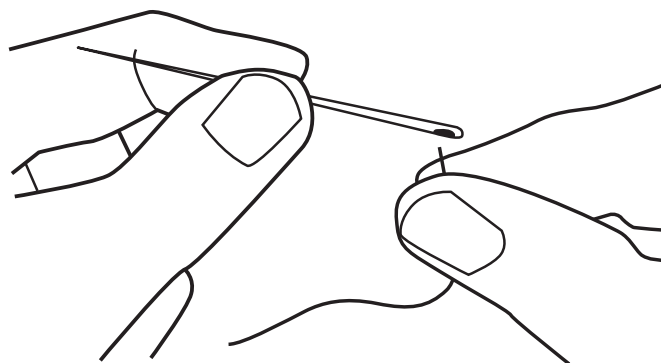
LEARN HOW TO MEND YOUR CLOTHES

All you need is a needle, some thread, a few pins and scissors.

Workshop One

Threading a needle, the easier way....

1. Thread no longer than your arm.
2. Lick your first finger and thumb in your right hand. Pinch the end of the thread to make it flat.
3. Steady your hands on a flat surface.
4. Hold the needle in your left hand, and lower the eye of the needle over the thread.
5. Pull 1/3rd of the thread through the eye of the needle.
6. Sew with a single thread and let out additional thread as you require.



Starting and finishing your sewing.

Stop - don't knot!

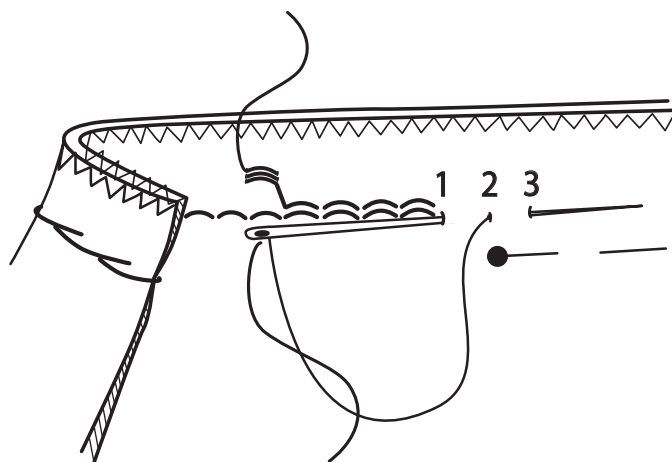
1. Start: Just before you want to start stitching, make one small stitch above remaining seam, sew 2-3 more stitches over the first stitch, pulling the thread tight each time.
2. Finish: When you finish your mend, sew over the last stitch 2-3 times to secure it. Trim.

Fixing a seam, backstitch

1. Turn the garment inside out and pin the split material together, if necessary. It may help to put small even dots on material with a pencil or marker to show you where to sew.
2. Secure your thread near the hole in the seam, where it won't be noticeable. You should sew over about 1cm of remaining seam before the split starts.
3. Looking at the diagram to understand the stitch. Push needle up at 2nd dot, push your needle down through the 1st dot, bring the needle toward the top at the 3rd dot. Back down at the 2nd dot etc.

Do these steps until you have closed the hole.

Secure your stitch, trim thread and finish.





Fixing a hem (herringbone stitch).

From right to left.

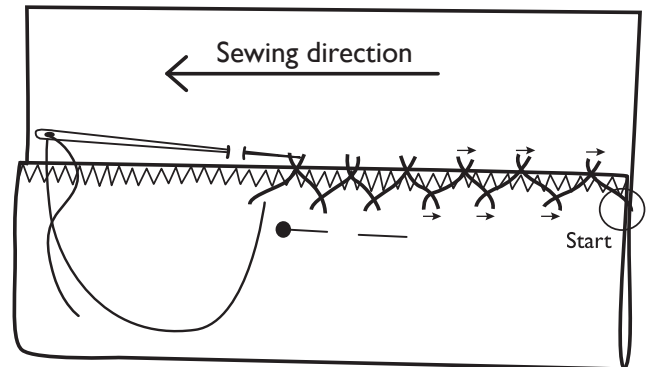
1. Turn the garment inside out and pin, if necessary.
2. Start your sewing on the right side.
3. Use your needle to pick up a thread from the top fabric, left to right.
4. Move the needle down to the bottom fabric, then pick up a thread from within the bottom fabric only, left to right.

Repeat step 3 and 4 along the hem, past the end of the gap and finish with a few more stitches one on top of each other.

Tips:

Don't make stitches too big, about 1cm is right.

Don't pull thread tight, the thread should appear a little loose and "rest" on fabric.



Herringbone Stitch

Reattaching buttons.

1. Secure your thread where you want your button to go.
2. Holding the button in place, bring the needle up through one of the holes in the button, then push the needle down through the other hole and to the underside of the fabric again. Don't pull the thread too tight, the button should feel loose.
3. Repeat step 2 four-five times, finishing with the needle above the button.
4. Push the needle through final hole in the button but not through the fabric. Below the button, wind the thread round the "stem" a few times.
5. Stitch through the stem threads 2 or 3 times, passing the needle through the thread loop and pulling the thread tight each time. Then take the needle to the underside of the fabric and secure with a couple of stitches over each other.

Tips: Copy the thread pattern of the other buttons on the garment - either parallel or crossed.

Stem Button

If you have a button without holes, follow point 1; at point 2, take thread over metal/plastic hoop under button and down into fabric below. Repeat this step 5 times. Take thread to underside of fabric, secure and trim.

