



How To Mend

Buttons

Bobbly Jumpers

Coat Linings
+ Ripped Pockets

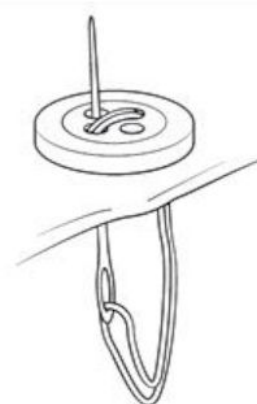
Marks + Stains

Taking up Hems



Buttons:

1. Remove any stray bits of thread from where the button used to be.
2. Thread your needle with a long length, double your thread over and tie a knot at the end with both threads.
3. Stitch upwards through the fabric, so that your knot is hidden on the inside.
4. Thread the needle up and down through the button holes.
5. Push the needle down through the fabric.
6. Repeat the up and down stitch four times, going through the fabric and button each time.
7. Finish with a knot on the inside of the fabric.



Video example:

<https://www.youtube.com/watch?v=Du6gg3ks0SQ>

Bobbly Jumpers:

Disposable razors that are heading for the bin are perfect for fixing 'pilling' (bobbly jumpers). Keep the razor flat and be very gentle as you run it along the fabric.

***Remember, razors don't go in your recycling** so it's great to use them again before they end up in the bin.



Coat Linings + Ripped Pockets

Slip stitch

When mending a lining or a pocket, a slip stitch is hidden inside the two folds and so is invisible from the outside of the garment. The video below also shows other uses for a slip stitch.

Right handed, work from right to left with the needle pointed left. Left handed, work from left to right with the needle pointing right.

1. Knot your thread and then push the needle up through the inside of the fold (which is called the seam allowance). Start at the very beginning of the opening.
2. Now, insert the needle directly across into the other fold. Push the needle through the underside (inside) of the fold and reemerge about 1/2cm along.
3. Continue to stitch inside the folds all the way along the opening. This will make a ladder formation like in the image to the bottom right.
4. When you reach the end of the opening, gently pull thread to make sure it is taut and then secure with a knot hidden inside the seam (folds).



Video example:

<https://www.youtube.com/watch?v=jIHGqT4K-p0>

Marks + Stains



Grass Stains

Mix one part distilled white vinegar with one part water. Coat the stain, let sit (30 minutes worked well for me), scrub, and rinse in cool water. Then repeat the usual steps with the detergent: scrub, let sit, and rinse.

***Distilled Vinegar is amazing for cleaning with! Just add water and lemon, lime or orange peel and juice and away you go!**

Cuts + Scrapes

It's horrible when they get a cut and a bit grizzly to think about but the absolute best way to remove little blood stains is with their own DNA from their (clean) spit. It'll make them laugh and put a smile back on their face too.



Ink Stains

For ballpoint pen stains, try using rubbing alcohol, if you have it, or try using shaving cream. Leave it to sit and then wash as usual.

With permanent marker, you can again try rubbing alcohol but another option is nail varnish remover or acetone. Gently apply, leave it to sit and then wash the item. Use cautiously so as not to damage the fabric.

Grease Stains

There are a few ways to get grease out of clothing. First, try working dish soap into the mark; using a cloth rub the soap into the mark, leave to sit, rub it in again and then wash. Another method is to soak the stain in a mix of white vinegar and water and then wash as normal.

Taking up hems

Fixing a hem by hand sewing is mega useful and once you learn it, it's a relatively simple process.

1. Iron the garment you want to hem. It's important to remove any creases and bumps so that the garment is sitting flat and the hemline you create will be accurate.

2. Measure the hemline. Put on the garment, and mark the new hemline with pins or chalk.

3. Decide how deep you want the hem, then trim the excess fabric. There must be enough fabric left to be able to turn up the hem, but not too much, or the hem may appear bulky. A one inch (2.5 cm) hem may be recommendable for trousers, while 3/4 inch (2 cm) works well for blouses.

4. Fold the hem up 1/2 a cm and then 2 cm and pin in place.

*****You can use iron on hemming to hold the hem in place which might make the sewing easier.** You can buy it from places like Wilkos for £1. The tape is great for a temporary hold (if you're in a rush it'll hold for the day!) but it needs to be stitched as well for it to be permanent.

5. Choosing a stitch:

Use a Whip Stitch if you don't have a lot of time, but this is the least durable on a hem.

<https://www.youtube.com/watch?v=pG86hhrDdzQ>

Try a Herringbone Catch stitch for more elasticity and strength. This stitch creates nearly-invisible stitches on the right side.

<https://www.youtube.com/watch?v=JWY8xwNUNPE>

Use a slip stitch hem for near invisibility.

<https://www.youtube.com/watch?v=QdxPSyGyTO8>

6. Start with a tiny stitch inside the fold, on the wrong side of the hem.

7. Stitch evenly all the way round and finish with a secure knot on the wrong side of the hem.