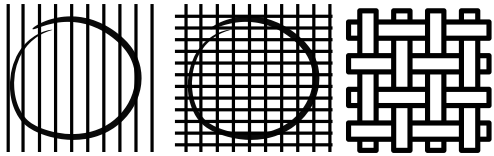


make good arts

Basic clothes mending skills

Darning a hole

- 1 - thread a needle with embroidery thread, yarn or crochet cotton to match or contrast with your garment
- 2 - make long stitches across the hole in one direction
- 3 - weave a second thread over and under alternate threads to make a solid fabric



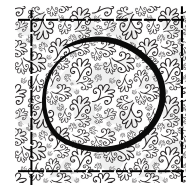
Making bigger or smaller

- 1 - to increase size, add a panel of fabric to the garment
- 2 - find a matching or contrasting fabric, or see if there are parts of the garment you can use - can you shorten the sleeves or garment length?
- 3 - to make smaller, try on the garment inside out and pin to fit, then make darts, gathers or new seams to fit
- 4 - Try to sew in less visible places like the back or sides

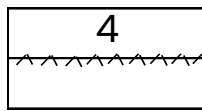
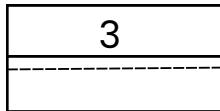
Visible mending

Make a feature of mending by using colourful threads and patches!

Sew a contrasting patch over a hole, use big visible stitches or stencil a design over a stain



Hems and cuffs



- 1 - cut hem to length
- 2 - fold the hem over twice
- 3 - use a running stitch
- 4 - use a zigzag stitch
- 5 - or invisible stitch

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Basic stitches

Running

in and out, a few stitches at a time

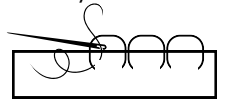


Back

Like running, but filling in the spaces between stitches

Blanket

Pass the needle through the loop of thread as you stitch



Ladder

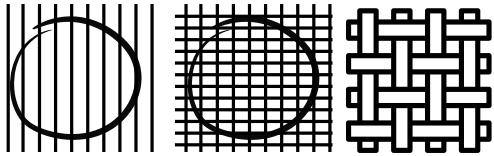
Sew on right side, catch a little of each side of the hole and pull thread to pull sides together

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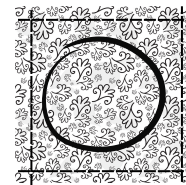
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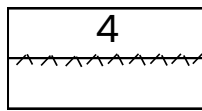
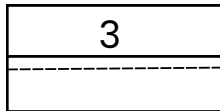
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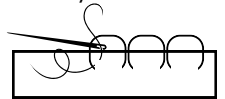


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