

DO IT YOURSELF

mending

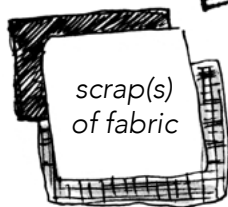
you need:



thread



needle



scrap(s)
of fabric



scissors



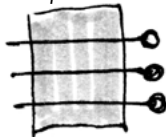
yarn
(only for
darning)

optional:



pencil
or pen

pins



embroidery
hoop

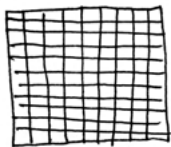


thimble



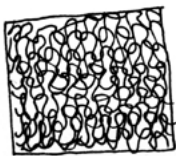
★ FABRIC! ★

some info



Woven

Woven fabrics are made from interlaced perpendicular threads and usually doesn't stretch.

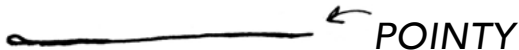


Knit

Knit fabrics are made from threads looped together and stretch one or both ways.

*Use a knit patch or darning for mending knit fabrics,
and woven patches or darning for woven fabrics.*

Needles



POINTY

Sharp/Chenille Needle: good for most hand sewing/patching and fine darning.

BLUNT



Tapestry/Yarn Needle:
use for thick thread or yarn; use for darning.

→ Let's Start! ←

Thread the needle and knot the long end (you can double the thread for added strength).

SINGLE



DOUBLE



identify the damage type and decide how to repair

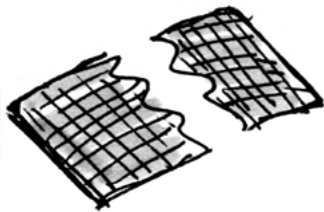


Holes

Either patch or darn (trim loose ends first!).

Tears/Rips

Sew the tear closed, then reinforce with either a patch or Sashiko stitches.



combine methods as you like for strength / aesthetics

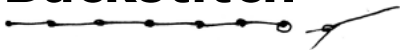
BASIC STITCHES!

Running Stitch

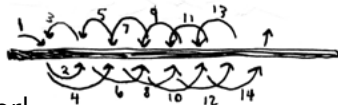


Fast, but not super strong on its own.

Backstitch



Running stitch's stronger sister!



Whipstitch

Fast, easy, good for patching.



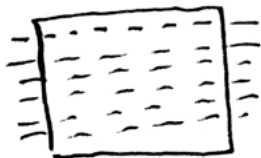
(Start under top layer.)

--- =
under
side
stitch

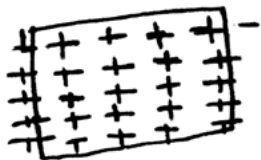
Sashiko

Japanese hand sewing technique, great for reinforcing and for decorating using lines of stitches.

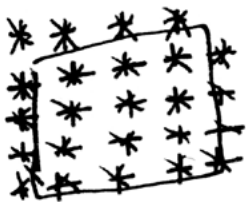
SASHIKO REINFORCEMENT IDEAS




Make rows of running stitches.



Add perpendicular running stitches to make crosses.



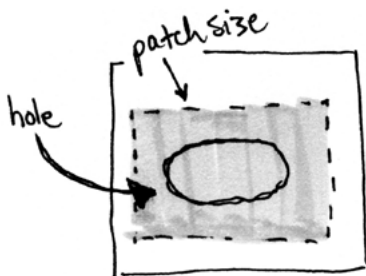
Add diagonal running stitches to make stars.

*Feel free to experiment and to play with
both practical mending techniques and
with aesthetics to create mends that hold
& have heart* 

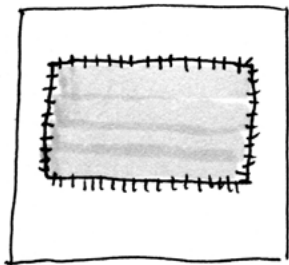
* BASIC PATCHING *

Trim loose threads around the hole, then cut a patch that covers the hole and overlaps the fabric at least one fingerwidth on all sides.

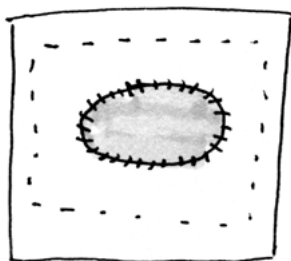
Pin the patch onto either the exterior or the interior of the fabric.



EXTERIOR PATCH



INTERIOR PATCH



★ you can doll these up with Sashiko ★

Exterior Patching

Whipstitch around the perimeter of the patch, then reinforce if needed with lines of stitches.

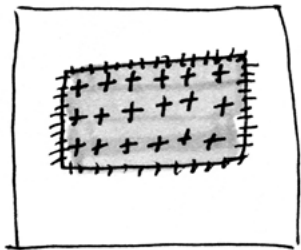
Interior Patching

Use a running stitch or backstitch to secure the patch on the inside of the fabric.

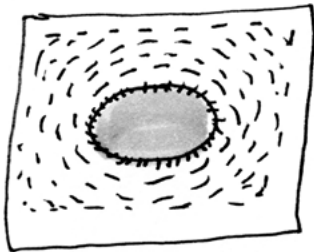
Then, turn the raw edges of the hole under and whipstitch around the hole.

Add reinforcement as needed/wanted.

EXTERIOR EXAMPLE



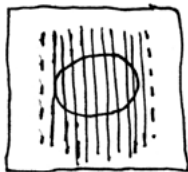
INTERIOR EXAMPLE



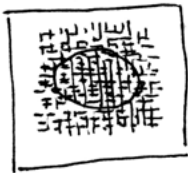
**you can also put a patch on both sides
and sandwich weak spots between**

DARNING

Use yarn to weave a patch over a hole or a worn spot in fabric.



Stitch rows of running stitches in one direction with long “floating” stitches that stretch over the hole.



Stitch perpendicular rows of running stitches, using a blunt needle to weave between the long stitches in the pattern: Over, under, over, under. Next row: Under, over, under, over. Next row: Over, under, over, under. And so on!

using an embroidery hoop helps keep fabric taut

★ Resources/More Info ★

- @mendingbloc on twitter/instagram
- **visiblemending.com**
- **Mending Life** book by Nina & Sonya Montenegro
- **Make + Mend** book by Jessica Marquez
- **Mending Matters & Make Thrift Mend** books by Katrina Rodabaugh
- **Mend It Better** book by Kristin Roach
- **Visible Mending** book by Arounna Khounnoraj
- instagram hashtags like **#visiblemending** **#repairdontreplace** etc.
- and search *mending* or *visible mending* on **youtube** for video help!