

Mend Something!
Write you
watch T.V.!

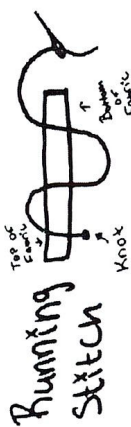


Mending can
only take a
few minutes!



Only 15% of unwanted
serviceable clothing is
recycled or reused
Secondhand.
The rest is
incinerated
or sent
to the
Dump!

Stitch
in
get site

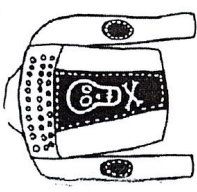


Use this stitch to
secure fabric
patches, temporarily
repair loose seams, or
baste fabric into place.

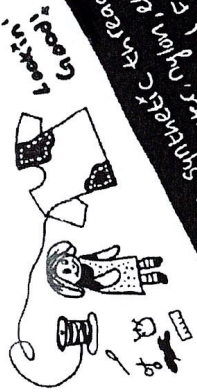


When cutting your
thread, make sure
to make it only as
long as your
arm.

Use your new
skills to
personalize
your wardrobe.
All the best
stylists do!

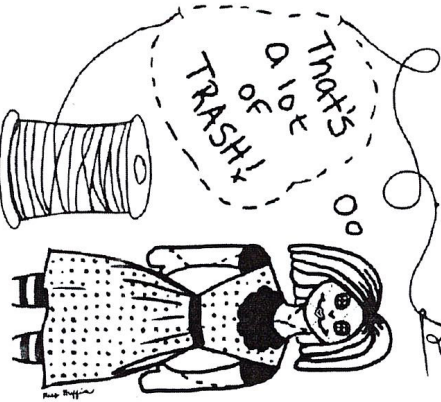


It's best to use synthetic thread with
synthetic fabrics (polyester, nylon, etc.) and
natural thread with natural fibers (cotton, wool, silk), but even if you're sewing
natural fabric, you can use synthetic thread. Sewing
can be used, but not for everything. Synthetic
thread is a great way to make your sewing
easier and more fun!

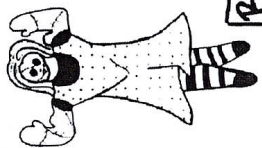


Did you know,
92 TONS

OF clothing is discarded
EACH YEAR?

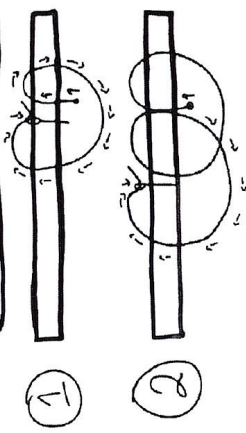


With a little work, you
can alter your clothes
to fit like a GLOVE!

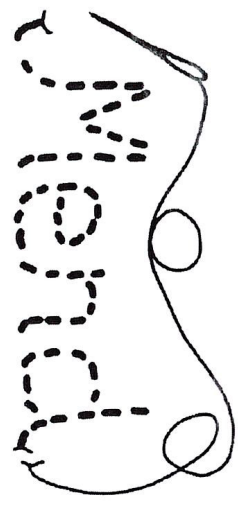


For that we'll
need a
stronger stitch!

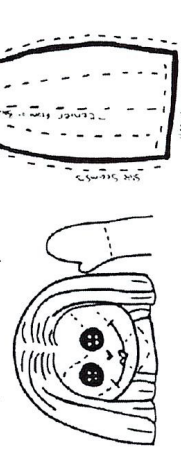
Back stitch



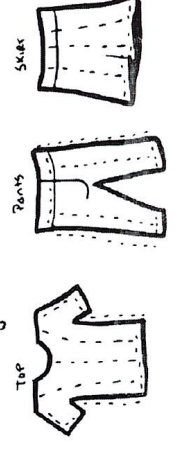
Don't
Spend



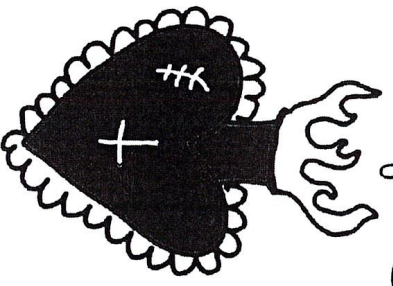
You can take
in or let out
almost anything
with a little
creativity



Whether you are trying to make
something bigger or smaller, try
to manipulate fabric on the dashed
lines to get the best results.



Montenago



Angel

Visible Mending

Sashiko

Sashiko is a type of decorative embroidery that utilizes running stitches to repair or reinforce garments with a decorative pattern. Sashiko thread is pretty like embroidery thread, but much stronger.

Boro

Boro means "tattered or repaired" in Japanese. Boro repairs are made by combining layers of patch fabric with a decorative running stitch.



A Grid is used to get even stitching. Washable gridded embroidery stabilizer can be found at most craft stores. You can also make your own by using a ruler and a washable marker to draw directly on your fabric. The pattern is created by sewing all horizontal lines, skipping grid lines as needed, then repeating the process for your vertical lines. Play around with shapes and textures to create interesting designs!