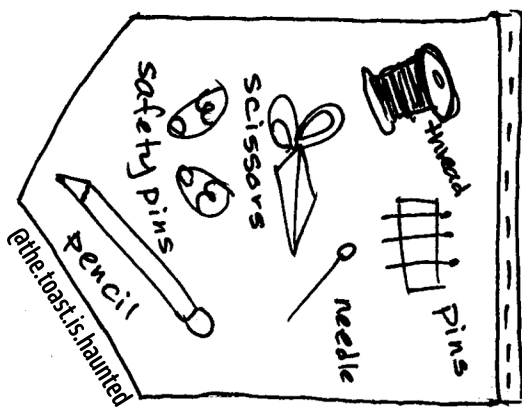




POCKET Mending GUIDE

Mending is a RADICAL ACT

Mending is a practical skill that allows you to extend the life of your clothing, but it is also a radical act of self and community care.

Mending can:

- reduce over-consumption
- save clothes from the landfill
- make ill-fitting clothes fit better
- help your clothes match your personal style
- allow you to use more free (or cheap) items



Resources

Mending Bloc

mendingbloc.carrrd.co

Make it Yourself

makeityourown.carrrd.co

Books

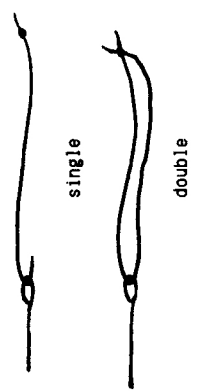
- Loved Clothes Last by Orsola de Castro
- Mendi! A refashioning manual and manifesto by Kate Sekules

YouTube Channels

- Slow Stitch Club
- Repair What You Wear
- The Essentials Club
- BlueprintDIY
- Easy Sewing for Beginners

Threading a Needle

1. Choose your thread and cut a piece about an arm's length to avoid tangles.
2. Poke the thread through the eye on the blunt side of the needle.
3. Pull the thread and line up the cut ends of the thread.
4. Tie a knot and you're ready to sew!

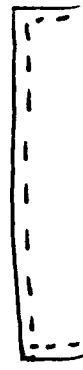


Stitches

If the repair is small, you can use one of the following stitches:

Running Stitch

Fast but not very strong. Looks like a dotted line on the fabric.



Whip Stitch

Fast and easy. Good for patching. Hide the knot inside the fabric and sew evenly spaced stitches at an angle.



Sewing a Patch

If the hole is too big to repair with these simple stitches, you'll need to use a patch.

1. Cut a patch that covers the hole and overlaps the fabric at least one fingerwidth on all sides. The patch should be the same weight and stretch of the garment you're mending.



2. Place the patch on the back of the hole and secure it with pins.

Darn It!

Use can use yarn to weave a patch over a hole in socks.

1. Stretch the fabric over a round object like a ball or jar lid to keep it taut.
2. Stitch rows of running stitches in one direction with long stitches that stretch over the hole.
3. Stitch perpendicular rows of running stitches, weaving between the long stitches in the pattern alternating between over-under and under-over.

