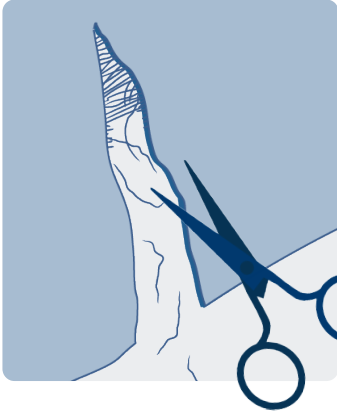




HOW TO FIX A TEAR

Tears are part of a well-loved wardrobe, but they're also a chance to practice creative problem-solving. With a few simple stitches, you can make a rip disappear or turn it into something uniquely yours. Whether you choose a subtle invisible mend or a bold decorative stitch, this repair helps your clothes stay strong and keeps them in rotation longer.

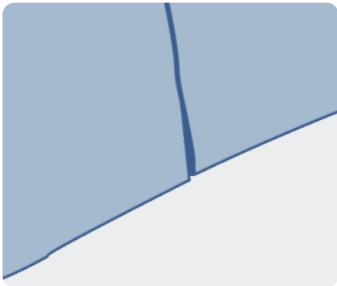


1. Assess and Prep the Tear

- Look closely at the tear.
- Smooth the fabric flat to see how the edges line up, and note the direction the threads run.
- Trim away any loose or frayed threads so the area is clean and easy to work with.

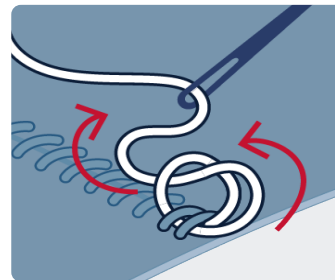
YOU WILL NEED:

- ☐ A Needle
- ☐ Thread
- ☐ Scissors
- ☐ Chalk (optional)
- ☐ An Iron
- ☐ Straight Pins (optional)



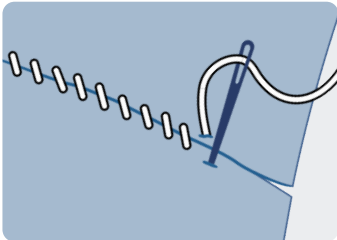
2. Align and Secure

- Bring the torn edges together so they meet naturally.
- Add straight pins if the tear is long or on a seam. This helps the edges stay aligned.



4. Finish With a Knot

- Bring the needle to the back of the fabric and tie a knot.
- Trim any extra thread.



Whip Stitch

Creates a visible thread line. For a decorative look, use embroidery floss or contrasting thread.

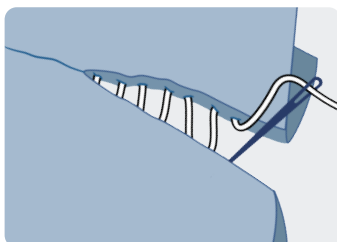
3. Stitch the Repair

- Thread your needle and tie a small knot at the end of the thread.
- Starting about $\frac{1}{8}$ inch before the tear, sew the edges together with a stitch that fits your style and needs.
- For thicker fabric, make slightly longer stitches; for lightweight fabric, keep the stitches short and close together.



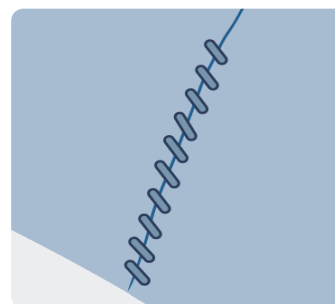
5. Press and Check

- Press the repaired area gently with an iron to flatten it.
- Check your work by tugging lightly along the seam to make sure it holds.



Ladder Stitch

Creates a strong hidden seam. For a subtle repair, use thread that matches your fabric.



6. Ready to Wear!

- You've extended the life of your garment and kept it in rotation longer.



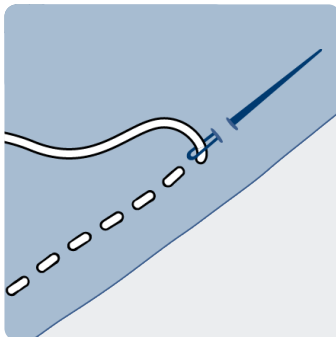
ESSENTIAL HAND SEWING STITCHES

Every stitch has a purpose. Some make repairs invisible, while others stand out as decoration. Use this guide to learn the most common hand sewing stitches you'll use for mending, hemming, and creative repair.

The Running Stitch

What it does: The most basic stitch. It looks like a dashed line and is used to join two pieces of fabric or create simple decorative patterns.

What it's for: Simple seams, gathering fabric, patching, or decorative lines.



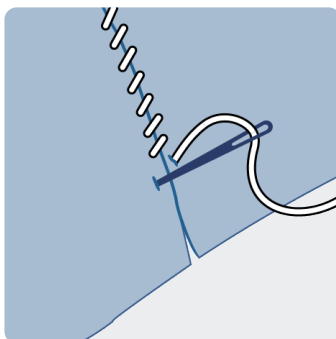
How to do it:

- Push the needle down through the fabric, then up a short distance away.
- Without pulling the needle all the way out, push it back down and then up again in one smooth motion.
- Repeat, creating small, even dashes.

The Whip Stitch

What it does: A strong, neat stitch used to sew along a finished edge, prevent fraying, or attach a patch or appliqué securely.

What it's for: Closing edges, repairing tears or buttonholes, attaching patches, or finishing hems.



How to do it:

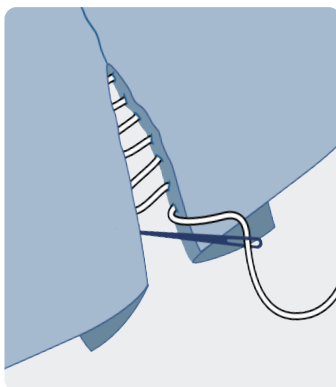
- Bring the needle up through the fabric near the edge.
- Loop the thread over the edge and push the needle back down and through the fabric in the same direction as the first stitch.
- Repeat, making close, small, diagonal stitches that hug the edge.

The Ladder Stitch

(Invisible Stitch)

What it does: Used to close an opening or tear on a seam. When pulled tight, the threads hide inside the seam, making a flat, professional finish.

What it's for: Closing tears or seams invisibly.



How to do it:

- Secure a stitch on the inside of the seam (or underneath the mend).
- Bring the needle out at the edge of the tear/opening and work from the front.
- Take a small horizontal stitch on one side of the opening.
- Move straight across to the other side and take a small horizontal stitch directly opposite the first one.
- Repeat, creating a "ladder" pattern of stitches that run across the gap.
- Gently pull the thread tight. The edges will roll inward, hiding the stitches.

PRO TIPS

- **Don't pull too tight; fabric should stay flat.**
- **Keep stitches short and even for strength and neatness.**
- **Knot securely at the start and end of your stitching.**

