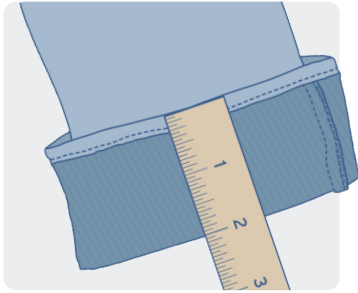




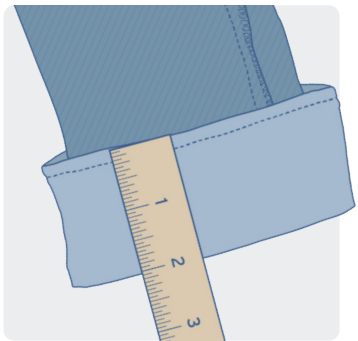
HOW TO HEM AN ITEM

Hemming is one of the simplest ways to give clothes a fresh look or a better fit. Whether you're fixing a frayed edge or shortening a pair of pants, learning this skill means you can keep your clothes looking sharp. With a few tools and simple steps, you can hem an item by hand or with hem tape for a clean, professional finish.



1. Fold and Measure

- Try on the item and fold the fabric up to the desired length.
- Use a measuring tape or ruler to determine the length of the fold.



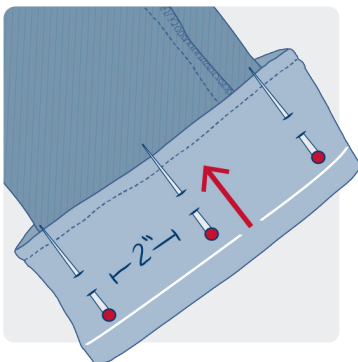
2. Fold and Measure Inside Out

- Turn the garment inside out.
- Re-fold the fabric to the same length you measured in Step 1.
- Use a measuring tape or ruler to make sure the fold is even all the way around.



3. Press the Fold

- Use an iron to create a crisp fold to ensure a straight edge when sewing.

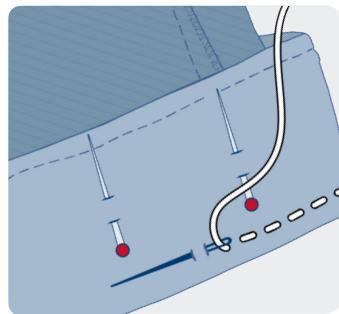
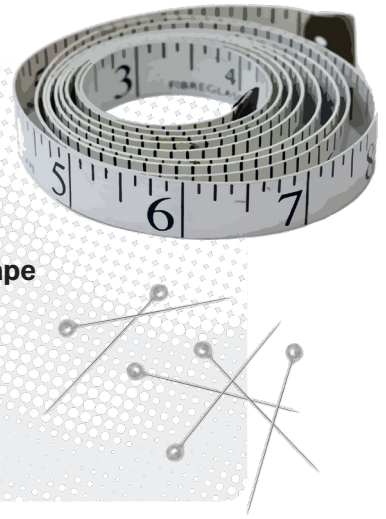


4. Secure the Fold

- Place your ruler at least 1/2 inch above the fold and use chalk to draw a straight line around the garment to act as your stitching guide.
- Place pins vertically along the fold, about every 2 inches, to hold in place.

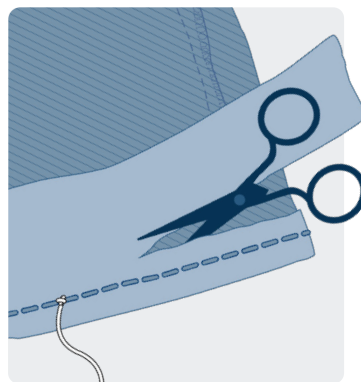
YOU WILL NEED:

- ☐ A Needle
- ☐ Thread
- ☐ Ruler or Measuring Tape
- ☐ Straight Pins
- ☐ Scissors
- ☐ Chalk
- ☐ An Iron



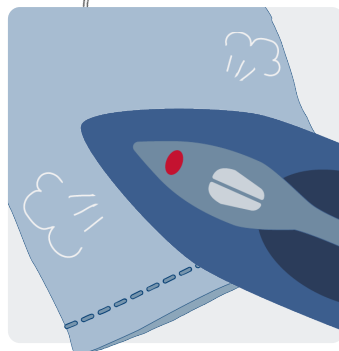
5. Hand-Sew the Hem

- Thread your needle and tie a small knot at the end of the thread.
- Use a small, even stitch like a running stitch to sew along the edge of the hem.



6. Finish Up

- When you get back to your starting point, tie a small knot at the back and trim your thread. Remove all pins.
- Use scissors to trim the extra fabric, keeping about half an inch of fabric above the hemline.
- Trim any loose threads.



7. Show off Your New Hem!

- Turn the fabric right-side out.
- Try on the item to make sure it hangs correctly and the hem looks even.
- Press the hem with an iron to help it lie flat and to give it a crisp, finished look.



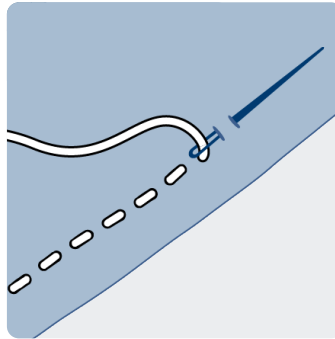
ESSENTIAL HAND SEWING STITCHES

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.



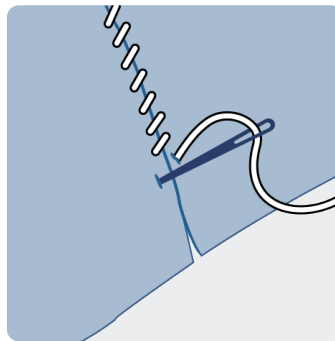
How to do it:

- 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:

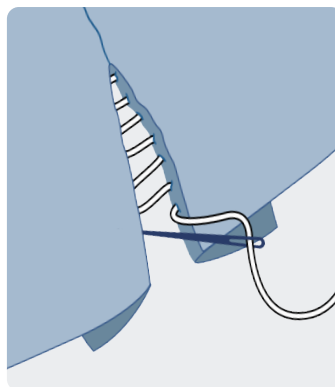
- Bring the needle up through the fabric near the edge.
- Loop the thread over the edge and push the needle back down and through the fabric in the same direction as the first stitch.
- Repeat, making close, small, diagonal stitches that hug the edge.

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.**

