

Sustainable Sewing & Mending



Sustainable Sewing Tips

- Reuse and recycle old clothing and textiles
- Mend and repair
- Use organic and sustainable fabrics and notions whenever possible
- Keep it Local
- Look for Fair trade and ethical production
- Avoid chemical dyes. Use plant based, low impact and non toxic dyes instead.

“Buy less. Choose well. Make it last.”

Vivienne Westwood

Supplies & Notions

A few basic supplies are all you need to repair and mend your wardrobe. Below are some suggestions to get you stitching...

Notions:

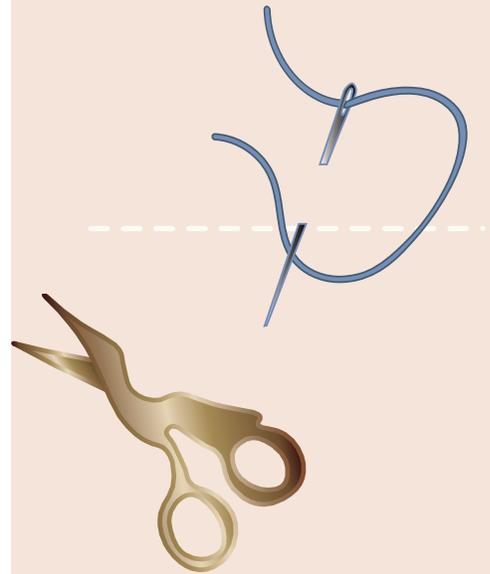
Needles, thread, pins, a ruler and scissors are a great start for any sewing kit. Thimbles are great to protect your fingers if you're stitching through thicker fabrics like denim and canvas. Needles come in many sizes. Use larger Sashiko or Tapestry needles for heavy-weight garments and sewing and embroidery needles for finer fabrics.

Thread:

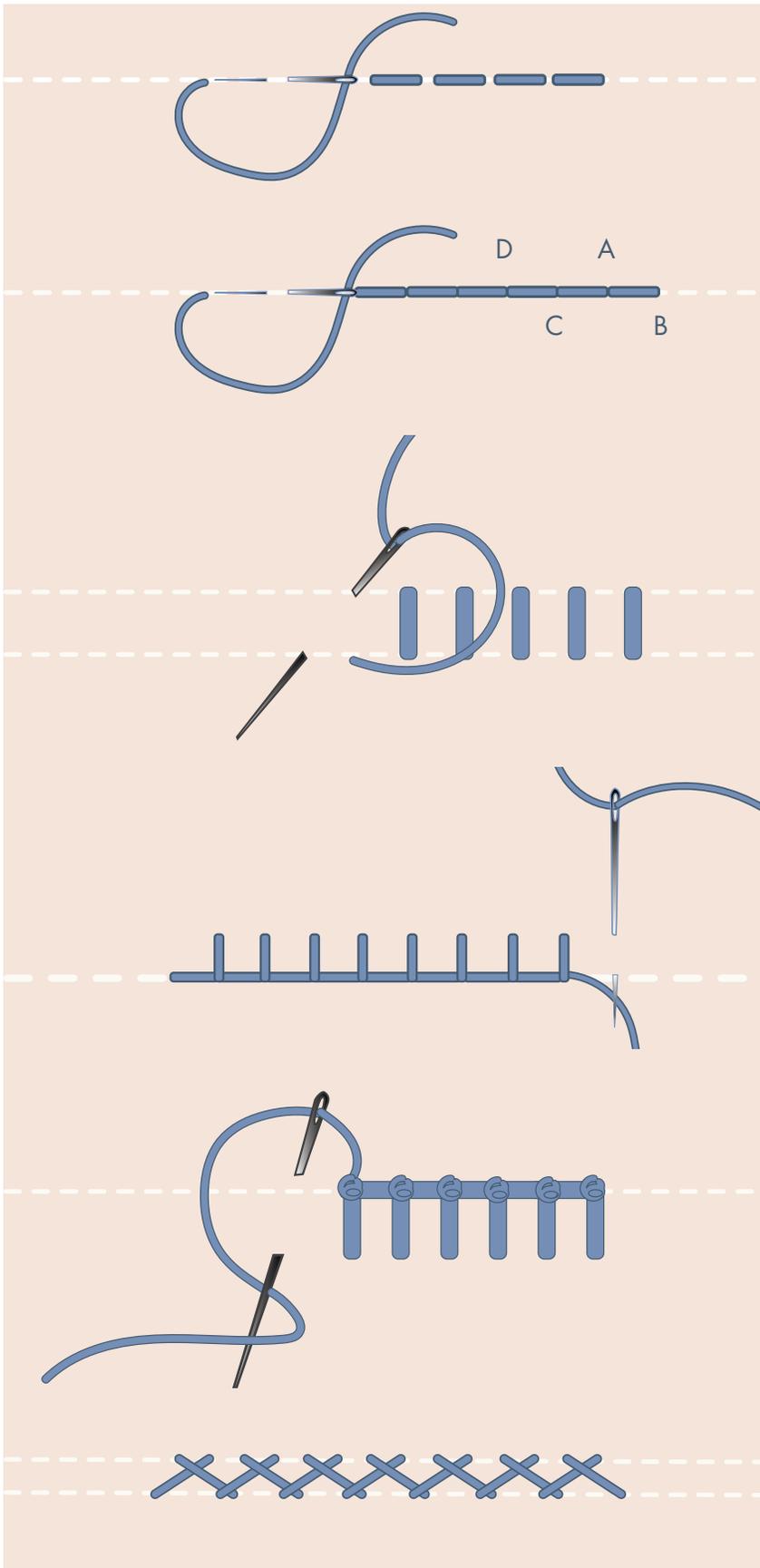
Sashiko Thread is wonderful for visible mending as is embroidery floss. Try to match your thread to your project. Heavier weight cottons for denim, general use for cottons, and silk for delicates. You can darn knitted pieces with yarn as well.

Patches & Appliques:

Match your patches to the fabric you're repairing. Patches can be store bought, scraps of fabric or purely decorative. If using fabric turn the edges under and press or finish the seams before attaching. You can also add fusible interfacing to the underside of fabrics for added stability prior to mending.



Basic Stitches



Running-

Work stitches from right to left leaving a gap in-between your stitches. You can work the needle into multiple stitches to speed up your repairs. A great stitch for visible mending.

Backstitch-

This is a great basic stitch that makes a very secure sewn outline. I start one stitch to the left at A and work toward the right into B and go underneath to C. Back in at A and underneath to D. Continue in pattern.

Whipstitch-

This is my stitch of choice for quick sewing. Use on edges to secure your fabric in place. Stitches are worked on a diagonal but appear straight when completed.

Blanket-

Used to neaten edges and as a decorative stitch. Push needle up to edge and wrap thread under needle to secure.

Buttonhole-

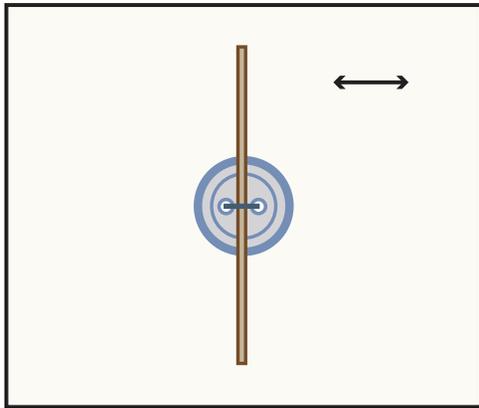
This is a great stitch to make buttonholes and secure hooks and closures. It's similar to the blanket stitch above but has a knot at the end. Work from right to left, inserting the needle from the edge inward. Pull thread loop behind needle and secure.

Herringbone-

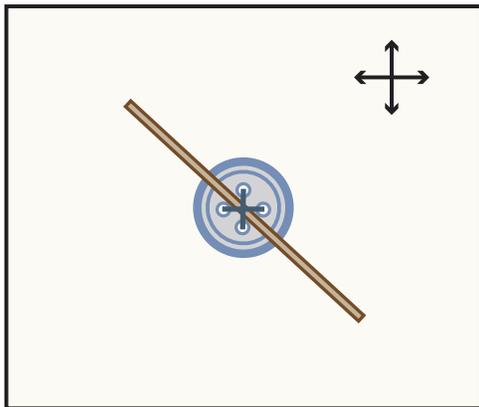
I like to use this hand stitch to finish hems quickly and easily. Working from left to right take a small horizontal stitch into the one layer and then use the long X's to stitch the hem layer.

Repair your Clothes

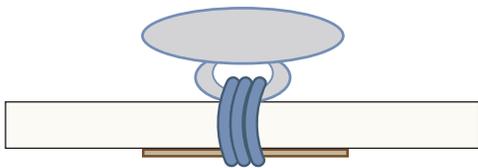
Sew on a Button



Thread needle. Insert needle from back to front under button. Use a toothpick laid over button top to add space. Work stitches back and forth a few times through buttonholes. Pull thread to back, remove toothpick and wrap thread around shank 3x and tie off at back. Trim.

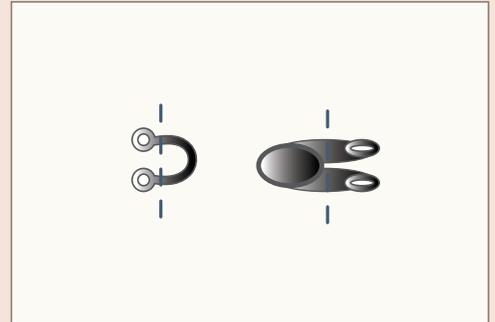


Thread needle. Insert needle from back to front under button. Use a toothpick laid over button top to add space. Work a few diagonal stitches through buttonholes alternating directions. Pull thread to back, remove toothpick and wrap thread around shank 3x and tie off at back. Trim.

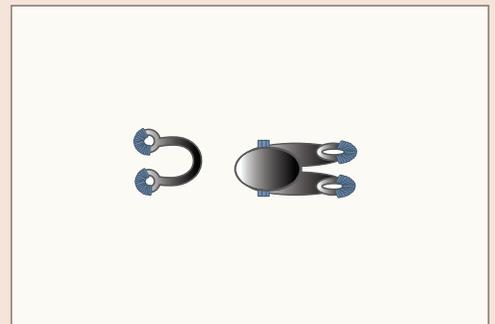


Arrange shank button on top of fabric. Place toothpick under fabric for added space. Bring needle up through back, through button shank, back to the other side 4-5 x. Remove toothpick. Finish with a buttonhole stitch on wrong-side for extra stability.

Hook and Eye



Baste in place with long loose stitches.



Stitch around edges with small even stitches or buttonhole stitches to secure being careful to keep stitches on interior.

The same stitches can be used to sew on snaps or pant hooks.