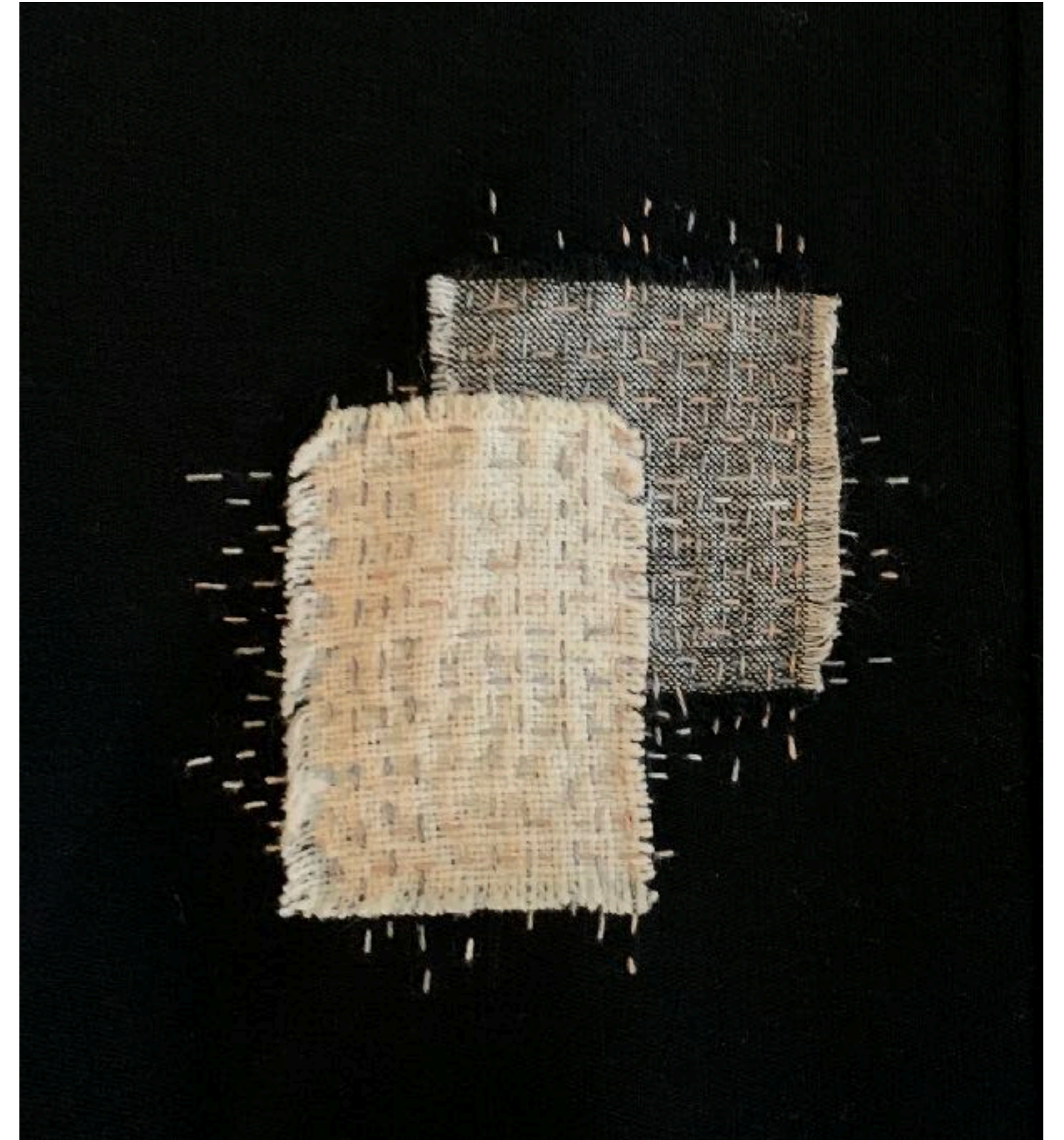


Mend your clothes



1992 Danforth Ave.



Owner - Daryl Aitken

Presenter - Shirley Dawson

General Canadian Facts

- The clothing business in Canada was worth approximately \$27.5 billion in 2020
- Average Canadian throws away 37.4 kilograms (81 pounds) of textiles per year
- 85% of these textiles end up in a landfill, most could have been recycled or reused
- Marketplace is focused on disposable or fast fashion but we are poised to change this through mending, up-cycling, and donations (cerebral palsy, Diabetes Canada)

Sewing kit

- Needles - Embroidery/Betweens
- Thread - not vintage
- Scissors
- Pins

Extras

- Glue stick
- Thread wax
- Wonder Under fusible web
- Fusible interfacing
- Clear nail polish
- Perle cotton
- Fabric to patch



Fleece Pants and Leggings with a Hole

- Joggers
 - Sewn with double strand of regular thread
 - Stitch over the hole multiple times
- Leggings (or lighter weight knit fabric)
 - Seal the edges with nail polish so the fabric doesn't create a "run" or grow larger



*Larger holes might need patching

Golf Shirt

- Use light weight fusible interfacing
- Cut a patch 1/4" larger than the hole
- Fuse from the wrong side with an iron - check the heat on the shirt before you fuse - not too hot
- You may need to reheat or flatten it after laundry
- You could also stitch over the hole but it will show



Patches

Fabric Patch

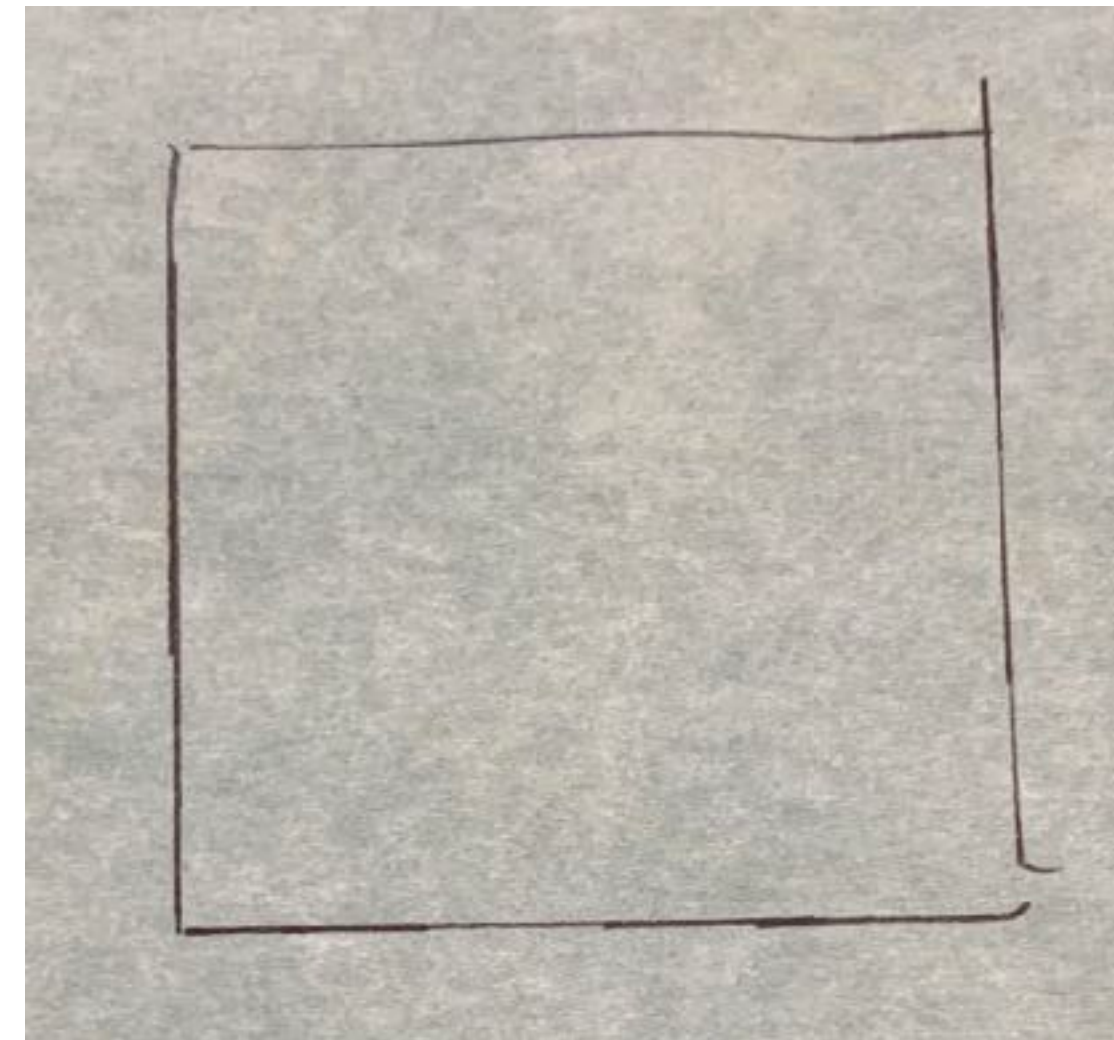
- Determine size of patch needed
- Cut patch fabric 1/2" larger on all four sides
- Press the 1/2" edges under on all 4 sides
- Use washable glue stick on the folded edges
- Place over hole
- Secure with thread or Perle cotton



Patches

Fusible Patch (1)

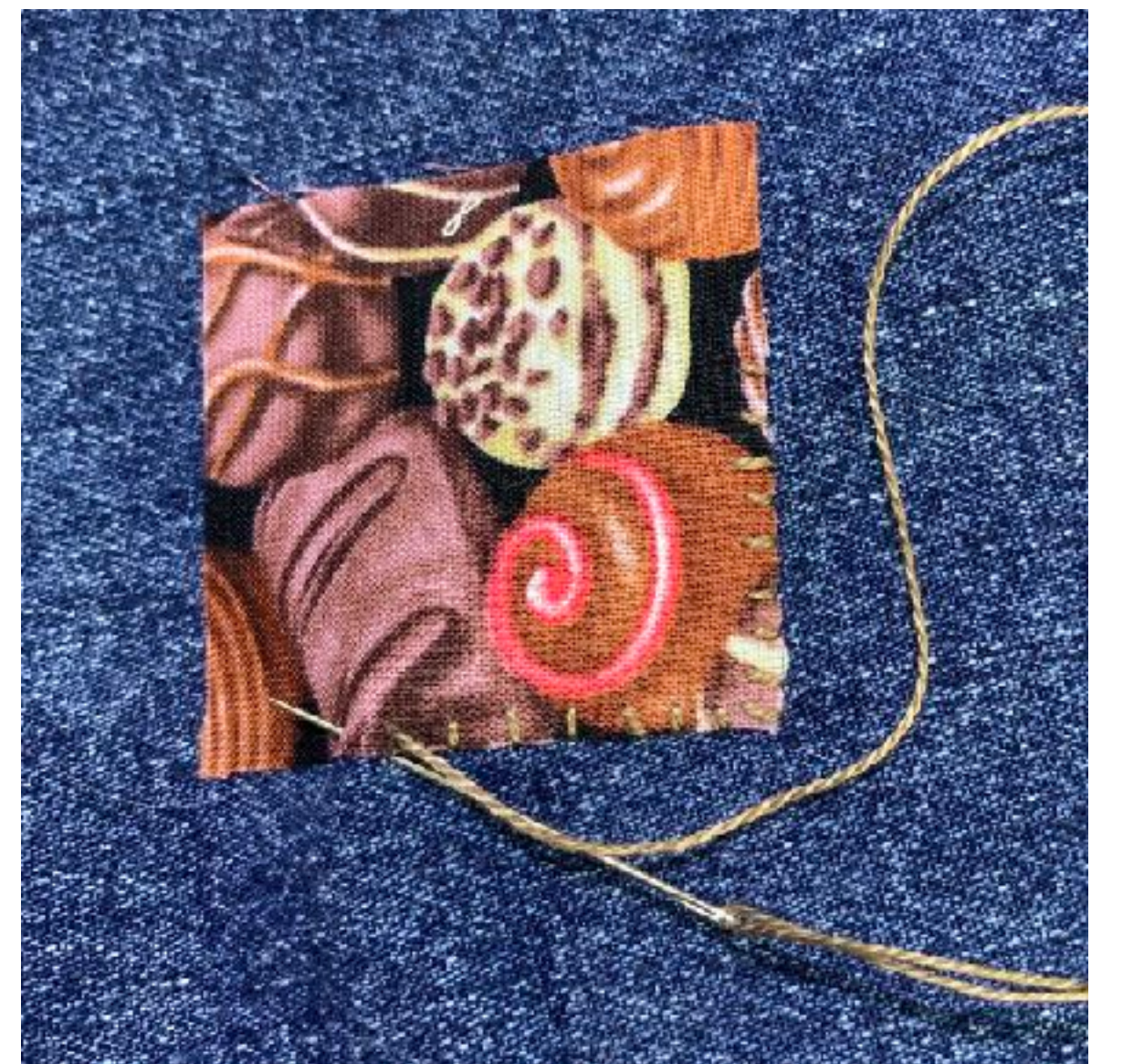
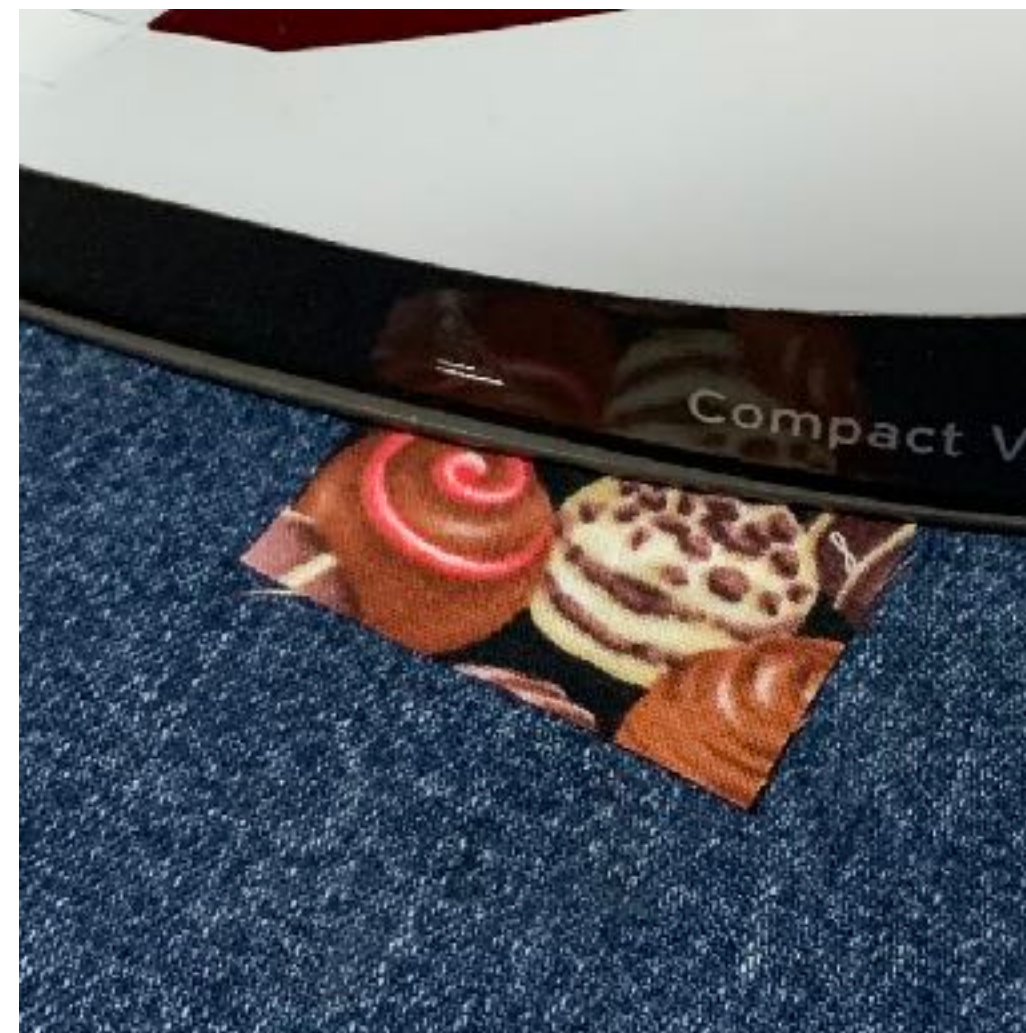
- Follow instructions on the Wonder Under product label.
- Draw a shape on the paper side of the Wonder Under. Cut around the shape larger than the finished size
- Iron it onto the wrong side of the fabric
- Cut out on the line



Patches

Fusible Patch (2)

- Peel the paper off the back of the fabric
- Iron/fuse to the right side of the garment
- Stitch with thread or Perle cotton to secure it permanently



Jeans

Patches on Jeans (1)

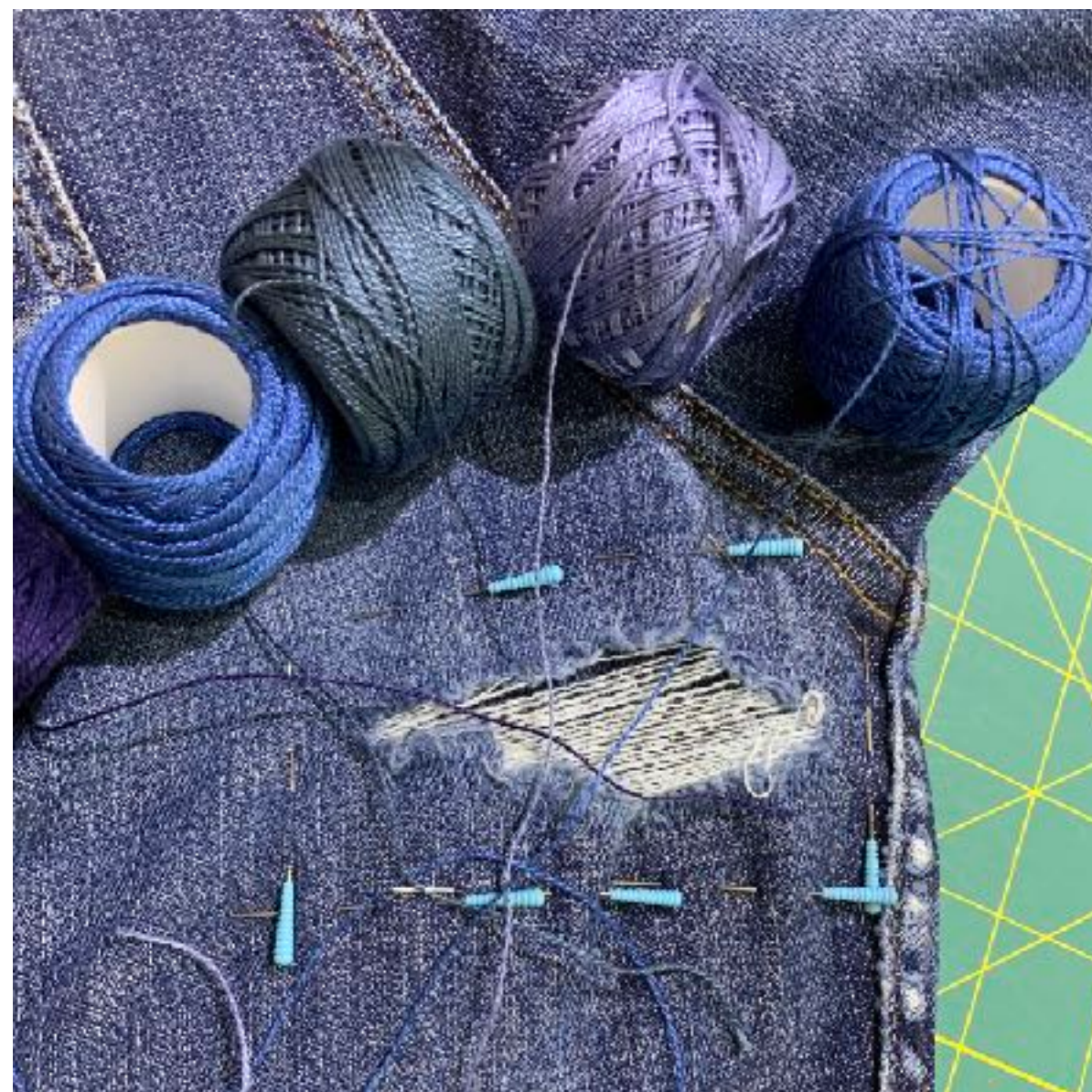
- Cut the patch about 1" larger than the hole on all sides
- Pin the patch on the inside of the jeans so that it covers the hole (we will trim this later)
- Turn jeans right side out and use the glue stick secure in place



Jeans

Patches on Jeans (2)

- Choose a thread/colour that you like, this sample is completed with 8 weight Perle cotton
- Stitch a border around the hole, matching it's general shape
- You can weave the thread through the hole back and forth
- Extend your stitching at least 1" beyond the borders of the hole
- On the inside, trim any parts of the patch that aren't secured by stitches



Jeans

Patches on Jeans (3)

- For a smaller hole, cut the patch about 1" larger than the hole on all sides
- Pin the patch on the inside of the jeans so that it covers the hole (we will trim this later)
- Turn jeans right side out and use the glue stick secure in place
- Stitch a border closely around the hole, matching it's general shape
- Turn pants inside out, and trim the patch about 1/2" larger than the hole
- Stitch the edge securely to the wrong side of the pants

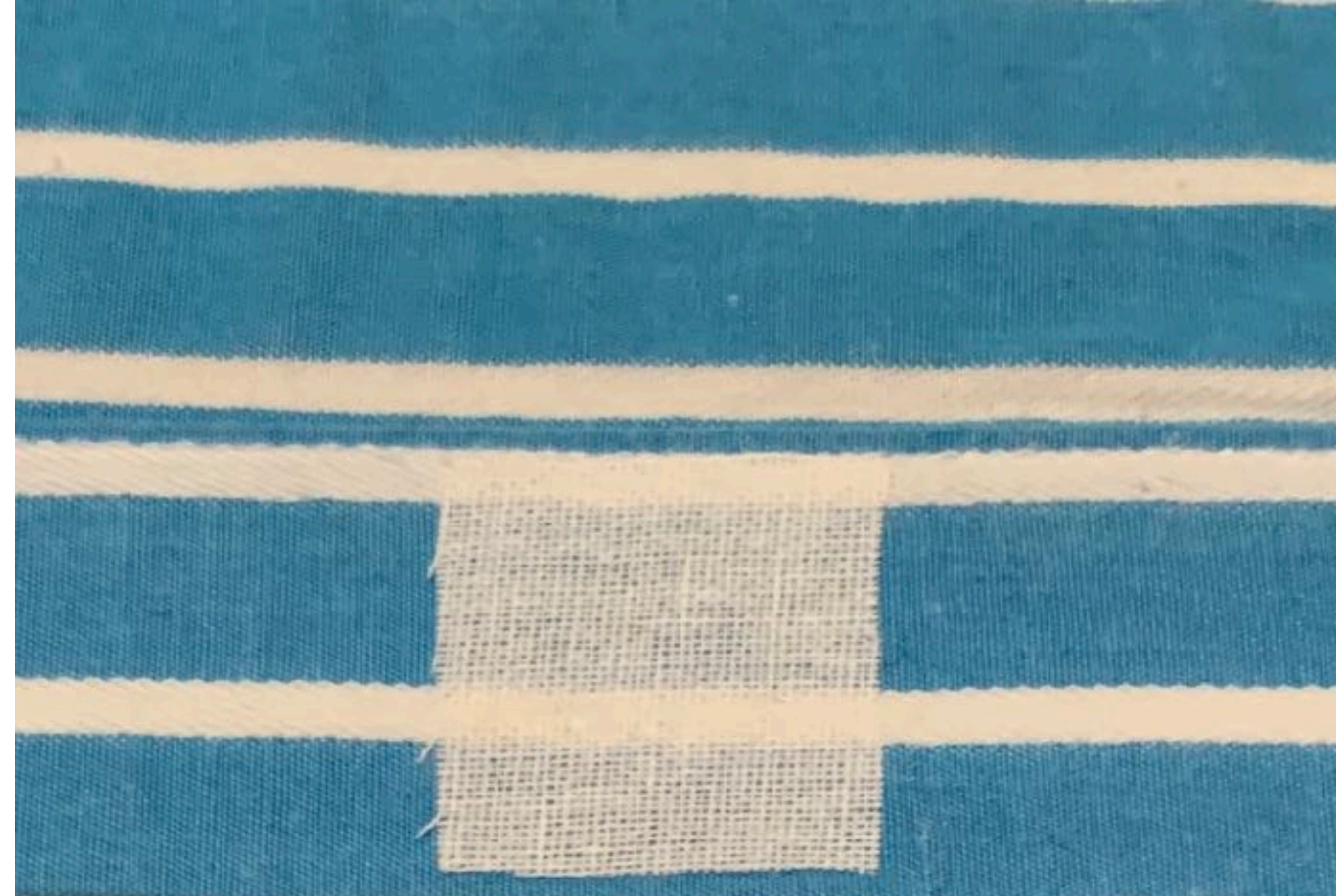
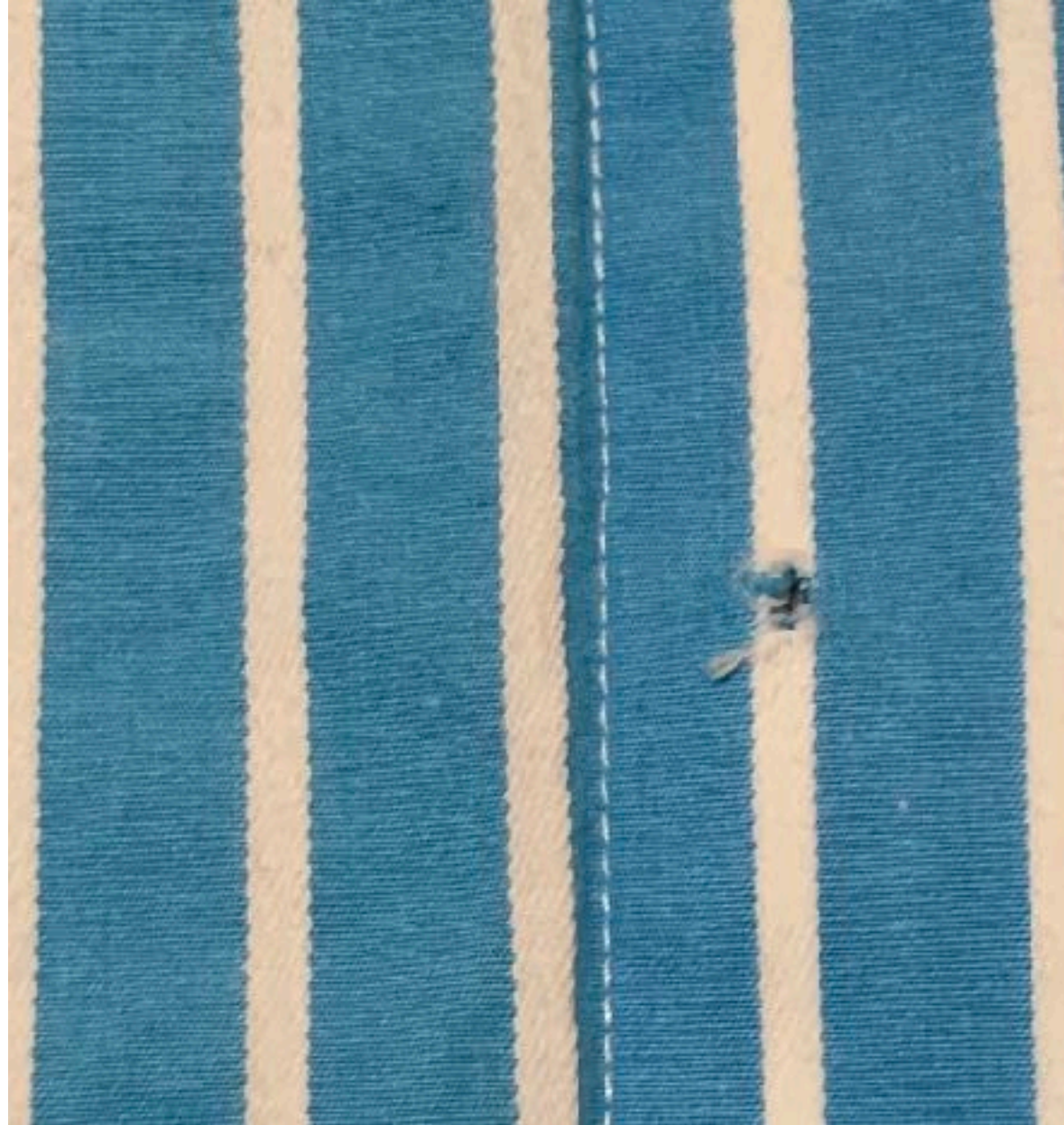




This photo by Katrina Rodabaugh

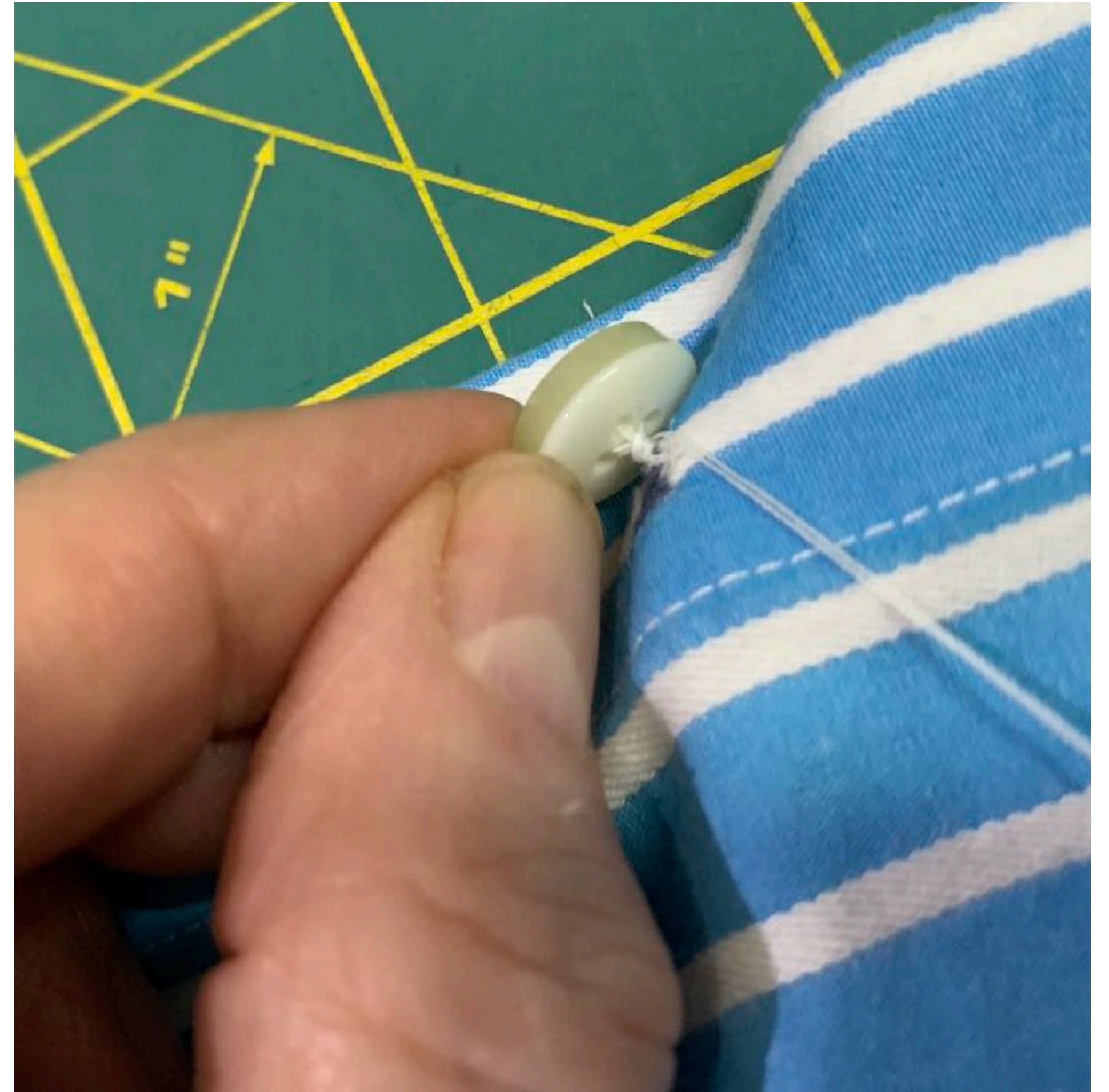
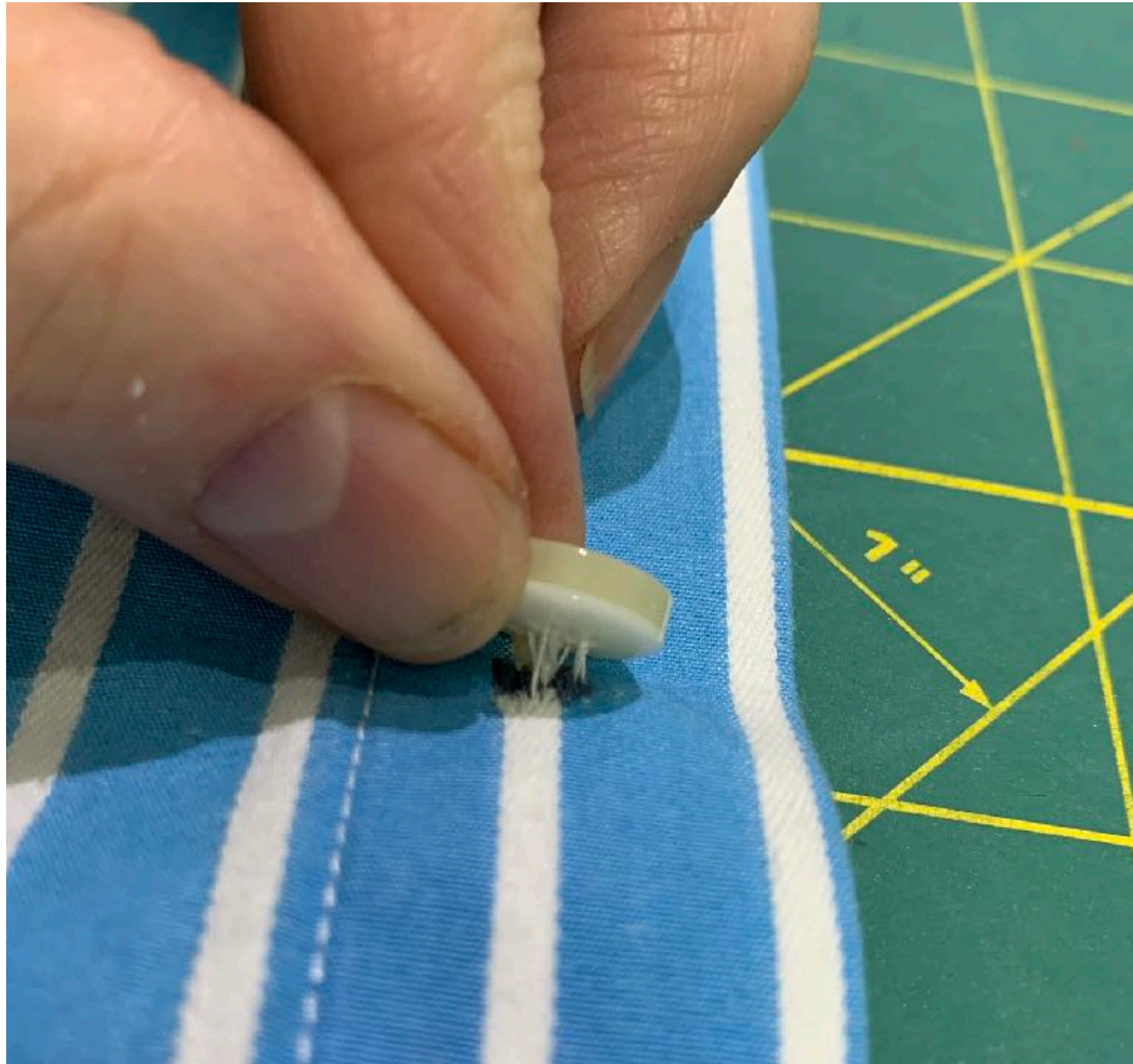
Button Repairs (1)

- Cut iron-on interfacing slightly larger than the hole
- Iron interfacing on the inside of the shirt covering the hole
- On the right side of the shirt, using sewing thread, stitch over the hole



Button Repairs (2)

- Place button in original position



Side Seam Repair

- Start stitching about 1" before the rip or torn thread
- Bring the needle up and then put the needle into the fabric behind where you started (backstitch)
- Bring your needle up in from the the stitch you just finished.



Resources

- “Visible Mending” by Aounna Khounnoraj
 - Instagram: @bookhou
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- “Mending Matters” by Katrina Rodabaugh
 - Instagram: @katrinarodabaugh

