

Module 4

UNIT 2

Basic Tailoring Techniques
for Upcycling

Duration: 28 hours



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Overview of the Unit

This unit introduces students to comprehensive the fundamental tailoring techniques essential for upcycling. It introduces the basics of garment alterations, including hemming, resizing, and repairing and also essential hand sewing techniques and basic stitches. Additionally, you will explore various seam finishing techniques.





Estimated Reading Time
14 minutes

Expected Learning Outcomes

By the end of this Unit, you will be able to do:

Sewing techniques (machine and hand)

- Hand sewing techniques and basic stitches including embroidery, appliquéd and visible mending
- Various seam finishing techniques

Garment construction and pattern modification

- Garment alteration: hemming, resizing, and repairing

Pre-requisite knowledge

Prior experience in working with a sewing machine is recommended.



Learning Objective

The goal of the Unit is to equip learners with an understanding of the crucial role tailoring plays in adding value to garments within the upcycling process, ultimately contributing to more sustainable fashion practices.



Target Audience

This Unit targets people/learners/entrepreneurs, young with legal age and adults including: NEETs, low skilled adults looking for a job, professionals already working in the artisanal tailoring area, students graduated by Secondary Schools with fashion design and/or textiles clothing production curricula. A special regard will be given to women with economic fragilities or due to their refugee and migrant condition.

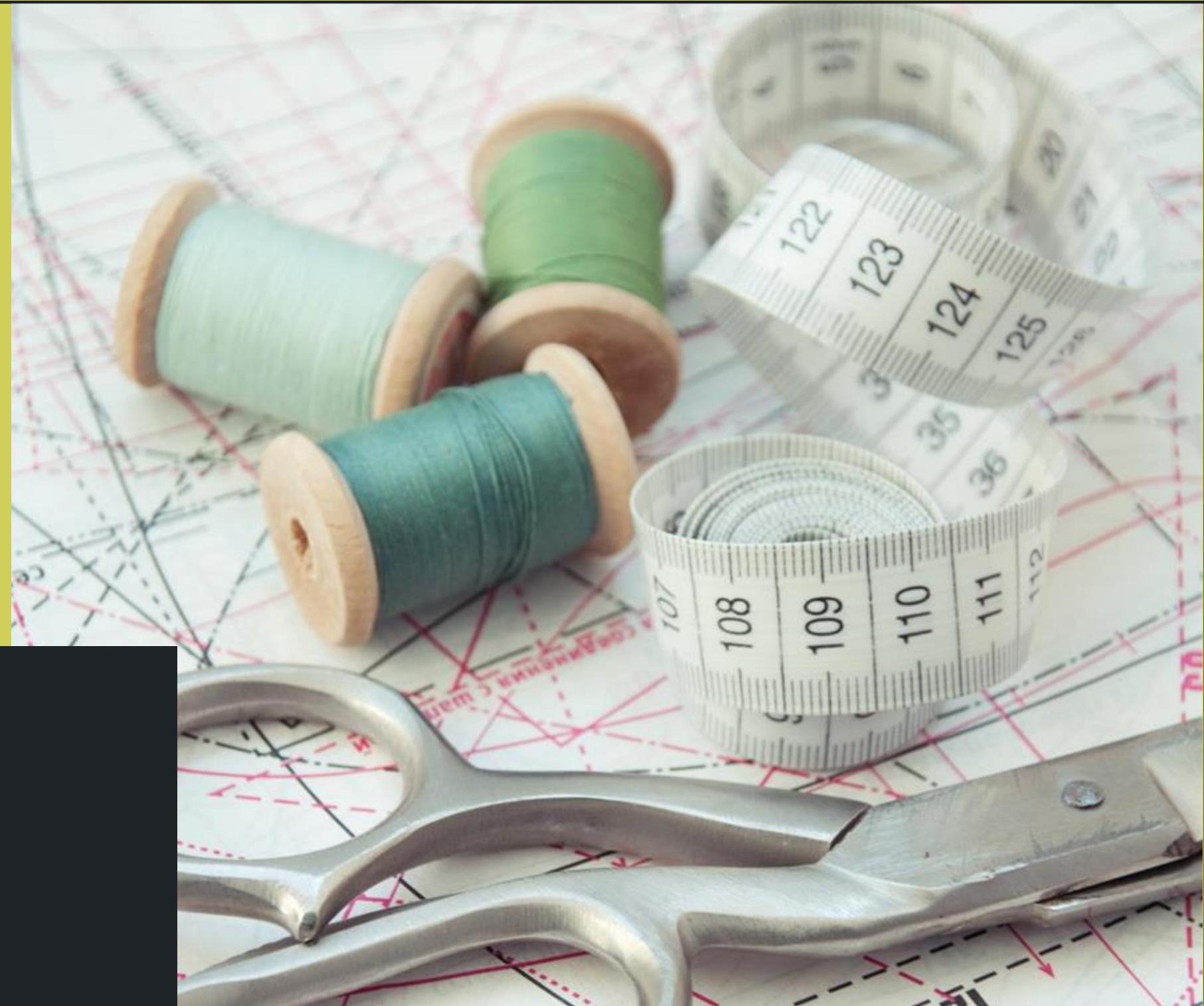
Key concepts

garment alteration, hand and machine sewing techniques



For this Unit's practical part, you will need a sewing machine, pins, chalk or similar, scissors, measuring tape, rulers deadstock fabric and second-hand garments,, tread for sewing and embroidery, machine and hand needles

Necessary equipment



01

Teacher's Profile

Mastery in sewing techniques
(both machine and hand) +
knowledge of garment
construction and pattern
modification

01

Methodology

Small theoretical explanations
with demonstrations of hand
and machine sewing techniques
as well as garment alterations,
followed by practical exercises..



Overview

Hand Sewing Techniques

- Basic stitches: Basting, constructing and hemming
- Finishing and decorative stitches

Machine Sewing Techniques

- Seam finishing techniques
- Decorative stitches and free hand embroidery

Garment Alterations

- Hemming: shortening and lengthening
- Resizing: taking in and letting out
- Repairing: applying patches, darning and visible mending



Hand Sewing Techniques

Basic stitches

Basting : Running Stitch, Slip Basting Stitch

Constructing: Back Stitch; Glove Stitch

Hemming: Catch Stitch; Invisible Hem Stitch

Finishing and decorative stitches

Finishing: Blind Stitch; Overcast Stitch, Running Top Stitch

Decorative: Chain Stitch; Blanket Stitch; Feather Stitch, Stem
Stitch; Split Stitch, French Knot, Cross Stitch, Satin Stitch



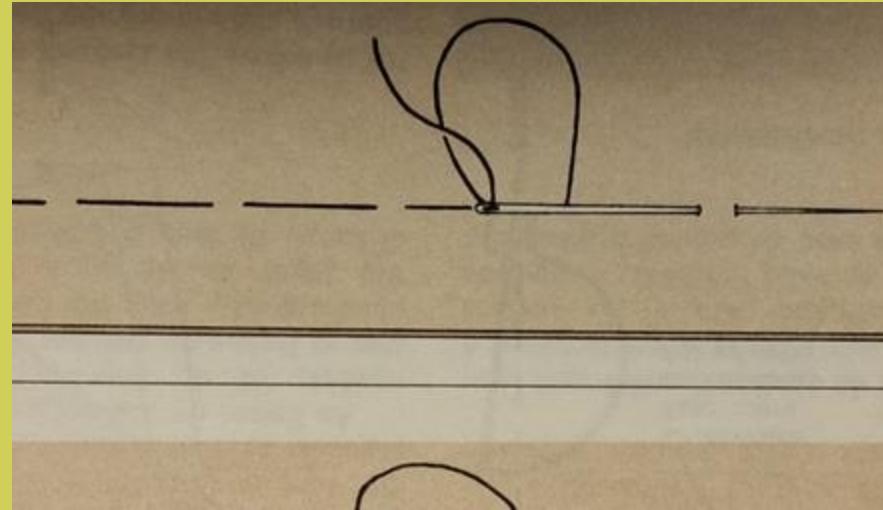
Basic stitches

Basting Stitches



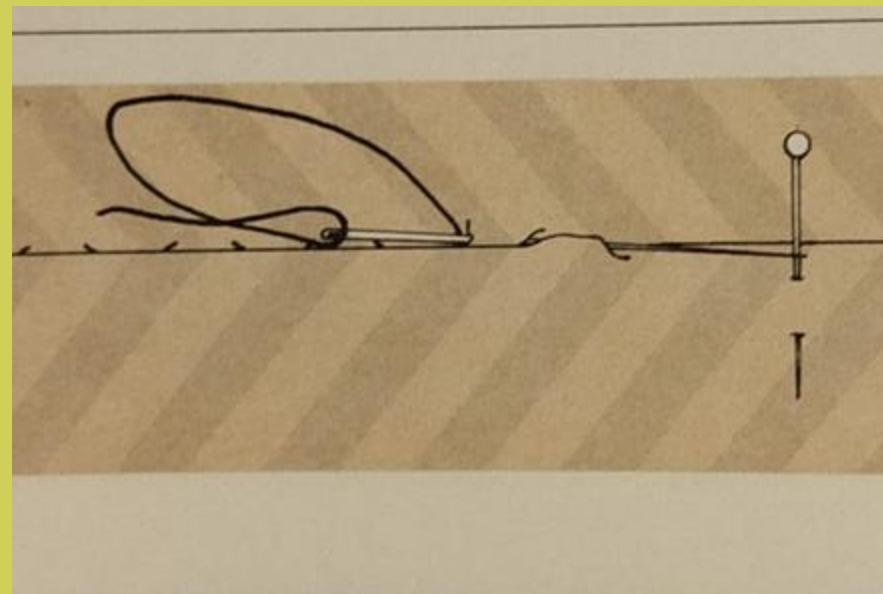
Running Stitch

Temporary short stitches that are the same distance apart as the stitch length. It applies to all types of seams.



Slip Basting Stitch

provisional stitch that allows you to adjust seams, in the case of patterns, curved areas or adjustments on the right side of the fabric

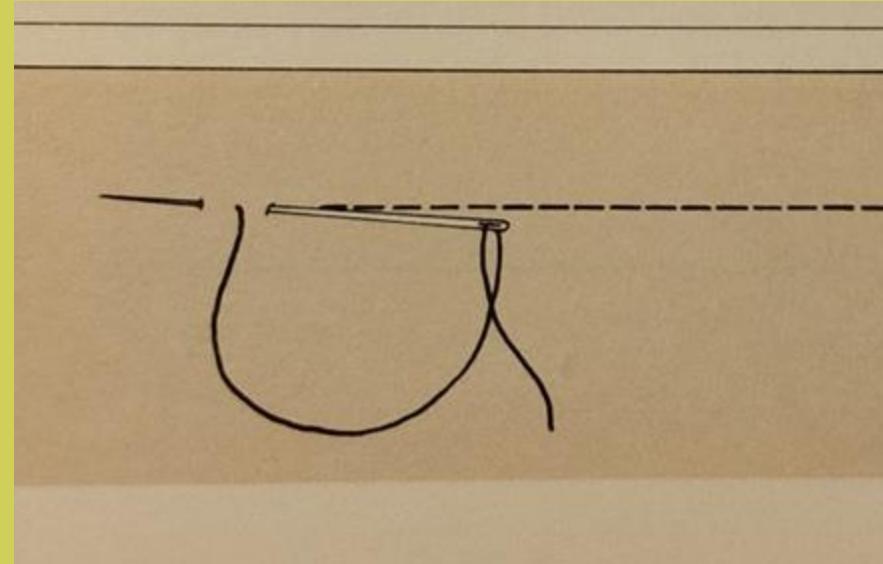


Basic stitches

Construction Stitches

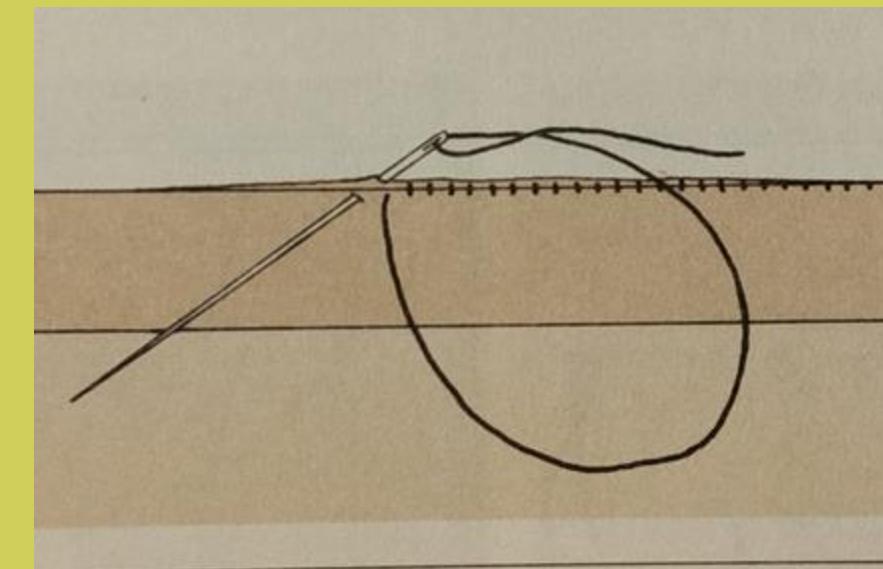
Back Stitch

construction point where the needle is inserted behind the place where the thread of the previous stitch is. It is one of the strongest stitches, used to finish and repair hand seams.



Glove Stitch

A small, regular stitch used to join two finished edges. The needle is inserted diagonally across the leading edge to the trailing edge, picking up only one or two strands at a time. The needle enters aligned with the previous stitch and exits advancing one stitch ahead.

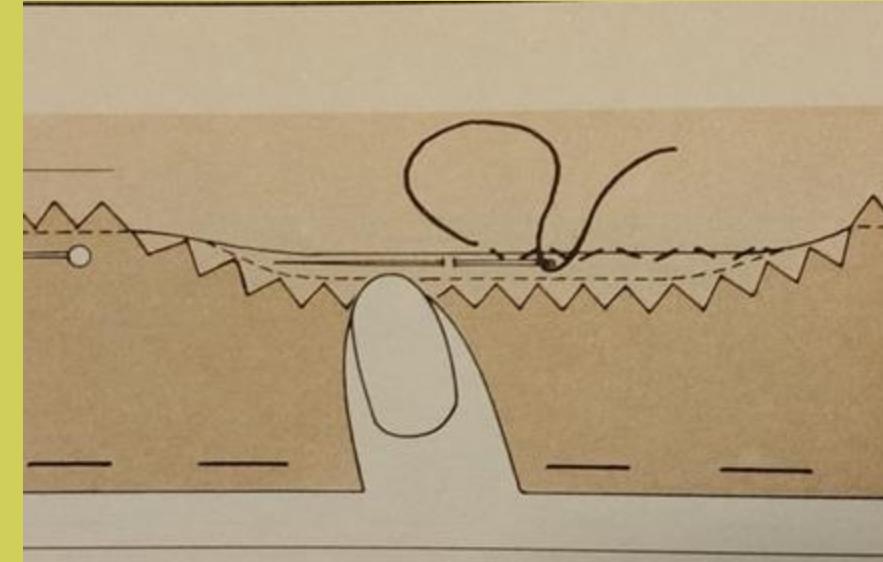


Basic stitches

Hemming Stitches

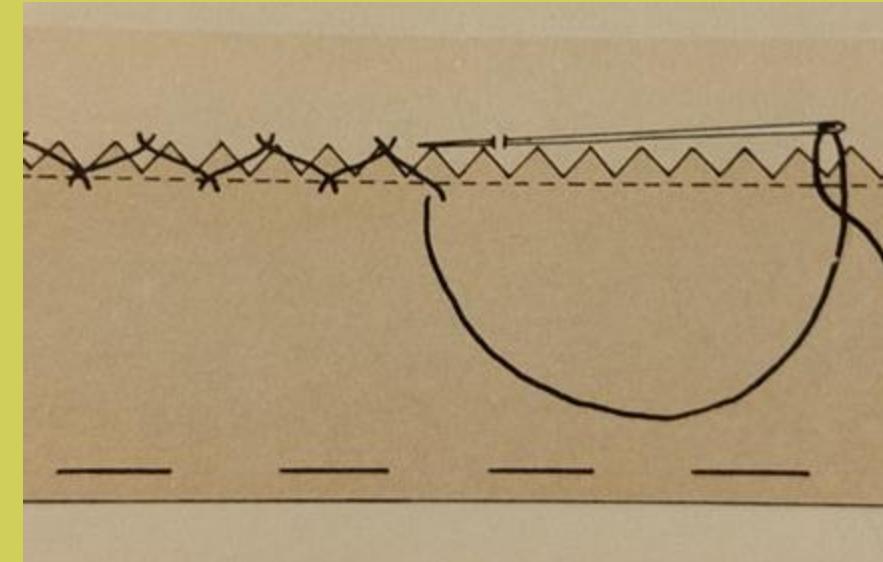
Invisible Hem Stitch

Simple and quick stitch executed on the inside, between the hem and the garment, recommended for light fabrics. Work from right to left with the needle pointing to the left, the very small stitches should be made alternating between the piece and the inside hem with regular spacing.



Catch Stitch

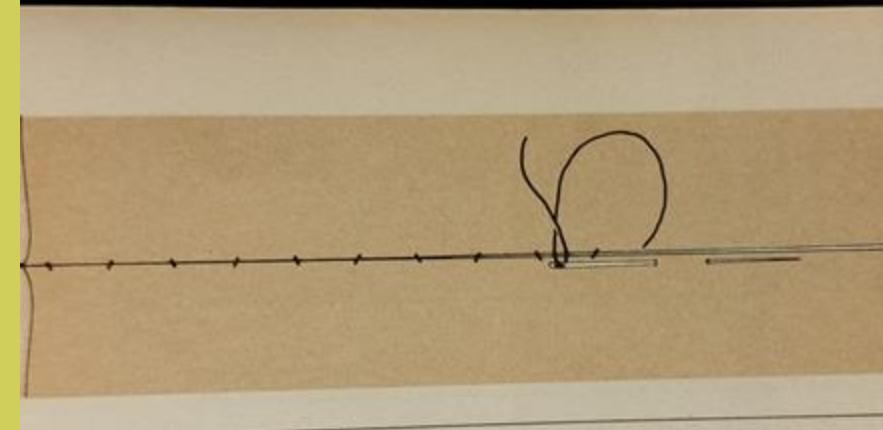
Durable hem stitch, especially suitable for overlocked or overcast hems. Work from left to right with the needle pointing to the left, the very small stitches should be made alternating between the piece and the hem with regular spacing. At each point the line crosses over itself.



Finishing stitches

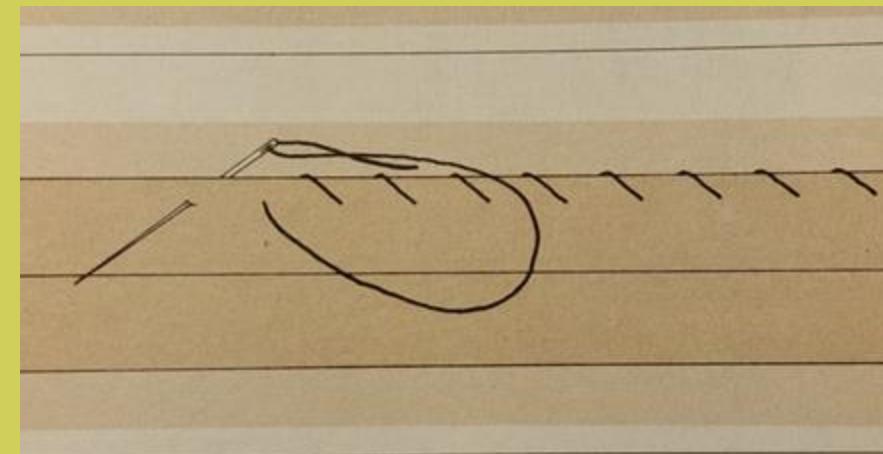
Ladder Stitch

It is used to join two folded edges. Allows you to quickly close or repair a seam from the right side of the fabric. Make stitches of the same length alternately on both edges, passing the thread through the fold of the edge. Where the line leaves one fold will be where it enters the other.



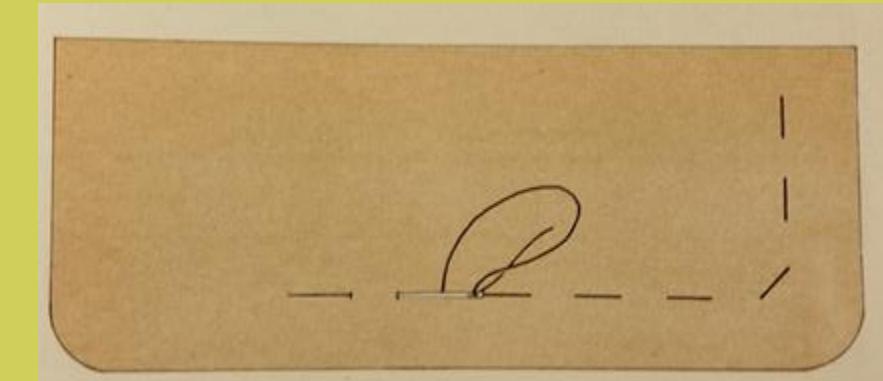
Overcast Stitch

Stitch usually used to finish thread edges to prevent them from fraying. Points given diagonally at regular spaces and depth. The more the fabric tends to fray, the closer and deeper the stitches should be.



Running Top Stitch

This variation of the running stitch is intended for topstitching on and by hand using twisted or embroidery thread. Always leave a gap equal to the stitch length.



Hand Sewing Techniques

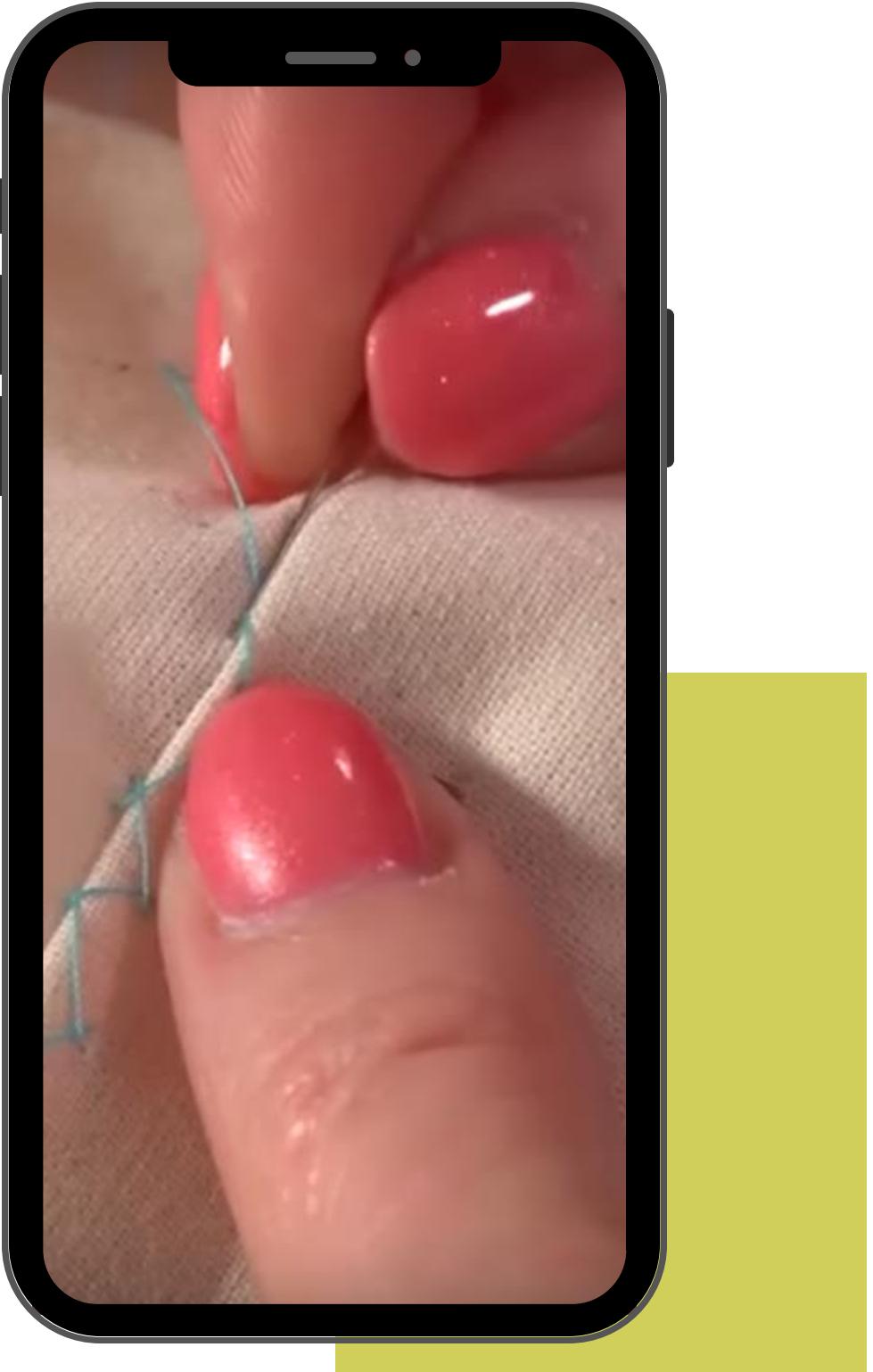
Basic stitches

Hand basic stitches are an important part of the sewing process, since it guarantees a more detailed and handcrafted work,

Watch here



<https://www.youtube.com/watch?v=Jd0uqFkBr0g&list=PLLNIu3SeiUlalSZqCoiTOWHnym3mCEZd3>



Decorative stitches

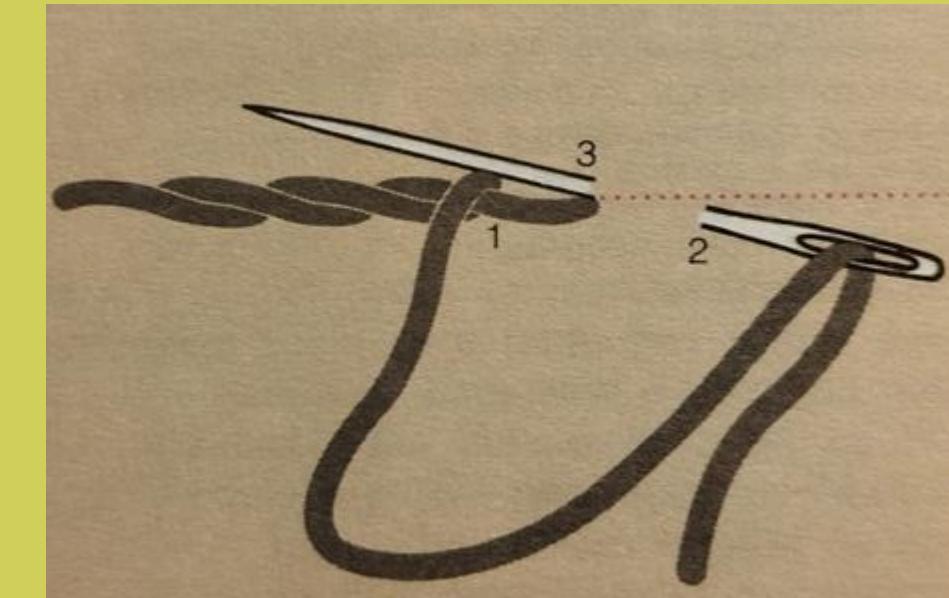
There are dozens of hand embroidery stitches, here's some of the most common types:



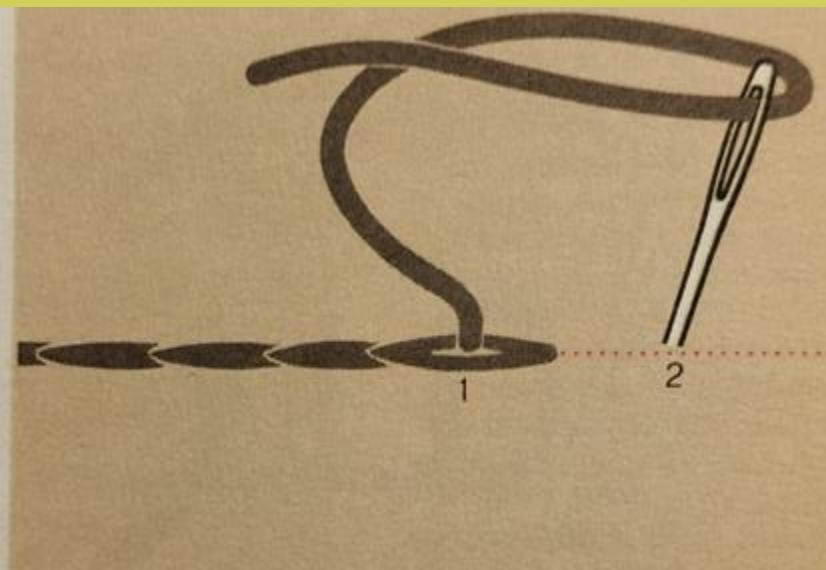
Blanket Stitch



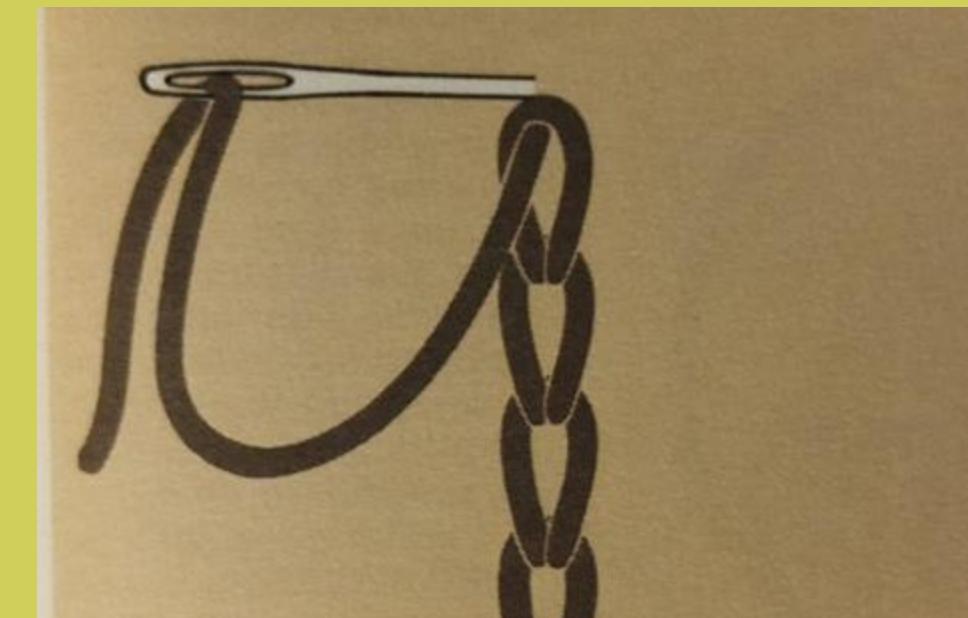
Stem Stitch



Split Stitch



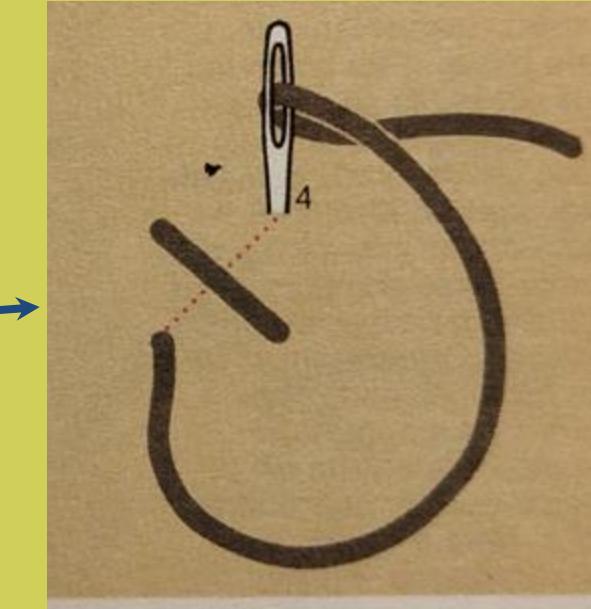
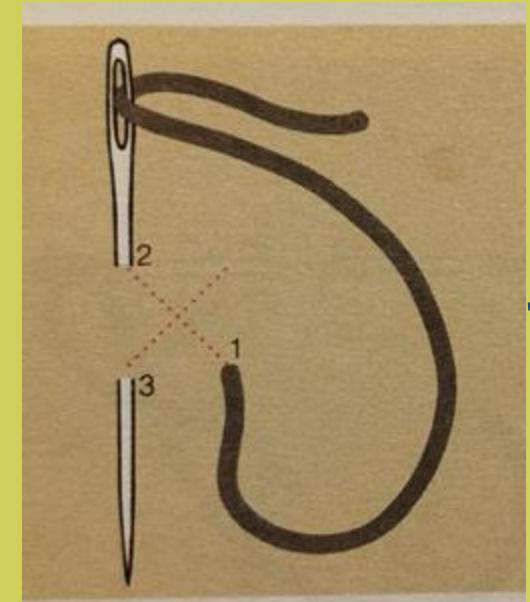
Chain Stitch



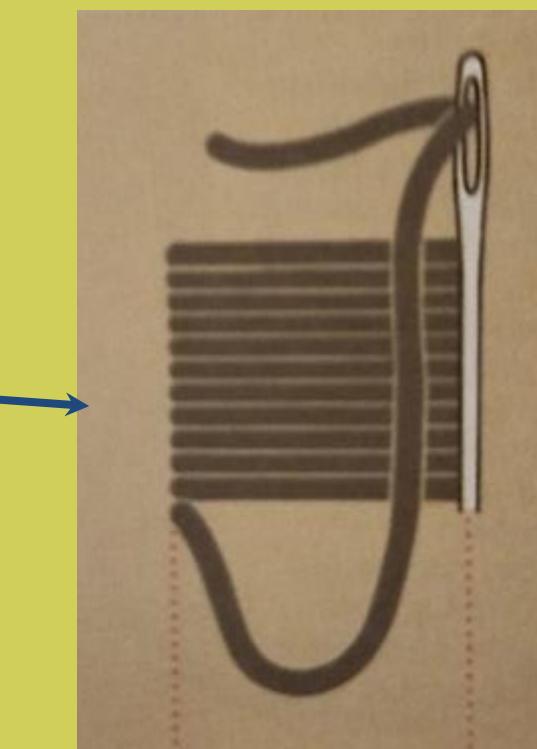
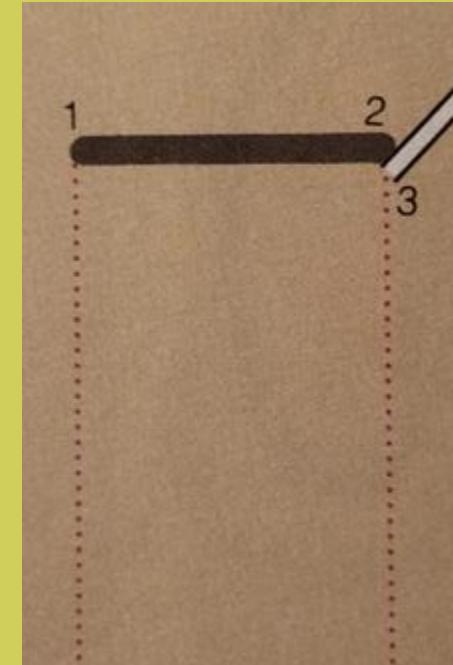
Decorative stitches

There are dozens of hand embroidery stitches, here's some of the most common types:

Cross Stitch



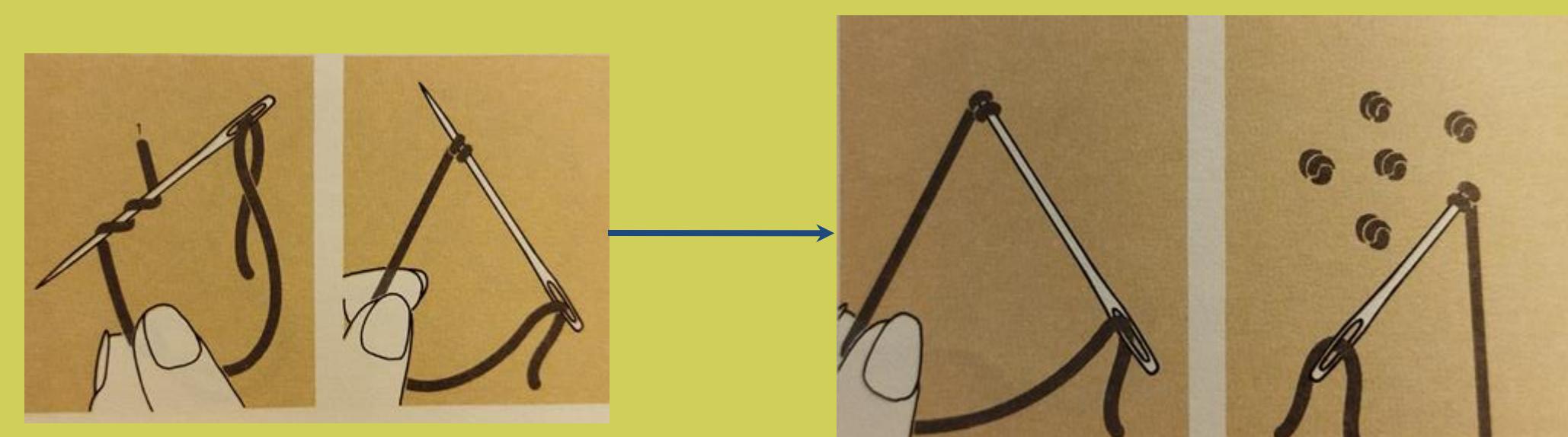
Satin Stitch



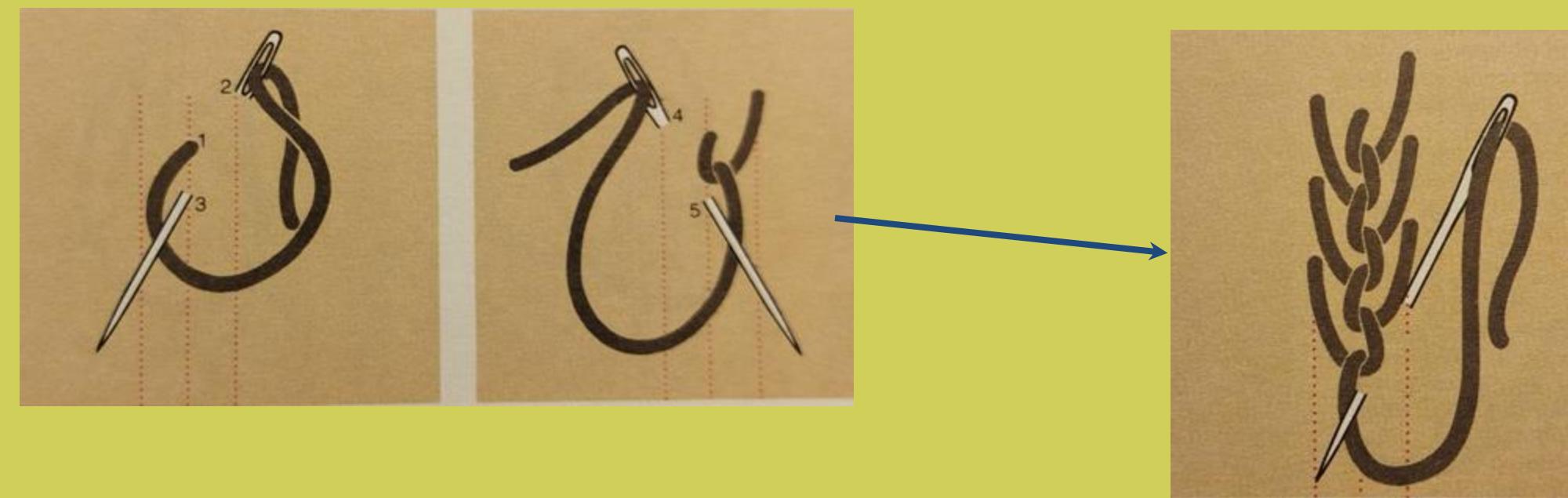
Decorative stitches

There are dozens of hand embroidery stitches, here's some of the most common types:

French Knot Stitch



Feather Stitch



Hand Sewing Techniques

Decorative stitches

To be able to apply decorative stitches made by hand, it will be necessary to practice the different stitches, their various combinations and sequences.

Watch here



https://www.youtube.com/watch?v=QBQ_a0WrE3Y



Machine Sewing Techniques

Seam finishing techniques

French Seam; Flat Fell Seam, Open Seam; Welt Seam; Hong Kong Seam (Bias-Bound) ; Single Top Stitch; Double Top Stitch

Decorative stitches and free hand embroidery

- Decorative Stitches: zig zag, blind hem, bridging, shell tuck, overlock, blanket, slant, three, feather, honeycomb, scallop and buttonhole
- Free Hand Embroidery: basic tools, tips and example.

Seam finishing techniques

The edges of the seams must be finished to give them a more perfect finish and prevent fraying. The choice of finishing method is determined by three factors:

- 1)** the type of fabric (whether it frays a lot or a little) and its weight;
- 2)** The type of use to which the garment will be subjected and what care it requires;
- 3)** Whether or not the seams are visible

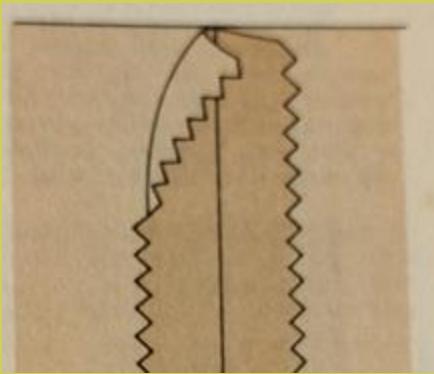


Seam finishing techniques

Open Seams

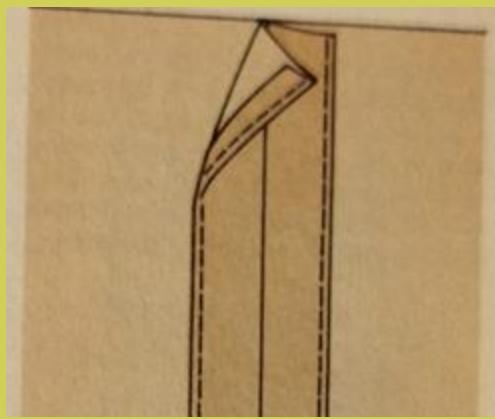
zig zag cut

This blind hem finish is ideal for use on fabrics that do not fray and when you want the finish to be as clean as possible.



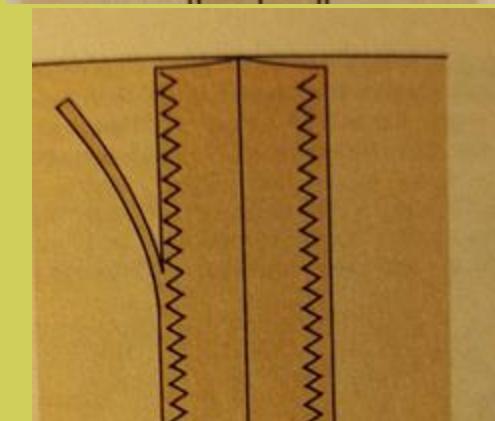
folded with stitch

This is a neat finish, recommended for light or medium weight fabrics and can be applied to an unlined garment.



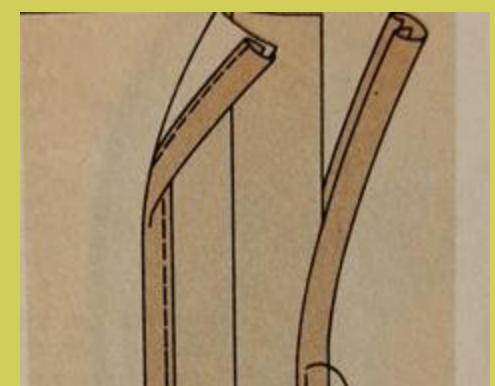
zig zag stitch or overlock on edge

This finish is one of the quickest and most effective to use on fabrics that fray a lot. It can also be used in knitwear.



Hong Kong Seam (Bias-Bound)

The bias finish is especially suitable for pieces without lining and/or visible stitching, the same finish but with a wider and more open bias is best suited for heavy fabrics.



Seam finishing techniques



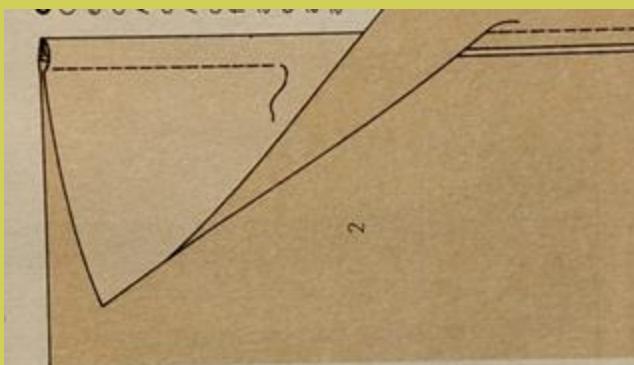
Closed Seam with overlock on the edge

This is a basic seam that is normally used in casual clothing and with fabrics that are not too heavy, and may or may not have a meeting stitch, single or double stitch. When finished with double stitching it can replace the welt seam.



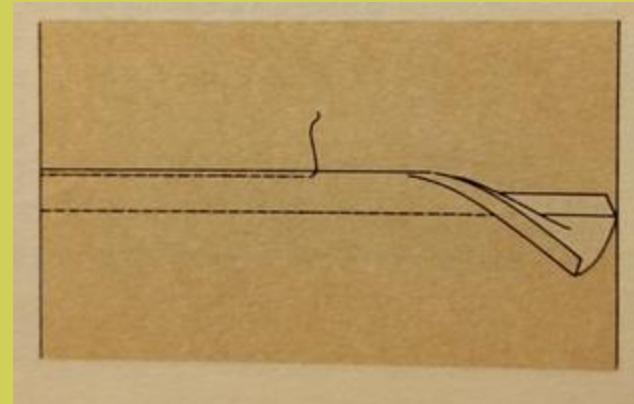
French Seam

This seam is especially recommended for transparent fabrics, in which the seams are visible on the outside of the piece.



Welt Seam

This is a very strong seam and for this reason is often used in sportswear and/or workwear. It can be used to give structure to the garment or just for aesthetic reasons, as it has a beautiful finish inside and out. Found in the side seams of shirts and in the crotch seams of jeans.



Machine Sewing Techniques

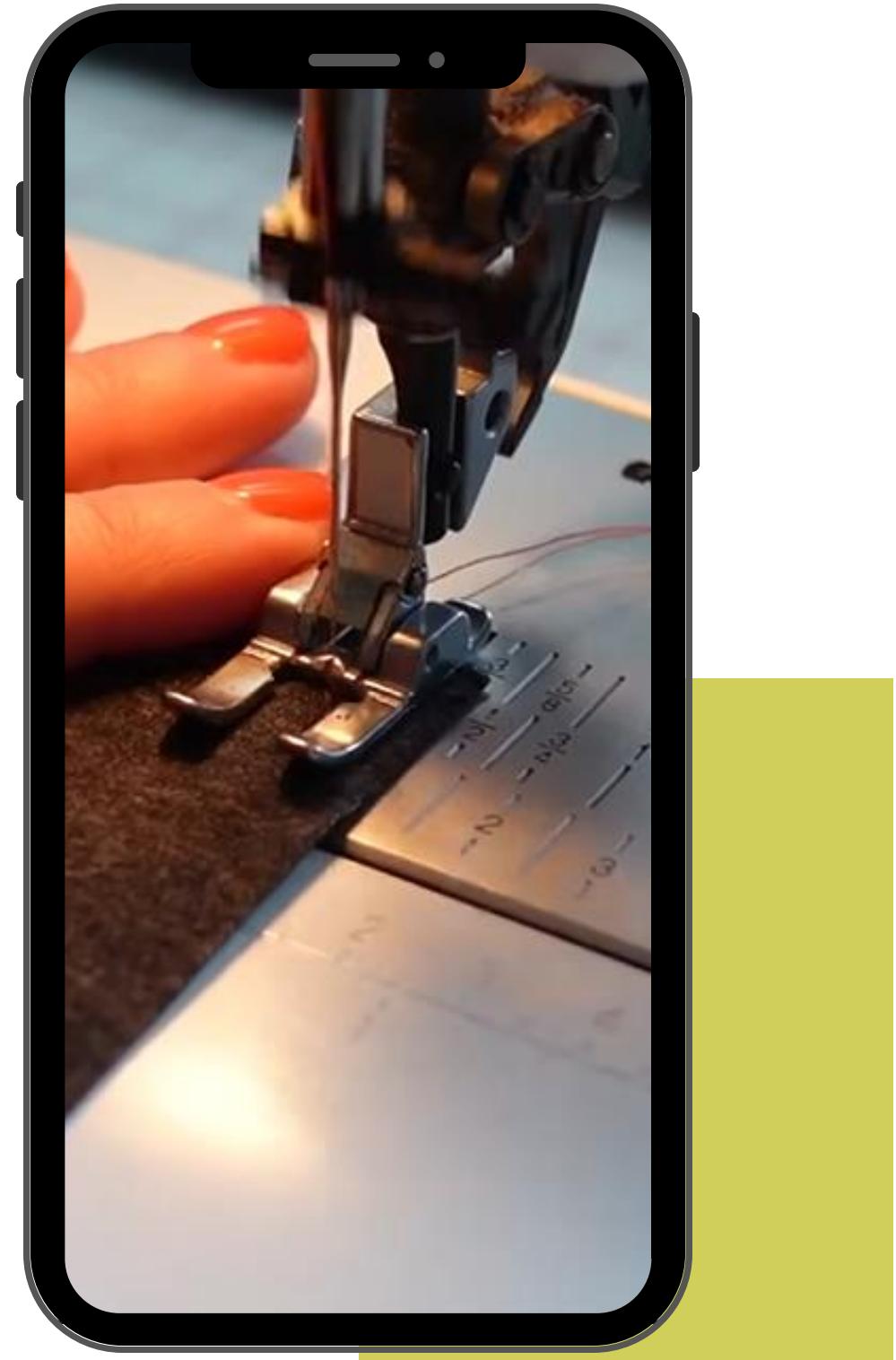
Seam finishing techniques

The edges of the seams must be finished to give them a more perfect finish and prevent fraying. In this video you can watch some of the seams we talked before.

Watch here



<https://www.youtube.com/watch?v=AC38yqMxMns>

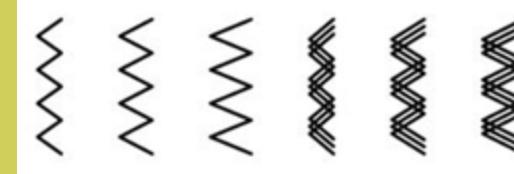


Decorative stitches

There are different types of decorative stitches that are inspired on hand embroidery stitches, most of the domestic machines have some decorative stitches, here's some of the most common types:



Zig Zag Stitch



Blind Hem Stitch



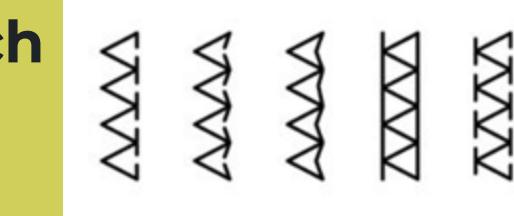
Bridging Stitch



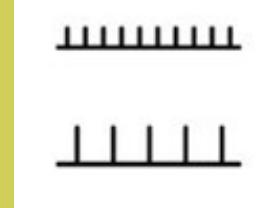
Shell Tuck Stitch



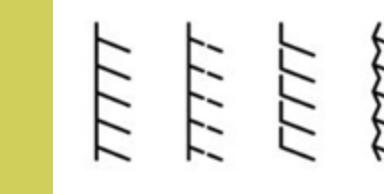
Overlock Stitch



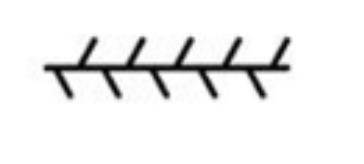
Blanket Stitch



Slant Stitch



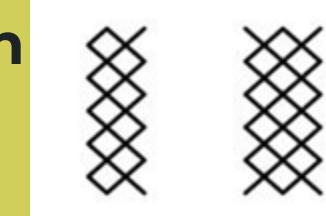
Three Stitch



Feather Stitch



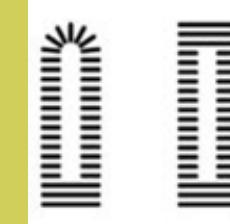
Honeycomb Stitch



Scallop Stitch



Buttonhole Stitch



Machine Sewing Techniques

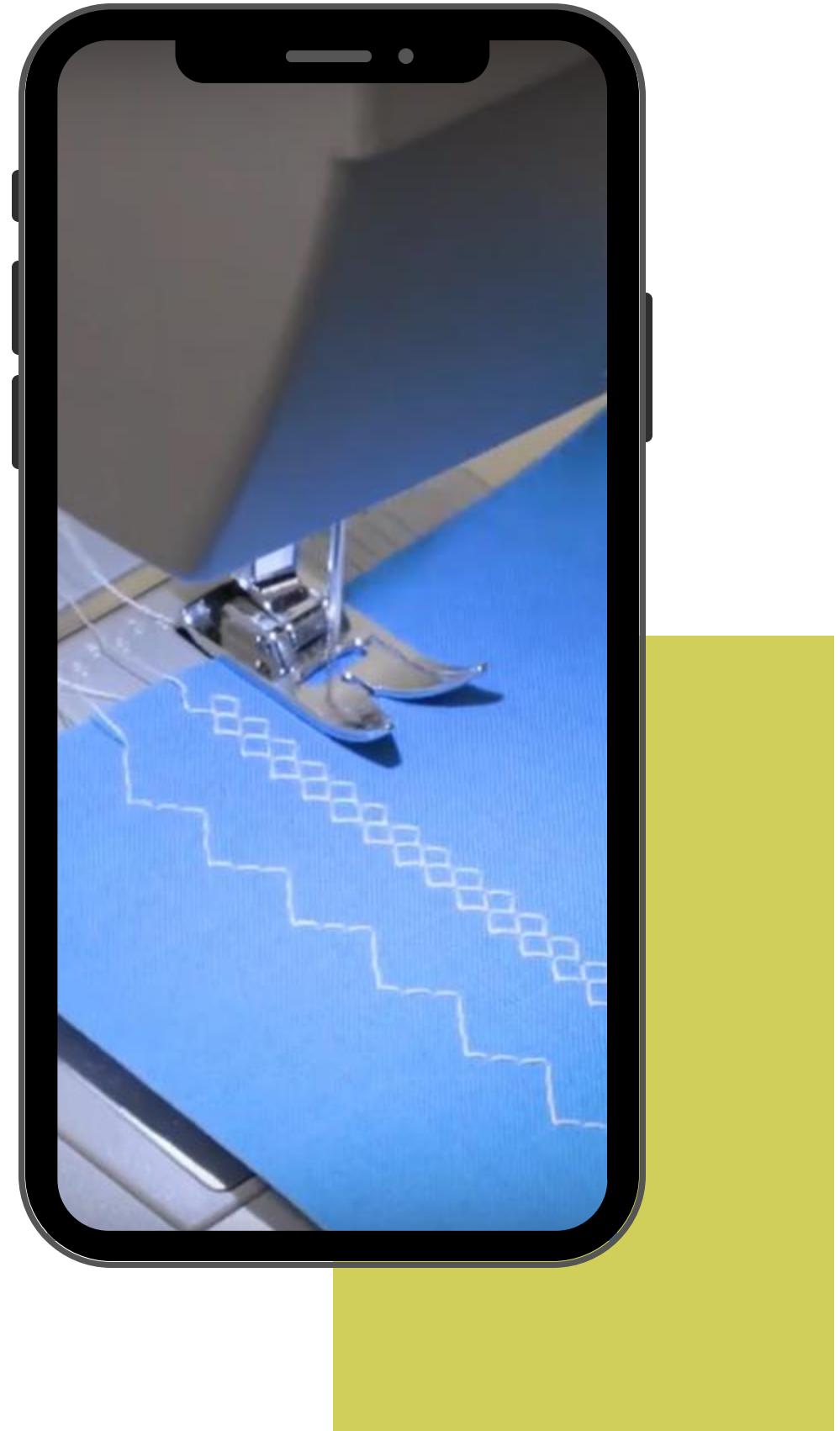
Decorative stitches

To use decorative stitches from a regular sewing machine you will need to understand how to regulate the length and the width of the stitch, those settings will influence directly on the visual appearance of your stitch.

Watch here



<https://www.youtube.com/watch?v=TjTz1e24-LI>



Free Hand Embroidery

The only tools you must have for Free Machine Embroidery is a sewing machine with the ability to drop the feed dogs, an embroidery presser foot and your creativity. Here's some more tips:

Get an embroidery or darning foot for your sewing machine

It's worth investing in an embroidery or darning foot for your particular sewing machine. Check out all the different types of embroidery or darning feet out there. Follow your manufacturer's manual to find out how to take off the standard presser foot and change to a different one.

Drop the feed dog

These are the metal teeth that usually work to feed the fabric through the sewing machine. However, for free hand embroidery you don't want this restriction, so they need to be lowered. Check your sewing machine guide for instructions on how to do this; there's normally a little switch hidden away somewhere that you simply need to flick to make them drop.



Free Hand Embroidery

Shorten the stitch length to 0

Reducing your stitch length to as low as your machine will let you go will give you optimum freedom when stitching. A stitch length of zero is preferable, but don't worry if you can't go that low, just take your stitch-length down to the lowest setting possible.

Use an embroidery hoop or stabiliser

Without the usual set up of your sewing machine, your fabric will probably gather up and generally misbehave. Therefore, you need to find some way of giving your fabric some stability. For that you can use an embroidery hoop or fabric stabilisers.

Sew fast, move slow

It can seem counterintuitive at first, but it's actually really helpful to sew really quickly but move your fabric slowly. It takes a bit of getting used to, but you'll soon realise the speed of your machine doesn't have to influence how quickly you are actually sewing, and you'll learn that you can move your fabric steadily and with real control to get the desired result.



Machine Sewing Techniques

Decorative stitches

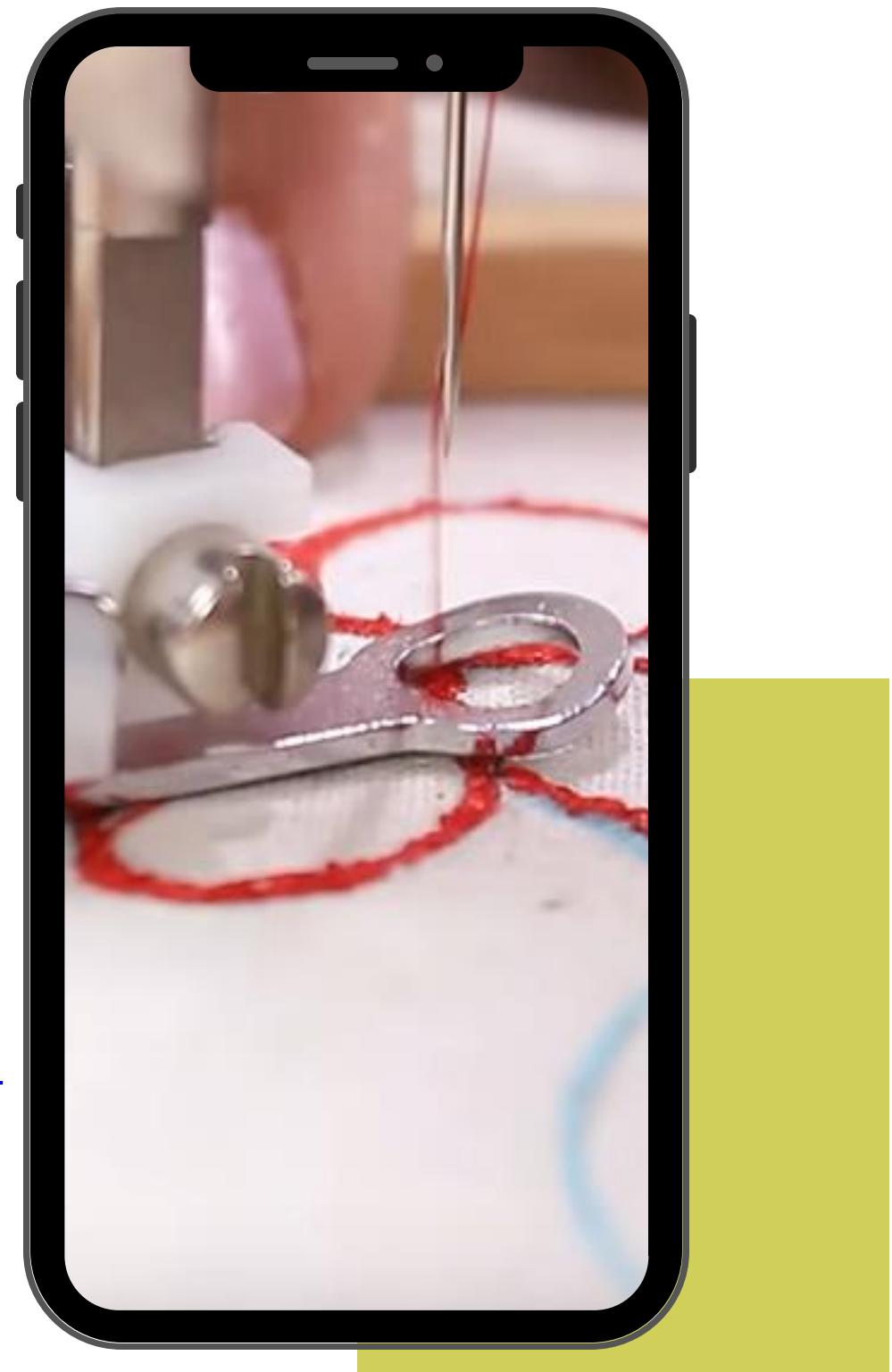
Free Hand Embroidery

Free Machine Embroidery, or freehand machine embroidery, is a type of sewing that allows you to draw with your sewing machine through drawing different shapes and profiles. To see the procedures to do it watch this video:

Watch here



<https://www.youtube.com/watch?v=xQol3sQWtes>



Garment Alterations

01

Hemming

is altering a piece of clothing, to make it suitable to wear, by shortening or lengthening.

Prior to hemming a garment, it is important to note the hem depth, seam allowance/turn of the cloth, hemming method, thread type/color size, and general aesthetic of the hem so it can be replicated.



Hemming - shortening

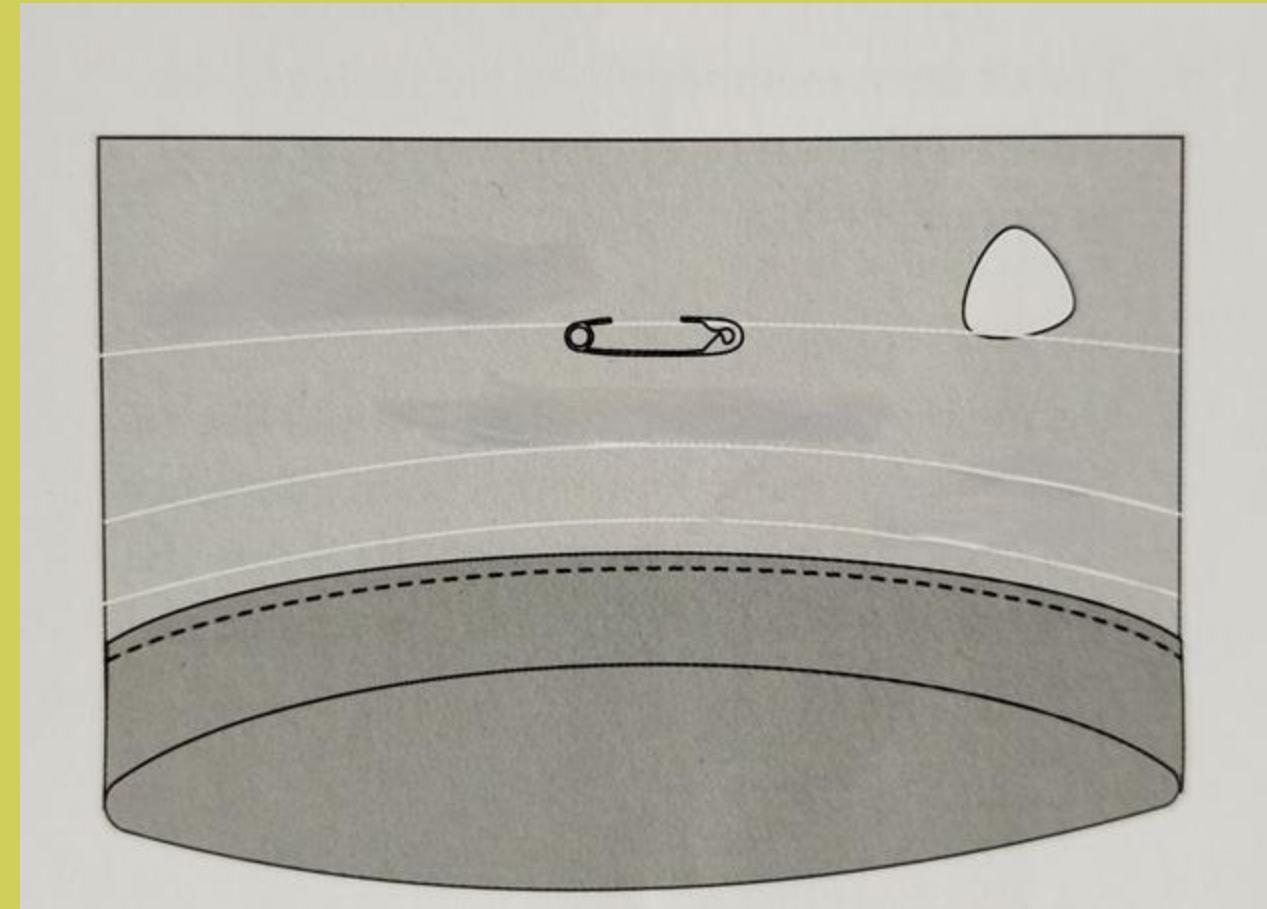
1. Ensure that the garment has been pre-washed, dried, and pressed if necessary.
2. **For Pants:** Use a reference point by either using the floor, the base of the sole of the shoe, or by measuring with an L or T square and marking a reference point at the calf and then measuring the new hem length down from the reference point. **For Shorts/Mid-Length Pants:** Use a reference point from the waistband down, from the floor up, or using a hem puffer. **For Skirts and Dresses:** Pin to the floor as it falls from the waist without twisting the fabric (you can measure up or down from there) or use a hem puffer.
3. Decide on the depth of hem you would like to have and determine how much seam allowance you need or how much was used.



Hemming - shortening

4. Mark the turn of the hem based on the safety pin mark. Measure your desired hem depth down and mark that line. Next, measure and mark the seam allowance below the last line you drew which will become the cut line. Note that if the new cut line is below the original hem/stitching that you will need to unpick the hem with a seam ripper before proceeding . All the following hemming instructions will only show two chalk markings: one for the new hem line and then another for hem depth plus the seam allowance which will be the new cut line.

5. Continue on to a hem method that is appropriate for the garment:



Hemming - types of finishing



Serge and Blind Hem - using a domestic machine or by hand
most common in classical pants, skirts and dresses

Twice Turn Hem - using a domestic machine
most common in casual clothes and jeans

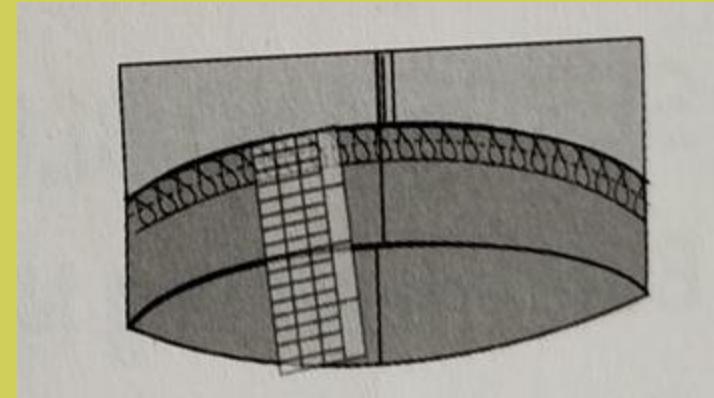
Knitwear Coverstitch Hem - using a double needle on a domestic machine
most common in all types of knitwear

Narrow Twice-Turned Hem - using a domestic machine
most common in evening and formal wear made of light fabrics

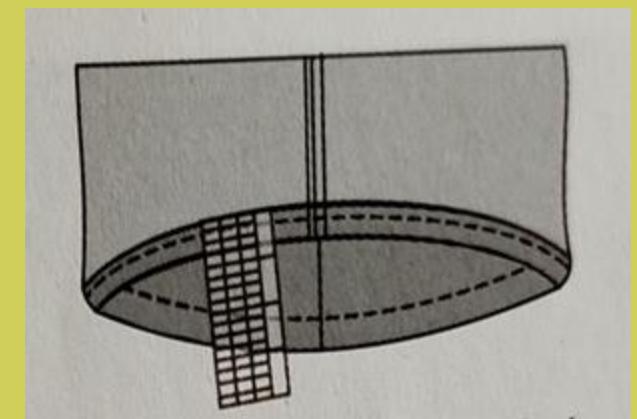
Napkin Roll Hem - using a serger machine or a zig zag stitch on a domestic machine
most common in scarfs but also used in knitwear and eveningwear

Hand Stitches Hem - See "Basic Stitches - Hemming Stitches"
Invisible Stitch - best for lightweight and delicate fabrics
Catch Stitch - best for full skirts and dresses in medium to heavyweight fabrics

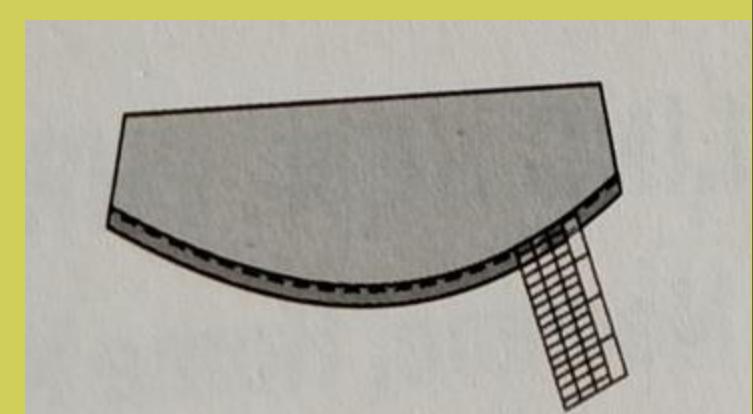
Serge and Stitch Hem



Twice Turn Hem



Narrow Twice Turn Hem



Hemming - shortening

Here are some of the examples:

Watch here



<https://www.youtube.com/watch?v=jjLhv8NiCkc&list=PLRYWp9UyonCOwMLrO-IqL5G-Pt7Kquple>



Hemming - lengthening



Lengthening garments can be key when something is too short. You have the opportunity to be a creative problem solver and, in some cases, make the garment really special and individualized!



Maxing Out To "max out" a garment means to let out the seam allowance as much as possible. This method is ideal when possible so that you don't have to match or add fabric.

Bias Tape If using this method, you will let out the hem/max out the hem and will need at least 4" (6 mm) of seam allowance for a bias-faced hem or cut at your desired hem for the bias-covered edge.

Adding Fabric Use this method if maxing out or applying bias tape doesn't do the trick and choose a fabric that has the same behaviour as the piece you are trying to lengthen

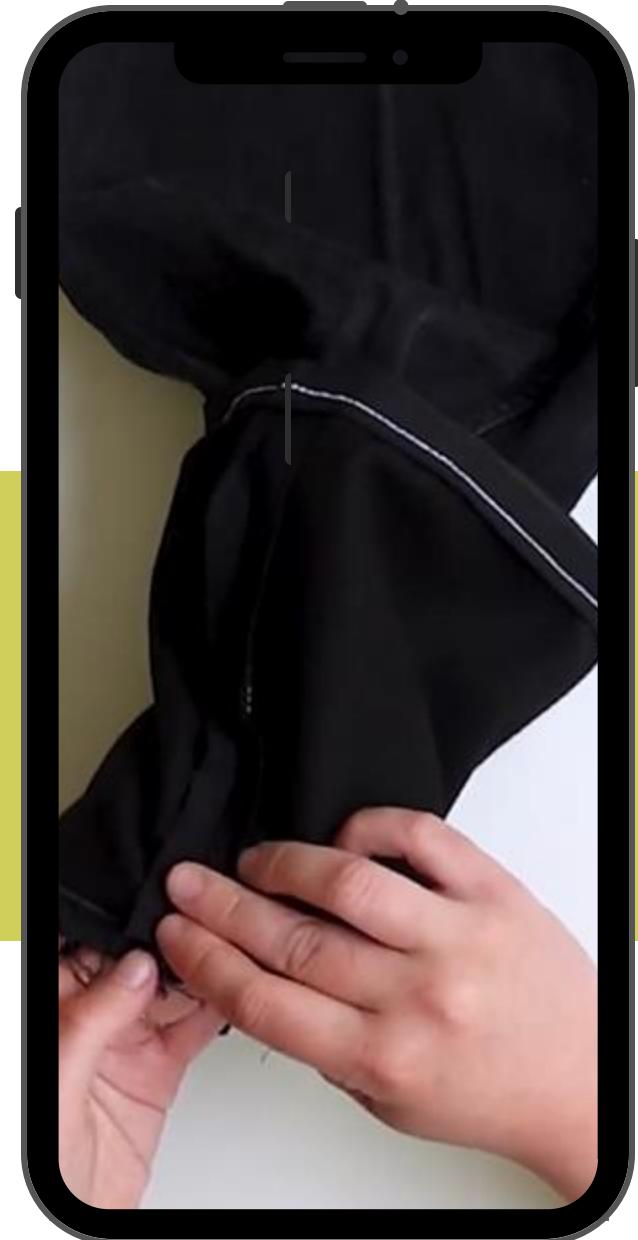
Adding a Trim Use this method if you are adding lace to a finished hem.

Hemming - lengthening

This video gives us a technical view on how to lengthen a hem, as well as a creative approach:



Adding Fabric



Watch here



[LINK](#)

Maxing Out/ Bias Tape and adding a Trim



[LINK](#)

Garment Alterations



02

Resizing is altering a piece of clothing, to make it suitable to wear by tightening or enlarging.

Taking In: Making a garment smaller or more fitted to a body - Darts, seams, pleats, tucks or adding elastic.

Letting Out: Making a garment larger to fit the body or give more ease - stitching closer to the edge of the seam allowance, adding gussets or panels.

Some tips - Make sure to:

- Use the right measuring tools
- Test before cut
- Do a fitting before the final stitch
- Use the right fabric (if adding) and tread
- Respect the piece aesthetics or make a creative choice



Resizing - Taking In - Bottoms

Back Gap - in cases of smaller waist and fuller hip ratio, this fit problem is very common in trousers and skirts

Waistband - adding elastic - used specially on childrenswear, you use this technique when the waistband is larger and you don't want to adjust the center back

Side seams - used if pinching out the back seam still leaves some extra space in the side seams, and when the pant or skirt is loose on the hips and along the leg

Inseams - used if the pants are loose on the inside of the leg, or if pinching out the side seam still leave extra fabric on the inside of the legs. If you taking in on both sides make sure it's visually balanced

Darts or Pleats - use if the waist of a skirt or classic trouser is loose. In this case you use triangular waist darts, knife, box or inverted pleats

Ease/Gathers - use if the waist of a skirt or a two piece dress is loose.



Resizing - Taking In - Tops

Side seams - used to alter the side silhouette, pinching out the side seams, taking in starts at the armhole (without compromising the sleeve, if not necessary) and continues to the bottom of the top. If you want to mark the position of the waist the amount of fabric you take in, on the side seam, should be bigger on the waistline and .

Darts - Adding darts is an excellent way to take in a top and to provide shaping to the garment. Darts can be added just about anywhere, especially to the front or back at the princess seams, at the front or back waist, at the shoulders, or at the bust.

Princess Seams (darts on front or back top) - in cases of smaller waist and fuller chest and/or hip ratio, on the front or back of a top or dress, you can use it by pinching out an existing princess seam or to creating a new one.

Pleats and Tucks - use it in the center front or back and side seams of a top or a two piece dress that is loose. In this case you use knife, box or inverted pleats. tucks or pintucks.





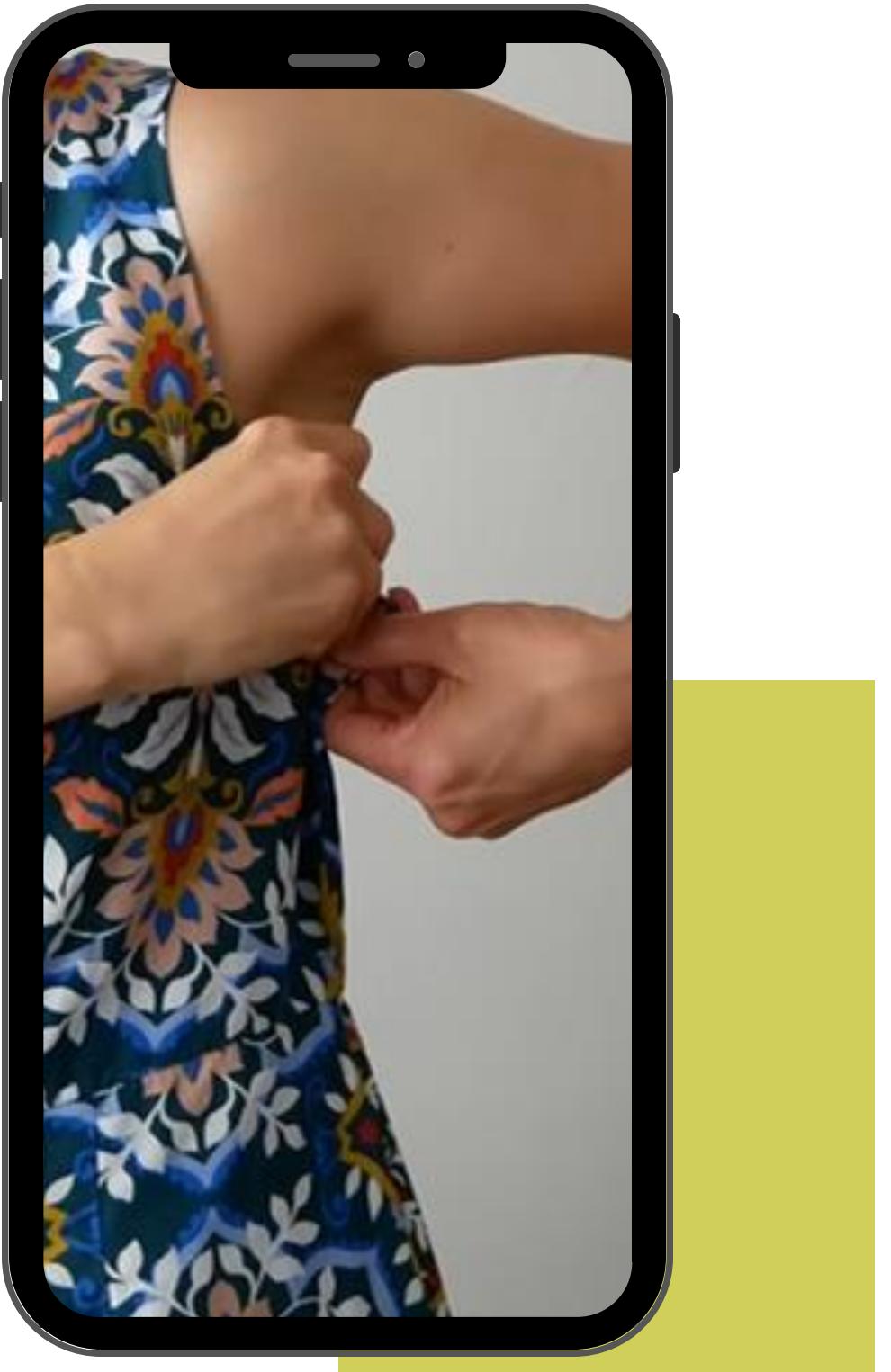
Resizing - Taking In

In this video you can watch what to look for before an alteration, the best way to pin, and take out exactly what you need, plus how to alter a garment and put it all back together quickly.

Watch here



<https://www.youtube.com/watch?v=Yul5b389Uy8&t=101s>



Resizing - Letting Out - Tops

Using seam allowance - this is possible if the amount of extra fabric necessary can be found in the seam allowance or any darts, pleats or tucks that can be undone, where the letting out is necessary
used in side seams, darts, pleats or tucks

If the extra amount of necessary fabric can't be found in the seam allowance or any darts, pleats or tucks than you have the following options:

Using gussets - use if the armhole of a top, shirt or dress needs an extra amount of ease.
used in the side seam at the armhole

Using fabric panels - use if a considerable amount of ease necessary is used in center back or front, side seams and sleeve seam



Resizing - Letting Out - Bottoms

Using seam allowance - this is possible if the amount of extra fabric necessary can be found in the seam allowance where the letting out is necessary

used in side seams, inseams, waistband and center back

If the extra amount of necessary fabric can't be found in the seam allowance than you have the following options:

Using elastic- use if the waist and hip of a skirt or a trouser need just a small amount of ease.

used in side seams, waistband and center back

Using gussets - use if the waist and hip of a skirt or a trouser needs a considerable amount of ease.

used in side seams, inseams, waistband and center back

Using fabric panels - use if from the waist to the bottom of a skirt, a dress or a pair of trousers needs a considerable amount of fabric.

used most commonly in side seams, inseams and waistband



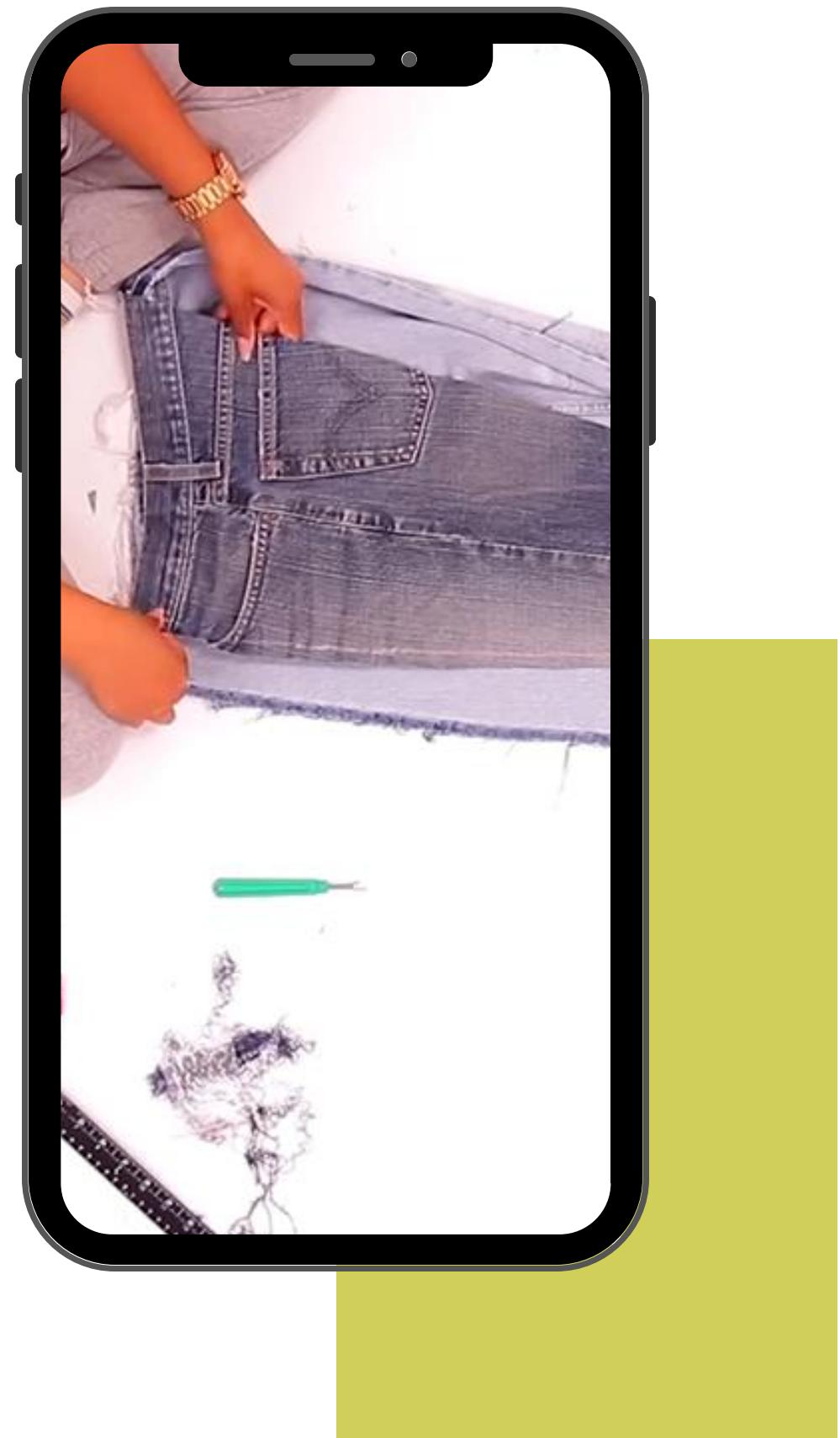
Resizing - Letting Out

In this video you can watch multiple ideas on how to resize jeans and pants by letting out.

Watch here



<https://www.youtube.com/watch?v=fqjo8VCxv6k>



Garment Alterations

03

Repairing

is ensuring a piece of clothing is kept in use for longer, by mending or replacing parts of the piece that are not in a great shape.

Prior to repairing a garment it is important to choose which technique will be more suitable for the problem the piece presents. There's darning by hand and machine, visible mending using boro and sashiko and applying patches.

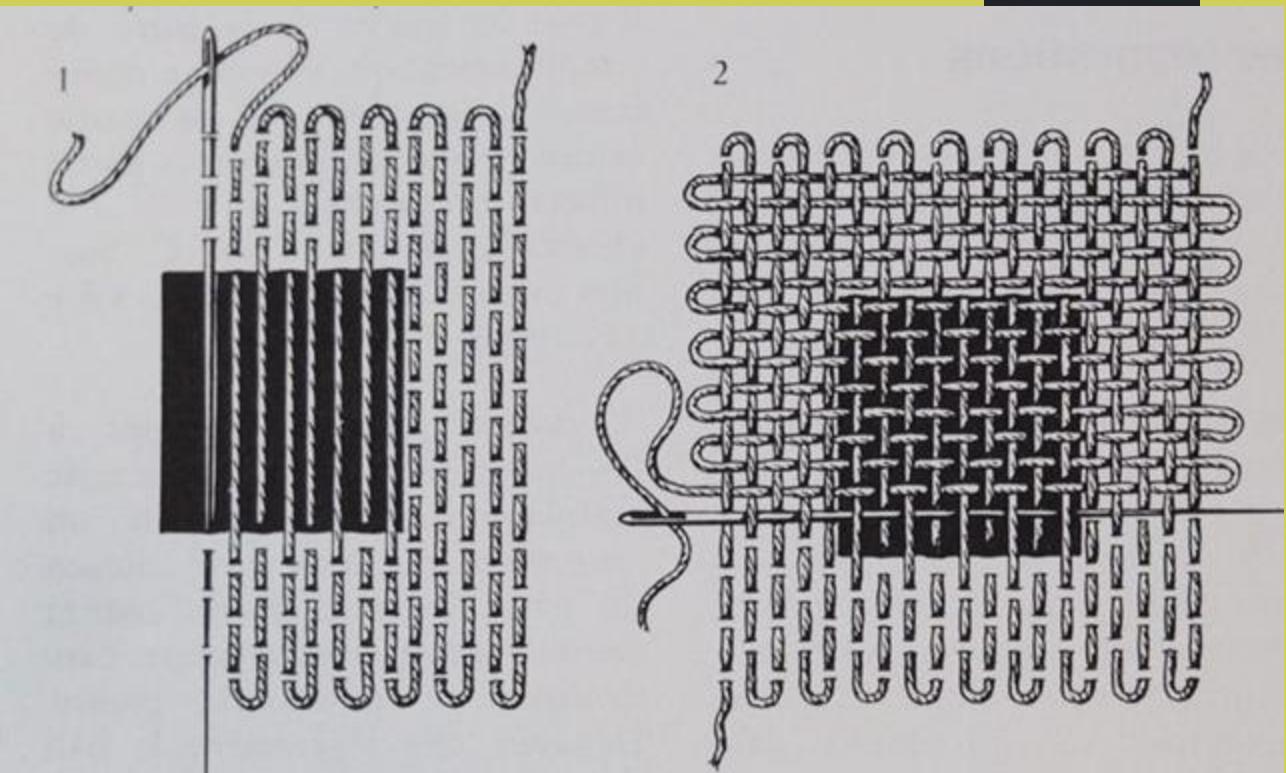
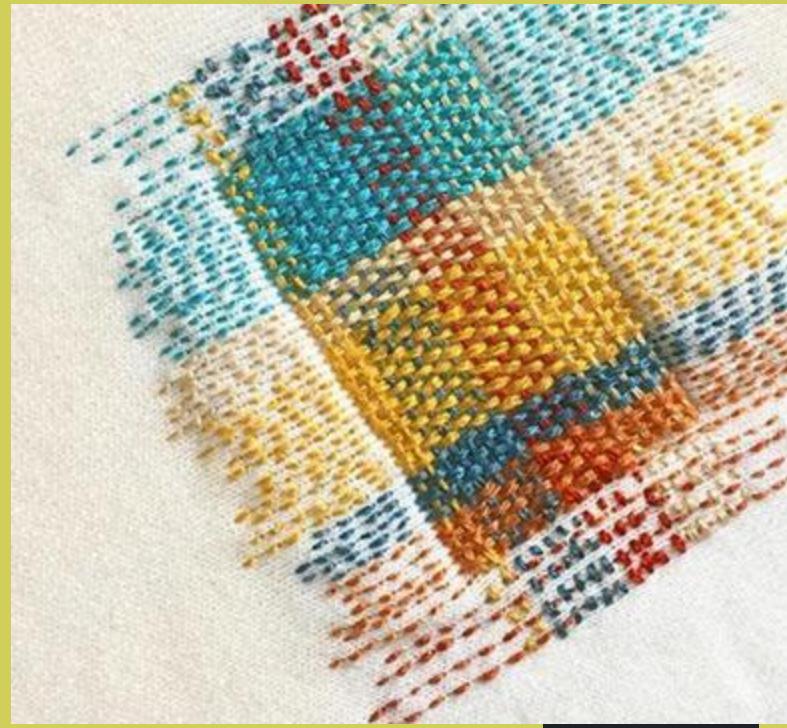


Darning - by hand

To darn is repairing a hole in a weaved garment with weaving yarn up and down/warp and then left to right/weft. You may choose a yarn that is the same color and thickness as the fabric you are working with, or you can make a statement with visible mending, different colors, and thicker yarns.

TIPS

1. place the garment that need to be darned on a darning tool*
2. make sure to keep the garment's natural stretch
3. your darning should consider a frame of 1,5 - 2 cm around the hole
4. start stitching, with a back stitch, so you don't need to make a knot on the end of your thread
5. continue with a regular running stitch - until you find the hole, where you leave the thread loose but in tension, and then continue with the same running stitch
6. after having the warp set up repeat the process on the weft by reproducing a plain weave on the hole area



*Darning tools are often wooden, stone, or porcelain in various shapes so that you can stretch the fabric over them, you may find in the shape of an egg, mush-room, or gourd.



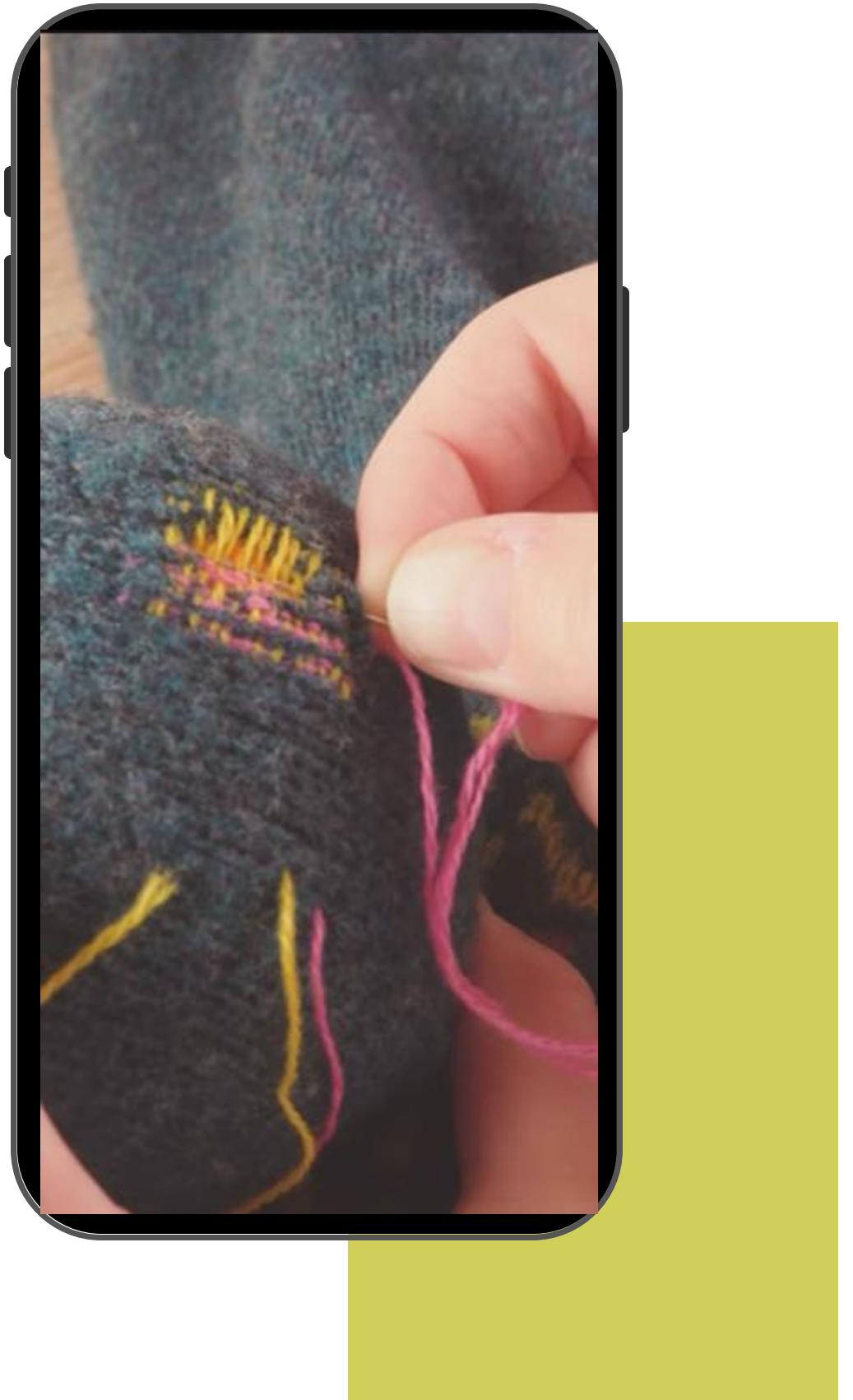
Darning - by hand

In this video you will see how to create a woven patch across a hole in a knitted fabric. As it's a woven rather than a knit structure, it's not an invisible mend, but you can use this to your advantage by using contrast colours to create a beautiful badge. You will also see how to do Swiss darning, which can be used to create a less visible mend, as it replicates the stitches of a knitted fabric.

Watch here



<https://www.youtube.com/watch?v=XITU7ksBQbw>



Darning - using a machine

TIPS

1. clean the hole by snipping fuzzy threads
2. put some fabric under the hole that has the same behaviour, to have the same colour or pattern is a aesthetical choice
3. use some fabric stabilizer if necessary
4. first sew a box frame around the hole to outline the area that you are going to darn
5. darn from top to bottom vertically and after from left to right horizontally
6. you can do this by rotating your piece with the needle down or by alternating forward and backward stitches
7. if you prefer you can do it as free hand embroidery, dropping the feed dog or using a darning plate with or without a darning foot



Some machines will have a darning stitch which essentially goes forward and backward slowly moving the needle position from left to right. If you do not have this option, you can do this free hand on your machine with a little practice by simply stitching in alternating forward and backward stitches slowly inching over from one side of the tear to the other.





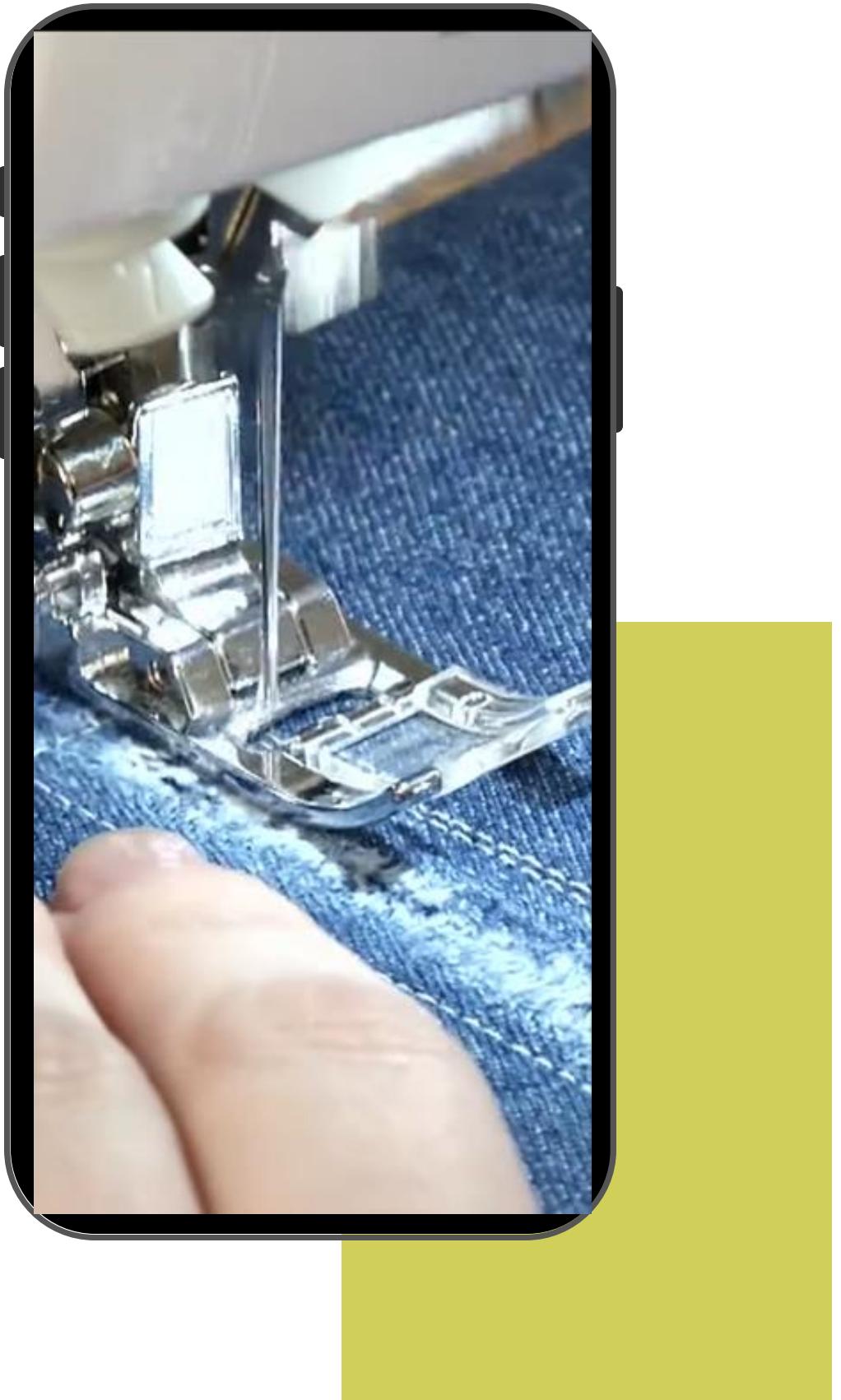
Darning - using a machine

This video demonstrates how to darn holes in fabric using a sewing machine. It covers two methods: darning with an all-purpose foot and darning with a free motion embroidery foot. The video also provides tips on choosing the right stabilizer, thread, and stitching techniques for a successful repair.

Watch here



<https://www.youtube.com/watch?v=63v-BykSWL0>



Visible Mending - Boro and Sashiko

NECESSARY MATERIALS

- Garment to be mended
- Iron (optional)
- Tape measure or ruler
- Washable fabric marker
- Fabric scissors
- Pinking shears (optional)
- Fabric scrap
- Straight pins or safety pins
- Sashiko thread
- Sashiko needles
- Embroidery scissors or snips for cutting thread



Visible Mending - Boro

1. Measure the hole or tear, adding 1.5-2.5 cm to all sides. Be generous: It's better to make a patch that's too big than too small. This will allow you to cover the hole as well as the damaged, frayed, or weakened areas around it, and to sew your patch into strong fabric.
1. Cut the patch from your scrap fabric according to the measurements.
1. Slip the patch under the tear so the right side of the patch is facing outward. Pin it in place, taking care not to pin the pant leg together (I've done this more than once). Trace the patch with a fabric marker.
1. Fold under the edge of the tear and pin to create a finished edge around the hole.

TIP: Trim away any fray. Your stitches will look much prettier than the frayed fabric, and those weakened fibers will just tangle your stitches.

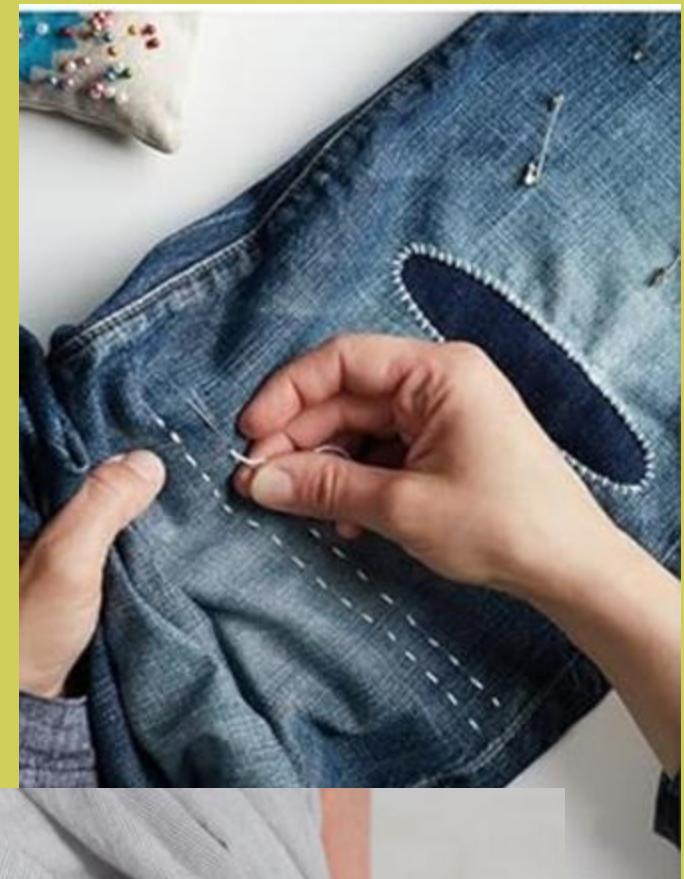


Visible Mending - Boro

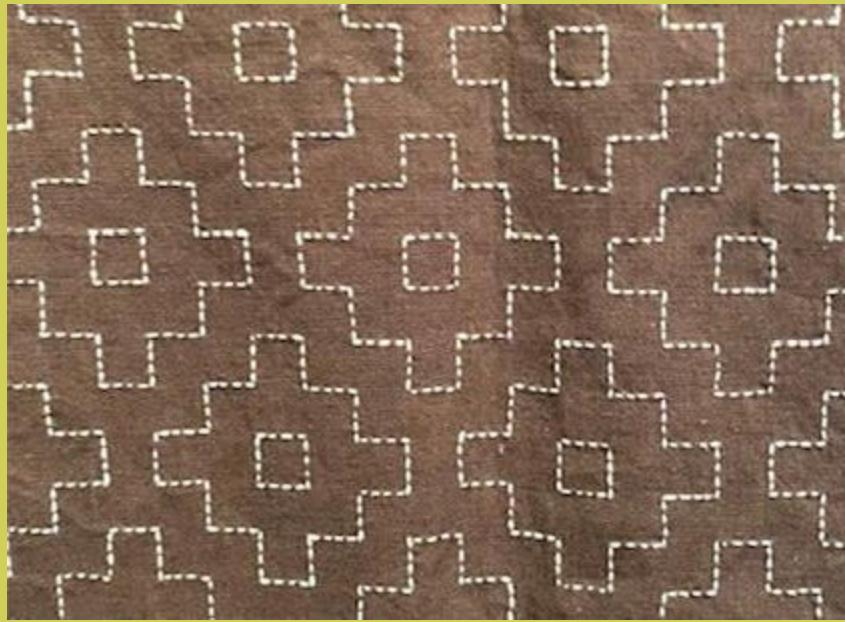
5. Using a basic glove stitch (see basic construction stitches), secure the edge of the hole to the patch. Continue until the entire hole is tacked under with your pretty glove stitches.

6. Slip the patch under the tear so the right side of the patch is facing outward. Pin it in place, taking care not to pin the pant leg together (I've done this more than once). Trace the patch with a fabric marker.

7. Using a basic running stitch (see basic basting stitches), begin stitching at one end of your outline. Continue the line of stitches until you reach the other end of the patch. Drop down to begin the next line of stitches from behind the patch, keeping vertical lines hidden. Continue back and forth along rows of stitches until you've stitched the entire patch.



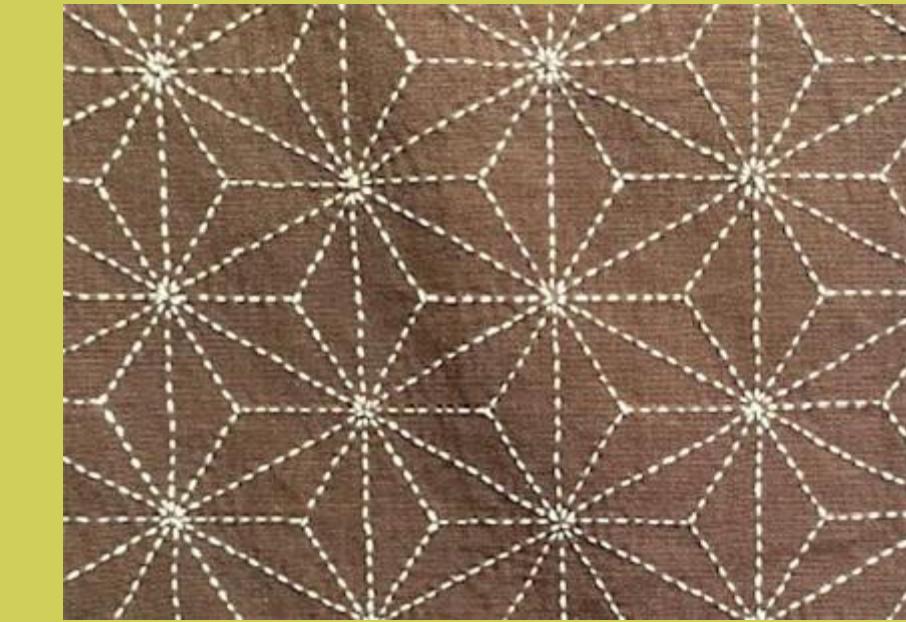
Sashiko Patterns



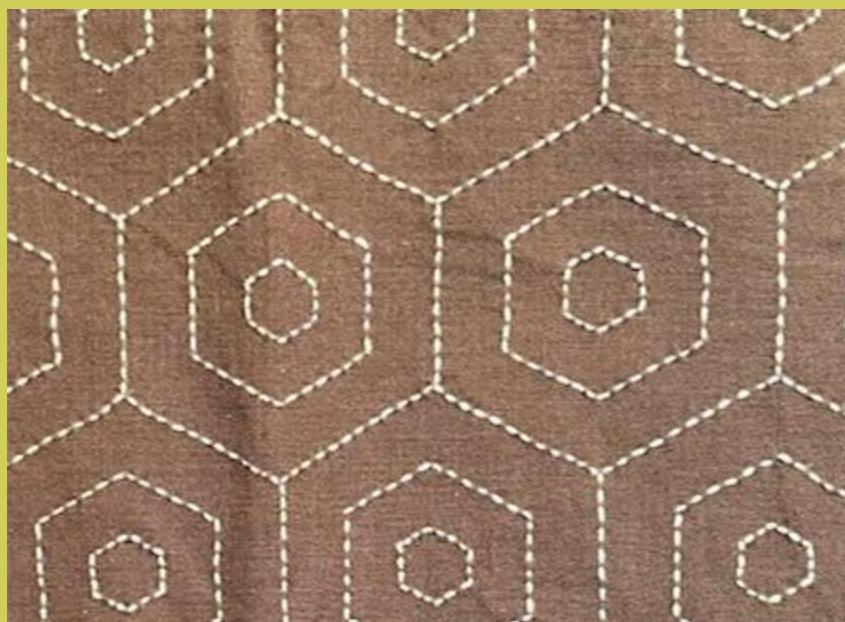
Persimmon flower



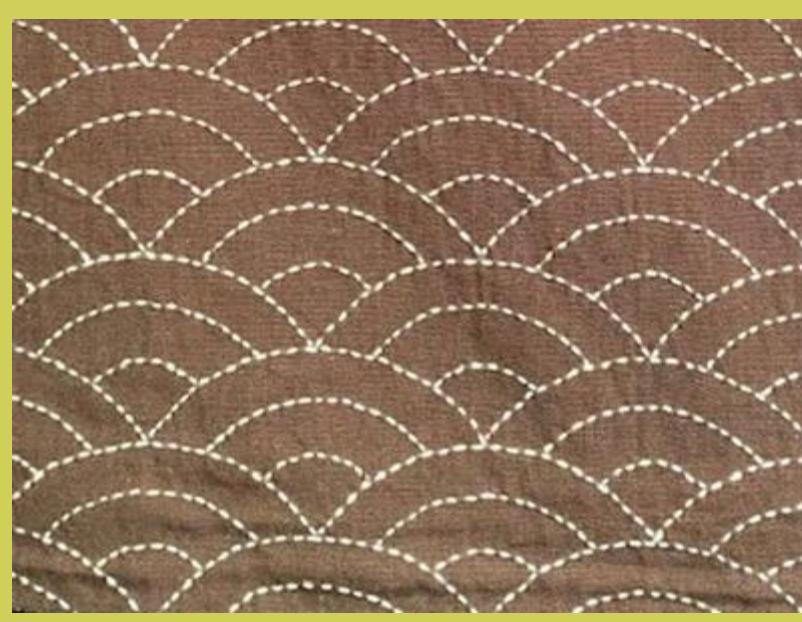
Woven bamboo



Linked hemp leaf



Tortoiseshell



Blue wave



Linked plovers

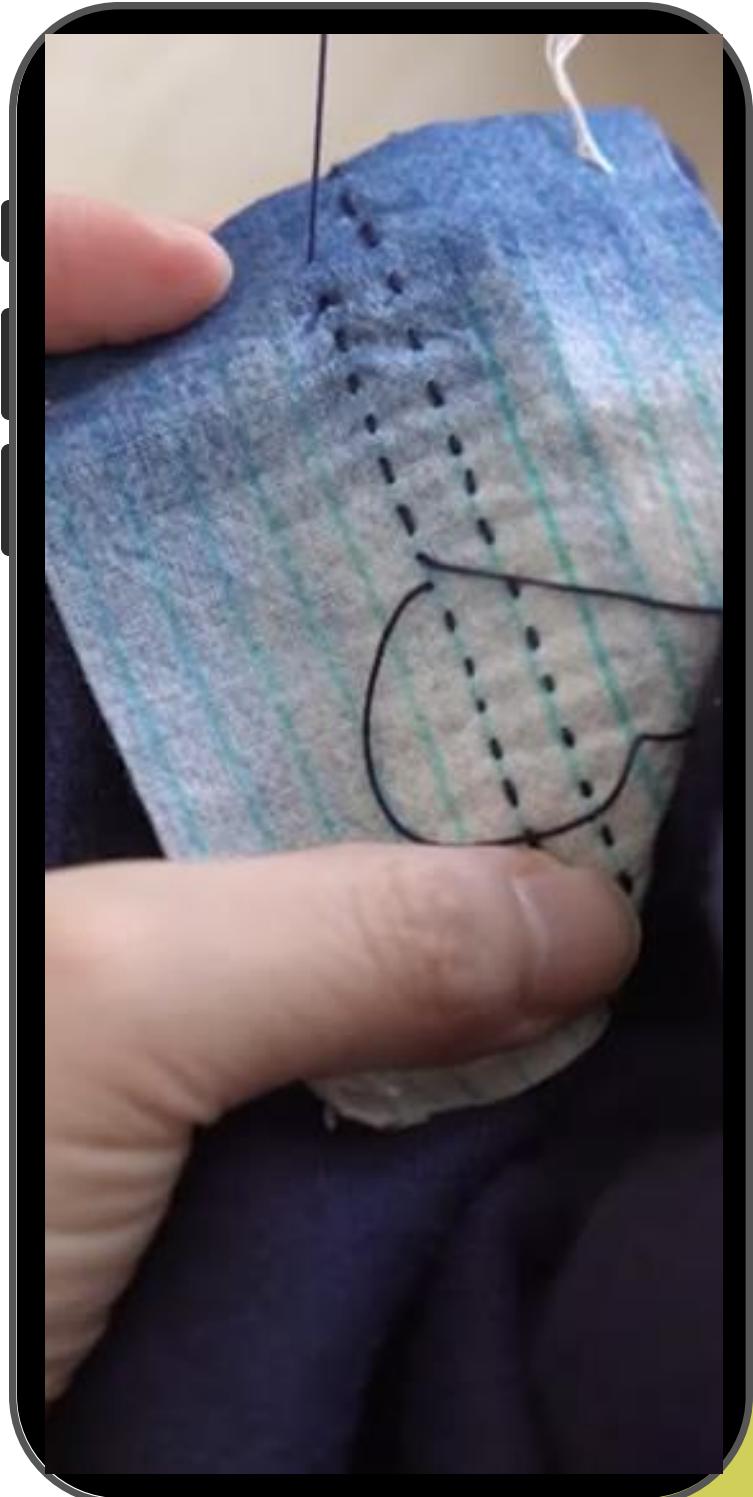
Visible Mending Boro and Sashiko

In this video you will watch 3 essential Sashiko patterns for boro-inspired visible mending: basic running stitch, ten cross pattern, and Kakinohana. Step-by-step guide covers fabric prep, patching, stitching, and finishing techniques. Perfect for upcycling clothes and sustainable fashion

Watch here



<https://www.youtube.com/watch?v=tXJNBpwIHZ8>



Applying Patches

Fusible Bonding Web Patches

1. For the patch use a fabric that is similar in weight, structure, and fiber content to the garment that needs to be repaired
2. Determine whether the garment needs a patch on the inside, outside, or both. Knees and elbows tend to need a double patch, whereas places like a crotch seam get a little bulky with internal and external patches.
1. Determine the shape and size of the patch. Make sure it is at least 1,5cm larger all around. If you would like to have finished edges, allow another 1 cm in addition
1. Cut the patch and cut the fusible bonding web to the same size and bast them together
1. Iron the patch (with the fusible bonding facing down
1. Stitch it all around using a tight zigzag stitch on the machine or a blanket stitch by hand

Fusible bonding web is spun glue that you can find by the yard or in small rolls. This is a patch method as it is highly customizable and works well as a single- or double-layer patch.





Applying Patches

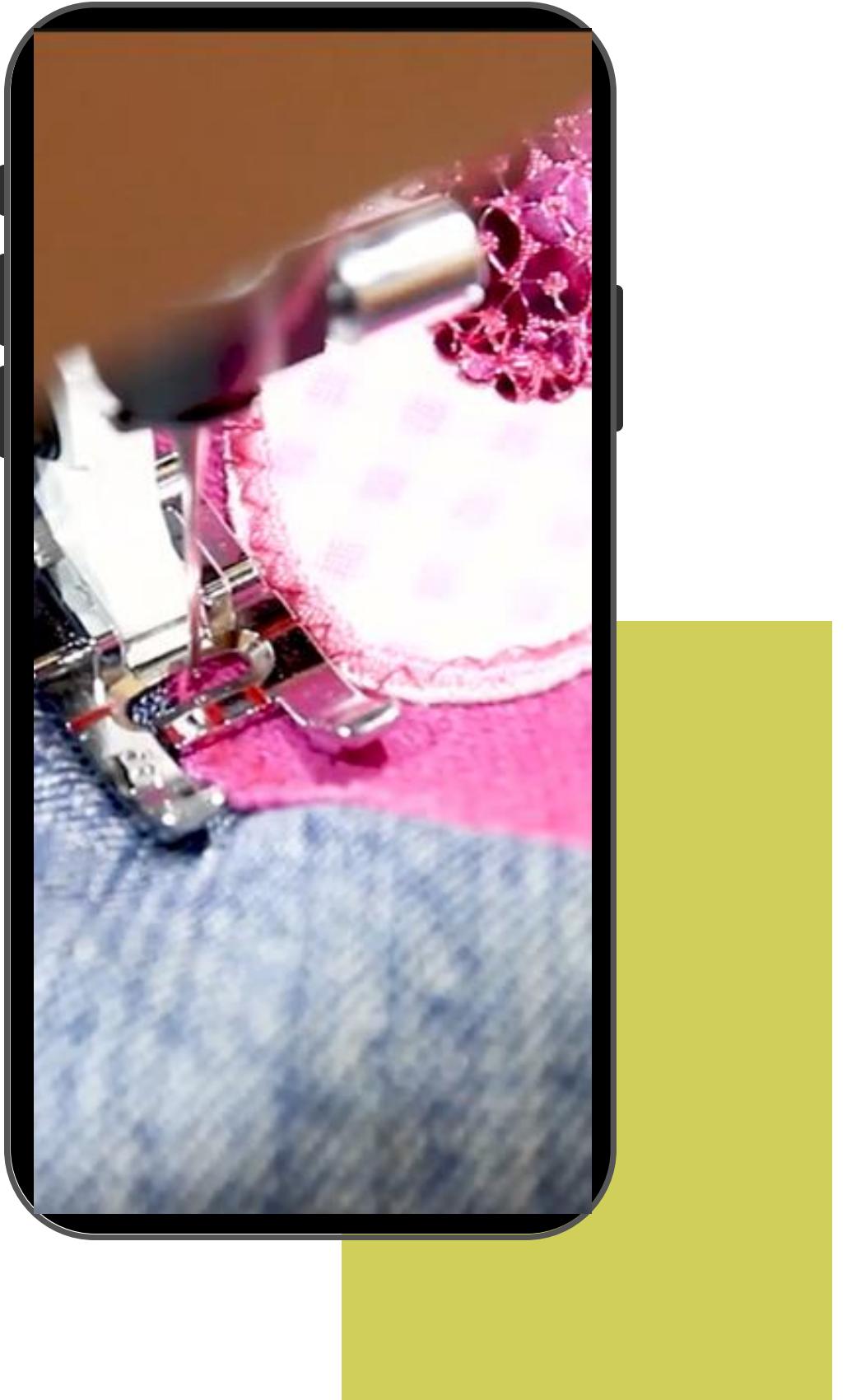
On this video you are going to see how to sew patches onto anything using a domestic sewing machine.

In the video she is using pins to secure the patch, but as you learned before you can use fusible bonding to hold your patch in place.

Watch here



<https://www.youtube.com/watch?v=OJc6QR7AYZg>





Practical application

This activity is for participants to work with each other (each two participants will be each one's client and maker) on the repairing of a garment using the techniques we've been learning about.



Activity on Repairing

**01**

Materials needed

- Sewing machine
- Embroidery material
- Sewing kit
- Clothes that need repairing
- Fabric scraps
- Fabric stabilizer

02

Objectives

- For participants to apply the different repairing techniques they seen so far
- To understand which technique is better to apply in a certain scenario
- To be able to combine different repairing techniques in a same piece creating an harmonic result

03

Duration

3 hours and 30 minutes

Setting

a room where you can put participants in individual table each with a sewing machine

Activity on Repairing



Plan

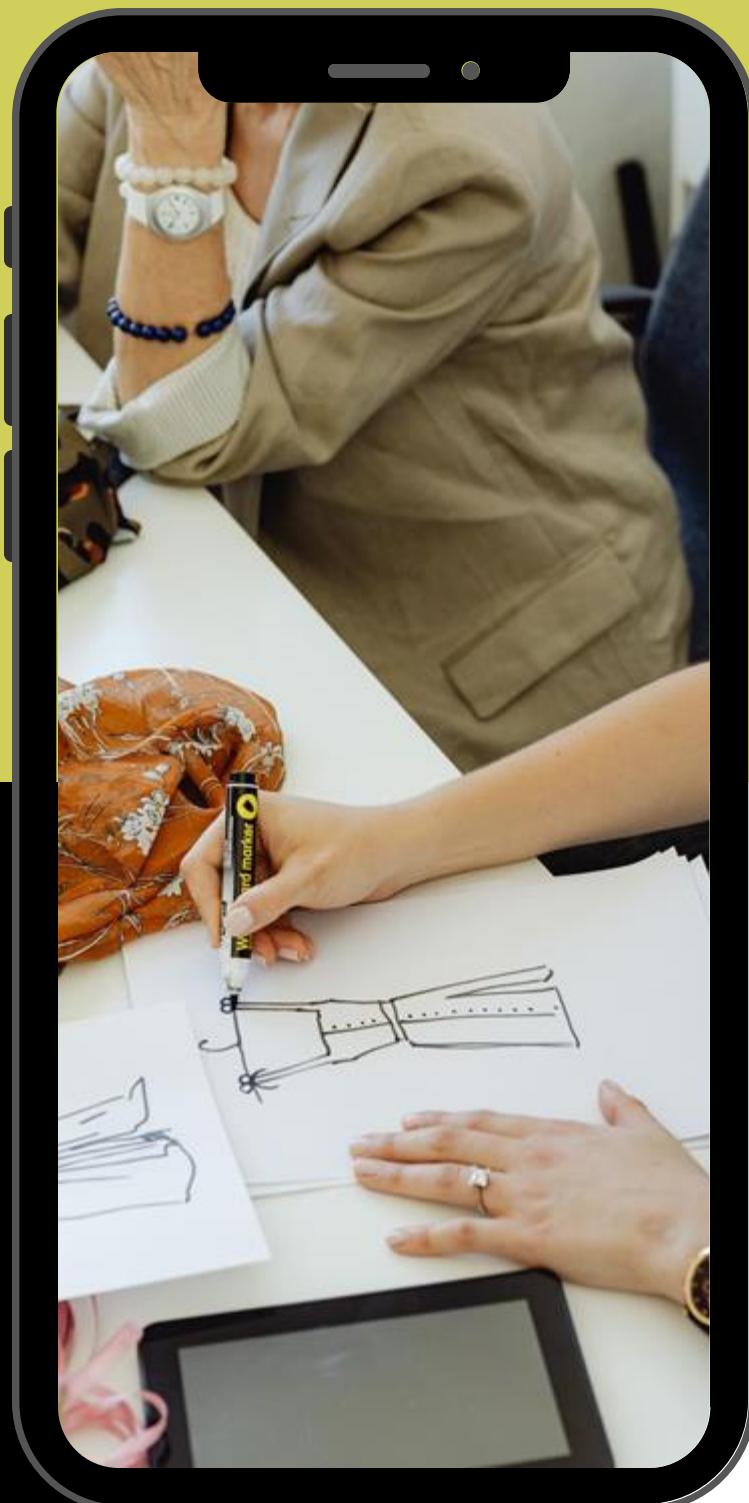
Time	Activity
00:00 – 00:20	Evaluate the garment you are going to repair
00:20 – 00:50	Choose the techniques you are going to use and set a plan for how you will apply them, the necessary material and taking the measurements for resizing and mending
00:50 – 01:30	Cut any fabric you will need (for visible mending and/or resizing) and disassembly and/or cut any part of the piece that is necessary to do so
01:30 – 03:30	Apply the techniques you plan on using

Activity on Repairing



Implementation

1. Look in the garment for the necessity of hemming and resizing, as well as for holes, strained fabric or stains you want to conceal and choose which techniques you will be using
2. Fit the garment to mark the hemming and/or resizing measurements, make sure to use the proper tools to mark (pins, safety pins, fabric markers or basting directly) - if the need it to let out (hem or size) measure what extra fabric would be necessary and make sure to give it extra ease to be safe
3. Measure the garment's areas that need mending
4. Cut all the fabric you will need for adding or concealing
5. Disassemble and cut whatever is necessary
6. Start with the resizing by adding or taking - always work first on correcting the width
7. After resizing make another fitting to make sure the hemming is correct.
8. Correct the hemming by adding or taking - if the garment didn't need resizing you can start with the hemming
9. Finishing with the mending (visible or otherwise) - is the mending is necessary for maintaining the garment's shape you can start by doing it first



Unit Summary



In this Unit you have gone through the different manual and machine sewing techniques, looking into the basic sewing stitches as well as the basic decorative and embroidery stitches both by hand and using a sewing machine. You also learned the practical application of different techniques you can apply in the upcycling process: free hand embroidery, resizing, hemming, darning, visible mending and applying patches.



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