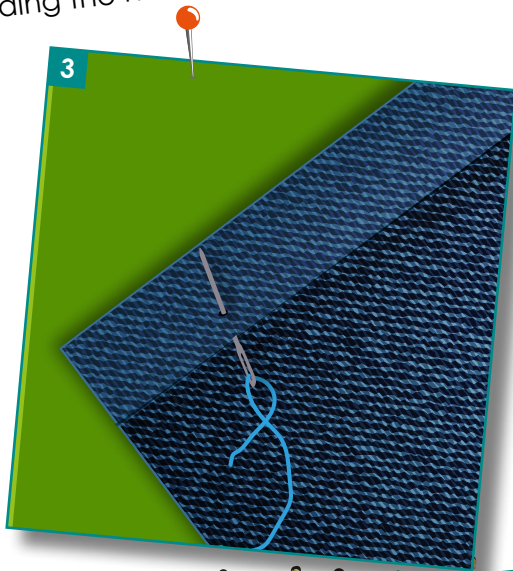


# Hemmed in! REPAIRING AN EDGE

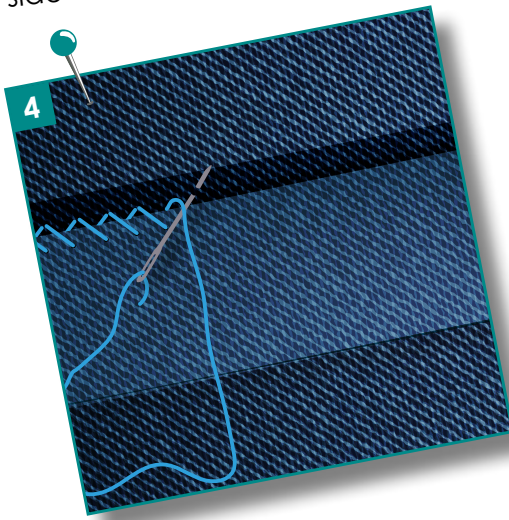
**HAS THE FABRIC AT THE EDGE OR BOTTOM OF YOUR CLOTHING BECOME UNRAVELLED?**

**WITH A FEW SEWING SUPPLIES AND BASIC STITCHES, YOU CAN REPAIR HEMS ON YOUR GARMENTS, AND EXTEND THE LIFE OF YOUR CLOTHES. HERE'S HOW:**

1. If you need to (for example if the fabric is slippery), pin in the hem to hold it in place.
2. Thread your needle with 40cm of thread, knotted at the end and matching the colour of the material.
3. It's best to work from right to left and begin by threading the needle through the hem, to secure it.



4. Make a tiny stitch into the main fabric, so you're just catching it. The idea is that this stitch will be barely noticeable on the front side of the garment.



5. Now stitch into the hem about 0.5cm forward along the hem and pull through. This is called a slip stitch. Repeat the process, again catching the threads of the main fabric, then sewing into the hem itself. Continue until you've reached the end of the area you needed to hem.
6. Finish with a few stitches to secure. Carefully trim off any excess thread.



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