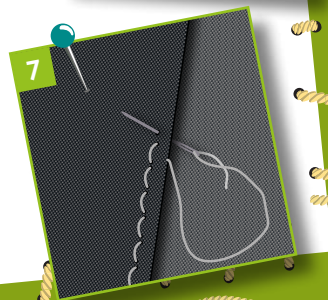
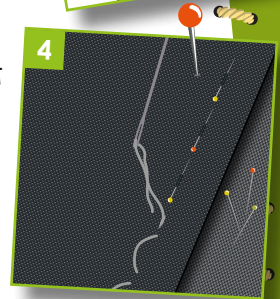
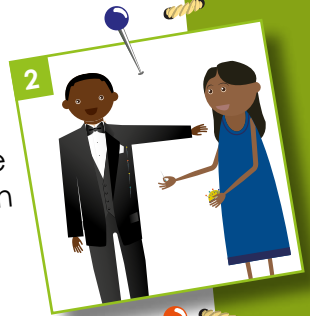


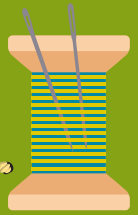
# PERFECT FIT! ADJUST a seam

**IF YOU HAVE AN ITEM OF CLOTHING WHICH DOESN'T FIT PROPERLY, YOU MIGHT BE ABLE TO ADJUST THE SEAMS (THE LINE WHERE PIECES OF FABRIC ARE SEWN TOGETHER), SO THAT IT FITS JUST RIGHT!**

**FOLLOW OUR SIMPLE STEPS TO ADJUST YOUR SEAM:**

1. Try the garment on inside out.
2. Pin the new seam lines that you would like the garment to have (it is easier if you can get someone to help you with this).
3. Take the garment off.
4. Tack the garment by hand using large running stitches along the new line that you have marked with the pins.
5. Unpick the original seam line.
6. Try the garment on again (right side out) to check the fit. Repeat these stages again if needs be until you get the fit that you would like.
7. Once you are happy with the fit, sew the new seam line using a small backstitch (details overleaf).



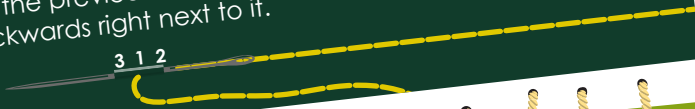


8. Take out the tacking stitches.
9. Turn the garment inside out, open up the new seam and press with an iron.
10. If you are reducing the size of the garment a lot, you may need to trim the seam allowance to make the seam sit correctly. You will then need to secure these raw edges of material so that they don't fray. To do this, take one raw edge at a time and begin by pushing the needle upwards, about a centimetre from the edge. Allowing the thread to loop round the raw edge, take the needle underneath the fabric again and stitch approximately one centimetre to the left of your first stitch. Continue to stitch in this way across the entire raw edge and close the thread off. Repeat on the second raw edge of the seam.

### Backstitch

Thread the needle with about 40cm of thread and knot the end. Make a stitch coming up from the bottom of the fabric and pull the thread all the way through. Now, instead of making the next stitch in the direction you want to sew in, make a small stitch backwards, down into the fabric. Now bring the needle forward (in the direction you want to sew in) and stitch upwards, just a little way ahead of your very first stitch. Repeat this process, making another small 'backwards' stitch into the top of the fabric, followed by a larger 'forward' stitch, from underneath the fabric. Use the previous 'backward' stitch as a guide, stitching backwards right next to it.

3 1 2



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