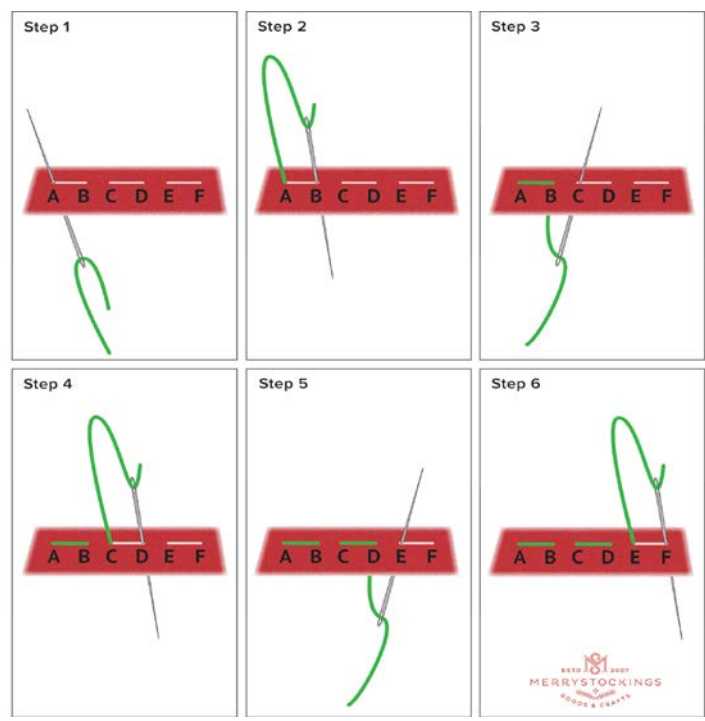
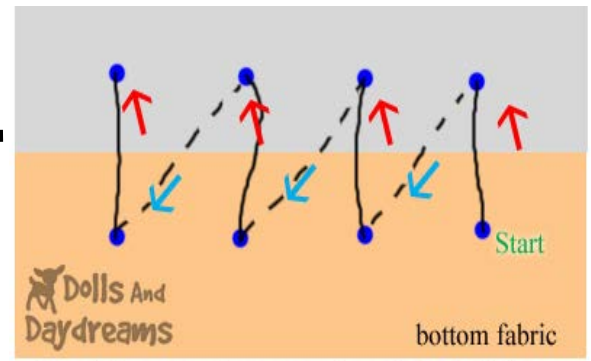


COMBATTING FAST FASHION: MENDING YOUR OWN CLOTHING

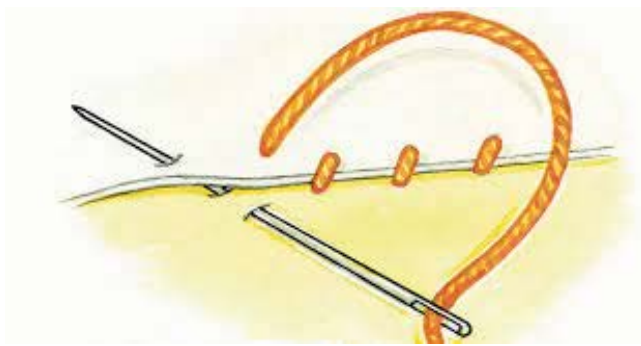
STITCH 1: RUNNING STITCH



STITCH 2: WHIP STITCH



dotted line = passing needle through both fabrics
solid line = stitch when looking at the fabric



Source: <https://www.merrystockings.com/blog/making-my-first-bucilla-felt-socking-kit-embroidery-stitches-101/2016/06/22/>

Video Instructions
Running Stitch: <https://youtu.be/W4nhj8kMpAI>
Whip Stitch: <https://youtu.be/pG86hhrDdzQ>

STITCH 3: BACK STITCH

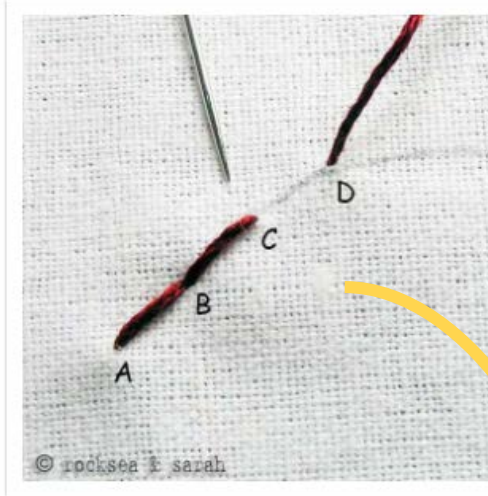
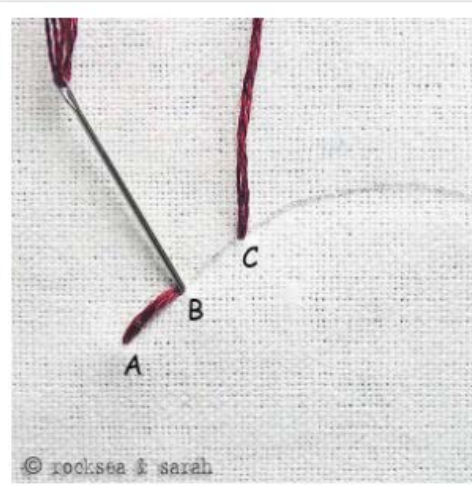
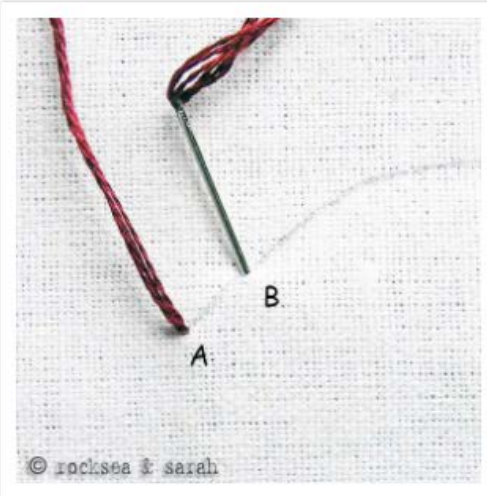


Fig 1: Bring the thread through A and take it in through B. This creates one stitch.

Fig 2: Bring the thread through C and take it in through B. This way, we are creating a stitch by taking the thread backward.

Fig 3: Bring the thread through D and take it in through C. Continue this pattern to finish the design.



Fig 5: A finished line of Back Stitch will look like this.

Source:
<https://www.embroidery.rocksea.org/stitch/back-stitch/back-stitch/>

Video Instructions

Back Stitch: https://youtu.be/rZ_wVC84UmM?t=10

FUN TIPS

- When adding patches to mend clothes, you can mix colors and textures of patches and threads.
- Mending clothes helps reduce the environmental, social and economic impacts of the clothing industry!

