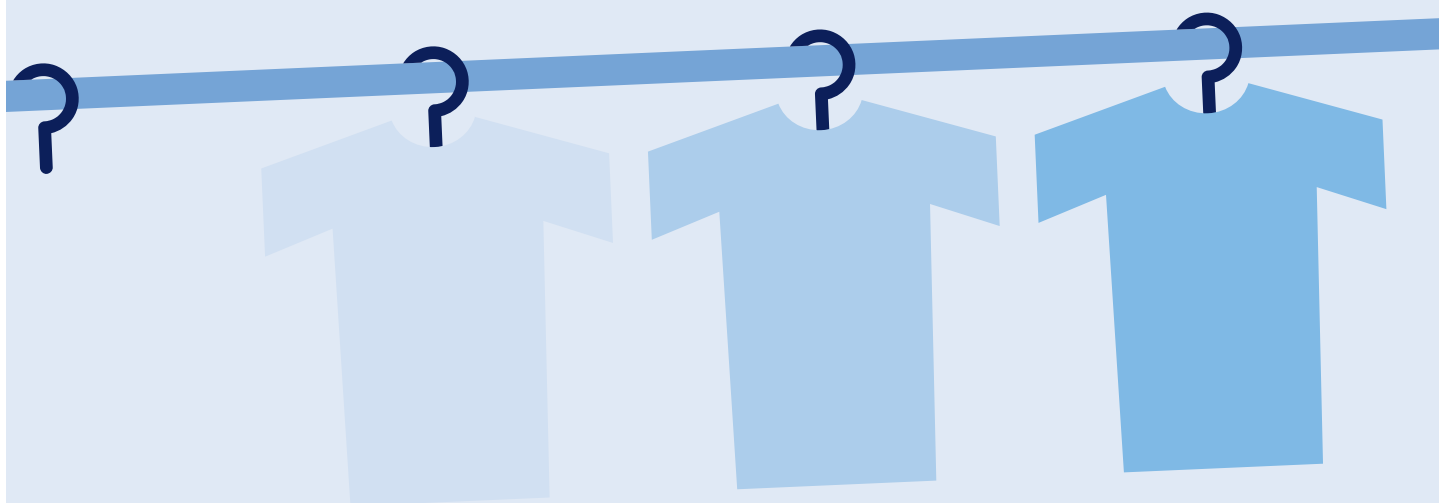


FIXING FAST FASHION:

YOUR REPAIR GUIDE



Introduction

If you want to take action to fix fast fashion, but cannot hold your own fixing fast fashion event, you can still make a difference by making some simple repairs to cherished garments.

This supplementary guide to the full Fixing Fast Fashion guide provides you with instructions of how to make simple repairs to clothing. These instructions include attaching a button; repairing button tears; hemming; and adding fabric extensions. You can also make your own End Plastic Soup drawstring bag, and create a pledge fridge magnet as a reminder to take action on fast fashion.

If you use this guide to make any repairs to your clothing, do let us know by sending a photograph of your repairs and a brief description of the repair to pa@nfwf.org.uk.

Happy repairing!

Craft Activities: How- to guides

Join the Repair Brigade

Project: Jane Bolsover

Learn a few repair skills to give a new lease of life to clothing that you would normally throw away and make them re-loved once again.

Five great reasons why you should repair your clothes:

1. Repairs generate less waste
2. It's free for you to do
3. Your favourite garments will last longer
4. Practise will improve your sewing skills
5. Spread the word, it's good to share – help family and friends sort out their clothes too—maybe you could even start a small repair business!

Buttons:

Most garment buttons are sewn on with a chain stitch, so if one end comes undone, then it will simply unravel and fall off. Here's how to stitch one back on:

Attaching sew-through buttons:

Whether your button has two holes or four, if you are attaching it for a closure rather than a decorative feature, it really needs to have a thread 'shank' to lift the button away from the surface, to allow for the second layer of fabric (with the buttonhole) to sit comfortably underneath, without straining the fabric below.

1. Mark the position of your button with a chalk pencil and secure your thread on the right side of the fabric at the button mark, with a small stitch. Bring the needle and thread up through one hole in the button and start to pass it down through the second hole.
2. Lay a matchstick across the top of the button and pull the needle through to the wrong side so that the thread holds the matchstick in place. Pass the needle up through the third hole, over the matchstick, and down through the fourth hole. Take about six stitches through each pair of holes, then carefully slide out the matchstick.
3. Lift the button away from the fabric so that the stitches are taut, and pass the needle back down through the button only. Wind the thread tightly around the stitches to form a thread shank. Secure the thread on the underside with a couple of backstitches.

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Repairing a Button Tear:

Buttons come under a lot of strain during wear, especially at waistlines and across the bust, meaning that sometimes the fabric tears beneath the button. So let's see how we can fix this problem:

1a. If you can get to the wrong side of the fabric easily, then cut a couple of small squares of iron-on interfacing and press a piece to each side of the torn fabric on the reverse side, to seal over the hole. Move on to step 2.

1b. If the wrong side is enclosed and you can't get to the back, then make a cross stitch across the hole in a couple of directions, making sure that you keep the fabric flat and don't gather it up. Do this on both sides of the garment to fill the hole in a bit.

2. Now we can re-attach the button, and the trick is to add a reinforcement button underneath. You can buy clear plastic buttons specifically for this purpose, but small shirt buttons will work just as well. Follow the instructions for attaching a sew-through button, but place the reinforcement button on the inside of your garment, directly under the main top button. Sew on through all sets of holes and both buttons. On the last stitch, bring the needle and thread through the hole of the main top button only, remove the matchstick, and complete the shank.

Hems:

Like buttons, garment hems are sewn with a chain stitch, and quite often the end comes undone and it simply unravels! Here's a couple of fixes to get that hem under control once again:

Blind Hemming

These hand stitches are taken inside the hem—that is to say, between the hem and the actual garment. In the finished hem, no stitches should be visible. This is a quick and easy stitch that can be used on any flat, neatened hem.

BUTTON TIP

For delicate and sheer fabrics, substitute a small doubled square of fabric or seam binding for the reinforcement button.

1. Remove any remaining original hemming stitches, then pin and tack the hem back in place close to the lower folded hem edge.

2. With the garment inside out, and working from work from right to left with the needle pointing to the right (reverse this is you are left-handed). Fold back the top edge of the hem and fasten the thread just inside it with a small backstitch. About 6mm (1/4 in) to the left take a very small stitch in the

garment (no more than two or threads), then take the next stitch 6mm (1/4in.) to the left in the hem allowance.

3. Continue in this manner, keeping the stitches even and alternating them between the garment and the hem, until your hem is secured in place. Make sure that you do not pull the stitch too tight and gather up the garment fabric. Remove the tacking stitches and you are ready to go.

Craft Activities: How- to guides

Hemming Tape

Iron-on hemming tape is a strip of non-woven, web-like fabric that is inserted between the hem and the fabric; when the hem is steam ironed it “melts,” bonding the two surfaces together. This is the quickest and easiest way to secure a hem, but you need to do it properly for a satisfactory result. Iron-on hemming tape can be used on any fabric that can be steam ironed, but ironing times vary depending on the fabric content and thickness.

1. With the garment right side out, tack the hem in place close to the lower hem fold. Starting at a seam, slip the hemming tape between the hem allowance and the garment, with the top edge of the tape just below the neatened edge, pinning it in place as you work around the hem. Overlap the tape ends by 1 cm (3/8 in).
2. With your iron on the appropriate steam setting for your fabric, bond the hem lightly in place by pressing between the pins with the tip of the iron. Remove the pins. Finally, use a damp pressing cloth on top of the hem to press a section at a time, holding the iron on the cloth until it is dry.

Continue all around the hem in this way, allowing the fabric to cool before handling it. Remove the tacking stitches.

TIPS

- Do not stretch the tape during application or let the iron touch the tape—you will have a sticky iron that will be difficult to clean
- Once applied, iron-on hemming tape is very difficult to remove, so make sure your hem is correct and level before you apply it.

Frayed Hems and adding Length

Over time our favourite garments can get worn and fray along the hem edges. Plus fashions change and what was a brilliant length one time maybe too short for our current taste. Here's a couple of ways to solve these issues.

Bias Binding Facing

Bias binding is a folded fabric strip, which can be purchased from haberdashery shops and on-line, in a variety of colours and widths. It can be used to create a substitute hem.

1. Unpick the stitching on your hem and carefully cut away the old hem allowance along the worn folded edge.
2. Open out one pressed edge on the binding and fold back 6mm (1/4 in) at one end. Beginning at a garment seam, pin the bias binding to the hem edge with right sides together and raw edges level. Stitch in place
3. along the binding press line finishing about 5 cm (2 in) from the starting point, taking care not to stretch the hem as you sew. Trim away excess binding and lap the finishing end over the starting end. Pin and stitch the remaining binding in place along the press line.

Craft Activities: How- to guides

4. Press the bias binding to the inside of the garment, ensuring that it does not show on the right side. Pin, tack and secure the loose edge of the binding in place by hand slip-hemming or topstitch by machine.

Lengthening

This can be done a couple of ways, either by using bias binding as above, or adding a contrast fabric extension.

Using Bias Binding:

Unpick the stitching around the hem and press out the hem fold. Quite often there is a line where the hem has been, that can disguise by adding lengths of braid or ribbon in bands around the hem. Finish off the raw edge with a bias binding hem, as shown above.

Adding a Fabric extension:

This is a more involved sewing job, but sometimes we need more length than the hem allowance will allow, and it becomes necessary to add a band of fabric – Select a fabric of similar weight, to either coordinate or contrast with your garment, you will need about 50cm (1/2 yd).

1. With the garment laid flat, measure the width of your garment along the hem edge, from side seam to side seam. Note: The back maybe a different width to the front, so double-check.
2. Now decide on the amount of length that you want to add and double this figure. Cut two pieces of fabric to the measured width, adding a 1.5 cm (5/8 in) seam allowance along both sides x the calculated depth, plus a 1.5 cm (5/8 in) seam allowance, twice.
3. Sew the two fabric bands together, down the sides taking a 1.5cm seam allowance. Press seams open. Fold the band, in half around its circumference, bringing the wrong sides together, the circular raw edges level and matching the side seams. Pin and tack the raw edges together and press the lower folded edge flat.
4. Unpick the hem on your garment and trim the old hem away where you measured. Matching the side seams and keeping raw edges level, pin and tack the band to the garment. Machine stitch the pieces together, taking a 1.5cm seam allowance. Neaten the seam turnings together and press your new band flat along the seam.

End Plastic Soup Drawstring Bag

Project and Photography: Jane Bolsover

As part of the NFWI's 'End Plastic Soup' campaign, we have been supporting the Women's Environmental Network's 'Environmenstrual Week of Action', held between 12 and 19 of October. The Environmenstrual Week of Action aims to reduce the amount of single-use plastic used during the course of a menstrual cycle by suggesting reusable alternatives.

Up to 90% of a sanitary towel is single-use plastic, with 6% of a tampon also single-use plastic, and an estimated 1.5 billion—2 billion menstrual products are flushed down Britain's toilets each year.

This drawstring bag is designed to hold a menstrual cup, but you can use it for storing other things too!

The End Plastic Soup logo iron-on transfer was produced for the London Fixing Fast Fashion event and is not included within this craft project. However, should you wish to produce your own iron-on transfers, a copy of the End Plastic Soup logo is available on MyWI. Instructions and information about the recommended materials can be found on the internet.

You will need:

- Approximately 16cm x 40cm of cotton fabric—use up old scraps or recycle an item of clothing
- 1 metre of narrow ribbon or fine cord
- Sewing thread
- Fabric scissors
- Sewing machine or hand sewing needle
- Iron
- Bodkin or safety pin



1. Cut out the bag piece from fabric: 12cm x 36cm long.



2. With the wrong sides facing, fold the fabric piece in half by bringing the short ends together. If desired, at this point sew-on or iron-on your End Plastic Soup logo to the right side of the fabric.



3. Neaten the long side edges of the fabric piece by either zigzag/overlock by machine, or overcast stitch by hand.

- 4.** With right sides facing, fold the fabric in half by bringing the short ends together and pin down each side.



- 5.** Sew side seams together by either machine or hand backstitch, taking a 1cm seam allowance—starting at the folded edge and finishing 4.5cm from the top edges. Reverse stitch at each end to secure.



- 6.** Press the unstitched parts of the side seams, 1cm to the wrong side.



- 7.** Press a 1cm hem to the wrong side along both top edge, then fold over a further 2cm; press and tack hems in place.



- 8.** Sew each top hem in place stitching close to the edge, by either machine or hand backstitch. Turn bag right side out.



- 9.** Cut ribbon into two equal lengths. Using a bodkin or safety pin, thread one piece of ribbon through one top hem and then, back along the second hem. Knot ends together and trim loose ends. Repeat in opposite direction with your remaining piece of ribbon. Your bag is now ready to use.

Fixing Fast Fashion– Pledge Fridge Magnet

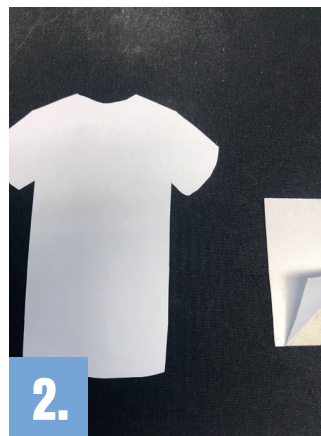
At the NFWI-TRAID 'Fixing Fast Fashion' event, attendees were given the opportunity to make environmental pledges to help fix fast fashion. Making our fridge magnet is a great way to remind yourself of your commitment to changing your own consumption habits.

You will need:

- Pledge t-shirts template (included in your pack)
 - White paper or thin card (ideally recycled)
 - Scissors
 - A4 self-adhesive magnetic sheets
- These are available to buy in craft shops and online.

Step 1

Print off the t-shirts from the 'T-Shirt Magnet' Word document. For best results, we suggest printing the t-shirts off in full colour. You may also wish to print off the t-shirts onto thin card to make them more robust.



Step 2

Cut out the t-shirts from the t-shirt pledge sheets.

Step 3

Cut out a piece of magnet from the magnet strip using scissors. You may wish to cover the back of the t-shirt completely with the magnet, or if you wish to be sparing with your magnet use, cut out as much as you see fit. (see picture 1)

Step 4

Peel off the adhesive from the magnetic sheets and place the adhesive side securely on the underside of the t-shirt as centrally as possible. (see pictures 2 and 3)

Step 5

Turn this over, and using a pen, write your pledge on the white space on the t-shirt. (see picture 4) Put your magnet on your fridge to remind you of your pledge!

If you or your WI branch/federation has made these pledge fridge magnets, the NFWI Public Affairs team would love to see them! Please email any photos to pa@nfwl.org.uk.





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