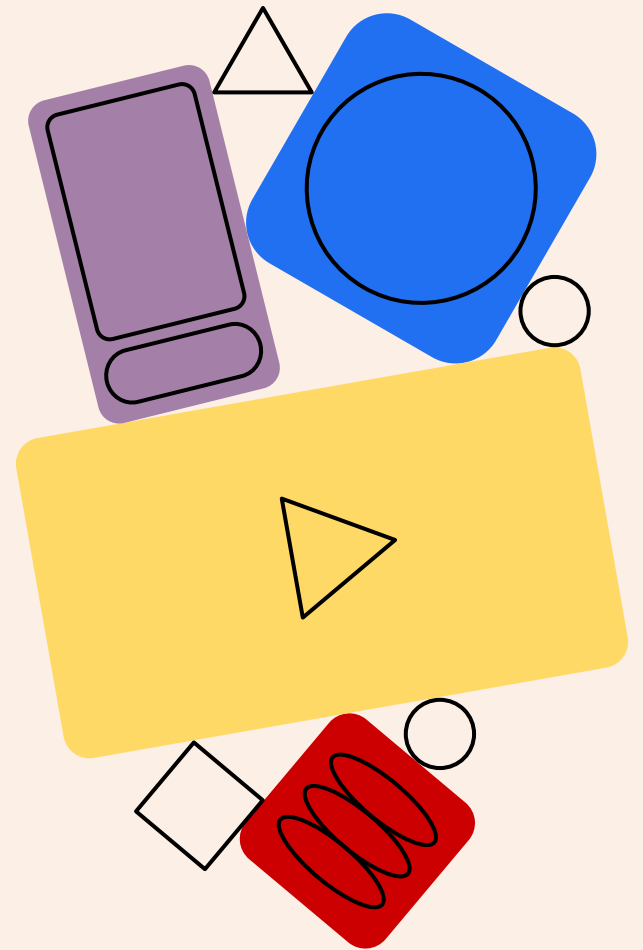
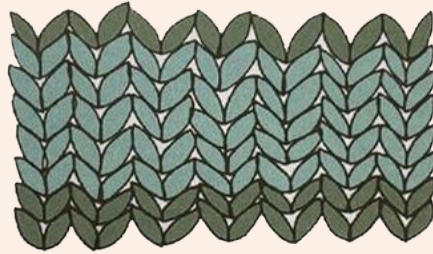


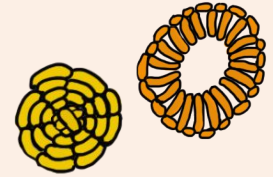
Mending Your Makes



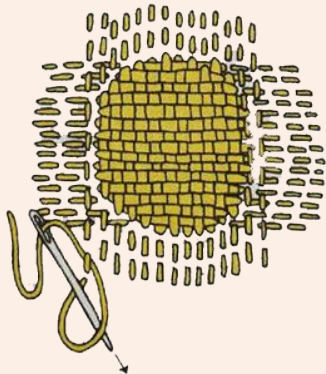
Types of Mending



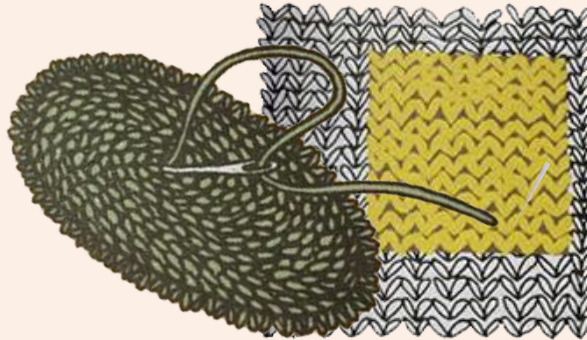
Swiss Darning



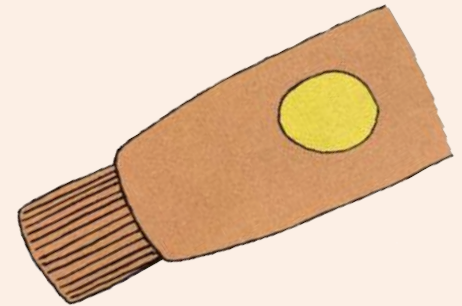
Embroidered Darning



Plain Weave Darning



Crochet Patch

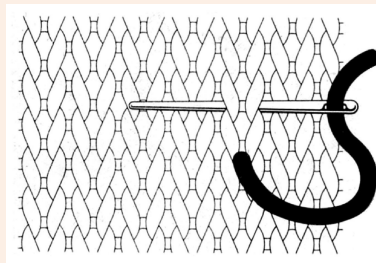


Needle Felted Patch

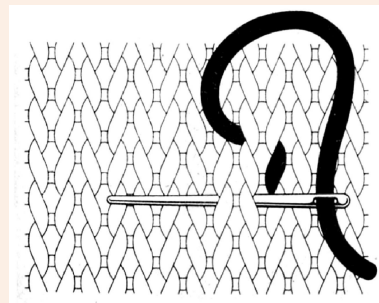
Swiss Darning (aka Duplicate Stitch)

Proactive form of invisible mending to reinforce a threadbare or partially split stitch that maintains stretch of fabric.

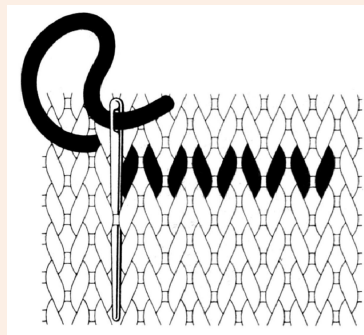
- Best to use the same yarn for this mend. If you don't have the same yarn, use a yarn that is the same weight or slightly thicker in as close to the original color as possible.
- Typically done with stockinette
- Should be done when you can clearly see the stitches.
- Can be used with a popped stitch if you lay a foundation warp.



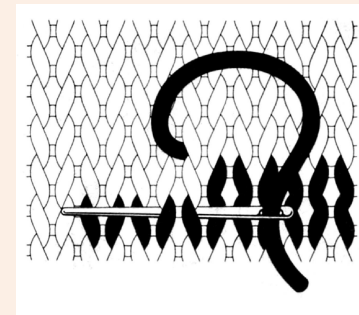
Starting from the underside at the base of the first V, Cross the needle behind the stitch above.



Continue sewing along the row of Vs, including the next intact stitch beyond the repair area



At the end of the row, loop around and come up over two stitches.



Turn the work around so you are still working right to left and repeat until end.

Embroidery

A form of visible mending that can cover a small stain or secure a small to large hole.



Eyelet Stitch

used to outline a hole, preventing a hole from getting bigger.



French Knots

used to secure tiny holes or lightly worn strands.



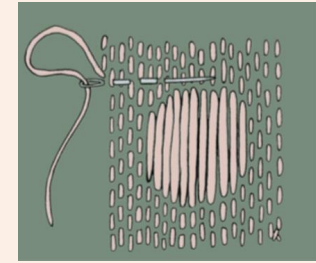
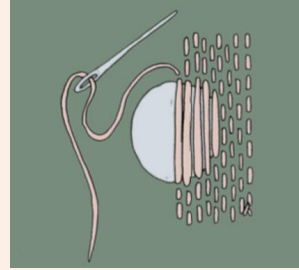
Carbuncle

Using spider's or woven web, can cover a sizeable hole.

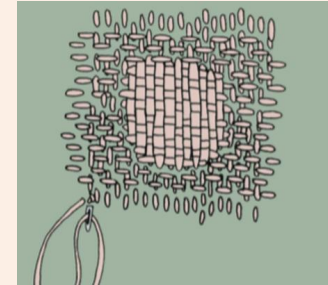
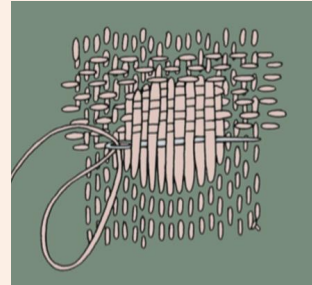
Plain Weave Darning (aka Needle Weaving)

Visible darning method used to fix small holes from moths, burns, worn fabric.

- Can be helpful to use a darning egg, darning mushroom or embroidery hoop to hold the shape and tension. (common household items like an apple or light bulb could be used as well.)
- Should use the same or slightly larger yarn for mend.
- **Warning:** Woven mending does not stretch



Starting at least an inch away from hole, using the running stitch, start weaving in and out. When you reach the hole, carry the yarn across, laying each strand beside the previous one to establish the warp.



Turn the work ninety degrees and work lines of running stitch as before. When you reach the hole, begin weaving through the warp. When you have filled the hole, complete the patch with the running stitch.

Crochet & Knit Patches

A versatile form of mending that can be invisible or visible, depending on your approach.

Maintains Stretch

Some versions of this repair may add bulk

Crochet Patch



- Step 1:** Clean up hole
- Step 2:** Make a slip knot and join to work with single crochet (sc), making sure you are not too close to edge.
- Step 3:** Continue to crochet around perimeter, join with ss to starting sc.
- Step 4:** Continue to crochet around, decreasing evenly to close the hole.
- Step 5:** Tie off and weave in ends.

Mending Crochet



- Step 1:** Clean up the hole.
- Step 2:** Secure any loose or dangling stitches with stitch markers.
- Step 3:** Join your new yarn and follow original stitch pattern.
- Step 4:** When you're finished with a row, join with a slip knot and fasten off.
- Step 5:** When you reach the last row, Insert your hook through the bottom loops of your held stitches to join them together.
- Step 6:** Tie off and weave in ends.

Knit Patch



- Step 1:** Knit a patch approximately ½ inch larger than the hole.
- Step 2:** Center patch over the hole.
- Step 3:** Thread tapestry needle with a single strand of yarn used for patch.
- Step 4:** Whip stitch around perimeter of the patch.
- Step 5:** Secure end and sew a few additional running stitches around the perimeter of the inside hole. Tie off and weave in ends.

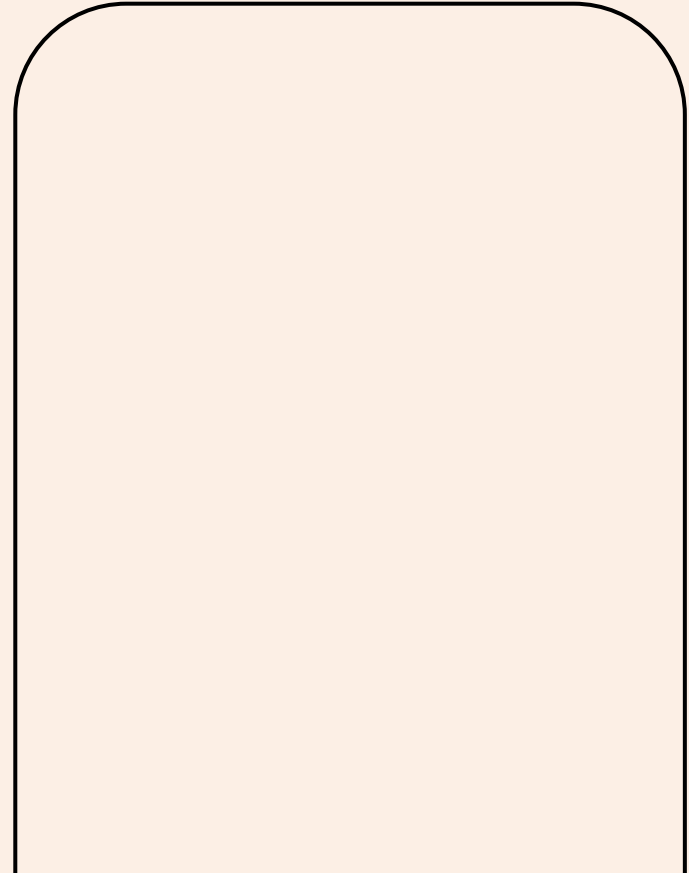
Applied Knit Patch



- Step 1:** Reinforce the knit by weaving into the area of the hole.
- Step 2:** Pick up stitches a bit below the hole and start to knit patch.
- Step 3:** Pick up stitches along the sides of your hole and knit them together with the first and last stitches of your patch.
- Step 4:** During bind off, pick up a stitch and knit it together with a stitch in the patch
- Step 5:** Tie off and weave in ends.

Reworked Sections

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nam convallis, dolor non ornare rutrum, leo metus varius orci, ac sodales enim nibh in nibh.



Needlefelting

Visible (sometimes invisible) darning method used to fix small holes from moths, burns, worn fabric.

- Requires some investment in tools and material (Felting needle/ Wool roving/ Rolled-up towel or foam cushion).
- No sewing required!.
- Additive
- **Warning:** felted area does not stretch



Step 1: Place rolled up towel or foam block inside garment, under the hole.

Step 2: Place a loose ball of roving over the hole. Ensure the wad overlaps the perimeter.

Step 3: Holding the needle vertically, repeatedly jab into the roving.

- Only felt on a hard surface; it is easy to poke further than intended.
- Be careful of your fingers, the needles are very sharp and break easily.
- You don't need to poke far to start felting.

Step 4: Continue stabbing and adding more felting wool until you have secured the hole.

Preventative Care

Wash Less

Every laundering shortens a garment's life. Less washing and machine drying saves clothes and time!

Wool and cellulosic fibers don't attract and hold on to the oily compounds in sweat that odor-causing bacteria feed on.

Spot treat stains instead of full wash.

Wash with wool wash or baby shampoo instead of commercial detergents.

Air dry whenever possible.

Snow wash: take advantage of fresh powder days to wash your wools.

Moth Abatement

Moths like dark, undisturbed place. Dust, dirt, and stains attract adult females, and the larvae feeds on wool, hair, fur, down, lint, and felt

Inspect, move, rotate, and wear garments regularly.

Periodically shake, brush and air out items..

Quarantine new wool acquisitions to prevent infestation.

Methods for treatment & quarantine: Freezing, Sustained temperature of 130-140 degrees, Sunbathing.

Resources

Mending Life

A Handbook for Repairing Clothes and Hearts
Nina and Sonya Montenegro

- Helpful Step by Step instructions

Mend!

A Refashioning Manual and Manifesto
Kate Sekules

- History, preventative care & instructions

The Art on Repair

Mindful mending: how to stitch old things to new life
Molly Martin

- Inspirational images and history

Alternate Woven Patch

<https://www.purlsoho.com/create/2021/11/23/basic-mending-tutorial/>
Purl Soho

Mending Crochet

<https://www.ifixit.com/Guide/How+To+Repair+a+Hole+in+a+Crochet+Blanket/150287>
Aisha Ali

Knit Heart Patch

<https://bhookedcrochet.com/2021/02/10/knitted-heart-patch/>
B.Hooked Crochet & Knitting

Applied Knit Patch

<https://blog.berroco.com/2014/04/23/emily-explains-mending-is-beautiful-knitted-patches/>
Emily O'neil (Berroco Design Team)



Resources (cont.)

Needle Felting Holes

<https://www.cambridgemakers.org/needle-felting-moth-holes/>

Rosemary Bangham

'Invisible' Needle Felting Repair

<https://holliyeoh.com/tutorial/mending-by-needle-felting/>

Holli Yeoh

Snow Wash

<https://revolutionwoolco.com/blogs/the-canadian-wool-revolution/snow-to-wash-your-woolens?>

Revolution Wool Co.

Local Classes and Groups

Mending Circle @ Rabbit Row Haberdashery
Meets Thursday evenings from 6:30 - 8:00 pm
Check in for classes as well!

Mending Circle @ Sew Green
Meets Fridays from 1 - 3 pm

Marcia Weinert - Replaceable Soles

Nancy Vandivert - Visible Mending

