

# *mending*



*nice  
to  
mend  
you!*

2024  
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Supported by:  
Sustainability Action Booster

## *What is Aalto Repair and Rewear?*

*Aalto Repair and Rewear (ARR) is a project funded and supported by the Sustainability Action Booster. We want show you how to mend your garments to make sure you can wear and enjoy them for as long as possible. Therefore we offer various workshops showing mending techniques and are building a welcoming and passionate community.*

# *welcome*

*Hello and welcome to this mending guide!*

*This mending guide will give you some basic information on textiles and show you different techniques to help you mend your beloved garments.*

*In this guide you will learn the difference between knitwear and woven fabric and how to differentiate the two to make sure you can properly mend your garment. We'll walk you through different mending techniques, such as fixing holes or shortening a hem, and show you all the materials you will need.*

*For every mending technique, we created a list of all the materials needed and step-by-step instructions and added some pictures for better understanding.*

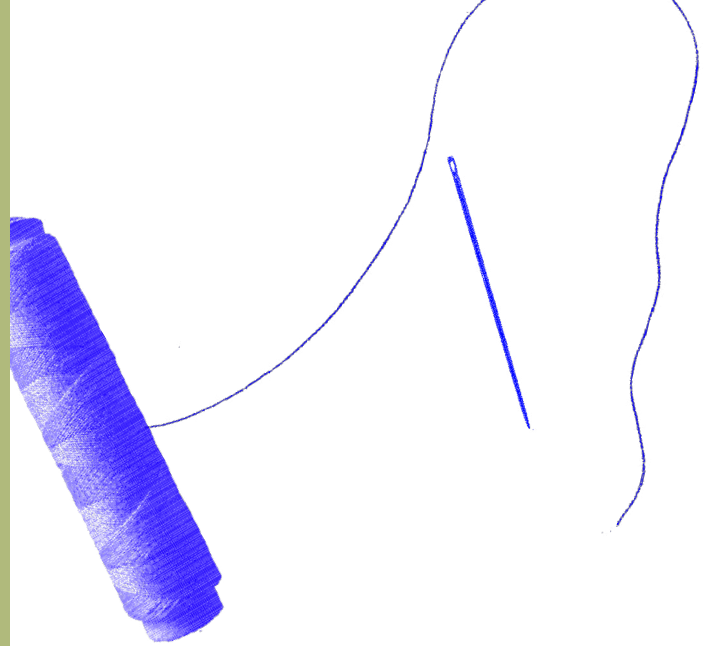
*With this, we hope to give you all the skills and empowerment you need, to start mending your own clothes!*

# essentials

1. When repairing or mending garments, the most important thing is to accept that it will very likely not look like it was in the beginning. Mending is about improvising and finding a new and creative way to fix. Therefore embrace the change and make it your own!

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2. Mending, as everything takes time and practice. So if something doesn't look perfect on your first try, don't worry, you will get better with every garment you mend.

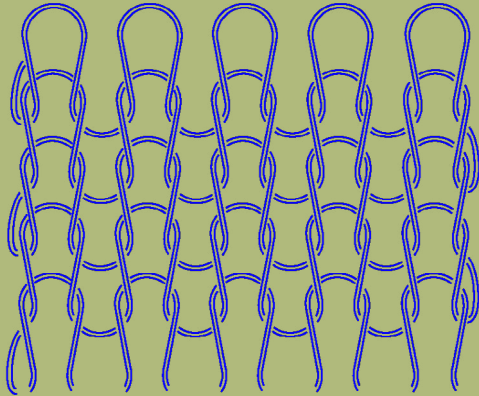


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## content:

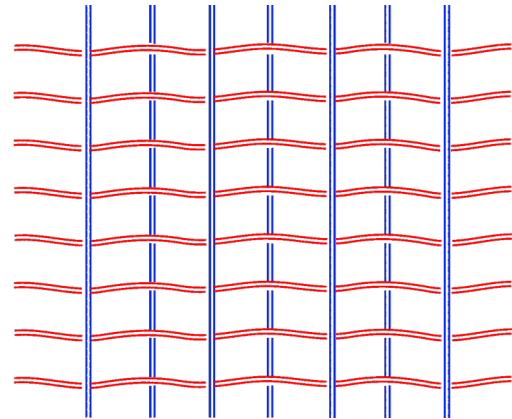
1. Knitwear and wovens
2. Mending materials
3. How to start/finish your work
4. Mending knitwear
5. Mending wovens
6. Sew a button
7. Shorten a hem
8. Other links

# knitwear



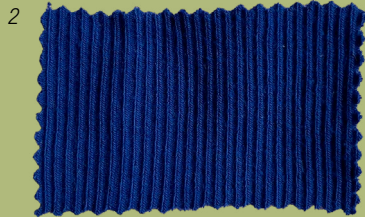
Knitwear is made from one thread that is formed into stitches that interlock. Knitted textiles are elastic and used for example for t-shirts, sweaters or socks. In the front side of knitwear you might be able to see little „v“s whilst the backside has „u“s.

# wovens



Woven textiles are made by crossing threads in a 90- degree angle. This way a „grid“ is formed. Woven material is often more stiff than knitwear and is used for garments like pants, shirts or blouses.

# knitwear



1. Knitwear with small stitches
2. Knitwear in ribbed pattern
3. Knit „stitches“ (= front)
4. Knitwear „purls“ (=back)

# wovens



1. Denim
2. Denim backside
3. Plain weave
4. Gingham pattern

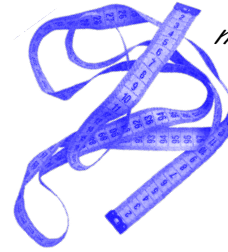
# mending materials



safety pin



fabric scissor



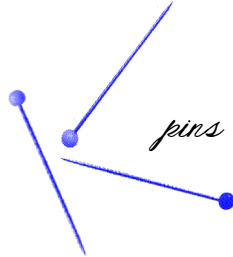
measuring tape



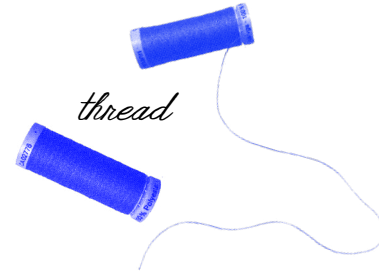
thimble



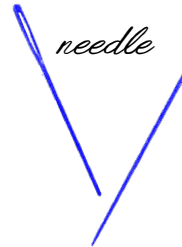
darning mushroom



pins



thread



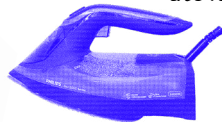
needle



snipper



seam ripper



iron

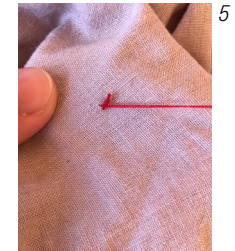
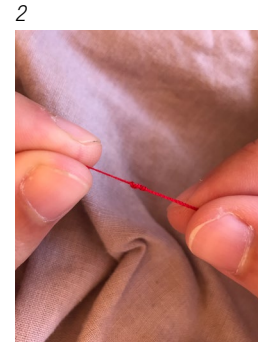
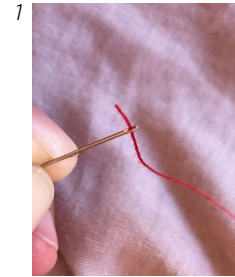


## starting your work:

1. Thread the needle by pulling the thread through the eye of the needle (1)
2. pull the thread until it's as long as you want to be. Don't make it too long, the thread will get tangled and twisted, so rather keep it short.
3. Cut off the thread and tie a knot (2).
4. Make a very small stitch into your garment (3), and pull the thread through until there is only a little loop left.
5. Pull the needle through that little loop (5) and pull tight (6).

useful resources:  
[how to thread a needle](#)

starting your work



Aalto Repair and Rewear





1



2



3

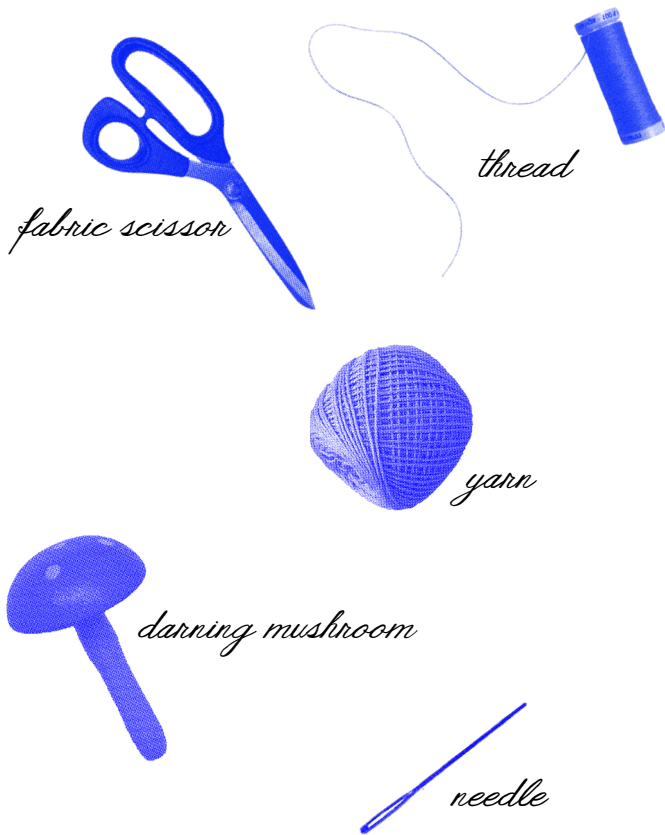


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*finishing your work*

### *finishing your work:*

- 1. When you are finished with your work or the thread is getting too short, again make a small stitch into your garment (1) and pull the thread through until there is only a little loop left..*
- 2. Pull the needle through the loop and pull tight (3).*
- 3. Insert the needle into the garment next to the knot you just made (4).*
- 4. Pull the needle through your garment and pull it out of the fabric wherever you want.*
- 5. Cut the excess thread.*



# knitwear

## essentials:

1. The darning mushroom is used to mend knitwear and pull your textile over it. This way you make sure that your garment remains its shape when mending. It also helps with making sure that you don't accidentally stitch into the other layer of your garment and sew two pieces together.
2. When repairing knitwear you basically weave over the hole/fraying part of your garment. This means you recreate the grid shown on page 11, to make sure the hole is secured and will not get bigger.
3. To mend knitwear you typically choose a needle with a rounded tip, but take whatever needle works best for you. You also want to choose a thread/yarn that matches the material of your garment.

## darning big holes:

1. Pull the hole you want to fix over the darning mushroom, it's easiest to attach your garment with a tie to hold it in place.
2. Start your work (page 14)
3. Pull the needle through the stitches of the fabric in an up and down motion, as if weaving (1). Make sure you start a little bit outside of the hole and not directly at the edge. Otherwise the edges will fray again really easily.
4. Pull the needle through the opposite direction, again in an up and down motion (2), repeat until you have covered the entire hole cut the thread and and weave in the ends (page 17).
6. Thread the needle again and tie a knot.
7. Turn your work 90 degrees and again pull the needle through the lines you have just created in an up and down motion (3).
8. Repeat until you have reached the end of your grid.
9. Finish your work (page 17).

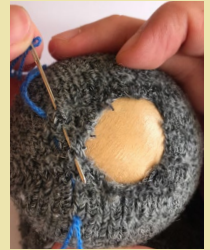
### helpful resources:

- [how to mend holes in knitwear](#)
- [how to mend underarm holes](#)
- [how to mend a cuff](#)
- [How to darn a sock](#)



1

2



3



21

4



5



## *small holes:*

1. *Put your piece inside out.*
2. *Thread the needle and tie a knot.*
3. *Pull your needle through the fabric (1).*
4. *Pull your needle around the hole, gently pulling into the surface of the fabric but not fully pushing through (2).*
5. *Pull the thread tight and tie a knot (3).*
6. *Finish your work (page 17).*

*This technique works well with knitwear because it is elastic and the material will jump back into shape. You can also use it for very small holes in wovens, but the shape of the garment might get slightly distorted.*

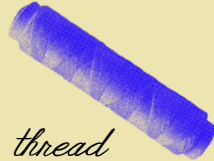




*fabric scissor*

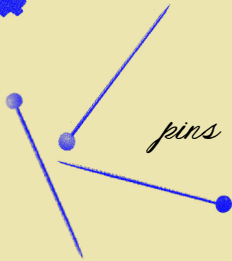
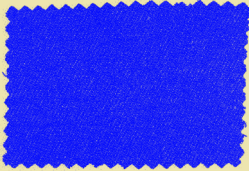


*needle*

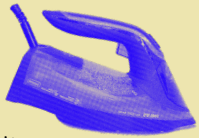


*thread*

*patching fabric*



*pins*



*iron*

# wovens

## essentials:

1.

To mend woven fabric you need a patch, meaning a piece of fabric that will „cover“ the hole you want to fix. It's best to choose a patch in a fabric that is similar to the one of your garment. For example when your garment is made of cotton, it's good to choose a patch that is also made of cotton. The same goes for the stiffness and the weight of the fabric.

2.

To patch a woven fabric you can sew on a patch (method nr.1), this is more secure, but takes a bit more time. Alternatively, you can also iron on a patch (method nr.2). This is a lot faster but might not be as long lasting as sewing on a patch. In some materials though, for example, waterproof fabrics or sports gear, it's necessary to iron on the patch because the stitches of the needles would disrupt the water resistance.



## method nr.1: sew on a patch

1. For the patch, choose a material that is similar to the fabric of your garment.
2. Cut out the patch: it needs to be bigger than the hole you are fixing, generously overlapping the edges by a few centimeters (1).
3. Trim the edges of the hole you are fixing, this means cutting off all frayed edges and loose threads.
4. Secure the patch from the inside of the garment with some pins (2).
5. Thread the needle, tie a knot and broadly stitch around the edge of the hole (3). With this, you are securing the patch to the hole as well as prevent further fraying.
6. Finish your work (page 17) and rethread the needle.
7. Insert the needle through the fabric and tie a knot. Make sure you start a little bit outside of the hole and not directly at the edge. Otherwise the edges will fray again really easily.

You are now going to recreate the „grid“ of the weaving (page 11), attaching the patch to your garment to cover and secure the hole:



4



5



6



7



**10.** Pull the needle through the fabric in an up-and-down motion, as if weaving (4).

**11.** Pull the needle through the fabric in the opposite direction, again in an up-and-down motion.

**12.** Repeat until you have covered the entire hole, make sure you go a bit over the edge, to properly secure the hole.

To cover the entire hole you might have to rethread you needle a couple of times, therefore simply finish you work (page 17) and then start your work (page 14) again.

**13.** Thread the needle again and tie a knot.

**14.** Turn your work 90 degrees and again pull the needle through the grid you have just created in an up-and-down motion (5).

**16.** Repeat until you have reached the end of your grid (6).

**17.** Again, tie a knot and finish your work (7) (page 17).

**18.** You can now either trim the patch until there are no flapping edges left or you can continue stitching the patch to your garment in nice and creative patterns ([visible mending](#))

helpful resources:

[How to mend tears in jeans](#)

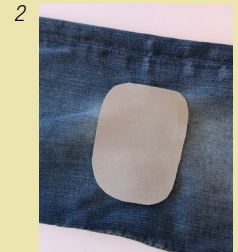


## method nr.2: iron on a patch:

*Iron patches can be found in many supermarkets and online. Choose one that is similar to the material you want to fix.*

- 1. Trim the edges of the hole you are fixing, this means cutting off all frayed edges and loose threads (1).*
- 2. Cut out the patch: it needs to be bigger than the hole you are fixing, generously overlapping the edges by a few centimeters (2).*
- 3. Turn on the iron and make sure it's at the right temperature (it should say the correct temperature on the packaging of the iron on the patch).*
- 4. Place the patch on the fabric, cover it with a thin cloth or baking paper, and then press the iron onto the patch, gently moving it back and forth for about 30 to 60 seconds (3).*
- 5. Flip over your garment and iron the backside of your patch for another 30 to 60 seconds.*
- 5. Test if the patch is properly glued to the fabric and let it cool for some minutes.*

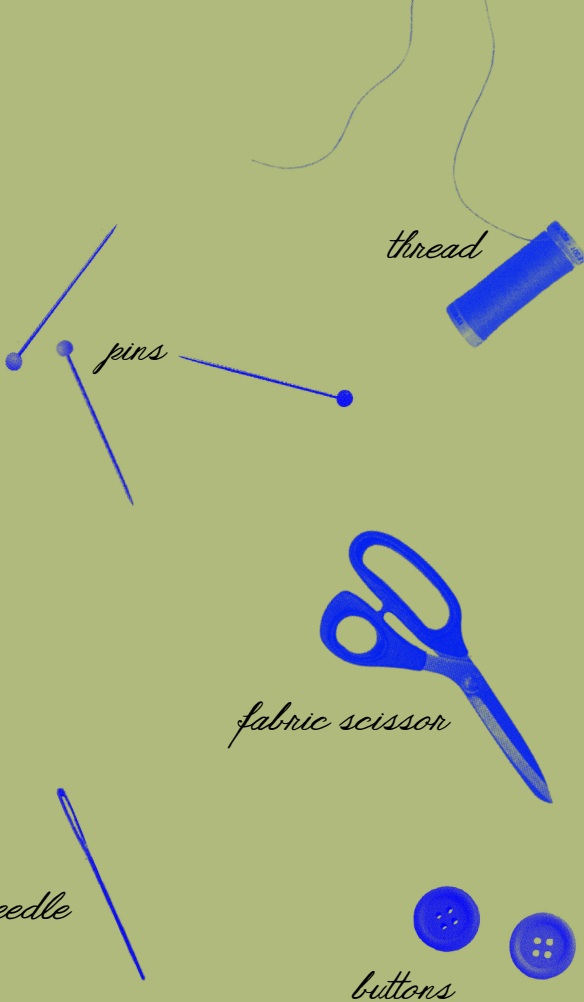
*helpful resources:*  
[How to iron on a patch](#)



# sewing a button

## essentials:

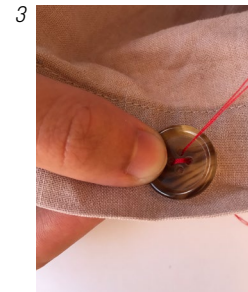
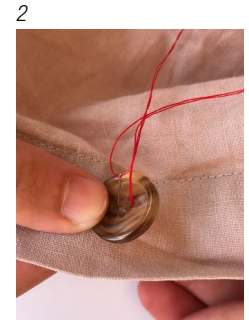
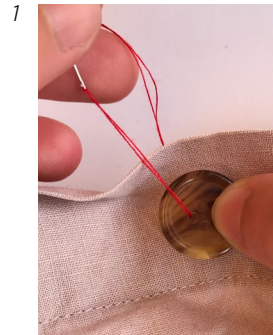
1. When sewing a button you want to make sure that you are sewing it on very securely, because often they are subjected to a high level of traction.
2. When choosing a button make sure it fits through the button hole before you sew it on.
3. When you want to replace a missing button often you can still see the position where the button used to be through the stitches or loose threads. if you can't tell where the button needs to be, button up your entire garment or lie the button placket in the way you want it to fit. take a pin and mark where the button needs to be or mark it with a pencil.

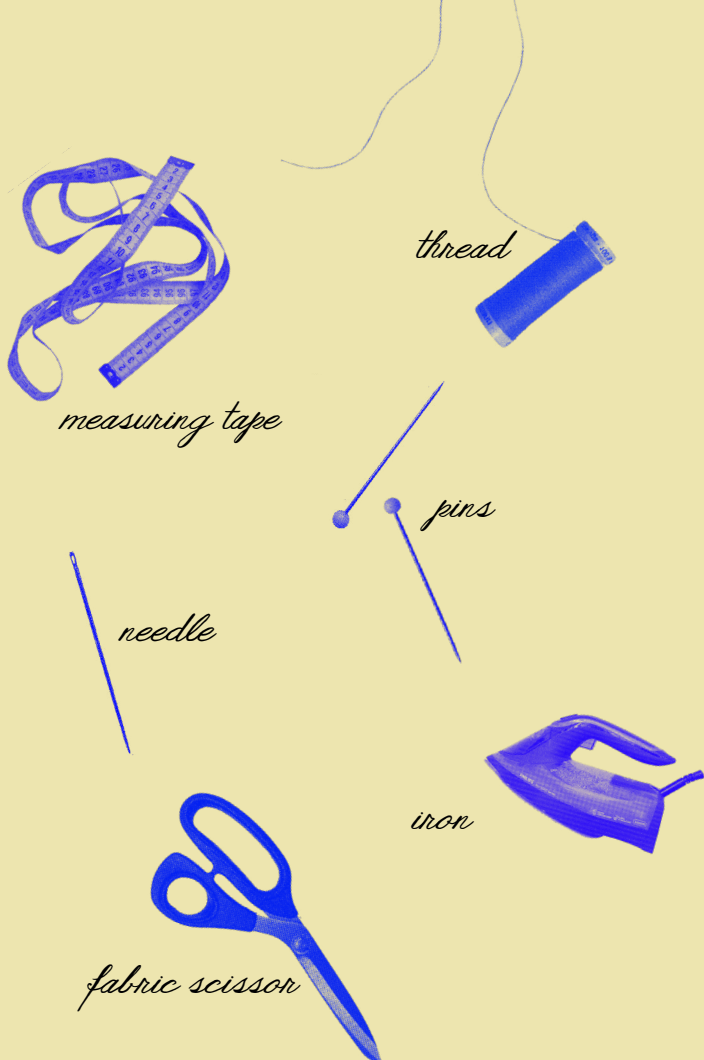


## sewing a button:

1. Thread the needle and tie a knot.
2. Place the button where you want it to be.
3. Thread the needle and tie a knot, then push the needle up through the fabric and through one hole in the button (1).
4. Push the needle back into the fabric through one of the other holes in the button (2).
5. Repeat this 3-4 times until you feel the button is secure (3).
6. On the last stitch, push the needle through the material, but not through a hole in the button (4).
7. Wrap the remaining thread between the button and the material. This is so that the button is not too tight to the garment and will more easily fit through the buttonhole.
8. Push the needle back down through the material, tie a knot and finish your work (page 17) (5).

useful resources:  
[how to sew on a button](#)





shorten a hem

# shorten a hem

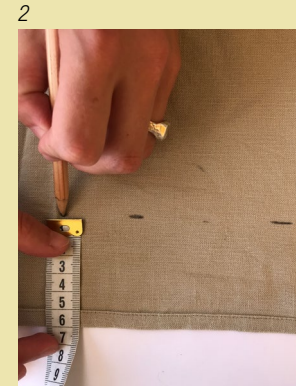
## essentials:

1. If you don't feel confident enough to hem your garment it's better to bring it to a professional tailor to make sure you don't accidentally ruin your garment.
2. When sewing the new hem you can either use a sewing machine or do it by hand. When sewing the hem by hand you are using a blind stitch. This is a stitch that can only be seen from the inside of the garment but not from the outside. Depending on the material of your garment it might require a very fine needle and quite a bit of patience.

## shortening a hem:

1. If you only want to shorten your garment a little bit you will have to open the current hem of the garment to make sure you have enough fabric. Therefore open the hem of your garment using a seam ripper. Alternatively you can use a small scissor and gently cut open the seam of the hem. Then „unfold“ the hem and iron over it.
2. To check how long you want your garment to be, first put on your garment and then use a pin to mark the length you want.
3. Pull your garment inside out.
4. With a measuring tape or ruler measure the difference between the current hem and the length you want (1).
5. Now add 4 centimeters to this length as a seam allowance for your new hem.
6. Measure this final length around your garment and mark it with a pen or some pins (2).
7. Cut off the excess fabric (3).

useful resources:  
[how to reopen a seam](#)

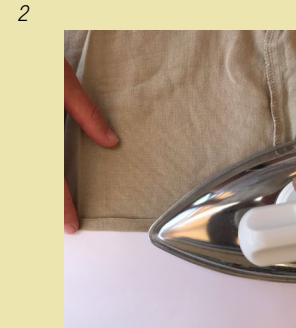
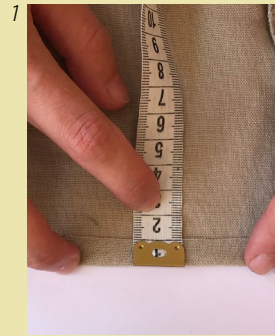


- 40
8. With an iron, fold the fabric under 1 cm (4).
  9. Again fold the fabric under 3 cm (6) and iron over it (7).
  10. Now pin the edges of the hem all the way around your garment, this way it's easier to sew it on.

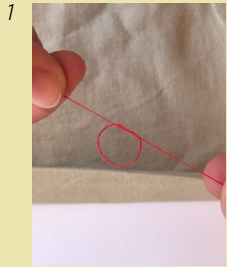
**with a sewing machine:**

Sew a straight stitch along the folded edge to secure the hem. Make sure to pull out the pins as you are sewing.

useful resources:  
[how to sew a hem with a sewing machine](#)







shorten a hem

### by hand:

*When sewing the hem by hand you will be pulling your needle back and forth through the edge of the hem and the fabric. When you are sewing through the fabric, don't push the needle through the fabric or the stitch will be visible on the right side of the garment. Instead, slide your needle through a single loop on the surface of the fabric.*

- 1. Thread the needle, tie a knot (1) then look for the vertical seam where the fabric pieces are sewn together (2).*
- 2. Now very gently pull your needle only through a small stitch of the fabric, not fully pushing it through so that your thread can not be seen from the other side (3).*
- 3. Now pull your needle through the hem (4).*
- 4. Stitch your needle again through the fabric.*
- 5. Repeat this back and forth around the entire hem.*
- 6. You will likely have to rethread your needle a couple of times, simply finish your work (page 17) at the edge of the hem and start your work (page 14) again.*

*useful resources:*  
[how to shorten a hem without sewing machine](#)  
[how to sew an invisible hem](#)



# *other links*

## **other useful resources:**

### *Basic sewing with sewing machine:*

*How to use a sewing machine*

*Basic sewing (includes making a tote bag)*

### *Taking care and quality:*

*How to prevent holes in your clothes*

*How to maintain your clothes (Laundry 101)*

*meaning of Laundry symbols*

*How to wash wool*

*How to spot quality in clothing*

*How to thrift high quality clothing*

### *Altering clothes (sewing machine is needed):*

*How to take in jeans*

*How to take in jeans with an elastic waistband*

*How to take in pants (sewing experience needed)*

### *measurements:*

*how to take measurements*

### *others:*

*how to fix any hole*

*how to replace a zipper in jeans*

*How to mend a ripped pocket*

*Repair tears with ladder stitch*

*Thank you to:*

*Regina Kazanjian*

*Miina Heikkinen*

*Elisa Nicoloso*

*Dinah Coops*

*Jamie David Kinsella Smyth*

*Laura Pohto*

*Sofia Dinello*

*The Sustainability Action*

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