



THE 20-MINUTE MONTHLY MEND SESSION

3 MIN

2 MIN

12 MIN

3 MIN

Fill the log, refill the basket

FIX TYPES button • seam (backstitch) • darn (holes in knits and socks) • patch (jeans, elbows, knees) • hem (slip stitch) • tailor • rags

THE RULE If it needs a fix, it goes in the basket, not back in the drawer. Pin a scrap of paper to it that says what is wrong.



Mending Basket Kit

Start with what is already in the house. Add pieces when a mend asks for them.

THE BEGINNER KIT

- ☐ **Hand sewing needles**
an assorted pack, plus one with a big eye
- ☐ **All-purpose thread**
black, white, navy, gray, and one fun color
- ☐ **Embroidery floss or sashiko thread**
for stitches you want to show
- ☐ **Small sharp scissors**
keep them for thread and fabric only
- ☐ **Pins + a few safety pins**
safety pins also mark the problem spot
- ☐ **Thimble**
optional, helps with denim
- ☐ **Seam ripper**
for undoing a stitch that went wrong
- ☐ **Darning mushroom or egg**
or any smooth, rounded object
- ☐ **Wool or cotton darning yarn**
close to the weight of your socks
- ☐ **Patch fabric**
cut from old shirts, jeans and pillowcases
- ☐ **Chalk pencil or washable marker**
to draw stitch lines
- ☐ **Spare buttons**
the little bags that come with new clothes

WHICH FIX FOR WHICH PROBLEM

- Loose or missing button** **SEW ON A BUTTON**
Double thread. Leave a little slack so it buttons easily. Wrap the thread under the button a few times on coats.
- Split seam** **BACKSTITCH**
Inside out. Start half an inch into the good stitching and end half an inch past the gap.
- Hole in a sock or sweater** **DARN**
Stitch a box around the hole, lay threads across one way, then weave over and under the other way.
- Worn knee or thin spot** **PATCH**
Patch fabric behind the hole, an inch bigger all around. Rows of running stitch through both layers.
- Dropped hem** **SLIP STITCH**
Fold back on the old crease. Catch a thread or two of the outside, then slide along inside the fold.
- Snag in a knit** **PULL IT THROUGH**
Do not cut the loop. Push it to the inside with a needle or crochet hook, then ease the stitches flat.

SKIP THE DIY, CALL A PRO

- Coat and jacket zippers
- Lined or tailored jackets and suits
- Leather, suede and shoes (cobbler)
- Anything you would cry about ruining

TOO FAR GONE?

Cut cotton into cleaning rags. Save good patches of fabric for the next mend.

THIS MONTH

MENDED _____

STILL IN THE PILE _____

WENT TO THE TAILOR _____

BECAME RAGS _____

ADD TO THE KIT _____

MEND DAYS THIS YEAR • PICK ONE DAY A MONTH AND WRITE IT IN

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC