

Hand Sewing, Mending and Alterations Syllabus

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Note: Please email me for all non-urgent matters. If something urgent arises, feel free to send a text message. Reserve phone calls for situations where email and texting are not possible.

COURSE DESCRIPTION

Bring your worn out or ill-fitting clothes and learn how to fix them! Hand sewing is a small but powerful survival skill, and should be as ubiquitous as cooking. It is cheap and portable, plus it builds resilience in an uncertain world. It's also a calming practice that you can do in front of the TV. In this class we'll practice the essentials of mending, patching and darning to fix things and taking in, letting out, and adding panels to make clothing fit. We will then use our basic sewing skills to make a fleece hat, small bag or other basic textile item.

LEARNING OUTCOMES

Basics and Mending: Week 1, 2, 3

- Learn basic hand stitching techniques and stitches
- Understand your materials
- Understand thread and fabric differences
- Learn basic patching and mending of holes, slashes, and split seams
- Learn how to sew on a button
- Basic darning, with a few variations
- Intro to sashiko

Alterations: Week 4, 5, 6

- How to take things in - Seams, Darts, Gathers, etc.
- How to let things out
- How to take up a hem or let out a hem
- How to add panels

Sewing Project: Week 7, 8

- Learn how to read a pattern
- Learn basics of sewing a project
- Review 3 basic stitches to sew a fleece hat

MATERIALS

You will need to bring:

- Garments you want to mend or alter. Bring mending projects week 1-3, anything you want to alter start bringing on week 4. If you don't have anything to mend or alter, I can bring some things to practice on. Bring multiples. Bring mending projects week 1-3, and alteration projects week 3-6.
- Fabric for patching if you need to patch something. (Match fabric if you want it to match. Fun contrast/color if you want to do visible mending.)
- Week 7: ½ yard fleece fabric or similar fabric - we will discuss this before you need it, so you will have a chance to order it online.

Sewing kit:

- Cotton Thread that matches the garments and fabric highly suggested - I will supply polyester, but recommend cotton.
- Seam ripper
- Straight pins - suggest the kind with colorful tops
- Tailor's chalk or a sewing marker
- Fabric scissors or very sharp scissors. (I will be teaching scissor sharpening but not until later in the class)
- Measuring tape

Optional:

- Ruler (optional)
- Thimble (optional)
- Embroidery hoop (I will have a few to borrow)

Fun stuff to try if you want to learn:

- Darning egg
- Darning loom

Notes:

- Your fee pays for practice fabric, embroidery thread and embroidery needles for practice stitching.
- I have most supplies for students, but do not have enough scissors or chalk for everyone.
- I will bring cotton sewing thread to work with in a variety of colors, plus regular sewing needles, needle threaders, and wax conditioners and a few other supplies.