

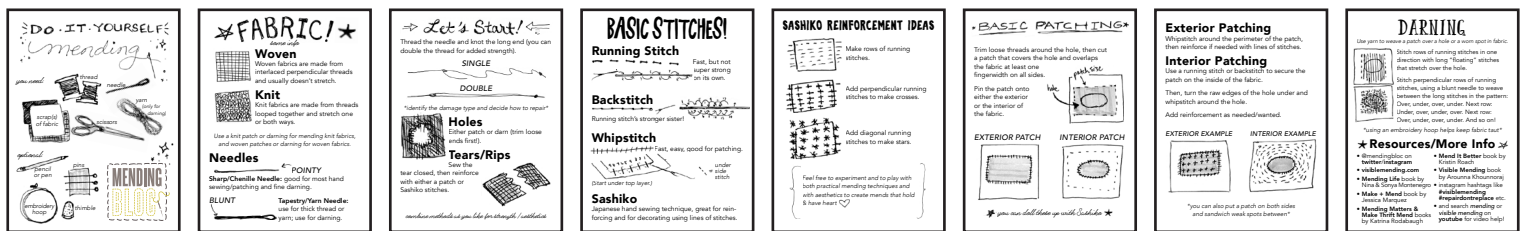
# Do It Yourself Mending printable zine!

Print zine 2-sided. You'll get one 8-page zine per sheet of paper.

Print Page 2, scale to fit on page, centered.

Flip paper to print on other side with the same side up, so when it's printed the page with "FABRIC!" at the top is on the other side from the cover page with "Do It Yourself Mending" on top.

Cut across sheet width-wise and flip pages so they are same side up; check where the cover page is and fold pages in half accordingly. Once the book is folded, the pages should be in this order:



1 2 3 4 5 6 7 8

Staple or stitch together or just leave loose.

NOTES:

The only color in the zine is the gold in the Mending Bloc logo so if you want to print grayscale or you only have a black-ink printer, that will work fine!

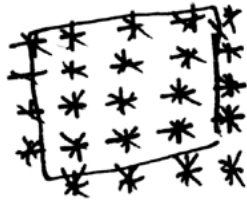
Distribute this freely!



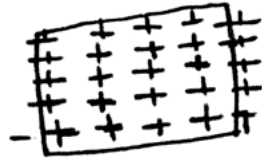
## SASHIKO REINFORCEMENT IDEAS

Feel free to experiment and to play with both practical mending techniques and with aesthetics to create mends that hold & have heart

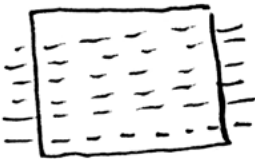
Add diagonal running stitches to make stars.



Add perpendicular running stitches to make crosses.



Make rows of running stitches.



Japanese hand sewing technique, great for reinforcing and for decorating lines of stitches.

## Sashiko

(Start under top layer.)

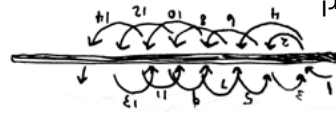
under = side stitch



Fast, easy, good for patching.

## Whipstitch

Running stitch's stronger sister!



## Backstitch

Fast, but not super strong on its own.

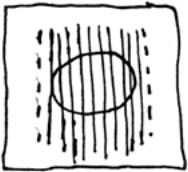


## Running Stitch

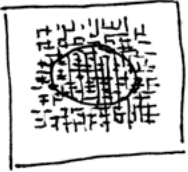
# BASIC STITCHES!

## DARNING

Use yarn to weave a patch over a hole or a worn spot in fabric.



Stitch rows of running stitches in one direction with long "floating" stitches that stretch over the hole.



Stitch perpendicular rows of running stitches, using a blunt needle to weave between the long stitches in the pattern: Over, under, over, under. Next row: Under, over, under, over. Next row: Over, under, over, under. And so on!

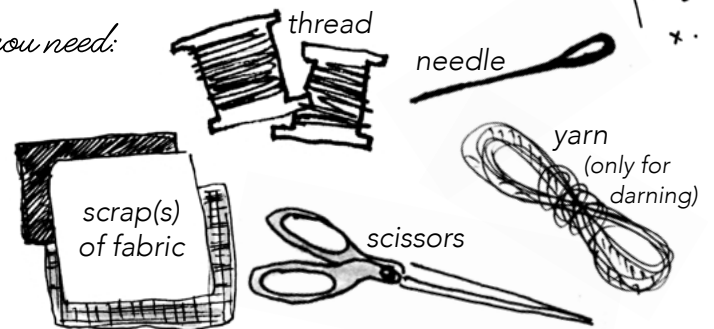
\*using an embroidery hoop helps keep fabric taut\*

## ★ Resources/More Info ★

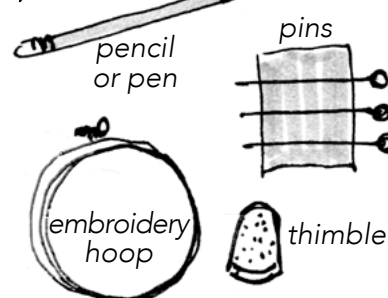
- @mendingbloc on twitter/instagram
- [visiblemending.com](http://visiblemending.com)
- **Mending Life** book by Nina & Sonya Montenegro
- **Make + Mend** book by Jessica Marquez
- **Mending Matters & Make Thrift Mend** books by Katrina Rodabaugh
- **Mend It Better** book by Kristin Roach
- **Visible Mending** book by Arounna Khounnoraj
- instagram hashtags like **#visiblemending** **#repairdontrepare** etc.
- and search *mending* or *visible mending* on **youtube** for video help!

DO IT YOURSELF!  
mending

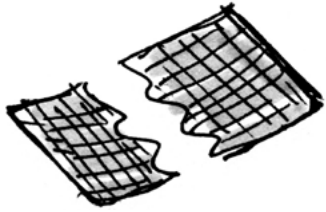
you need:



optional:



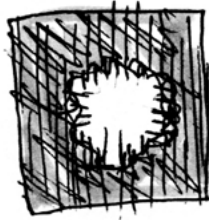
*combine methods as you like for strength / aesthetics*



Sew the tear closed, then reinforce with either a patch or Sashiko stitches.

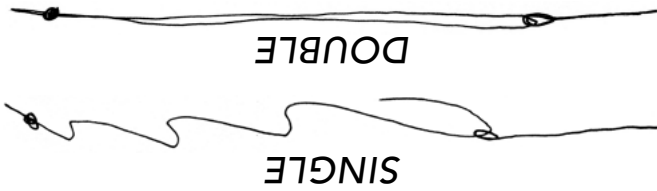
## Tears/Rips

Either patch or darn (trim loose ends first!).



## Holes

*\*identify the damage type and decide how to repair\**

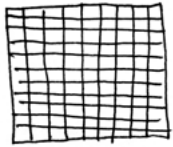


Thread the needle and knot the long end (you can double the thread for added strength).

→ *Let's Start!* →

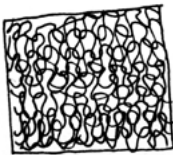
# ★ FABRIC! ★

*some info*



## Woven

Woven fabrics are made from interlaced perpendicular threads and usually doesn't stretch.



## Knit

Knit fabrics are made from threads looped together and stretch one or both ways.

Use a knit patch or darning for mending knit fabrics, and woven patches or darning for woven fabrics.

## Needles



POINTY

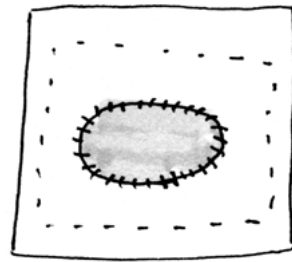
**Sharp/Chenille Needle:** good for most hand sewing/patching and fine darning.

BLUNT

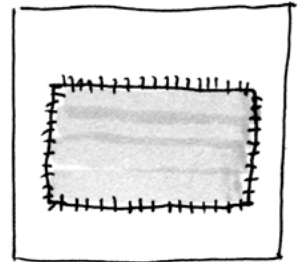


**Tapestry/Yarn Needle:** use for thick thread or yarn; use for darning.

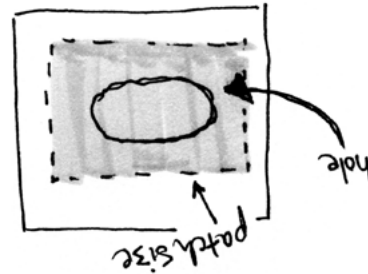
★ *you can doll these up with Sashiko* ★



INTERIOR PATCH



EXTERIOR PATCH



Trim loose threads around the hole, then cut a patch that covers the hole and overlaps the fabric at least one fingerwidth on all sides. Pin the patch onto either the exterior or the interior of the fabric.

## \* BASIC PATCHING \*

## Exterior Patching

Whipstitch around the perimeter of the patch, then reinforce if needed with lines of stitches.

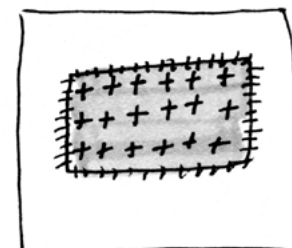
## Interior Patching

Use a running stitch or backstitch to secure the patch on the inside of the fabric.

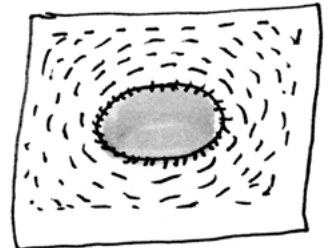
Then, turn the raw edges of the hole under and whipstitch around the hole.

Add reinforcement as needed/wanted.

EXTERIOR EXAMPLE



INTERIOR EXAMPLE



*\*you can also put a patch on both sides and sandwich weak spots between\**