



# GORGEOUS THREADS!

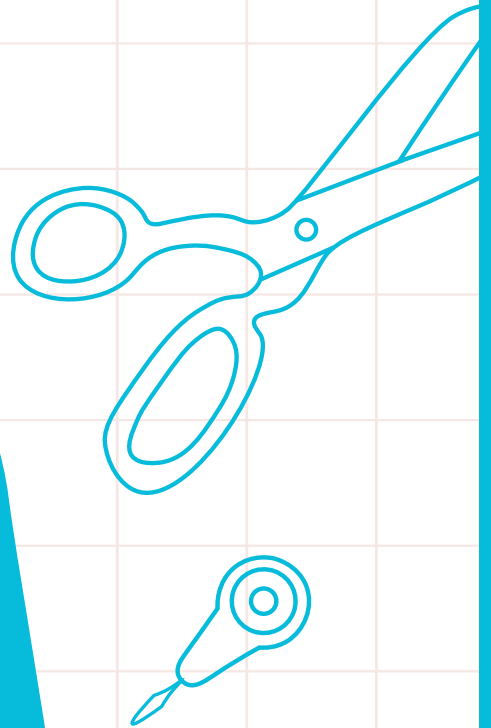
**YOUR GUIDE TO  
HAND STITCHING**



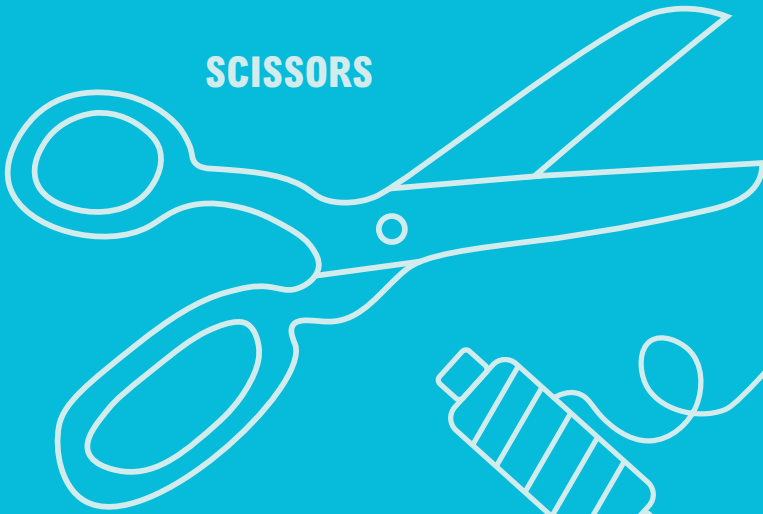
# YOUR RELOVE STORY STARTS HERE

Primark Cares is our commitment to doing better, everyday – making more sustainable products everyone can afford, reducing our impact on the planet and improving the lives of workers.

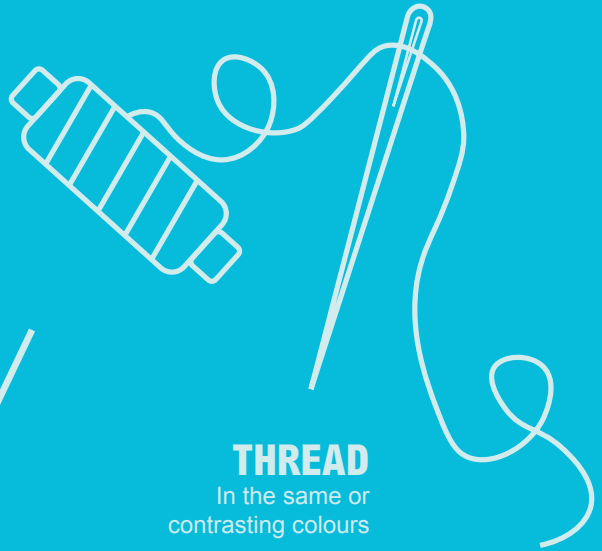
Use this guide to help you mend and even restyle your favourites – keeping them in use, and loving them for longer.



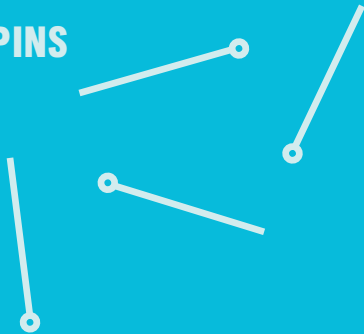
**SCISSORS**



**NEEDLE**



**PINS**



**THREAD**

In the same or  
contrasting colours

**Optional extras:**

Needle threader  
Thimble  
Ruler  
Tailor's chalk

**WHAT  
YOU'LL  
NEED**

# HOW TO THREAD A NEEDLE

Some say this is the hardest bit of any sewing task. Don't worry though, we've got you.



## WITH A NEEDLE THREADER

- 1 Use a white background – e.g. a piece of blank paper to help you see the eye of the needle.
- 2 Push the thin wire end of the needle threader through the eye of the needle.
- 3 Insert and push the end of your thread through the wire loop.
- 4 Pull the needle threader with the thread back through the eye of the needle.

## WITHOUT A NEEDLE THREADER

- 1 Use a white background – e.g. a piece of blank paper – to help you see the eye of the needle.
- 2 Get rid of any frayed ends by cutting the thread with sharp scissors at a 45-degree angle.
- 3 By twisting the end of the thread, it will make it easier to pass through the eye of the needle.
- 4 Hold your needle in your non-writing hand and push the thread through.

For stitches that you want to remain in place, knot the end of the thread that has not been pulled through the eye of the needle yet.



HOW TO DO A

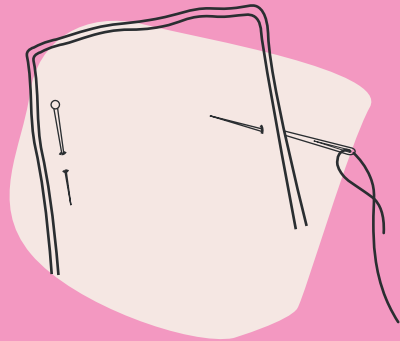
# TACKING STITCH

Think of this as a temporary fix.

This stitch is done by hand and is used to hold together two or more fabric layers while you stitch them permanently by hand or by machine.

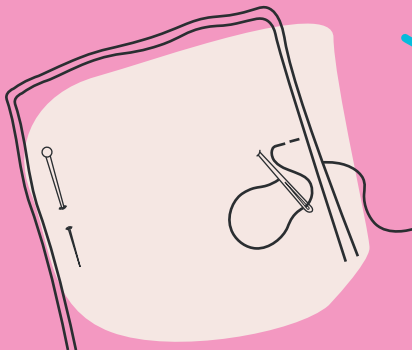
1

Bring the needle up through the fabric at the point where you want to start the run of stitches.



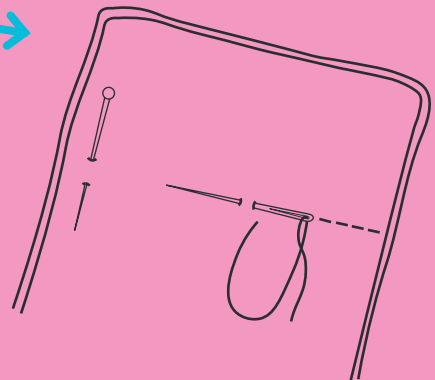
2

Push the needle back down through the fabric to create a stitch.



3

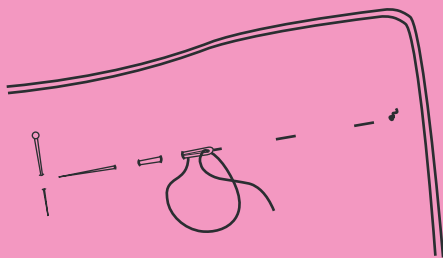
Smaller stitches take longer to do, but give you more control.





## EVEN TACKING STITCH

This is good for holding something together while you add a precise stitch, like when you're sewing curved seams.



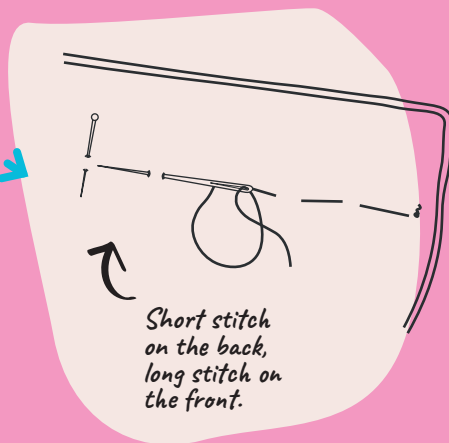
*Short stitch on the front, long stitch on the back.*



## UNEVEN TACKING STITCH

This is more temporary, and so doesn't need to be as precise.

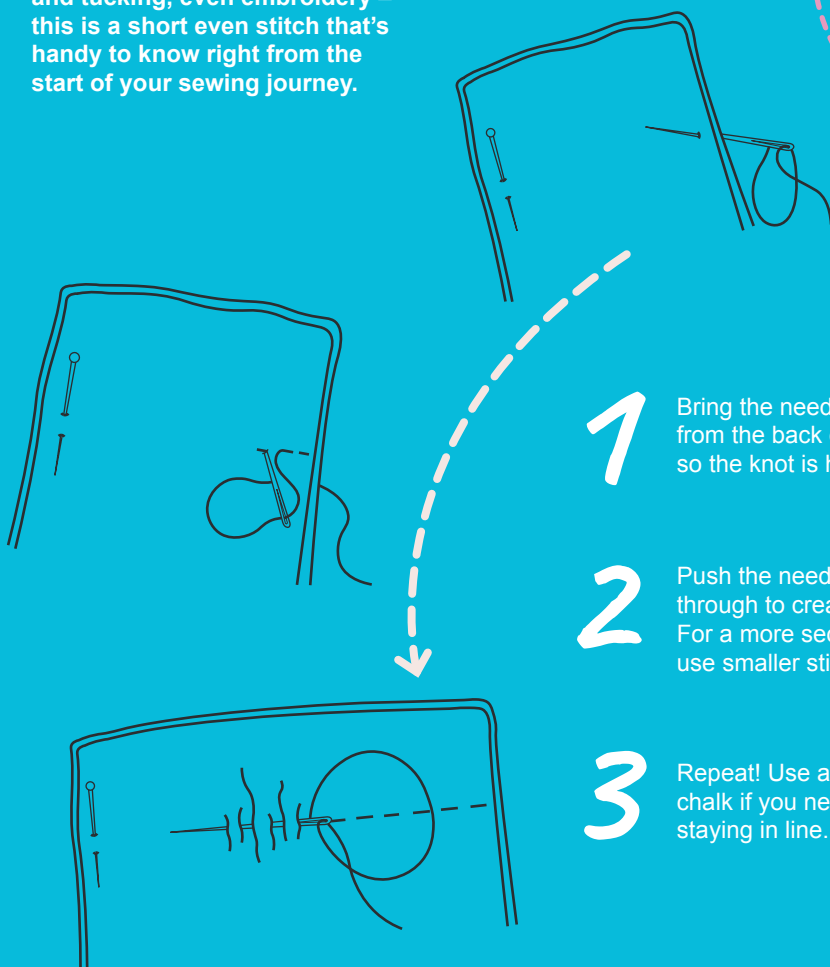
These stitches can also be used as marking stitches, and can be long and spaced apart.



HOW TO DO A

# RUNNING STITCH

Mending seams, gathering and tucking, even embroidery – this is a short even stitch that’s handy to know right from the start of your sewing journey.



1

Bring the needle through from the back of the fabric, so the knot is hidden.

2

Push the needle back through to create the stitch. For a more secure finish, use smaller stitches.

3

Repeat! Use a ruler and chalk if you need help staying in line.



HOW TO DO A

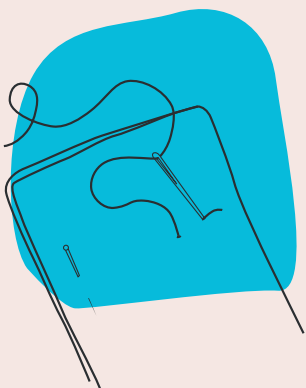
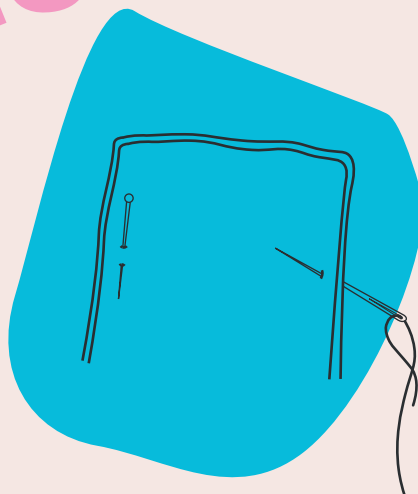
# BACK STITCH



Loose seams? Hand stitching coming apart? Use this strong and versatile stitch to keep together.

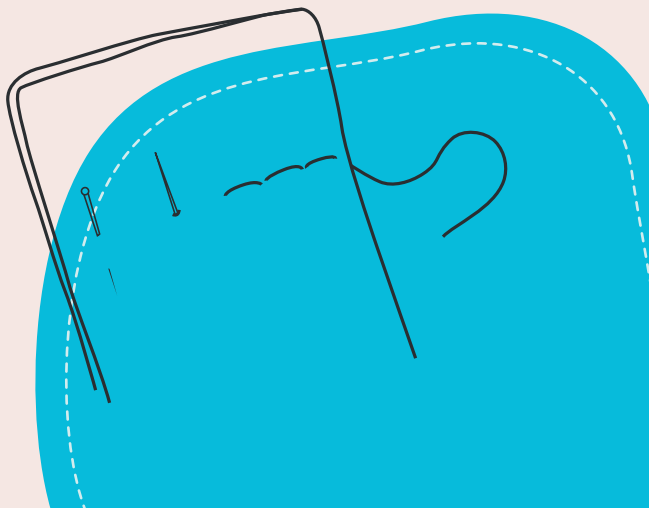
1

Bring the needle up through the fabric. Push the needle down through the fabric. Bring the needle back up through the fabric, and then down again at the end of the previous stitch.



2

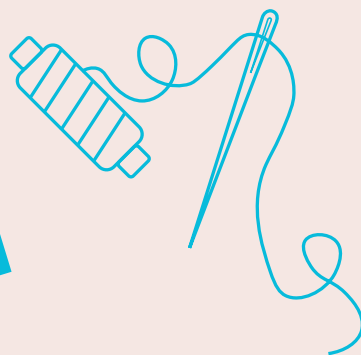
For a more secure finish, use smaller stitches and when complete, fasten with a knot.



With their uniform length and with very little space between them, they look almost like machine stitching.

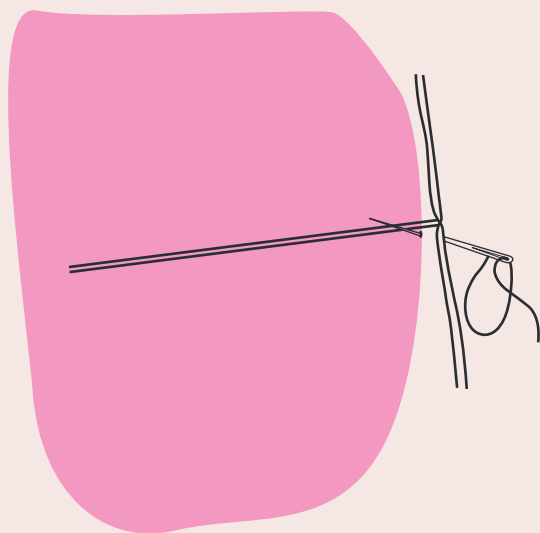
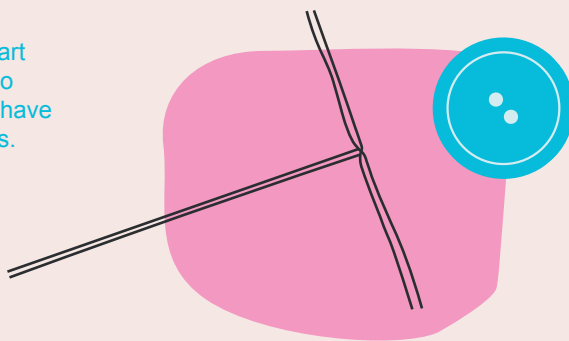
HOW TO DO A

# SLIP STITCH



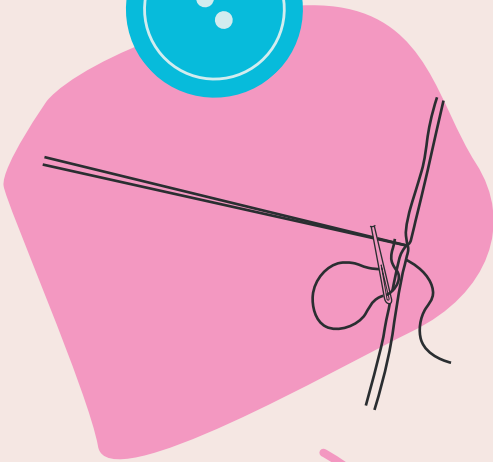
Slipstitch is also called an invisible ladder stitch, because when you do it right you can't see it. That makes it perfect for joining two folded edges, like a lining seam that has come apart.

- 1 Before you start ensure the two folded edges have nice neat lines.

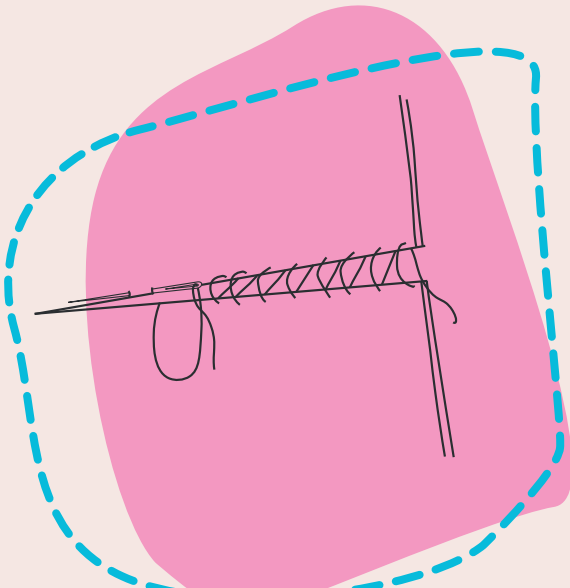


- 2 Bring the needle up through the underside of one folded edge so you can hide your knot.





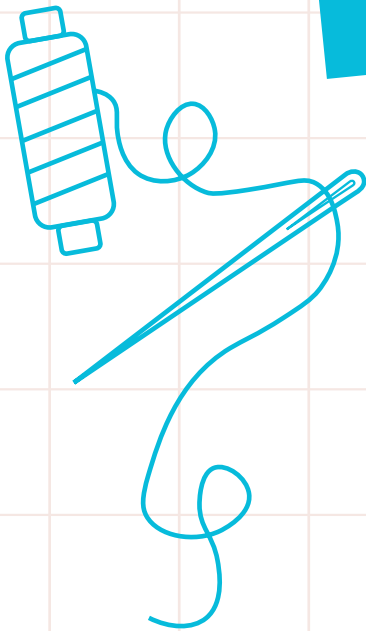
**3** Bring the needle to the opposite fold and push through.



**4** Repeat the process on the other side, about half a centimetre along – and continue until the gap is closed.

**The aim is for the stitches to be hidden between the edges of the folded fabric.**

# YOU MADE IT!



Making and mending is one of those skills that will stay with you for life. And now, with a bit of care, so will your favourite clothes, with a new lease of life.

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