

MAKE & CREATE



A Visible Mending Sampler: Learn the Repair Before You Touch Your Favorite Jeans



A PRACTICAL COMPANION TO THE GUIDE

Practice a denim patch, running stitch, and simple reinforcement on a small sampler before repairing clothing, with a printable stitch and repair record.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

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EXERCISE 01



Inventory the materials

Record the fabric type, backing, thread, needle, and tools you already have. Note stretch or unusual thickness. Identify one substitute if the first combination is difficult to sew. This keeps the project small and helps you trace a problem to a material choice instead of assuming that uneven stitches mean you are unable to learn the technique.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

Draw the worn area and backing

Sketch the marked oval and the patch around it. Show where sound fabric begins and where your stitches will extend. Add the direction of the fabric grain if you can identify it. Keep the backing margin visible on the drawing. The plan should make clear that the repair is held by usable cloth, not only by the edge of a hole.

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EXERCISE 03



Compare two stitch rows

Draw one loose row and one row with slightly closer spacing. Sew both on the sampler and compare their appearance and flexibility. Record the thread tension that kept the layers flat. Do not assign a beauty score. The useful distinction is how the row behaves when you bend the fabric and whether the backing remains connected to the front.

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EXERCISE 04

Test the finished sample

Flex the sample, inspect the back, and look for gathered cloth or lifting patch edges. If washing is appropriate, record the result after drying. Note any color transfer or change in size. These checks reveal how the repair may behave in use. Make one adjustment and test again before applying the method to a garment you rely on.

YOUR WORKING RECORD

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EXERCISE 05



Plan the garment repair

Identify the garment, the full worn area, and how that area moves when worn. Check access to the back and whether a seam or stretch fabric changes the task. Choose a patch that reaches sound material. Write a reason to pause or seek an experienced repairer if the damage is beyond this simple running-stitch method.

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EXERCISE 06

Record the next repair choice

Write one material combination you would use again and one change you would make. Include a small sketch or attach a photograph if you wish. Store the sample with the record. A useful next choice might be lighter thread, a softer backing, or wider stitch placement. Keep it specific enough that you can act on it without repeating the whole experiment.

YOUR WORKING RECORD

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