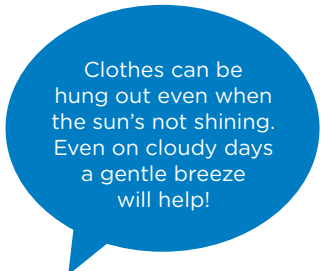




SAVE UP TO £160 A YEAR BY TUMBLE-DRYING LESS!

- 1 . Hang shirts and t-shirts on hangers and then hang outside - it keeps the creases out.
- 2 . Use good quality pegs - they last longer and won't mark your clothes.
- 3 . Shake clothes out before putting on the line, the less creased they are the quicker they will dry. They're also less likely to need ironing.
- 4 . Make sure sheets and duvet covers are folded neatly before you hang them. If possible hang them from their seams, not the crease in the middle to help keep them smooth.
- 5 . A cup of white vinegar added to your wash will help keep your clothes feeling soft when they dry.

www.loveyourclothes.org.uk
a programme of Zero Waste Scotland



Clothes can be hung out even when the sun's not shining. Even on cloudy days a gentle breeze will help!



**YOUR
CLOTHES**



HEMMING BY HAND

We've all got something in our wardrobes with its hems looking the worse for wear. But fear not, it is easy to fix a hem by hand, just follow the steps below.



For hemming, work with thread no longer than 45cm, or it will tangle. If the area you need to hem is larger, work in smaller lengths. There's no need to double up your thread, as you'd do for sewing on a button.

All you need to repair a hem by hand is:

- A needle
- The closest colour thread to your garment that you can find so your stitching doesn't show



STEP 1: If you need to (for example if the fabric is slippery), pin the hem to hold it in place. (Top tip: You could use paper clips, masking tape or safety pins if you don't have any pins to hand).

STEP 2: Thread your needle.

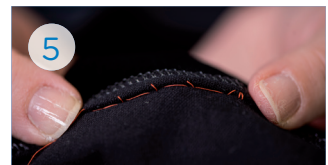
STEP 3: For a slip stitch (used for hemming), it's best to work from right to left. First, do a few stitches to secure the thread at the beginning of the area you want to repair.

STEP 4: Start stitching into the fabric - but so that it's only just catching. Push the needle forward about 0.5cm along the hem of the garment and pull through to make a slip stitch. Repeat until you've reached the end of the area you needed to hem.

TOP TIP: Don't pull the thread too tight or the hem will pucker. Keep checking the other side of the fabric to make sure your stitches aren't showing through.

STEP 5: Finish with a few stitches to secure. Carefully trim off any excess thread.

Finding sewing tricky? Then hem with an iron! Visit our website to find out how.



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YOUR CLOTHES

