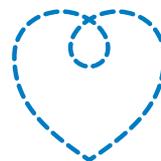


REMOVE THE PAIN FROM STAINS!

- 1 . **Red wine** - Continually rinse with carbonated or soda water to get stains out.
- 2 . **Perspiration marks** - Soak in white vinegar, rinse and then wash.
- 3 . **Grass** - Wash with biological detergent and any remainder stain remove with a dab of methylated spirits.
- 4 . **Cooking fat** - Create a paste of bicarbonate of soda and a little water to spread over the stain, leave for 30 minutes and then wash in biological detergent.
- 5 . **Chewing gum** - Put clothing in the freezer as once the gum is hard and brittle it can easily be scraped off with a knife.

One in ten of us has not worn an item because they can't get the stains out!



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HOW TO SEW A BUTTON

There's no need to stop wearing your favourite shirt or trousers just because you've lost a button.



Here's a step-by-step guide to sewing them back on. It's easier than you might think!

- STEP 1:** Select your thread and cut it to a workable length – around 35-40cm should be enough, as you usually double the thread to sew on a button.
- STEP 2:** Double up the thread, and thread your needle.
- STEP 3:** Tie a small knot at the end of the thread.
- STEP 4:** Find where you want the button to be placed on the garment. You can use the previous button marks to help you.
- STEP 5:** Pull the needle right through until the knot reaches the back of the fabric.
- STEP 6:** Next, insert the needle into one of the holes on the button, pull the needle through.
- STEP 7:** Continue to sew stitches through the holes in the button, catching the fabric underneath each time.
- STEP 8:** When you feel the button is nicely secured, bring the needle between the garment and the button and wrap the thread around the base of the button tightly, 5 or 6 times.
- STEP 9:** Secure with a final few stitches. Using scissors carefully trim off any excess thread and neaten things up.

All you need to sew a button is:



- A needle
- A button to match the one that's missing
- Thread to match the colour of the button



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