

VMFA Studio School Sewing Class  
2/11/17 - Heidi Field-Alvarez

Hi all,

So we are going to do a little bit of everything in this workshop in terms of hand sewing/mending and embellishing garments. I am going to cover buttons/buttonholes, hems, decorative mending stitches and basic embroidery, finishing stitches, embellishments to your garments and letting down hems and sleeves/cuffs. That said we will cover whatever it is you need to learn for your particular garment. I am very flexible!

If you have garments that you want worked on please bring them in and we will assess together what you want done and how to go about it! This could be for functional changes like letting out a hem or it could be for decorative purposes. I have included a link for a Japanese decorative repair technique that is very popular for denim called [Boro + Sashiko – The Art of Mending](#).

**We will mend clothes you bring in.**

**We will learn buttonhole stitch, catch stitch, running stitch, blind hem stitch.**

**We will try stitching on multiple kinds of fabric.**

**We will take out stitches to lengthen hems and cuffs.**

**We will learn decorative stitching for apparel, basic decorative embroidery and embellishments.**

**We will look at seam finishes - binding and other stitching finishes.**

We will also look at a variety of magazines and books for inspiration and resources. These include:

Threads Magazine

The Surface Design Journal

Dress Cutting (1930's) -Bramcost Publications

A-Z Whitework - Inspirations books

The Complete Book of Sewing by DK

Couture Sewing Techniques by Claire Shaeffer

Complete Guide to Embroidery Stitches by Reader's Digest

Vogue Sewing - sixth&spring books

### **Supplies:**

- Bring garments for repair or embellish.
- Small scraps of all kinds of fabric- cotton, wool, polyester. Something like 6"x6" not yardage!

If you have a sewing kit bring that if not following are some basics:

- Sewing needle - a small pack of large hole sewing needles and a small pack of embroidery needles. I have plenty of extras if you are unsure of what to get!

- Ripper
- Small embroidery scissors or regular scissors - Fiskers for sewing are good.
- Embroidery floss to practice embellishment stitches or to do Japanese stitching - matched to what you want to do if you have a plan. Again, I will have a lot of this which you are welcome to if you are just experimenting.
- White + black, Coats brand, All purpose thread. Small size, is sufficient.
- Silk thread in bright color if you want to try it out or any other kind of "fancy" thread if you want to experiment. If you have a specific task in mind for a garment then you will want to choose your color according to that. Otherwise, white will show up as you work on darker colors and black will show up on the light so you can see what you are doing.
- Scraps of lace, ribbons and buttons- a small pack of "classic" ½ " or something like that or just bring your jar of miscellaneous buttons. If you are like me you have one :) I will bring mine! Again, if you have a specific garment that you want to try them on then choose accordingly.
- Small journal to jot down ideas, sketch, plans