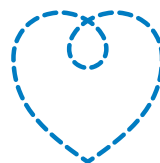


# ARE YOU WASHING RIGHT?

1. **Wool** - Don't wash it too often! Washing too frequently can wear out the fabric, making it lose its shape shortening its life.
2. **Cotton** - Iron to remove wrinkles but avoid ironing over stains as this will end up 'setting' the stains and could make them permanent.
3. **Polyester** - Avoid using the tumble dryer as this can cause shrinkage.
4. **Silk** - Check the label before washing as different types and blends of the material require different laundry methods.
5. **Waterproof material** - Use a technical wash to clean your waterproof garments and re-proof if necessary.

One in ten of us has not worn an item because of washing mishaps!



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# HOW TO ALTER A SEAM

You can easily alter the size of a garment by taking it in or letting it out on the seams.



It is usually the side seam that you alter, but other seams can also be altered if need be. If you need any help with the stitches mentioned here, there are lots of great video tutorials online that will show you exactly how they're done!

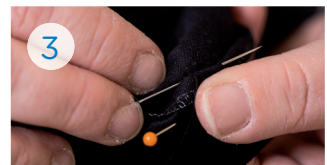
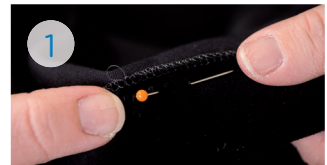
All you need to alter a seam is:



- A needle
- The closest colour thread to your garment so your stitching does not show
- An iron
- Sewing machine (optional)

- STEP 1:** Put the garment on inside out and pin the new seam lines that you would like the garment to have. It is easier if you can get someone to help you with this!
- 
- STEP 2:** Take the garment off.
- 
- STEP 3:** Tack the garment by hand using large running stitches along the new line that you have marked with the pins.
- 
- STEP 4:** Unpick the original seam line.
- 
- STEP 5:** Try the garment on again (right side out) to check the fit. Repeat these stages again if need be until you get the fit that you would like.
- 
- STEP 6:** Once you are happy with the fit, sew the new seam line either with a sewing machine straight stitch or by hand using a small backstitch.
- 
- STEP 7:** Take out the tacking stitches and press the seam with an iron.
- 
- STEP 8:** If you are reducing the size of the garment a lot, you may need to trim the seam allowance to make the seam sit correctly. However, always leave a 1.5cm seam allowance in place.

Visit our website for more tips.



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