



TIPS AND TRICKS FOR REFASHIONING YOUR CLOTHINGS BYADDING EMBELLISHMENTS



Ornamental decorations such as ribbon, ruffles, buttons, ric-rack, lace, fringe, cording, etc. can be used to embellish garments to give them pizzazz and make old clothing look like new.

Think of sewing trims as a way to elevate your clothing and instantly transform a ho-hum garment and give it a rock star effect! By keeping a few tips in mind, you'll be able to create a beautifully embellished project any time you want.

Tips for Adding Trim

Choose Trim Carefully

When choosing a trim for a sewing project, keep the mood, scale, and color of your design in mind. Pick a trim that complements your design. For example, for a retro look, you may want playful ric-rac and cute eyelet lace. For a denim jacket, heavier braid, gold fringe, or large buttons may be appropriate.



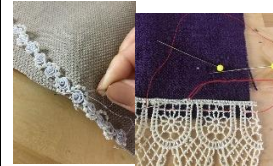
Plan Your Design

Think about what you have in mind for your design, and possibly sketch it or take trim you have available and lay it on your garment in various places to see the effect.



Baste Trim Before Sewing It

In most cases, it helps to hand sew or machine baste your trim to the project before you permanently affix it with your sewing machine. This type of temporary sewing is a great way to keep the trim in place as you work with the project. It gives you greater control over the placement. To do this, pin the trim in place, and then use large hand stitches or a basting stitch on the machine to hold it there. Then use your sewing machine to sew over the trim again. Hint: you may want to baste using a different colored thread so you can take it out.



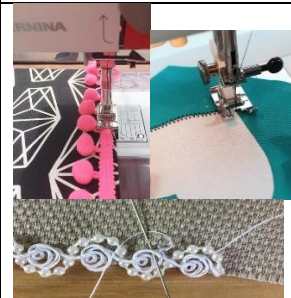
Use the Right Sewing Machine Foot

For many trims, especially those with a flat edge on one side, you'll want to use your sewing machine's zipper foot. This is usually the best choice for fringe, piping, ruffled or pleated lace, pom-poms, and some other styles. For flat trim, like decorative ribbon or flat lace, you can use a standard sewing machine foot to maintain extra control over your project.



Pick the Best Stitch

Different types of trim require different sewing machine or hand sewing stitches. For some very delicate trims like elaborate beadwork or rows of sequins, you may have better results sewing the trim by hand. To keep your stitches hidden, try to slide the thread under the sequins or beads and catch the fabric on either side of the trim piece. For many other types of trim, machine sewing offers more durable and professional results. Experiment with an extra piece of trim to find the stitch width that works best for these items. For some trims, like decorative cord or braid, you may want to use a zig-zag stitch to hold the trim to the fabric.



Don't Forget the Ends

When adding trim to a project, it's important to remember the raw edges of the trim. Some items, like braid or knitted lace, may unravel on the raw ends. To prevent this, use a dab anti-ravel glue. Then fold the end under and stitch it in place. This will help your project remain durable and attractive for years to come.



Techniques for Sewing Specific Trims

RIBBON:

Grosgrain ribbon is a popular trim that has visible ridges adding texture to a garment.

When sewing ribbon onto a garment:

1. Be careful when ironing ribbons. Set the iron temperature to a lower synthetic setting. Before sewing any project, lightly press the ribbons with a steam iron to smooth them and prepare them for stitching.
2. Increase your machine's stitch length to a 3 (a little longer than a regular stitch).
3. Measure the amount of ribbon you will need and add 2 inches before cutting to ensure you have what you need.
4. Consider adding fabric fusion tape to the underside of the ribbon to stabilize it or be sure to pin ribbon in place.
5. On the end where you are beginning to sew, turn the ribbon inward $\frac{1}{2}$ inch towards the wrong side of the ribbon in order to have a finished end.
6. On the end where you will finish sewing, make sure the ribbon meets (if sewing this in a place creating a 'circle' around the garment section) and trim the ribbon leaving an extra $\frac{1}{2}$ inch. Fold the ribbon edge back $\frac{1}{2}$ inch towards the wrong side of the ribbon (Note: You may also choose to open the seam of the garment and insert the ends of the ribbon in the seam, resewing it after ribbon is sewn in place).
7. Replace dull needles to ensure that they will easily pierce through the textured ribbon during application.
8. Take the time to check the machine's tension and perform a stitch test on a piece of fabric scrap with a small piece of the ribbon.
9. Stitch in the same direction on both sides of the ribbon surface to secure the ribbon in place and prevent puckering.



Turn under ends $\frac{1}{2}$ "



Sew both sides in same direction



LACE

Lace is no doubt a wonderful trim. It can be delicate and strong. Lace trims are one of those accents which add a lot of femininity to a garment. There are many ways to add lace to garments.

When sewing lace onto a garment:

1. Set the iron temperature to a lower synthetic setting. Lightly press the lace with a steam iron to smooth them and prepare them for stitching.
2. Increase your machine's stitch length to a 3 (a little longer than a regular stitch).
3. Measure the amount of lace you will need and add 2 inches before cutting to ensure you have what you need.
4. Pin lace in place. Continue pinning around the edge of the garment, keeping the alignment even throughout. If you look closely, you will be able to see the edge of the fabric peeking from underneath the embroidered trim. That means there is a slight overlap of the lace. This will give you room to sew the lace in place. Sew just inside the top of the lace.
5. If you are applying the lace to the hem of a garment, you will eventually arrive at the area where you first started pinning. At this point, it is important to neatly overlap the lace.

There are two ways to do this:

- a. If the trim doesn't fray when cut, cut it and overlap it such that the design match (shown to the right).
- b. If the trim frays/unravels, overlap it to blend. Then hand sew with matching color thread overlapped portion of lace.

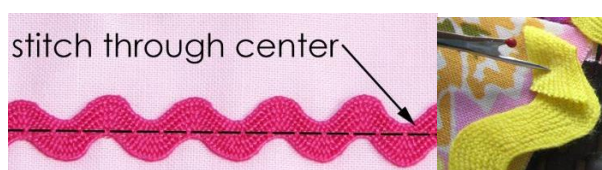


RIC RAC



Ric rac can add a new look to any garment. Follow the same instructions for applying lace for ric rac except:

- 1) instead of overlapping the ends, fold each back on itself, making sure the ends meet,
- 2) sew down the middle of the ric rac to attach. (see pictures below)

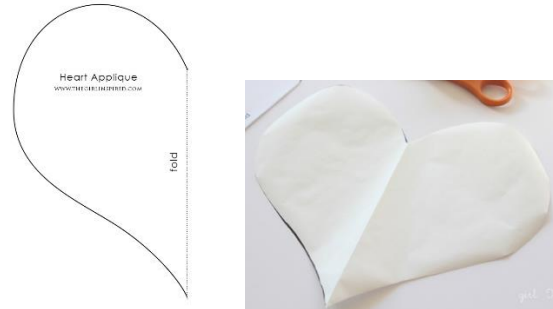


APPLIQUE

Adding applique to a garment that needs sprucing up, can create a whole new look!!! You can make your own applique by looking in coloring books, online or in many other resources. These instructions use a simple heart and cute fabric.



1. The easiest way to create your heart pattern is to fold a piece of paper in half and draw one half of the heart; then cut it out except for the fold line. When you open it up, you have your pattern.



2. Using heat bond 'paper', cut out the heart pattern, peel off one side of the paper, place on the fabric you want to use, and follow instructions on bond paper to iron in place.



3. Cut out the heart shape, then peel off the paper back from the fabric.



4. Place the heart where you want it on your garment with adhesive side down. Follow instructions from bond paper and press in place.



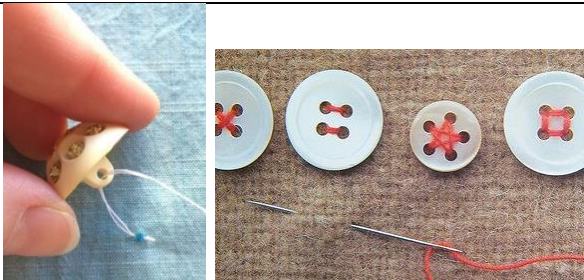
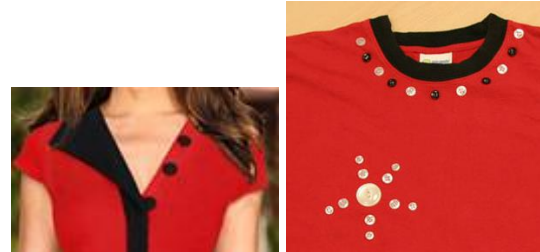
5. Sew around the perimeter of the heart using a tight zig-zag stitch. (If your garment fabric is thin, you may consider adhering fusible interfacing on the back of your garment, overlapping where you are going to sew, to stabilize the area.)

BUTTONS AND OTHER TRIMS THAT NEED TO BE HAND SEWN

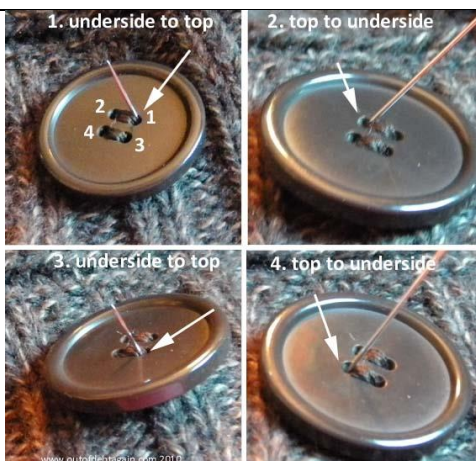
There are many trims that can be added to a garment to give it a totally new look. These examples require you to hand-sew trims in place.



Decorating with **buttons** can be fun, where you can use your creativity!! Whether you use a button with a shank (above and below left) or a sew through button, you can mix color and kind of button to create fabulous designs. You can also use contrasting colors to sew on the buttons and create designs (as below) depending on how you sew on the button.



Use buttons as the center of handmade flowers; mix and match colors and textures for a unique look.



Sewing on a button



This metallic cord is a little chunky to sew on by machine, but if you sew it by hand, the stitches all but disappear behind the cord. Tassels can be used as part of a creative design. They will need to be sewn on by hand.

HOW TO MAKE FABRIC FLOWERS

Start with a 20-inch by 4-inch piece of fabric or fabric ribbon and fold it in half lengthwise. Sew down the raw edge using a basting stitch. Sew another row so you have a double row of basting. Pull the threads to bunch up the ribbon. Then roll it, starting with one end as the flower center and wrapping the other end around until it was full enough. You can cut off the end if you have too much left and want a less-full flower. Then stitch a several stitches through the layers on the bottom until it is secure. Then if you want a permanent embellishment, sew this onto your garment.



Tips When Using Ribbon

Use about 2 yards of grosgrain ribbon (depending on how large and tight you want your flower) (3/4" to 1-1/2" wide ribbon.)

1. Follow the instructions about and run 2 rows of basting stitch along one edge. Pull to gather.



2. To start, fold your ribbon back on forth a few times to create the middle. Using a needle and thread, run a stitch through the ribbon several times to secure.



3. Start wrapping the ribbon around. Secure each wrap by stitching all the way through the layers.



4. Once it is large enough to be difficult to stitch through all the layers, secure by stitching to the previous layer. If you want a permanent embellishment, sew on your garment.

This **Flower** uses different designed fabric that creates a fresh look. Note: there will be raw edges that will fray when washing which will give a rustic look.
 Source:
<https://www.allthingsheartandhome.com/fabric-flower-tutorial/>

Fabric



Flower

1. Cut a 3 or 3 ½ Inch square (depending on the size you want your finished flower to be).



6. Unfold. Make 2 more.



2. Fold Square in half.



7. Three finished. Put these on top of each other.



3. Fold again to make a small Square.



8. Put a glue dot in the center of the bottom piece (wrong side of fabric) and add a small button on top of the glue dot.



4. With folded edges on the bottom and left, fold lower right corner to top left corner.



9. Pinch fabric around the button.



5. Draw a curve like this on the triangle and cut on line you created.



10. Use a doubled thread and needle, sewing through the fabric a couple times, then wrap around the outside several times and secure back through the fabric. Flatten out flower!!!



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