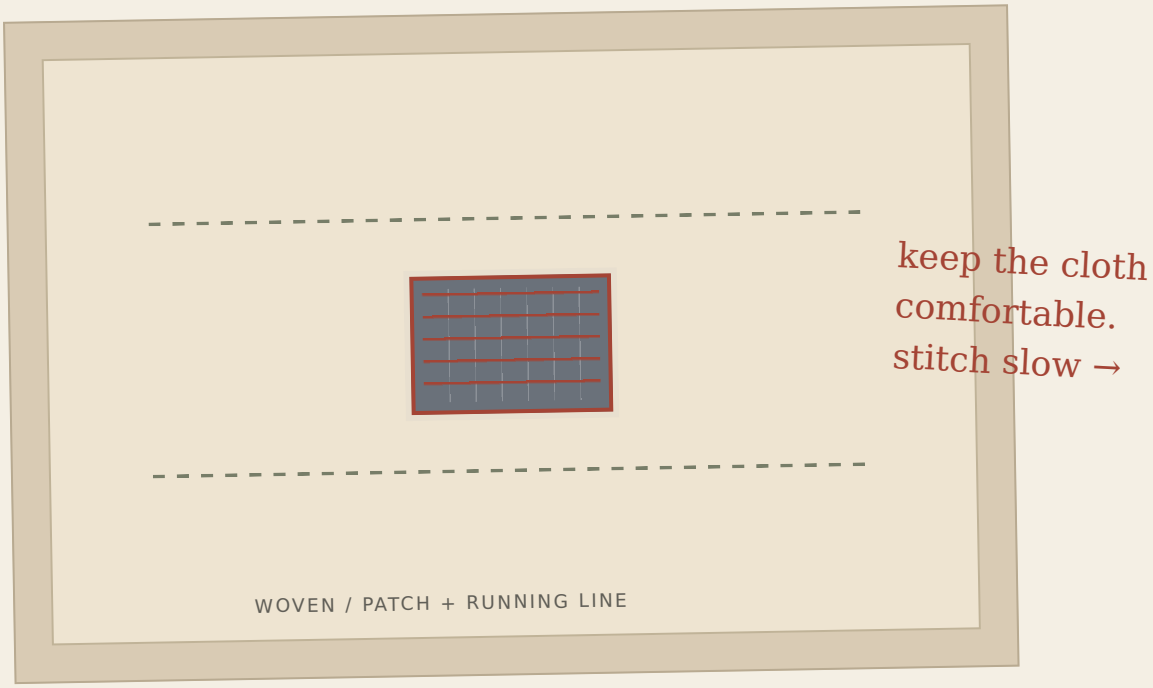
READ-ONLY CONTENT SAMPLE | NOT THE FULL EDITABLE WORKBOOK

Visible mending practice workbook

Four hand stitches. Two fabric tests. One repair plan that starts with a scrap.



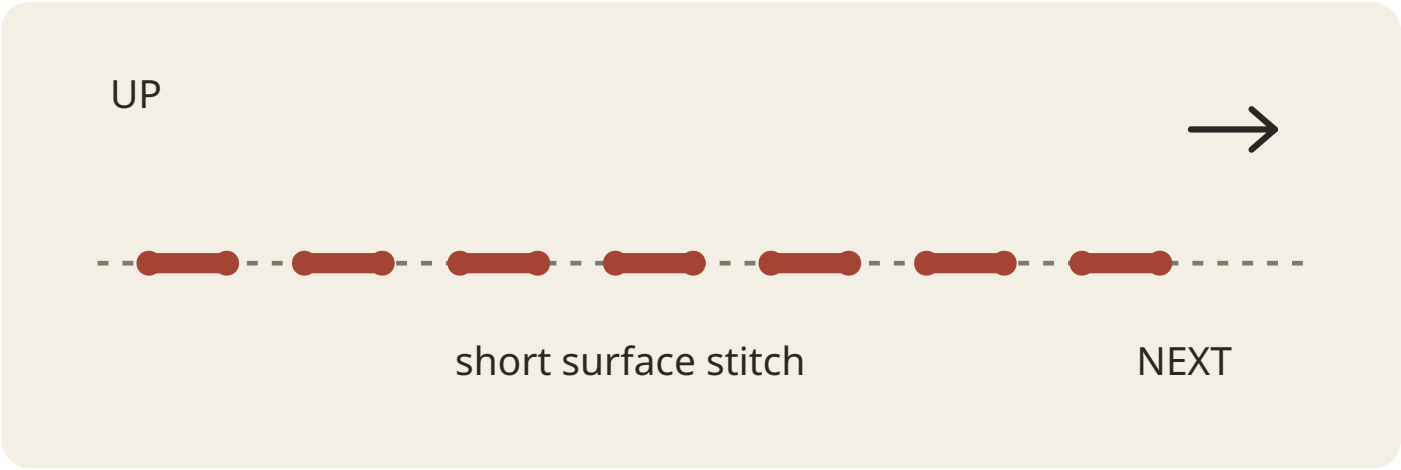
BEGINNER PRACTICE EDITION

BY ZANTRO OFFICAL

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Running stitch · spaced & steady



01 Bring the needle up at the start point.

02 Go down a short distance ahead, then come up the same distance beyond.

03 Repeat up/down in a rhythm. Keep visible stitches and gaps similar.

04 At the end, secure on the back with two tiny stitches through the thread, then trim.

Use it for

Practice rows, holding a patch in place, or a light decorative line on stable cloth.

Watch for

Overlong stitches can catch; uneven tension can gather cloth. Let the needle do the work.

TEST ROW A

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A one-page repair brief

Garment / textile _____

Where is the damage? _____

Woven / knit / unsure _____

What does the surrounding cloth feel like? _____

Likely movement or friction in this area _____

Patch scrap + thread to test _____

Stitch choice and why _____

Wash / care label notes _____

Scrap test result _____

After-repair check date / notes _____

Draw a tiny map of the damage and the planned patch:

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