## How to repair frayed shirt collars and cuffs

Here's two ways to make collars and cuffs as good as new.

### Covering the collar or cuffs

#### You will need

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔ Paper to make a pattern</td>
<td>✔ A small amount of fabric to cover the collar/cuffs</td>
</tr>
<tr>
<td>✔ Scissors</td>
<td>✔ Matching thread</td>
</tr>
<tr>
<td>✔ Pencil</td>
<td>✔ Sewing machine</td>
</tr>
<tr>
<td>✔ Pins</td>
<td>✔ Iron and ironing board</td>
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<tr>
<td>✔ Tape measure or ruler</td>
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</tr>
</tbody>
</table>

#### Method

1. Place the paper underneath the collar/cuffs and draw round to make a pattern. Include the collar stand in the pattern.

   The collar/cuff will still be attached to the garment, so a certain amount of measuring will also be required.

   Ensure the pattern is equal on both sides by folding in half down the centre back - alter if need be and check again on the garment.

   Add a 1cm seam allowance all the way round the pattern.

2. Place the pattern on a single layer of your chosen fabric, ensuring you place the centre line on the straight grain of the fabric.

   Cut it out.

**Note:**

If the fabric is patterned or decorated, you'll also need to place the pattern in the best position to make use of the decoration.
Using a steam iron, press a 1cm seam allowance back all the way round.
You’ll be pressing it onto the wrong side of the fabric, so all the raw edges will be hidden.

Once your piece is the correct size and shape, pin it onto the garment so it’s in precisely the right position and cannot move around while you are sewing.

Using a matching thread and a medium to small length straight-stitch, machine-sew the piece on to the collar or cuff. Go slowly and make sure your stitch line is even and in line with the edge of the piece all the way round.

Tie off your loose threads on the wrong side of the garment, and trim.

Press to give it a neat finish.

**PUTTING BIAS BINDING ON THE COLLAR OR CUFFS**

**YOU WILL NEED**
- Bias binding to match/contrast with the shirt
- Scissors
- Pins
- Tape measure or ruler
- Matching thread
- Sewing machine
- Iron and ironing board

**DIFFICULTY**
ADVANCED

**METHOD**

1. Choose a bias binding which works with the design of your shirt, either matching or contrasting.

2. Cut the bias binding to the length of the piece to be covered plus 3cm – this creates a generous seam allowance at either end.

3. Press the binding exactly in half, lengthways, so you can wrap it over the edge you’re covering.

4. Fold the binding along the edge of the garment you’re covering and pin it very regularly so it can’t move.
At either end, fold the binding underneath itself to create a neat edge with no fraying visible. This is fiddly, but if you pin it securely it will be easy to sew.

Use a medium length straight-stitch on your sewing machine and a matching thread.

Working on the right side of the garment, lower your needle into the garment/binding, 1cm from the end of the binding.

Before sewing, lift up the garment and check that the needle has also gone through the binding underneath. If you're too close to the edge of the binding, take your needle out and reposition – it's better to be further in than to not catch all the binding.

When you're happy with the needle position, start with a reverse stitch to the end of the binding. Then follow this line of stitch exactly using a forward stitch. Sew slowly and continually pause with your needle down, then check underneath the garment that the binding is being caught in the line of stitch.

When you've gone all along the binding, repeat the reverse stitch to secure. Snip off the loose threads, but there's no need to tie them off.

Press to give the garment a neat finish.