



## *HOW TO SEW THE SEXY BUTTON AND PASS THE TEST*

by Joan Lehr

The earliest, functioning, buttons were found in the tombs of Hungarian tribes as far back as the ninth century. But their first major appearance was in Germany. This clever little button was not made until the mid-thirteenth century. In ancient Rome they were used only as decorations. Eventually their utilitarian use was discovered and buttons were used on all forms of clothing and even shoes (this required a button hook). Buttons were traced down the body in suggestive ways making them tight in all the right places. How sexy to follow your finger down the front of your ladies' blouse? Sleeves were attached in Elizabethan times by buttons instead of being sewn in. How easy then to remove such sleeves? They were made from shells in the beginning and were rather fragile. Today that sexy button is made of hard plastic, seashells, metal and wood. Many fine artisans design buttons for special uses on designer clothing, wallets, purses and the like. The simple, sexy little (or large) button is integral to the foundation of our clothing today.

So let's say you have a date tonight with the girl of your dreams or you are going to an executive meeting regarding a major promotion and suddenly, off pops a button on your favorite, lucky shirt (or jacket). With no one nearby to help, you need to be able to sew on the button by yourself and here's your step-by-step guide.

### **NO. 1: Preparing your kit**

Prepare a small sewing kit for emergencies, these can be purchased at local fabric stores or you can make one yourself. Tools you will need:

Needles (at least 2)

Straight pins

Thread (several shades of white, off-white, beige and black) Small sewing scissors

### **NO.2: Finding its place**

Note where the holes are from where the button resided originally. There might still be pieces of thread still in place. Carefully note this area and put a straight pin diagonally across the line of holes/and or thread. Pull out the old thread.

### **NO.3: Threading the needle**

Threading a needle can be challenging depending on your eyesight, a steady hand and patience. You will want to purchase a needle with a medium size hole. Measure the thread, 24 to 30 inches and cut. Take one end of the thread, wet the tip, and slip through the eye of the needle, pulling through until both sides of the thread are even. Gently wrap the thread twice around your finger, carefully slide the wound thread off which will create a knot at the base of the thread. It may take a few times, but you will get it. It is important to use double thread as you want a strong pull.

### **NO.5: Sewing the button on**

Carefully bring the needle from the back of the shirt to the front, through the placement of the prior button and in line with the straight pin. Then, take the needle down the button either across, diagonally or horizontally. Continue in this manner keeping your needle and thread in the same direction until you can feel the button is on snugly. Bring the needle and thread from the back to the front, under the button, but not through it. Carefully wrap the thread around the thread, holding the button to provide a little space between the shirt and the button for ease of use. Wrap the needle through this chain of stitches to bind off and secure a knot to finish the process. Clip with scissors and Voila you have sewn on a button. This procedure works for all kinds of buttons, shirts, coats, pants, etc.

If all else fails, you can always call your significant other but MEN you need to be able to do this yourselves. Practice makes perfect. One night when you are bored of watching basketball, etc. just take a needle and thread, practice threading it, get a button, fabric and stitch away. Imagine how proud you will be of yourself. Men in the Armed Forces always had to do this in order to pass inspection so you should be glad you can do it without having to go on duty!