

HOW TO DARN

YOUTH TO SEA



Learn how to easily mend holes in socks and sweaters with this step-by-step guide to darning



MATERIALS



- A hole-y sock/sweater
- Thread or yarn*
- Needle
- Scissors
- Darning mushroom or a round object: plastic lightbulb, tennis ball, orange, etc.

*Use a colour similar to the fabric for a nearly invisible mend, or use bright colours for visible mending. More than 1 colour can be used.

INSTRUCTIONS



1. Cut a piece of thread (a few feet long depending on the size of the hole) and thread the needle. Tie a knot at the end.



2. Turn your sock (or sweater) inside out and place the light bulb (or other round object) inside where the hole is. Optional: Using a rubber band/hair tie, secure the lightbulb in place



3. Insert the needle as shown above, about 0.5-1cm away from the edge of the hole.



4. Pull the needle through. Make sure the knot lies on the outside (the side facing you)



5. Continue stitching around in a circle using a running stitch (push the needle over and under the fabric).



6. Starting from one end of the circle, push the needle into the sock, across the hole, and through the fabric on the other side.



7. Pull the needle through, so the thread runs across the hole.



8. Similar to step 6, insert the needle into the fabric and across the hole, in the opposite direction as before.



9. Repeat steps 6-8, going back and forth across the hole until it is full.



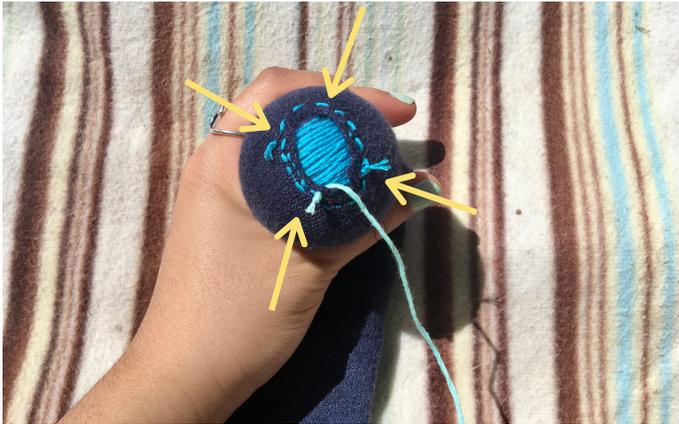
10. Turn your work sideways so the threads are horizontal.



11. Steps 11-13 are optional; skip to step 14 if using one thread colour. If using two colours, tie a knot (outlined in steps 20-21) and cut the thread.



12. Cut a piece of thread in another colour and thread the needle. Tie a knot at the end.



13. Insert the needle into one of the "corners" of the circle (indicated with yellow arrows).



14. Weave the needle over and under the threads across the hole and pull through.



15. Insert the needle into the fabric between the hole and the circle from step 5.



16. Pull the needle through.



17. Insert the needle into the fabric. Again, weave over and under the threads. Make sure that if you went under a thread last time then go over it this time, and vice versa.



18. Repeat steps 14-17, continuing to weave across the hole all the way to the other side.



19. The hole should be completely filled like so.



20. To tie a knot, insert the needle under a nearby stitch.



21. Pull the needle until the thread makes a small loop. Insert the needle into the loop and pull tight.



22. Repeat steps 20-21 once more and cut the thread.



Note: If you find knots annoying, you can weave the thread into the fabric at the beginning and end instead of making knots.

23. Remove the lightbulb/round object, turn your work inside out and you're done!