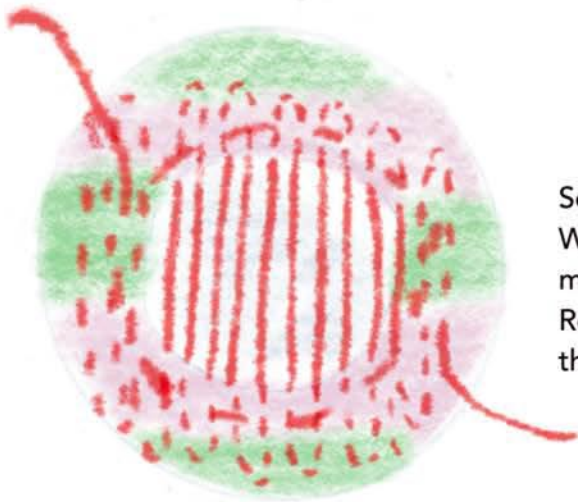


How to Mend a Sock

You can learn how to darn holes in your favourite socks by following these instructions. You will need a darning needle, some yarn - a similar thickness to the yarn in your socks - and a darning mushroom (use a potato or an orange if you don't have one). Work on the outside of your sock.



Put the darning mushroom inside the sock so that you can see it through the hole. Gather the sock around the handle of the mushroom so the sock lies flat across the top of the mushroom. If the hole is big, sew a circle of stitches around its edge.

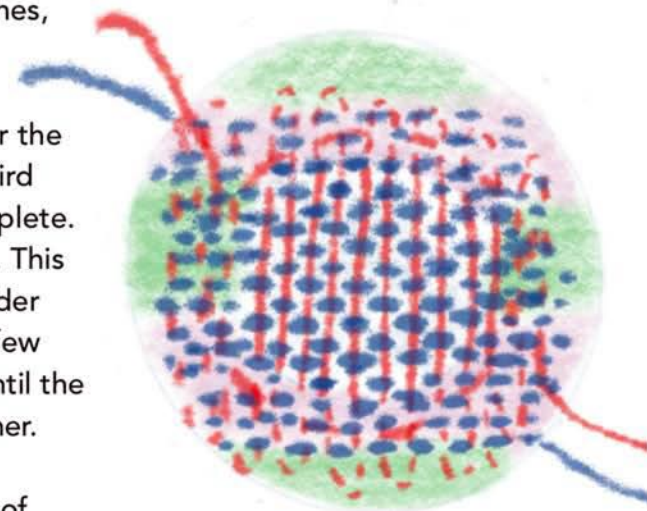


Sew rows of small stitches in parallel lines alongside the hole. When you reach the hole, take your yarn across the hole and make a couple of stitches before turning to make another row. Repeat until you have covered the hole in a series of vertical threads. This is the warp.

To weave the weft, thread the needle with more yarn, a different colour helps distinguish between warp and weft. Sew small stitches, just like before, in the area alongside the hole.

When you reach the warp threads, take the needle and yarn over the first warp thread, under the second warp thread and over the third (Row 1). Repeat this over and under pattern until the row is complete. Make a few small stitches and turn to make another row of weft. This time weave under the first warp thread, over the second and under the third. Repeat this pattern until the row is complete. Make a few stitches before turning for the next row. Repeat Rows 1 and 2 until the warp is covered. Use your needle to gently push the weft together.

Finish with small stitches into the sock. Weave in the loose ends of yarn to the inside of your sock, there's no need for knots.



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