Mending a hole: Darning

Mending a hole can take only minutes but can extend the lifetime of your garment for many years. If you repair in a visible way you can add to the garment's story and wear your darn as a badge of honour.

What you need:

- Darning mushroom
- Elastic band
- Darning needle
- Strong thread
- Scissors

Hint: Try to match the thickness of the thread you use with the fabric of your garment, so if you are repairing a thick woollen jumper use a chunky thread.
Instructions

1. Thread a darning needle with 20cm of thread. Use a large needle for large holes and a small needle for small holes.

2. Place the hole to mend under the darning mushroom and secure with an elastic band. This will ensure the fabric keeps its natural shape and stretch.

3. Use a running stitch around the outside of the hole.

4. Stitch back and forth using large open stitches that cross the width of the hole. Keep your stitches close together for a neater darn.

5. After you have covered the entire hole in one direction, start stitching in the opposite direction, weaving your needle up and down between the first stitches, like a basket weave.

6. Finish by tying a knot. Make sure you don't pull as this might pucker the darn.