



Darning

Darning is a sewing technique for repairing holes a domestic task which many individuals would have engaged in to mend socks or clothes.

Darning consists of anchoring the thread in the fabric on the edge of the hole and carrying it across the gap. It is then anchored on the other side, usually with a running stitch or two. The hole will eventually be covered with a mass of thread and repair the hole.

You can find lots of darning tools which would help you to darn, here are a few:

A darning egg - An egg-shaped tool, made of stone, porcelain, wood, or similar hard material, which is inserted into the toe or heel of the sock to hold it in the proper shape and provide a foundation for mending.

A darning mushroom - A mushroom-shaped tool usually made of wood. The sock is stretched over the curved top of the mushroom and gathered tightly around the stalk to hold it in place for darning.

A darning gourd - A hollow dried gourd with a pronounced neck. The sock can be stretched over the full end of the gourd and held in place around the neck for darning.

Why not ask the individual to reminisce about darning, see if anyone can show you how it is done?

You will need:

- Needle
- Thread
- Socks or garment with holes in
- Darning tool
- Images of darning and darning tools
- Scissors

What you do:

- Place the objects on the table and images for discussion.
- Take the thread and thread it onto the needle.
- Turn the sock or garment inside out.
- Place the darning tool under the area.
- Trim away any ragged edges.
- Push the needle through one end of the hole.
- Repeat your stitches and Sew stitches perpendicular to the parallel stitches (optional.)
- Tie off the thread, then turn back the correct way.

Top tip- Some individuals may not want to darn but may just enjoy watching and giving guidance.

If you would like to discuss the information included in this resource, please call the NAPA Helpline; our free and confidential activity support service.

