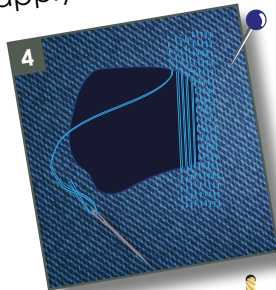


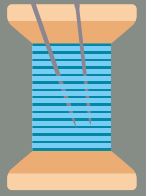
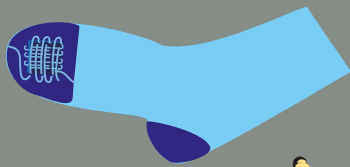
DARN IT! HOW TO REPAIR A HOLE

DARNING IS A SEWING TECHNIQUE USING A NEEDLE AND THREAD ALONE AND IS A SIMPLE WAY TO REPAIR ANY BREAK OR HOLE IN FABRIC.

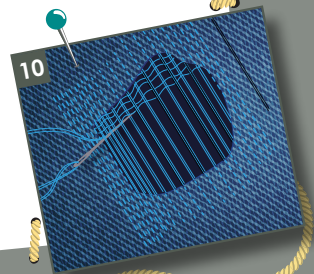
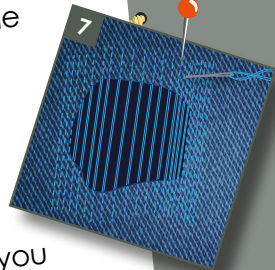
IF STITCHES ARE SMALL ENOUGH, DARNING MAKES AN ALMOST INVISIBLE AND STRONG MEND, SAVING THAT FAVOURITE JUMPER OR LOVELY PAIR OF JEANS, SO GIVE IT A TRY!

1. Thread a needle with approximately 40cm (a bit longer than the length of a standard ruler) of thread and tie a knot at the end of one strand.
2. Begin 1cm to the right and 1cm beneath the hole. Push the needle upwards through the fabric, then make small stitches, going in a straight line until you reach 1cm above the hole.
3. Now sew directly next to your first row, downwards, in and out, as before.
4. Continue to create rows of stitches in this way. When you get to the hole itself, simply let the loose thread cover the hole, trying to apply a similar tension to the rest of the material.





5. Once you have sewn rows of thread all the way across the hole, continue to create a few more, until you have reached 1 cm to the left of the hole. This will ensure a strong mend.
6. Congratulations - you have created a 'warp' (a set of vertical threads)! To complete the darn, you will now need to weave the weft (horizontal threads). Stitch a few times on one spot and cut off the end of this thread. Now thread the needle again.
7. From the top left-hand corner, begin making small stitches horizontally across the darning area.
8. When you come to the end, reverse your direction, as before. However, this time, when you reach the hole in the middle, direct the needle over, then under each of the warp threads.
9. The next time you cross the hole coming from the other direction, you should attempt to weave the needle in and out the opposite way to the last row. The rows should alternate between going over and under the warp but don't worry if it's not exact.
10. Continue sewing your horizontal rows until you reach the bottom of the darning area. Close up the thread underneath (as before) to finish.



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