

Re-use cascade training session plan



Theme

Repair

Objectives

To teach people how to darn a sock to prevent them from disposing of socks just because of a small hole.

Outcomes

To be able to darn a sock.

You will need

- A sock with a hole in it (ask your colleagues/friends)
- Cotton/thread
- Needles
- Needle threader
- Scissors
- Darning mushroom, or a smooth roundish stone
- Instructions to give to the group (unless you want to make it really challenging and get them to figure it out for themselves)

Instructions for the group

Your task is

1) To darn a sock



Before you begin darning, turn the sock inside out and pull off any fuzz balls that are in the sock.



2) Start now

Turn the sock right side out again. We're going to darn from the right side. With 3 or 4 yards of matching yarn (I'm using contrasting yarn so you can see what I'm doing), thread your darning needle. The thread should be double — the needle is at the center, and the ends of the threads meet.



A very long thread is used because the darn will be stronger if you have fewer breaks in the yarn. Ideally, you would mend the entire hole with one length of yarn.

Insert your darning football/mushroom/stone.



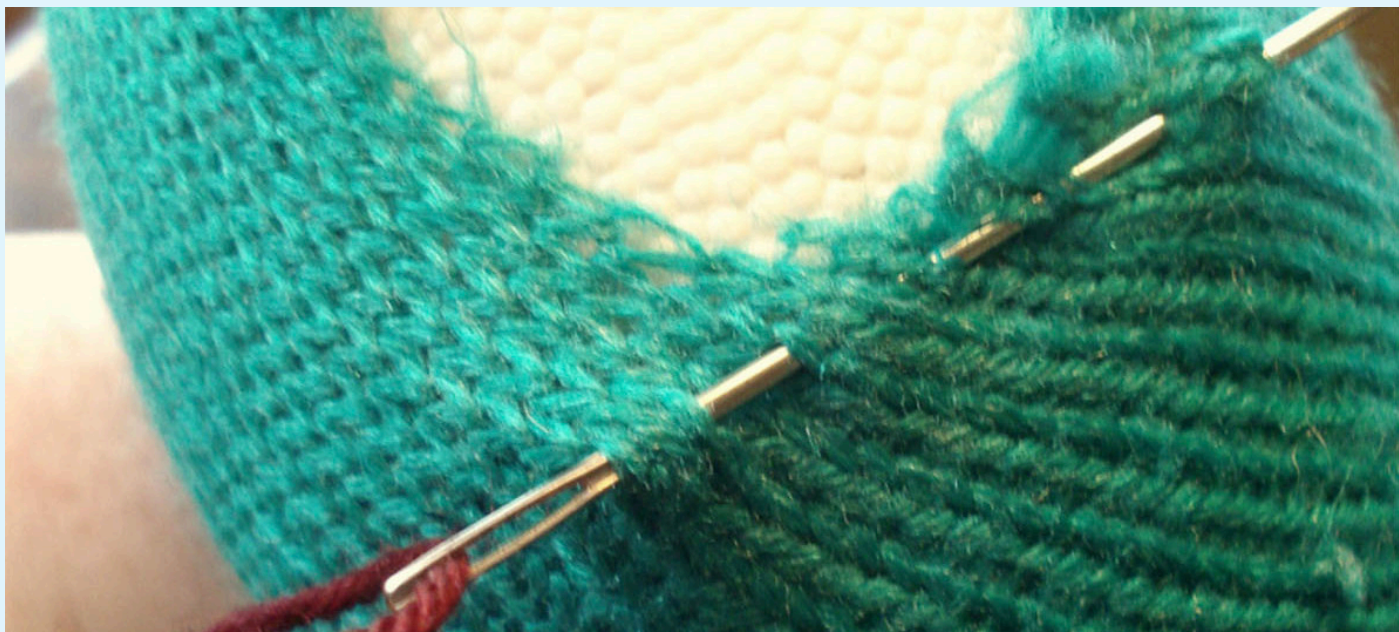
Pull the sock tight, and center the hole over your darning tool. Hold it with your non-sewing hand at the back.



And here we are ready to begin.



The patch of darning will go beyond the edges of the hole, and it will be square (my personal preference – round is good, too). Begin by sewing the needle through the knitted fabric in a running stitch.



Pull the thread through, leaving just 1/2– 1 inch of a tail. This will be trimmed later. Insert the needle again, parallel and close to the first line of stitches, and work back down over the hole.



Continue in this manner, working up and down over the hole.



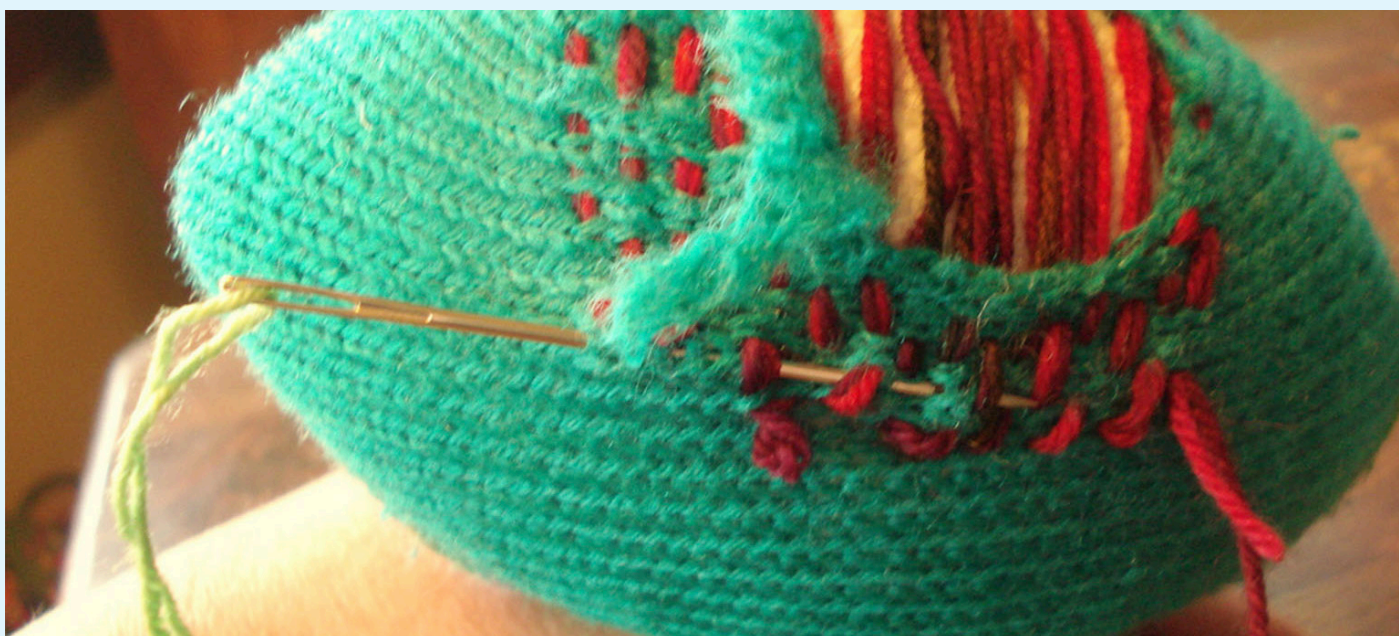
At the edges of the hole, the knitted fabric is very thin. Keep this flap of fabric on the outside of the work by keeping the sewing needle under it as you prepare to cover the distance of the hole. Like this:



Continue until these parallel running stitches completely cover the hole.



Now sew the running stitches perpendicular to the first stitches. I have changed my thread, but that is only for demonstration. You will continue on with the same length of thread.



Continue back and forth, weaving the running stitch up and down through the fabric.



When you come to the hole, with no knitted fabric to sew through, weave the yarn over and under the threads that cover the hole.



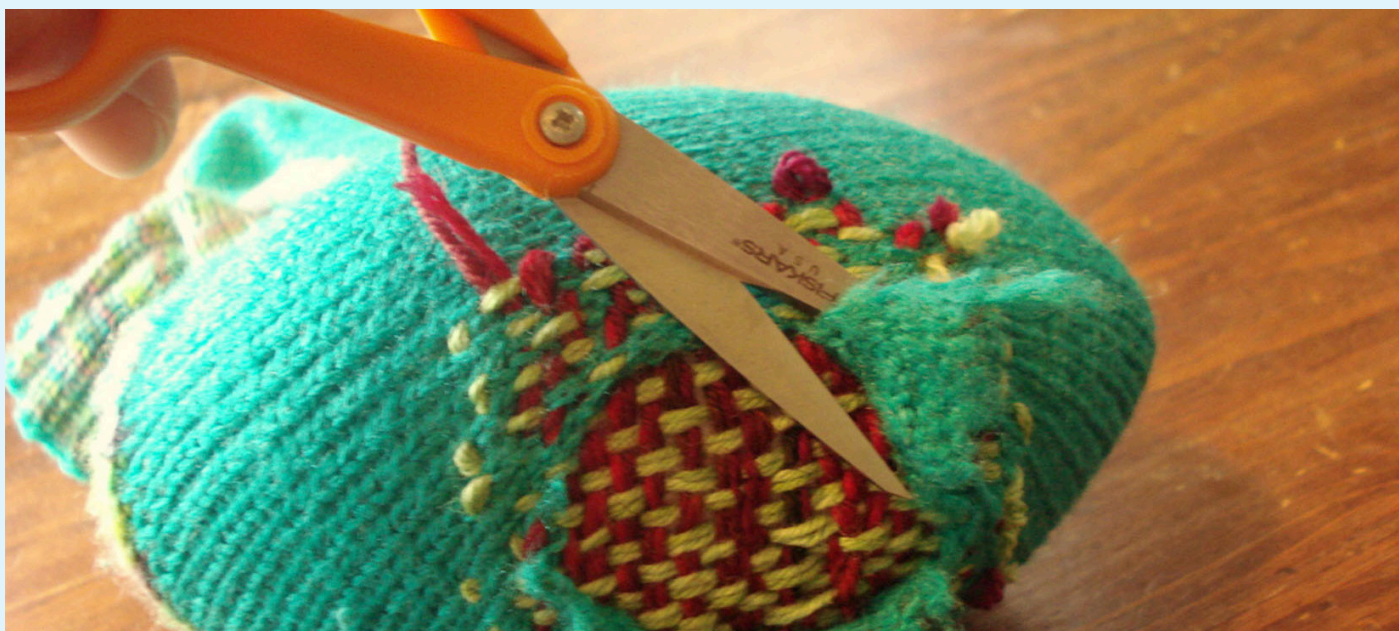
When you darn a sock, you're creating a woven patch to cover the hole.
Simple, really.



When you've covered the hole with weaving, you're done! Well, almost.



All that's left to do is neaten things up. With scissors, trim the flap of fabric close to the work.



Also trim the ends of thread close to the work.



Now you really are done!



Admittedly, a darn is not the prettiest thing, especially in my garish colors here. But the point is that a sock on the foot is a hundred times better than a sock at the back of your drawer.

A few thoughts

- Using a doubled thread is optional. I prefer it because the repair is Very Strong. Stronger than the original sock, in fact.
- Darning a big hole takes about 30 minutes. A smaller hole will take less time to mend.
- You can use this same method to reinforce a weak spot even before a hole appears.
- After wearing your mended socks the patch will begin to felt together. It will even out and look pretty. I promise.

RS or WS?

When you darn from the right side, the wrong of the sock is very, very neat and tidy. Much prettier than the right side.



Then why do we darn from the right side? Wouldn't we rather have the lovely, smooth surface on the outside? No. The smoothness of the inside is perfect for next-to-skin wear, and the outside will soon mat down with wear. On the other hand, if a few bumps on the inside of the sock don't bother you, then by all means, darn from the WS.

Source zigzagstitch.wordpress.com/2009/02/26/how-to-do-it-darn-socks/

Hints/useful links

More information and tips can be found at

- loveyoursclothes.org.uk
- thesewingdirectory.co.uk (directory of sewing classes)

Some regional groups you might want to know about

- sewconfident.co.uk (Glasgow, Edinburgh, Dundee and Aberdeen)
- facebook.com/groups/sewlateadough/ (Glasgow)
- sewshed.co.uk (Peebles)
- edinburghremakery.org.uk (Edinburgh)