

Creative MENDING

Beautiful Darning, Patching and Stitching Techniques

hikaru noguchi

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Creative **MENDING**

Beautiful Darning, Patching and Stitching Techniques



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PROLOGUE

My Idea of Darning

Since *Darning: Repair Make Mend* was published in 2018 (2019 in English), the term “darning”—which is to say, “mending”—has become more widely known, and the act of repairing and continuing to wear favorite items of clothing is no longer considered odd. In a time when we can actually feel the effects of global warming and have a heightened awareness of environmental problems, I’ll be delighted if this book inspires even just one more person to pick up a needle and thread. Darning is mindful in so many ways, and I’m sure there are many who experience the sense satisfaction and personal healing that darning can bring.

Nevertheless, I also hear people saying things like “I tried darning but it somehow didn’t work,” “It doesn’t look nice,” “I’m reluctant to wear darned clothes because of what other people might think,” “I want to repair things but it will be embarrassing if the repairs stand out.” In this book, I respond to these concerns by introducing tricks to make the darning suit each garment and each person. Have you put a lid on your creativity, believing that you have no taste or that you’re bad at the domestic arts? It’s not true that “darning = repairing so a garment stands out.” It is simply functional needlework that starts from the feeling that you want to keep wearing a garment a little longer and that it would be wasteful to throw it away. If you find areas of damage on your clothing, just have a go at repairing them using the basic techniques in this book. First aid can be done using just a needle and thread from a basic sewing kit and a ladle from the kitchen.

For those who want to go a bit further, assemble your materials and tools and have a go at the more advanced darning techniques. Although they are a step beyond, they are really just variations of the basic techniques and are not difficult. The most important thing is that the darning is suited to the clothing and to the wearer. For instance, DMC embroidery floss and sashiko (quilting) thread are both readily available. If I’m asked what sort of thread should be used for darning, I come back with “Which one do you like?” They are both cotton thread, but differ in that No. 25 embroidery floss is glossy while sashiko thread is matte and rustic. Everyone is different—some people like glossy things; they suit certain people. Others hate glossy things; they don’t suit everyone. Choose the option that you like. If you don’t have a clear preference, use a mix of various threads. As you mend, review the appearance, feel, durability and so on. That is the first step to “darning that fits.”

Not even a well-darned area of a garment will be strong forever, so once it starts to wear out, do some of the *goma-shio* darning that you’ll learn in this book over the top of the mended area. It’s fun to make several layers of darning and see spontaneous designs emerge.

Once you embark on darning, damage to clothing won’t be a source of stress; rather, with the prospect of mending, it will become something to look forward to. Befriending damage or wear will naturally create a change in your relationship with clothing and objects. I can’t tell you how much having a creative hand in the things that surround you sets one’s feelings straight.

The craft that lets you experience this fulfillment is what I recommend to all of you: darning.

—Hikaru Noguchi

Tools for Darning

As long as you have a dedicated tool, such as a darning mushroom, and a needle and thread, you can start darning right away. If you don't have a darning mushroom, everyday objects such as a ladle or bowl can serve equally well.

Various darning tools and substitutes

- 1. Salad bowl** A smooth, rounded bowl with a flat base is recommended. Take care if using a glass bowl.
- 2. Darning mushroom with a groove (※)** The type with a groove carved in for elastic to hold fabric in place. The end of the handle is also suitable for darning gloves and five-toe socks.
- 3. Mixing bowl** A smooth, rounded bowl with a flat base is recommended. Use it when darning large holes or damage across a large area. If fabric is pulled too tightly, holes will stretch, so take care. Stabilize the material without stretching the hole.
- 4. 1960s darning mushroom** Found at a flea market in England. It is plastic, and the handle screws off to allow needles to be stored inside.
- 5. Cabbage crusher** An English kitchen utensil for pressing cabbage when boiling. The smooth curved surface is ideal for darning and it comes in handy when damage is spread over a large area.
- 6. Darning jellyfish (※)** A tool resembling a jellyfish, for standing on a tabletop. A convenient shape for when you want to keep fabric such as stiff denim or a thick blanket in place for mending.

- 7. Ladle** Ladles and spoons can also be used for darning. Light bulbs have also been used in clothing repair, but for those who don't like the sensation of the needle against glass, or worry about breakage, ladles and spoons work well.
- 8. Gourd** The subtle curve at the base of a gourd makes for a pleasant stitching experience and the tapering conveniently provides good grip.
- 9. Upright darning mushroom (※)** Easy to use whether placed on a table or held in the hand. Carefully crafted by skilled artisans from a single piece of wood.
- 10. Darning macaron (※)** For pockets and other areas where a handle can get in the way during repair, this macaron shape is ideal. There is also a convenient groove for elastic.
- 11. Chapati fluffer** A kitchen utensil used when frying Indian crepe-like bread. It's fun to try out the everyday objects around you when darning.
- 12. Darning stick (※)** A tool especially for gloves and five-toed socks. The thick end is for thumbs or big toes, while the thin end fits the remaining fingers. It can also be used as a miniature wooden pestle or as a shiatsu massage stick.
- 13. Classic darning mushroom** Traditionally shaped English darning mushroom. The subtle decoration on the elegant handle lends a sense of dignity to an everyday object.

※ hikaru noguchi, <http://darning.net/>

Instructions



Using a ladle

Cover the rounded section with the fabric to be repaired and hold the base of the handle in one hand while you stitch.



Using a salad bowl

Handy for mending large areas. Completely cover the bowl with fabric and hold the rim of the bowl while you stitch.



Using a darning stick

Use by poking into the fingers or toes of gloves or five-toed socks. The thickness is different at each end; use the thick end for thumbs or big toes.

Scissors and elastic

You will also need scissors for cutting thread, fabric scissors, and elastic for holding fabric in place on a darning mushroom. For elastic, thick hair elastic works well.



From left: fabric scissors, thread cutting scissors, three types of elastic. For elastic that is not in a ready-made ring, wrap it around twice and tie it together. Attaching a button to each end of the elastic makes it easy to use. If using a ring of elastic, attaching a button will make it easier to remove from the darning mushroom.



Thread for Darning

Essentially any thread can be used for darning. Beginners can use whatever leftover thread they have at hand, or even unravel a sweater that was going to be thrown out. Having a collection of various threads will allow for greater variety in your designs.

Types of thread: Knowing the features of various threads such as wool, embroidery thread, sashiko thread and so on will make darning easier.

1. Ribbon for ribbon embroidery Available in materials such as silk, polyester and cotton. Use with a darning needle or ribbon embroidery needle. Not suitable for delicate fabrics.

2. Lamé thread There are various types, but the softer ones are better. Lamé can be used alone or with other threads. Even a small amount is effective.

3. Basting thread Cotton thread that is so soft it can be torn off by hand. It has a matte, natural appearance. It does not resist friction well so is not suitable for use on socks.

4. Thread ends Gather bits of thread used for needlework and use them for wool felt darning.

5. Mohair thread Mohair is an animal fiber that is so strong it is called the diamond of fibers. It is excellent at absorbing moisture so is ideal for darning socks. Extra fine thread composed of a mix of silk, acrylic and nylon with more than 70% mohair content is best.

6. Cashmere thread Extra fine (2 ply) cashmere thread. It feels smooth when stitching. Can be used not only for cashmere but also on wool and denim fabrics.

7. Yarn Extra fine (2 ply) yarn made from sheep's wool. Wool may shrink when washed, so the trick is to darn loosely.

8. Wool embroidery thread for tapestry It's possible to buy small amounts of various colors. The thickness is about the same as four strands of fine yarn bundled together. If it's too thick, it can be separated into two strands.

9. Wool embroidery thread It's possible to buy small amounts of various colors. Choose it to complement the thickness and look of the fabric, using one strand for fine stitching and three together for larger, looser work.

10. Sashiko thread Sashiko is the ancestor of Japanese

darning. As it is thread to reinforce clothing, it is supple yet strong. It lends a gentle expression not only to cotton garments, but clothing made from wool and synthetics too.

11. Sewing machine thread Durable thread that can withstand the pulling of a sewing machine. Use it as-is for shirts or use two or three strands for sweaters, denim and so on.

12. Wool blend darning thread A durable blend of wool and polyester. As it has a texture like wool, it can be used for a wide range of items such as sweaters, socks and bottoms made of wool fabrics.

13. Shetland wool yarn Yarn made from the wool of sheep from the Shetland Islands, the northernmost tip of Scotland. Washing gradually felts the wool and increases its durability, and the more items such as socks are washed and worn, the more the darned section will mold to the shape of the foot.

14. Hand sewing thread This comes in a huge array of colors in materials including cotton, silk and polyester. There are various thicknesses available too, so try the hand sewing thread that you have to hand to ascertain ease of handling.

15. Variegated thread Thread dyed in various colors on the one strand. The colors become visible as you stitch, creating the impression of having used multiple colors despite only using one strand of thread.

16. Linen embroidery thread While it creates a matte, plain impression, linen also has an air of refinement. It has a crisp look to it, so using it on something such as a lambswool sweater creates an interesting contrast.

17. No. 25 embroidery floss Fine, six-stranded glossy cotton thread. Use two or four strands depending on the fabric. As it is not a strong fiber, it may quickly become damaged if used on areas of strong friction. It can be used for building up layers of repair. It is easy to obtain and comes in a multitude of colors.

Instructions



Needle threader

Insert the tip through the eye of the needle, pass the thread through it and draw through the eye.

Threading yarn

Press the head of the needle down over the top of the yarn resting on your index finger and pass the yarn back over the needle, flattening it down firmly with your finger. Pass this doubled yarn through the eye of the needle.



Thread and needle threaders

For one strand, even beginners will find a French embroidery needle easy to use, while if increasing strands to two, four or more or when using thick thread, use a cross stitch needle or darning needle.



From left: darning needle (type with curved tip), darning needle, cross stitch needle, French embroidery needle, needle threader



BASIC TECHNIQUE 1 Goma-shio Darning



This technique is used to reinforce fabric that has become worn or damaged. The procedure is the same as for half back stitch (prick stitch) so it's extremely easy. Making the stitches on the outside of the fabric small like sesame seeds is key (the Japanese word *goma-shio* translates as “sesame salt”—hence, the name of this type of darning).

Suitable for repairing damage such as: Sock heels, cuffs, slightly worn areas of fabric

Thread used: Extra fine wool (pink)

Ready the damaged area

※ Make sure the darning mushroom is beneath the section to be mended.
For other techniques as well, always follow steps 1–4 when readying the damaged area over the mushroom.



1 Position the darning mushroom inside the damaged section of the sock's heel and stabilize it by winding elastic around it twice to secure it. If using a length of elastic, wind it around twice and tie it.



2 Move fabric around so that the stitches are straight both vertically and horizontally.

Length of thread



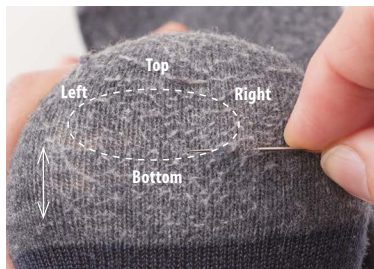
3 Use thread approximately 20" (50cm) long (cut it to about the length of your arm to make it easy to stitch).

Start stitching

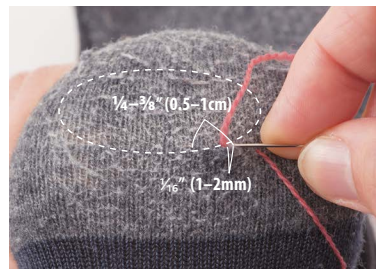


4 Make a stitch at the edge of the darning mushroom, leaving about 2–4" (5–10cm) of thread trailing. This stops the end of the thread getting in the way while you are sewing.

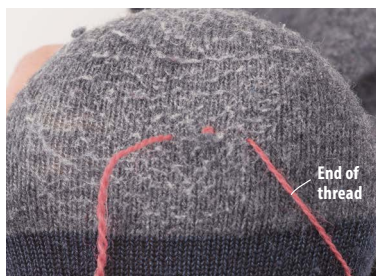
First row



5 With the grain of the fabric in mind, decide on the positions of top, bottom, left and right and start about $\frac{3}{8}$ " (1cm) outside of the area of damage at the bottom right. Make a stitch about $\frac{3}{8}$ " (1cm) long, working from right to left.



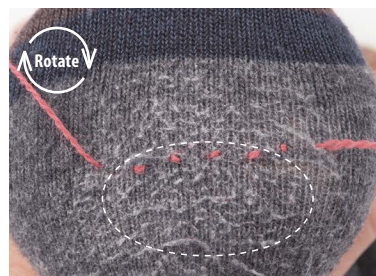
6 Next, insert the needle at a point about a sesame seed's length $\frac{1}{16}$ " (1–2mm) to the right and bring it back out again $\frac{1}{4}$ – $\frac{3}{8}$ " (0.5–1cm) to the left.



7 The thread pulled through. One sesame seed-like stitch appears on the surface of the fabric.



8 Repeat by advancing the needle $\frac{3}{8}$ " (1cm) and stitching a seed's worth back to form a row of goma-shio. Stitch up to about $\frac{3}{8}$ " (1cm) outside the area of damage on the left edge.

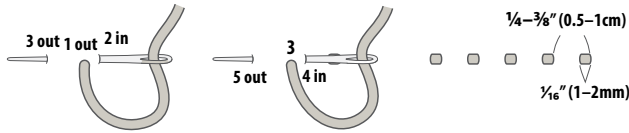


9 Once the first row is complete, rotate the work 180 degrees to continue stitching from right to left.

HIKARU'S ADVICE!

You can keep the intervals between sesame stitches (those small stitches on the outside surface) the same as for the first row, but random intervals are cute too. There are no real rules when it comes to the size of the sesame stitches or the intervals between them. It's fine for everyone to be different.

How to make goma-shio stitches



Second row onwards

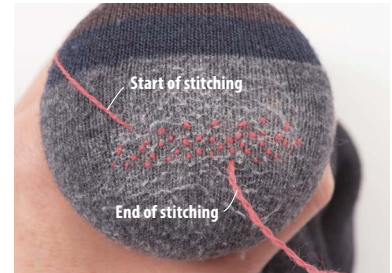


10 Begin the second row below the first sesame stitch in the first row.



11 Form the second and third rows and beyond in the same way as the first row, rotating the darning mushroom to work on the area of damage.

Finishing off the thread



12 Stitching is completed. Finish off the ends of the thread by hiding them under the stitches on the reverse of the fabric (see p16) or in the following manner.



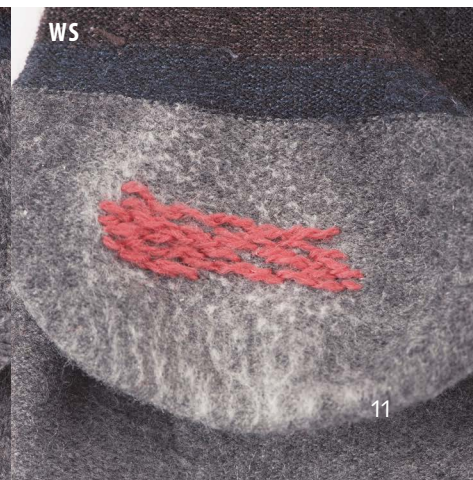
13 In the same way as for reverse stitching on a sewing machine, stitch back from the end of the stitching. Bring the needle out below the first sesame stitch from the end and work it back into the base of that same stitch.



14 Keep stitching back, working into the second and third sesame stitches from the end. Once you have worked back three stitches, trim off the end of the thread.

Done!

Stitches form a goma-shio look on the right side of the fabric. On the wrong side, the close stitching reinforces the fabric. If you prefer, work so that the stitching for the wrong side is on the right side of the fabric.



Examples of Goma-shio Darning

The most basic darning, Goma-shio is easy but creates different looks on the right and wrong sides of the fabric and, more importantly, is much better than running stitch for reinforcing fabric. It can be used together with running stitch or machine stitching.



A 1: I used extra fine synthetic/wool blend darning thread in an other color to stitch into both the wrong and right sides of the fabric. **2:** Rough goma-shio stitching in the same color as 1. **3:** Neat rows of running stitch in vermilion sashiko thread.

B 1: Small holes in the stitching in the ribbing and body were covered

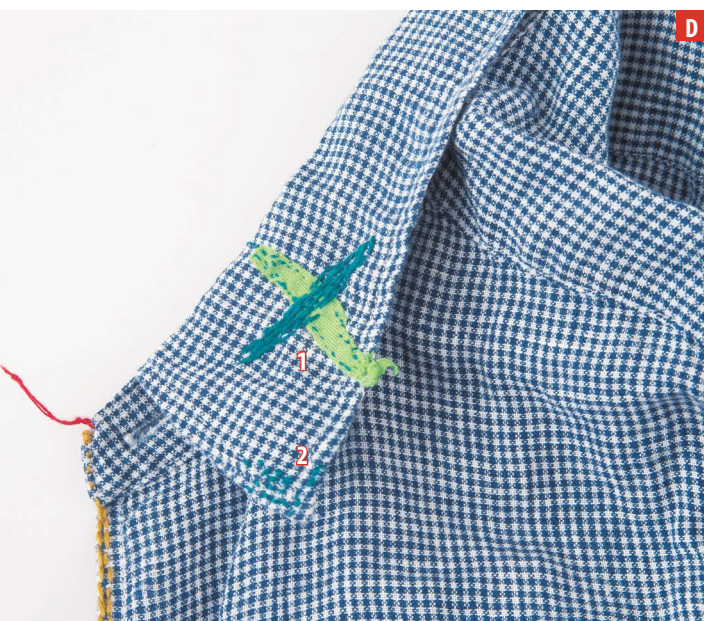
with a patch made from a dotted handkerchief (see p46) and goma-shio stitches made with hand sewing thread. **2:** I used fine blue cashmere thread to make stitches from the wrong side. **3:** Stitching in fine blue cashmere thread and mint green Shetland wool. Mixing different colors and materials can have great impact.

C 1: Cotton fabric cut to postage stamp size (see p46) is machine stitched with neon thread near the chest pocket. **2:** Three strands of various colors of sashiko and linen embroidery threads form lines of goma-shio stitches. **3:** Running stitch in bright yellow sashiko thread. **4:** Goma-shio stitching from the wrong side of the fabric using orange sashiko thread and vermilion linen embroidery thread.

※ The navy and blue gingham is a linen blend shirt. The gray fabric is a cashmere sweater.

D 1: A bit of old T-shirt fabric cut slightly larger than the damaged area (see p46) is sewn on using goma-shio stitches in dark green extra fine wool. More stitches are superimposed from the reverse side to form a cross. **2:** Cover a fraying collar's tip with goma-shio in fine hand sewing thread to retard wear and tear.

E 1: Goma-shio stitching is also great for weakened fabric. Here, extra-fine variegated wool is stitched over an area that extends beyond the damage. **2:** Lemon yellow wool (medium thickness) and yellow (extra fine mohair) place threads of similar colors but different textures side-by-side.



F After using straight stitch (see p48) to repair the damage to the seam joining the sleeve to the bodice, variegated sashiko thread is used to make goma-shio stitches over the whole area. As various colors emerge from the one strand of thread, this creates an advanced-level finish.

G Reinforcing a damaged area of ribbing on a cuff. Fine pink wool, three strands of khaki colored linen embroidery thread and three strands of No. 25 embroidery thread have been used.

H 1: Damage to the edge of a cuff is covered in fine stitching in yellow

basting thread. **2:** More advanced damage on the edge of the cuff is covered with a patch made from the edge of a T-shirt (see p46) and stitched in place with neon pink and lemon yellow sewing machine thread using goma-shio stitches. I recommend machine thread for detailed darning on shirts.

BASIC TECHNIQUE 2 Basket Darning



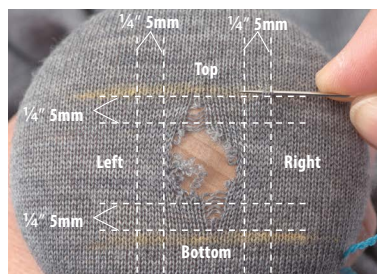
This method involves making a surface by crossing vertical and horizontal (warp and weft) threads in order to cover over damage such as holes. The finished result resembles the weave of a basket. You can also make shapes other than squares, and it's fun to change thread combinations to suit your taste.

Suitable for repairing damage such as: Holes, stains and so on

Thread used: Extra fine wool (blue) for part of both warp and weft threads; for weft thread, extra fine mohair yarn (pale blue, yellow)



Warp threads



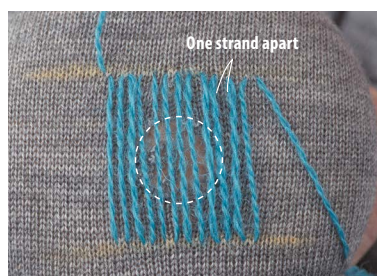
1 Use an erasable fabric marker and ruler to mark lines $\frac{1}{4}$ " (5mm) above and below the hole. Referring to 4 on p10, begin stitching from the edge of the darning mushroom as shown in the photo, picking up 1–2 strands ($\frac{1}{16}$ "/1–2mm) of yarn from the fabric with each stitch.



2 Pick up another stitch $\frac{1}{16}$ " (1–2mm) of the fabric on the marked line, directly below the one made in step 1.

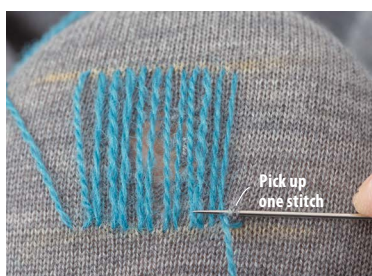


3 The thread pulled through. This forms one warp thread. Make sure it is not pulled too tightly.



4 Repeat by picking up strands of the fabric at the top and bottom to form the warp threads.
※ Leave one strand's width between the warp threads.

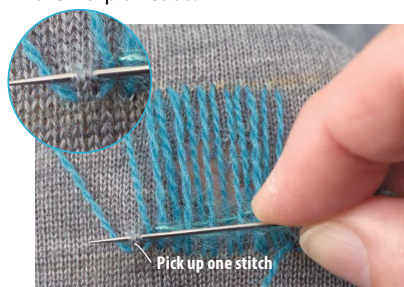
Weft threads



5 For the weft threads, use pale blue mohair yarn and pick up $\frac{1}{16}$ " (1–2mm) of the fabric at the bottom right corner of the warp threads.



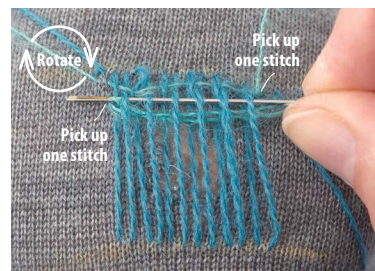
6 Next, use the eye end of the needle to alternately pass under and over the warp threads to the other side.



7 Once the needle has passed through to the edge of the warp threads, pick up $\frac{1}{16}$ " (1–2mm) of fabric on the left edge.



8 Once the thread has been pulled through, this forms one weft thread.



9 Rotate the mushroom 180 degrees and pick up a few strands on the right edge. Work the needle over and under through the warp threads so that it alternates from the first weft thread. Once you reach the other side, pick up a few strands as per step 7.

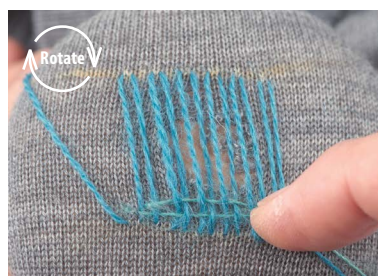


As per basket darning, pass threads back and forth to form warp threads. The trick to this technique is to make the warp threads as close together as possible with no gaps. Make the weft threads using goma-shio darning (see p10). Work from right to left, rotating the fabric, to secure the warp threads and complete the darning.

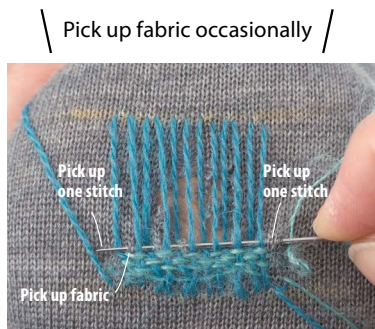
Variation 1

Accordian Darning

This technique combines basket darning and goma-shio darning.



10 Use a fingernail or needle to pull the weft threads down and fill gaps.

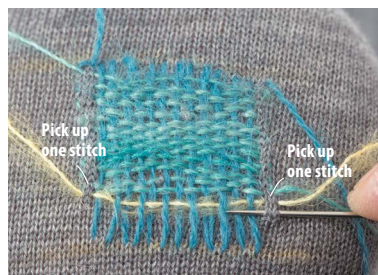


11 Pick up strands of fabric as you pass the needle through the warp threads. This will make the darning blend into the fabric better as well as making it sturdier.

Changing threads



12 When there is only about 6" (15cm) of thread left, change it for new thread. Start stitching from the edge of the darning mushroom.



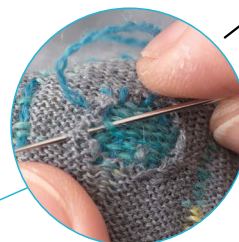
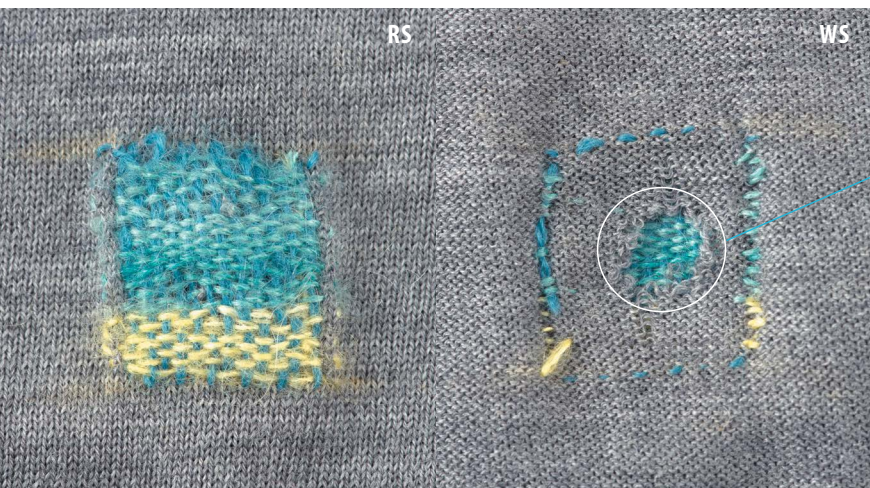
13 As until this step, pick up a few strands of fabric from the right edge and work from right to left in and out of the warp threads, picking up a few strands of fabric at the left edge. Keep repeating.



14 The finished weft. Once the thread ends have been finished off (see p16) the darning is complete. Once pressed with a steam iron the fibers in the threads will relax and settle into the fabric.

HIKARU'S ADVICE!

Packing down the weft threads too firmly will result in a scab-like effect. Stop at the point where you think you can pass the weft thread through the warp threads one more time, as it will be just right when you remove the fabric from the darning mushroom. Take care, too, when fitting the fabric onto the darning mushroom. If it is too tight, the fabric will shrink back once it is removed from the mushroom and the darned section will protrude like a swollen mound.



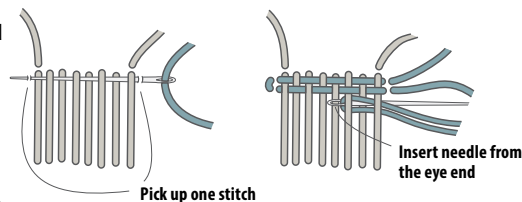
Done!

The edges of the hole on the wrong side won't spread out any further, but if the fabric protrudes or the garment is such that the reverse side will be visible, you can finish it off with blind stitch.

Finishing Off Threads on Completion

There are two methods of finishing off threads—either on the right side of the fabric or by bringing the thread through to the reverse. If finishing threads off on the reverse side, complete darning first and neaten up everything in one go for a smooth finish.

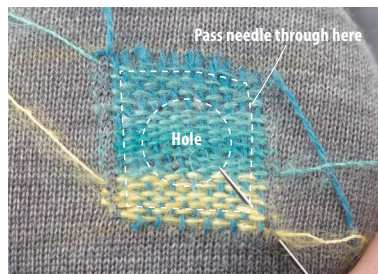
Basket stitching method



Finishing off on the right side

Concealing thread under stitches on the right side

A method of concealing thread under the darning surface. It is suitable for items such as socks and inner garments that are in direct contact with the skin.



With the darning mushroom still in place, pick up a few strands of fabric with the needle and bring the needle back out between the first and second warp threads.



Pass the needle between the fabric and the darning surface and bring it out at the edge.



Cut the end of the thread as short as possible.

Finishing off on the wrong side

Concealing thread under stitches on the wrong side

The techniques introduced in this book can all be finished off with this method. It only raises the stitches slightly so the texture is nothing to worry about.



Remove the fabric from the darning mushroom and bring the end of the thread to the wrong side.



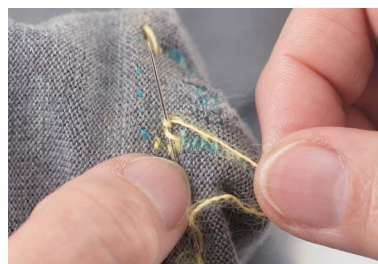
Pass the needle through about 5–6 stitches on the wrong side.



Pull the thread through and cut off the end to complete.

Knotting on the wrong side

For sweaters and clothing that doesn't come into direct contact with the skin, knot off the thread on the wrong side of the garment.



Bring the end of the thread through to the wrong side of the fabric and, holding the needle with your finger, wind thread around it twice. Hold the wound thread firmly in place with your finger and draw the needle through, pulling the thread taut to form a knot. Cut off the end of the thread.

Variation 2 Palm Darning

This method involves inserting the palm of the hand into the fabric in place of a darning mushroom. It is recommended for large areas of damage, knit fabric and so on.

Suitable for repairing damage such as: Lots of small holes over a large area, scattered stains, damaged areas that have large holes or that are too vast for a darning mushroom

Thread used: Wool thread (red)

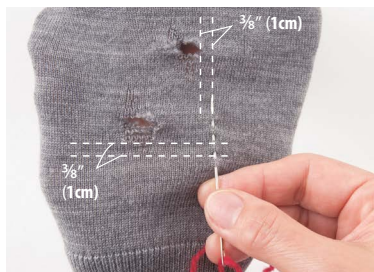


Place garment over your palm



1 Place the damaged area over your hand so that it covers your palm. Pick up a few strands of fabric with the needle at the lower right of your palm, drawing it through to leave about 6" (15cm) trailing.

Warp threads



2 Make running stitches from top to bottom about $\frac{3}{8}$ " (1cm) from the outer edges of the hole. It's fine to use running stitch on areas that are not damaged.



3 For the second row, make running stitches from top to bottom. The key point here is to leave only one thread's width between warp threads.



4 For the hole section, pass the thread over the hole from about $\frac{1}{4}$ " (5mm) below and bring the needle back into the fabric about $\frac{1}{4}$ " (5mm) above the hole, then continue making running stitches.



5 The completed warp threads.

Weft threads



6 Make running stitches from right to left over the top of the running stitches that form the warp threads.



7 For the hole section, pass the needle alternately over and under the warp threads.

Done!

Lastly, neaten off the thread at the back (see p16). The threads worked into darning are loose, so create an airy basket with character that is different again from what results when a darning mushroom is used. This technique comes directly from Celia Pym in the UK, who exhibits art works that make use of darning. Many of her works can be seen at www.celiapym.com



Examples of Basket Darning

Combining different types and colors of thread, different types of basket darning and goma-shio darning creates all kinds of variations.



A 1: Close stitches are worked in medium fine acrylic yarn to form a solid triangle. Starting from the right, the warp threads get shorter the further left they go, and the weft threads are passed through to match them. **2:** A reverse L shape with the warp threads worked in extra fine yellow wool. **3:** Dark green linen embroidery thread is used to form an oblong.

B 1: Mustard yellow boucle mohair yarn is used to form a triangle. If using yarn with raised fibers, slightly widen the gaps between the warp and weft threads to highlight this feature. **2:** Brown sashiko thread and dark brown linen embroidery thread create long, narrow warp threads. Running stitch forms the weft threads, reinforcing the surrounding area. **3:** Pale blue soft twist medium fine wool

is used to work reversible basket darning (see p53) on the edge.

C Two colors are alternated to make a houndstooth check pattern. Thread needle A with orange sashiko thread and needle B with two strands of green linen embroidery thread. Make the warp threads by making two rows with A, then two with B and repeating. Make the weft threads in the same way by alternating A and B after every two rows.

F 1: Lemon yellow extra fine wool and blue hand sewing thread are used to work goma-shio and warp threads, with khaki extra fine wool and white extra fine wool for goma-shio and weft threads forming a check pattern.

2: Reversible basket darning (see p53) in yarn of medium weight is worked over a frayed edge.



G For three thumb-size holes spread a distance apart, palm darning (see p17) is recommended. Use running stitch to reinforce the surrounding area while making the warp threads, then work the weft threads in the same way, passing the needle through the warp threads. As the fabric is not stretched while working, gentle ripples result, which adds character.



D (p18) Basket darning made in ribbon embroidery thread.

E (p18) Pale orange sashiko thread is used for the warp threads and dark orange hand sewing thread for the weft threads. Fine running stitch is used around the outside. Running stitch creates less uneven stitches than goma-shio darning.

H The edge of the damage is reinforced with deep red sashiko thread (see p53). The pink linen embroidery thread next to it has been used to work warp threads on a 45 degree angle to add even more interest.

I 1: A hole in the seam where the sleeve and body join. Khaki wool is used to make the warp threads with gray wool for the weft threads. It's fun to repair to match the shape of the hole as it creates unexpected forms. **2:** Yellow hand sewing thread is used to stitch another spot to balance out the stitching in 1. I call darning carried out as a decoration on undamaged sections a "friend." Stitching "friends" around darning creates balance and makes for a cool result.

BASIC TECHNIQUE 3 Honeycomb Darning

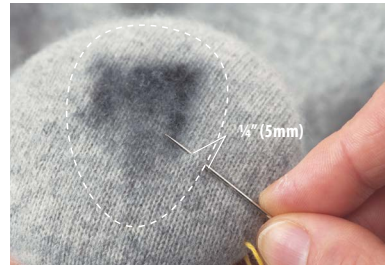


Worked by making rounds of blanket stitch from the outside to the inside as if drawing a circle, this technique reinforces worn fabric. As it has some stretch to it, it is highly suitable for the heels of socks, activewear and so on.

Suitable for repairing damage such as: Large areas of staining or fraying, areas of damage with clean edges

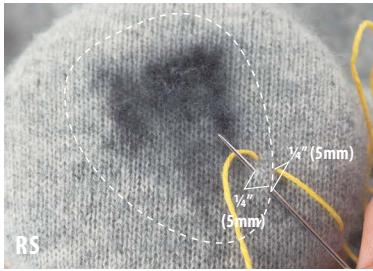
Thread used: Extra fine wool (yellow), fine wool (orange), extra fine wool (pink)

※ See also p48 for how to work blanket stitch.

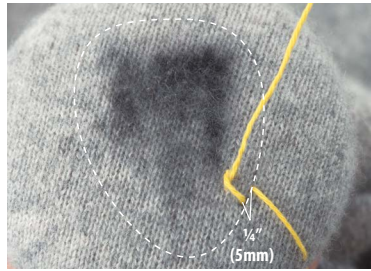


1 Position the fabric over the darning mushroom and pick up a few strands of fabric from the edge to start stitching (see 1–4 on p10). Do this about 1/4" (5mm) from the outer edge of the stain.

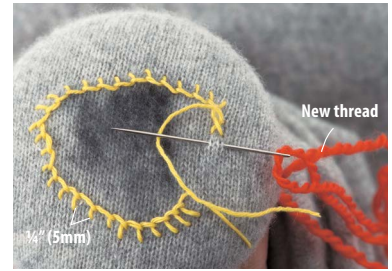
First round



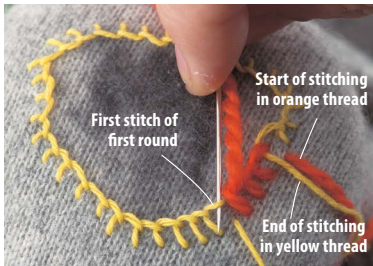
1 Draw thread through and pick up a few strands of fabric 1/4" (5mm) away. Wind thread around needle.



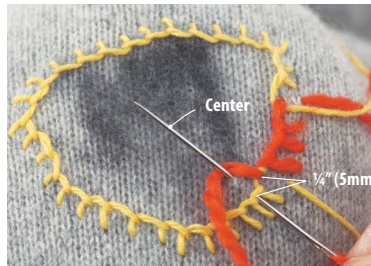
2 Draw the thread through to form the first stitch. Continue to work blanket stitches with 1/4" (5mm) intervals 1/4" (5mm) outside the damaged area to create the first round.



3 When there is about 6" (15cm) of thread remaining, change threads (see 12 on p15). Make the first stitch in the new thread by picking up a few strands of fabric 1/4" (5mm) from the last stitch.



4 Once one round is completed, work the needle through the first stitch and pull thread through.

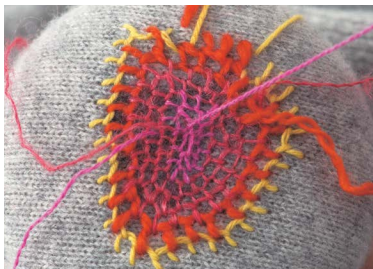


5 Work the second round by picking up the thread from the first round as you stitch. First of all, pick up a few strands of fabric 1/4" (5mm) to the left. The trick is to direct the needle into the stain at the center as you stitch.

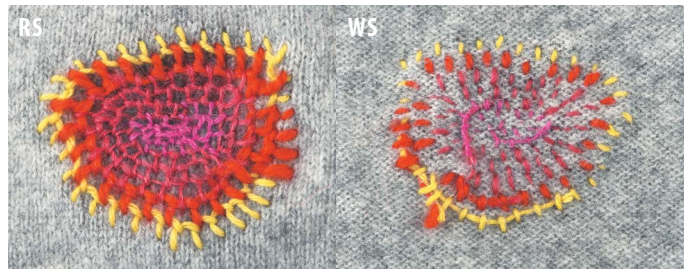


6 As per the first round, work the needle through the first stitch of the second round and draw thread through. Make sure to keep the stitch intervals at 1/4" (5mm).

Completing stitching



7 Keep working toward the center, picking up stitches on the opposite side and closing up at the center.



Done!

Honeycomb darning forms "fireworks" on the reverse side. Try making these cool stitches on the right side. Bring threads through to the wrong side and pass them through the stitches to finish off (see p16).

BASIC TECHNIQUE 4 Tambourine Darning



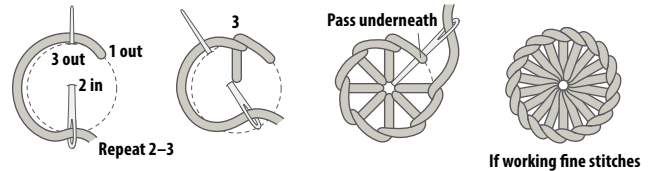
This technique also uses blanket stitch. It is the opposite of honeycomb darning as it creates a circle worked from the inside toward the outside. Just one small round of tambourine darning is pretty and cute.

Suitable for repairing damage such as:

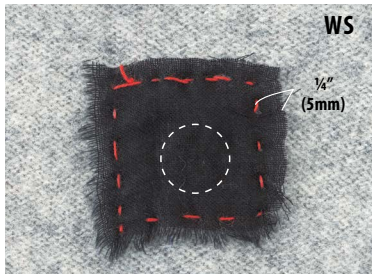
Small holes, stains and so on; also stains and soiling over large areas

Thread used: Fine wool (mint green), extra fine mohair yarn (pale blue)

How to work tambourine stitch

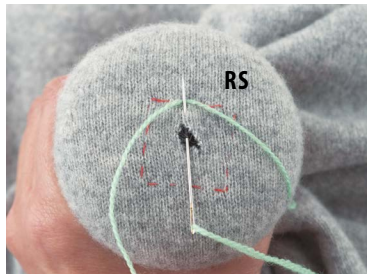


Patch



1 For a hole, use fine fabric as a patch underneath the surface to be stitched. Stick patch to the back of the fabric with temporary glue (or pin into place) and baste $\frac{1}{4}$ " (5mm) from the outer edge.

Tambourine stitch



2 Turn fabric right side out and place over a darning mushroom, start stitching by picking up a few strands of fabric at the edge (see 1–4, p10). First, work needle into the center, bringing the needle out at the 12 o'clock mark and winding thread over the back.



3 Draw thread through to complete one stitch. Make sure not to pull thread too tightly.



4 Work back into the center, bringing out the needle slightly to the left (at the 11 o'clock mark) and winding the thread over the back. Keep working in this way in the direction of the arrow.



5 Once one round is done, pass the needle through the first stitch and draw the thread through.



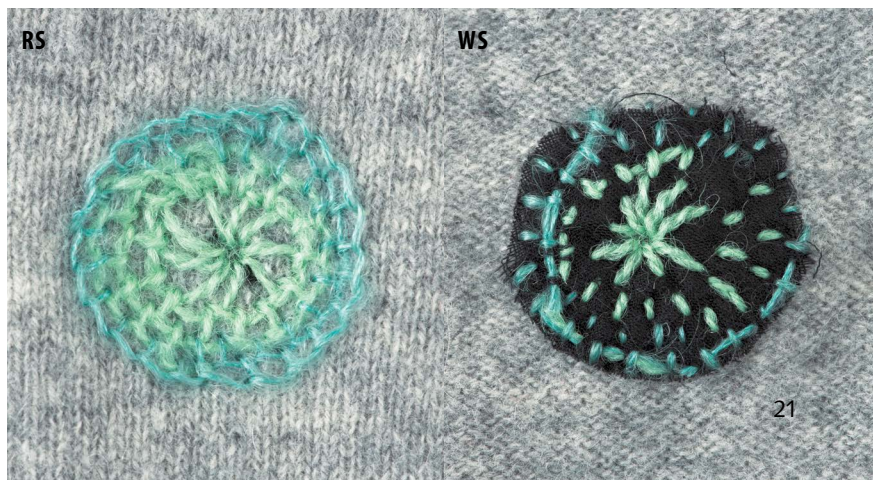
Work to extend outwards

6 If you want to extend out further, work in the same way into the outer stitches of the first round. The trick is to think of the stitches as radiating out from the center.

Done!

Now the damaged area is concealed and the work is a nice size. When working into the stitches around the outside, leave regular intervals rather than matching them up with the squares of the inner stitches. Changing the thread is the same as for honeycomb darning (see 3 on p20).

To finish off the threads bring the ends through to the wrong side of the fabric and pass them under the stitches to neaten (see p16). Remove all basting and trim the patch to the size of the darned area.

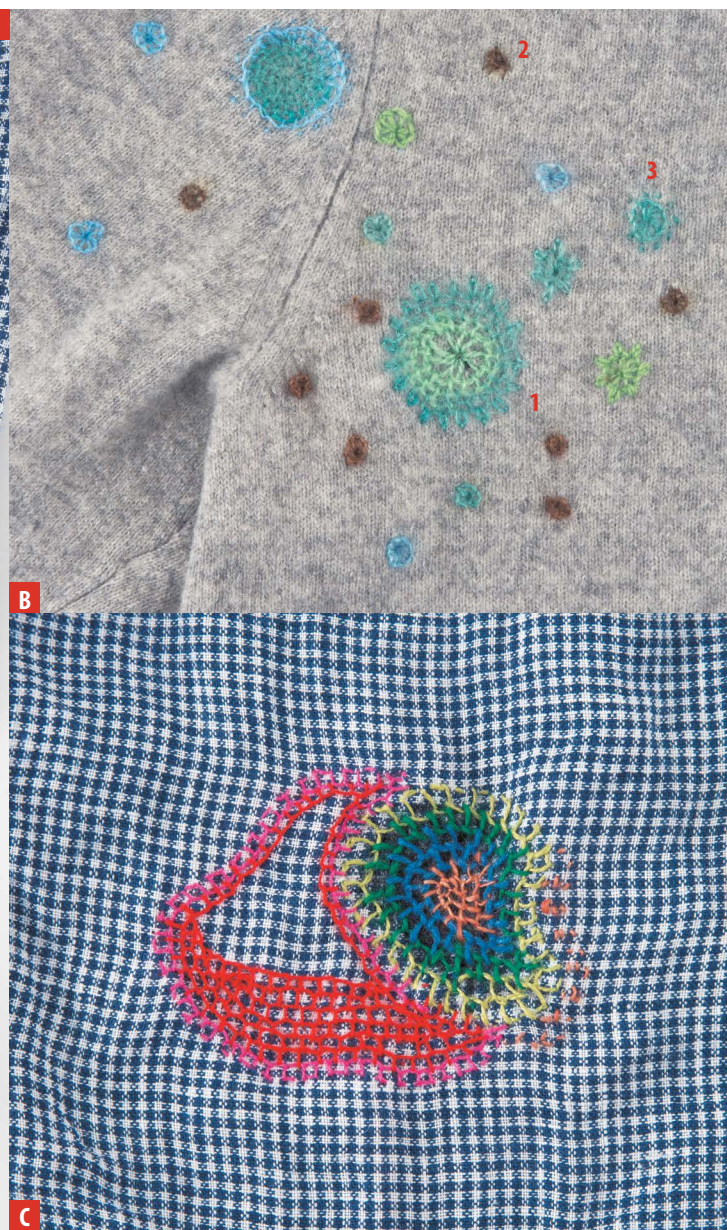


Examples of Darning Using Blanket Stitch

The wrong sides of honeycomb, tambourine and frankendarning (p92), which use blanket stitch, all look cute when used as the right sides. It's an all-purpose stitch that can be used on the edges of damaged areas or around the areas of patches.



A 1: Blanket stitching is good for edges suffering from wear. Here, I used two strands of blue linen embroidery thread to make fine stitches. **2:** Stitches spaced wider apart look more casual. **3:** Frankendarning (see p92) works on a vertical hole, done here in two strands of brown linen embroidery thread.



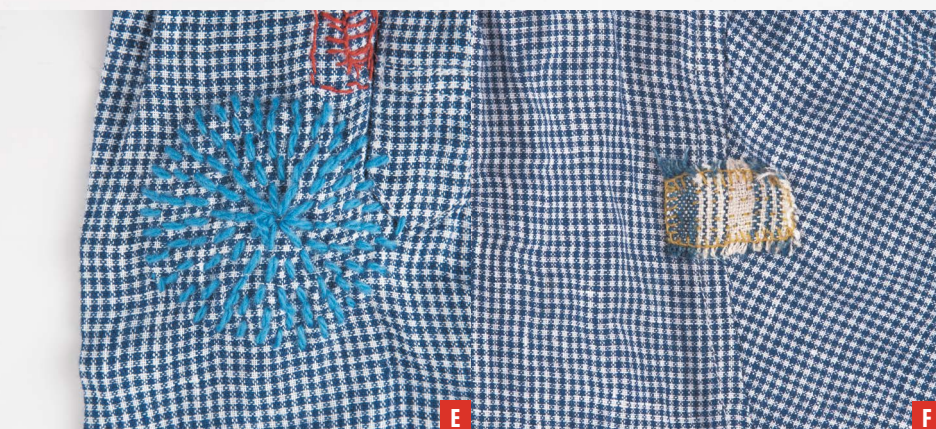
B 1: Tambourine darning on holes the size of a pinky fingernail. Mint green Shetland wool is used at the center, replaced by pale blue extra fine mohair to work another row from partway around the second row. The final row is worked in decorative lazy daisy stitch. **2:** Khaki extra fine mohair yarn is used to make tambourine “friends.” **3:** More “friends” in the yarn from 1.

C Honeycomb stitches cover a large stain. A strand of yellow linen embroidery thread was used to make a circle larger than the hole. Green and blue extra fine cashmere thread and a strand of orange linen embroidery were used to finish. To bring out the finished shape, pink hand sewing thread is added to the left. Orange hand sewing thread finishes the look.

D 1: Frankendarning (see p92) in yellow extra fine cashmere thread, light orange sashiko thread and extra fine mohair yarn. The same stitch takes on a different appearance when done in different materials. **2:** See p20. **3:** I used various sized stitches and various threads to make a Mt Fuji shape. Simply changing the height and interval of the stitches makes for a different look. Scattered goma-shio stitches complete the work.

E Rough tambourine stitches are made in blue fine wool from the wrong side of the fabric. When washed, the wool shrinks, forming cute wrinkles that give the shirt a different look.

F A ripped spot in a seam is covered in a patch and darned (see p46). I used a scrap of linen the size of a postage stamp and stitched over it in blanket stitch with one strand of yellow linen embroidery thread.



G For badly damaged areas along fabric edges, apply cloth and sew it in place with blanket stitch (see p54). Here, a scrap of thin floral printed fabric has been stitched to the edge of the fabric in emerald green hand sewing thread and goma-shio stitches used in the center.

H On the wrong side of the fabric, sketch a circle with 1½" (4cm) diameter over the stain and follow it to make four rows of honeycomb darning. Leave ⅜" (1cm) at the center to form a swimming ring shape. Rather than leaving it at just one, stitching "friends" in the same swimming ring shape creates a balanced look.

Darning a Shirt

The cuffs and collars of shirts are prone to damage. There are professional repairers who handle business shirts and the like, so if you want an as-new result, it's best to leave it to them. Here, though, I'll show you some examples of how to mend your own shirts to make the most of their individual look.



REPAIR METHOD 1

Damage: Wear in the sleeves and collar from long years of use

Thread used: Machine thread

Careful goma-shio darning (p10) was used for the collar, while for small holes, only the warp threads of basket darning (p14) were made to form small seed-like stitches. Blanket stitch (p48) and goma-shio darning were used for the sleeves.



The sturdy interlining in the collar makes it difficult to pass the needle through, so I used a fine, short hand sewing needle and 100% cotton machine thread.

I used fine blanket stitch for the edge of the cuffs, and random goma-shio stitches for the fold in the double cuff. As you mend items yourself, you stop worrying about damage from wear, and feel like you are living in complete ease with your shirt.





Firmly darning damaged areas of vintage clothing or delicate fabrics can cause further damage to the original fabric. Use a fine needle and thread and go gently with the darning.



REPAIR METHOD 2

Damage: Tears in the fabric due to wear
Thread used: No. 25 embroidery thread

As the fabric is delicate, I applied cotton muslin fabric to the back and used one strand of No. 25 embroidery thread to make loose goma-shio stitches (p10).



If you're hesitating about using color, start by using simple similarly toned colors, then add colors while considering how they will complement the overall look of the shirt to achieve a finish that is close to ideal.



REPAIR METHOD 3

Damage: Wear around the neck, stains

Thread used: Cotton hand sewing thread

Blanket stitch (p48) in a blue close to navy and goma-shio darning (p10) keep things simple for a monotone result. The colorful darning was made using tambourine darning (p21) and fine goma-shio stitches.

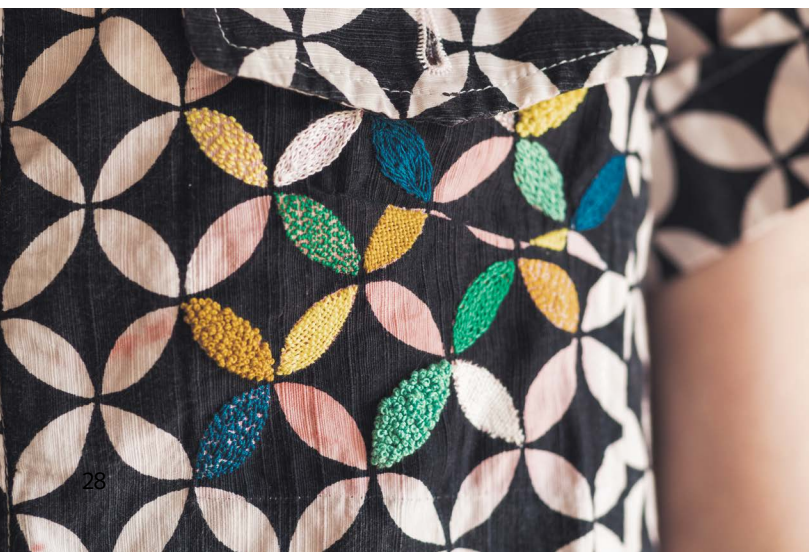
Darning a Dress

There is still wear in a favorite dress with damage.

Aim for darning that matches the personality of the person wearing the dress as well as the character of the garment itself.



Bought in Paris, this dress is full of memories. I left some of the stain as it was, considering the overall balance of the dress before proceeding to darn. The darning coexists with the stain rather than concealing it.



REPAIR METHOD 4

Damage: Large red stain on chest pocket

Thread used: Hand sewing thread

White sections of the pattern were filled in with goma-shio (p10), chain stitch (p48) and French knot stitch (p48).



Damage near the hem was repaired with patches of woven fabric such as printed material and velvet, which goes well with corduroy.

REPAIR METHOD 5

Damage: Damaged material in the hem

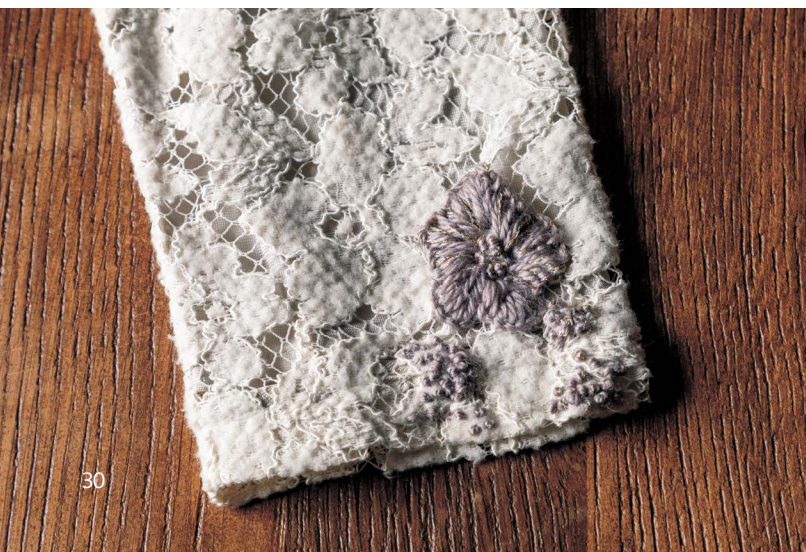
Thread used: Mohair silk yarn

After placing the patches on the skirt, goma-shio (p10), blanket stitch (p48) and herringbone stitch (p48) were used to stitch them down. Working goma-shio stitches so that they extend vigorously out past the damaged area allows them to mediate between the patches and the dress fabric, so that they blend together.





In the center, a circle of French knots with blanket stitch around it forms a floral motif. Clusters of French knots are scattered in two more places to complete the work.



REPAIR METHOD 6

Damage: Bleach stain on the neckline

Thread used: Silk mohair yarn of medium weight

Tambourine darning (p21) creates a semi circle, while circles of French knots (p48) lend a corsage-like look. The same thread is used to create a “friend” on the cuff to make the darning blend in on the dress.

A woman is lying down, her head tilted back and eyes closed, resting her head on her hand. She is wearing a dark-colored dress with a geometric pattern in shades of blue, green, and orange. The dress has a ruffled sleeve. On the underarm area of the sleeve, there is a visible repair consisting of a patch of black fabric with colorful, intricate stitching in shades of blue, green, and orange. The background is a patterned rug with geometric designs in red, orange, and black.

REPAIR METHOD 7

Damage: Fraying in the underarm area due to wear

Thread used: Hand sewing thread

A black muslin patch was applied to the wrong side of the garment and then stitched with a combination of honey-comb stitch (p20) and basket stitch (p14).

The shape of the stitching was created so as to blend in with the geometric patterns on the dress. As the darning is in the underarm area, eye catching colors are avoided and shades used in the dress are chosen so they will blend in better.

Camouflage Darning

It is important that darning blends into the clothes on which it is applied, as well as bringing out the garment's appeal and making it more comfortable to continue wearing. Here, I'll show you some subtle darning that doesn't stand out, but fits the clothing on which it is used.



Shetland wool yarn shrinks when washed, but as it takes a while to do so, it molds to the form and movement of the hands. As gloves get dirty easily, make sure to use yarn suited to washing by hand.



REPAIR METHOD 8

Damage: Wear around the edges
Thread used: Shetland wool yarn

The various types of colors that feature in the Fair Isle pattern were used to work basket stitching (p14) into the tattered areas around the edges.



A large hole is repaired with a thin black fabric patch on the wrong side and medium weight alpaca blend yarn that is smooth and soft like cashmere.



REPAIR METHOD 9

Damage: Large holes in the elbows of a cashmere sweater

Thread used: Alpaca blend yarn of medium weight

The left elbow is covered with a patch on the wrong side (p49) and honey-comb darning (p20) is used to work to $\frac{3}{8}$ " (1cm) outside of the hole. The same yarn is used on the right elbow to make a round of tambourine darning (p21) and six "friends" around it.



Patching a large hole allows the damaged look to be retained and makes for easy mending.

REPAIR METHOD 10

Damage: Large hole in the pocket caused by a wallet

Thread used: Sashiko thread

A piece of denim from the hem of worn-out jeans is cut slightly larger than the hole and placed over the hole on the inside of the pocket. Placing paper inside a pocket makes for smooth darning (p50). Goma-shio darning (p10) around the edge of the hole completes the work.



Subtle finishing on the right side. If damaged again, more darning can be done over the top, as the layers of stitches add extra flavor.



REPAIR METHOD 11

Damage: Wear in the crotch

Thread used: Sashiko thread

Some favorite cotton fabric was used to patch the wrong side of the jeans, with tambourine darning worked over it from the wrong side (see p51 for how to repair).



REPAIR METHOD 12

Damage: Thumbnail sized moth hole and stains
Thread used: Fine wool

Fine unbleached muslin fabric was used to patch the wrong side and tambourine darning was worked over the top (p51). As per example 11, only dots of stitches resembling fireworks show on the right side, making for a finish that blends in well with the garment.



REPAIR METHOD 13

Damage: Tear in nylon fabric
Thread used: Sashiko thread

For a straight tear, blanket darning is recommended. As this is men's clothing, thread has been used that is slightly thick relative to the fabric. Applying a muslin patch to the wrong side reinforces weakened fabric. Frankendarning is used on the tear, with goma-shio stitching around the edges of the patch (see p92 for how to repair).

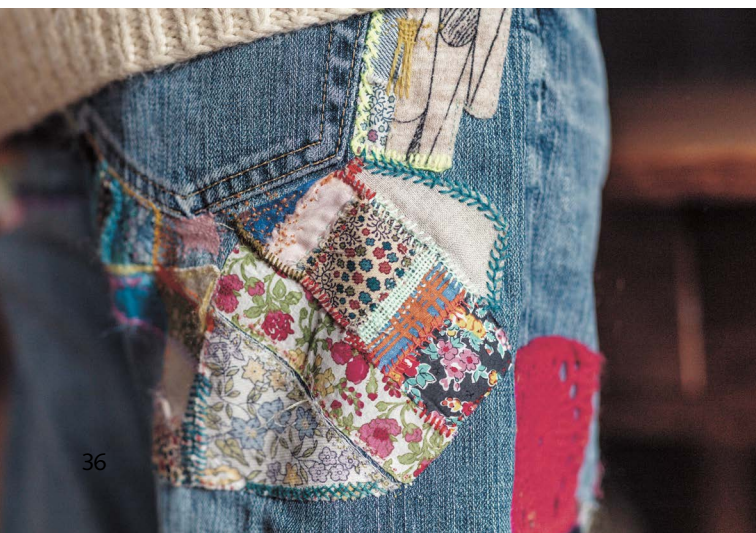


Darning Jeans

Jeans are the perfect garments for darning, as it doesn't matter what kind of thread or what colors you use. You can have great fun with all the color variations.



Using indigo dyed fabric, linen and so on makes for a mature vibe. If a patch is made from an old garment that has been washed many times it will blend in well with the denim of the jeans.



REPAIR METHOD 14

Damage: Wear on the fabric from constant friction of a shoulder bag rubbing against it
Thread used: Whatever thread you like

Vintage floral fabric, checked fabric scraps from a worn-out table napkin and so on are used as patches and sewn on with blanket stitch, herringbone stitch, basket stitch and so on to neaten the edges (p47–48) but the edges of the patches can also be left raw.



REPAIR METHOD 15

Damage: Hole worn into a pocket by a wallet

Thread used: Fine wool, mohair yarn

Fabric patches are made from velvet, printed cotton and so on (p46) and stitched to the jeans with French knots, herringbone stitch and blanket stitch (p48), and small tambourines (p21) are worked around them.

REPAIR METHOD 16

Damage: Routine wear and tear

Thread used: Lamé

For damage in the initial stages, make your slogan “goma-shio stitching for the time being!” Here, worn fabric has been darned with random goma-shio stitches (p10). Using neon colors and lame thread over just one area highlights the charm.

Measures Against Wear in the Inseam

Repeated wear causes fabric in the inseam of pants and jeans to wear thin. When this happens, apply a patch and employ various darning techniques. Mending by hand allows the fabric to stay soft and comfortable to wear.



These wool pants are invaluable in winter. The areas of continuous friction tend to become damaged due to the softness of the fabric. Once worn areas are noticed, they are darned, then as those areas become more worn they are darned again... the pants are maturing nicely as this process is repeated over and over.

REPAIR METHOD 17

Damage: Damage due to wear

Thread used: Various yarn including wool and mohair yarn

Various materials and different colored threads are used to create basket darning (p14) to cover areas of damage.

REPAIR METHOD 18

Damage: Wear in the inner seam

Thread used: Whatever thread you like

A combination of basket stitch (p14) and goma-shio (p10) is used to darn, with small pieces of cloth placed over the top and stitched in place with fine blanket stitch (p47–48). More worn areas are reinforced with cloth patches on the wrong side.



As damage progresses, full use is made of various threads, fabrics and techniques for darning. The unexpected character created by the stitches on the wrong side of the fabric is a plus.

REPAIR METHOD 19

Damage: Damage from wear

Thread used: Polyester blend yarn especially for darning

Cupro lining is basted to the wrong side of the fabric, then a bowl is placed on the inside of the garment for darning. On one side, the white warp threads remaining from the tweed fabric are incorporated into basket darning (p14) and goma-shio darning (p10), while on the other side where the original fabric had simply worn thin, only goma-shio stitches were used.



The wrong side is attractive too, and the pants still feel comfortable. This darning will make them a pleasure to wear for another season or more.



Darning socks

Socks are prone to damage, with holes forming in the toes and heels wearing thin. Before damage progresses, give them a life extending treatment through darning! You'll even start feeling compassion toward them.



Those with an artistic nature might like to try free-form basket darning to create patterns like this one.



REPAIR METHOD 20

Damage: Hole in the instep of a sock

Thread used: Mohair silk yarn, silver lamé thread

As this is an area that would be visible when worn, basket stitch (p14) was used to make iceberg shapes, and the blank area was worked into the shape of a polar bear. The threads from the start and end of stitching were intentionally left hanging rather than being finished off.

The woolly thread used in overlockers is the same nylon fiber used for tights and socks. It is highly elastic and, as it is made from several strands of very fine thread, it is difficult to work with when making basket stitches, but this just makes for an even more intense feeling of satisfaction on completion. It sits well against fabric and its elasticity allows socks to remain comfortable to wear.

REPAIR METHOD 21

Damage: Deterioration of fabric due to wear
Thread used: Woolly nylon overlocker thread

For nylon mesh-knit summer socks, highly elastic woolly overlocker thread in practically the same material has been used. The deteriorated areas are darned using basket stitch (p14) and goma-shio darning (p10).





22, 23, 24, 25

Thread used: Wool, mohair yarn, sashiko thread, hand sewing thread and some of the recommended thread types introduced on p8, depending on my mood at the time.

When socks are damaged, you can repair them and keep on repairing them over and over. Use techniques such as goma-shio (p10), basket darning (p14) and honeycomb darning (p20).



REPAIR METHOD 24

Damage: The entire sole of the sock

For heavier damage use honeycomb darning (p20); for lighter damage use goma-shio darning (p. 10).

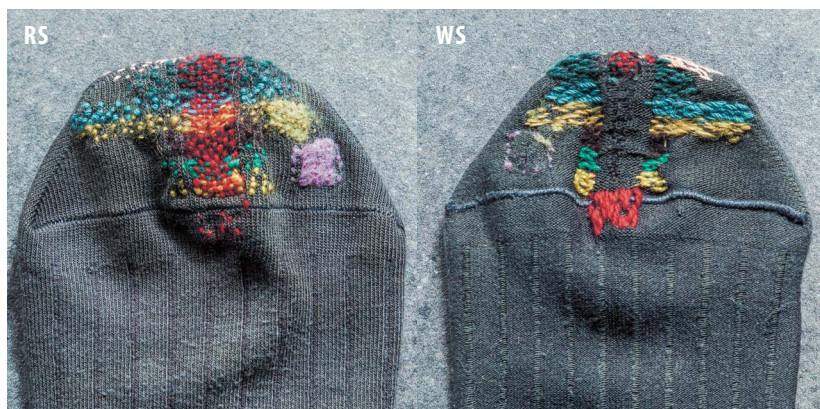




REPAIR METHOD 23

Damage: Wear in the heels

Goma-shio (p10) and a combination of goma-shio and basket darning (p14) are used, with honeycomb darning (p20) used on more damaged areas.



REPAIR METHOD 22

Damage: Holes in the toes, areas worn thin

A combination of goma-shio technique (p10) and basket stitch (p14) is used to darn, along with square basket stitch.

REPAIR METHOD 25

Damage: Heels and areas of wear

A combination of goma-shio technique (p10) and basket stitch (p14) is used. Threads of different colors are used to form a check pattern.





REPAIR METHOD 26

Damage: Huge hole in hand knitted slipper socks

Thread used: Thick yarn in an alpaca blend

For huge holes, cut a piece of cardboard to the shape of the sole and place it inside the sock before starting to stitch. Make running stitches that also form the warp threads over the hole, using running stitch around the hole as well to reinforce the fabric. Lastly, pass weft threads through the warp threads to complete the basket stitching. Once you've gotten used to doing this, try using your hand instead of the cardboard (p17).

REPAIR METHOD 27

Damage: Huge hole in hand knitted slipper socks

Thread used: Thick yarn in a mohair blend

As the area to be repaired is the heel, increase cushioning and make the sock more comfortable to wear by placing a circle of knit fabric 2 $\frac{3}{8}$ " (6cm) in diameter (such as store-bought felt or a 100% wool sweater that has been washed in detergent and hot water to shrink it) inside the sock and darning from the right side using honeycomb stitch (see p89 for how to repair).



SPECIAL NOTE 1



The Metropolis Created by Woodturner Sarah Lock



Woodworker Sarah Lock is one of my English craft artist friends. Several years ago I was looking at one of her signature colorful striped lamps and asked her to make some darning mushrooms. Months went by, and finally a package arrived and I opened it to find the loveliest darning mushrooms. Each had their own unique form as well as being highly practical. Lined up next to one another they look like a metropolis; a futuristic cityscape.

After completing a degree in fine arts, Sarah worked in a studio making backdrops for the opera, where she learned the techniques for making stage sets from various materials. Following this, she built a career in the television graphics and animation industry, but child-rearing made it impossible to continue. Discovering timber offcuts at her furniture maker husband's studio, she became fascinated with the enjoyment afforded by woodwork and has continued to work a woodturner ever since.

"I am fascinated by the X shape created by the tapering at the waist in draped clothing, the shape of the diablo (Chinese spinning top). That's why my darning mushrooms have a silhouette that emphasizes the X shape, and why I make the gills on the underside of the mushroom with a draped effect; making one form reminds me of something or inspires me and I developed and evolved the work freely as I went, using different forms, timbers, colors and so on," says Sarah, who is familiar not only with woodwork but with patchwork, knitting and darning as well. Understanding better than anyone the joys of creating with your favorite tools, Sarah produces tools with a story to them. Of course, it's possible to darn using items close to hand, but time spent repairing with these special tools as partners makes it all the more exceptional. It will allow you to enjoy the pleasure of darning even more.

ADVANCED TECHNIQUE 1 Patches: Over the Top

This method involves covering up a hole by patching over the top of it. Stitches such as goma-shio are added around the edge of the fabric as reinforcement. Using fabric with cute patterns and prints makes for a design accent.

Suitable for repairing damage such as: Holes from small to large. Damage over a large area of fabric.

case 1 Using Sewing Pins and Basting

For delicate fabric that is difficult to handle such as thin fabric, secure it with sewing pins before basting for a neat result.

Thread and fabric used: No. 25 embroidery thread (one strand of red), printed gauze fabric



Fray stopper



1 Applying fray stopper to the edges of a patch from the wrong side makes for a neat end result. Make sure to place paper underneath when applying.

Sewing pins



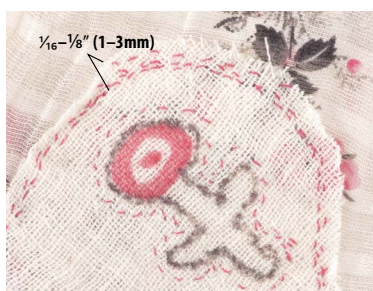
2 Place something flat such as a book or cardboard under the fabric. Place patch over hole and pin to fabric with pins radiating outwards.

Basting



3 Make three rounds of basting and remove pins.

Goma-shio



4 Use one strand of No. 25 embroidery thread to make three rounds of goma-shio stitching (see p10) around the edges of the fabric and around the outline of the printed pattern.

*Place fabric on darning mushroom when making goma-shio stitches.

Easy and convenient fray stopper

Simply applying this around the edges of the fabric will prevent cuts from fraying. It comes in a pen type that is easy to use and can be washed in water. It can be applied to either the wrong or right side of the fabric.



Done!

Remove the basting to complete the work. Applying a patch and reinforcing it with goma-shio stitching over the top can sturdily repair even delicate fabric. If you don't want the work to be obvious, choose a patch in a material and pattern similar to the garment to be mended.



case 2 Using Double-sided Iron-on Fabric Adhesive Sheets

Double-sided iron-on fabric adhesive in sheet form is handy for fabrics that are not delicate. All you do is iron it onto the fabric, then stitch however you like.

Thread and fabric used: Hand sewing thread, No. 25 embroidery thread (two strands), sashiko thread etc. (whatever colors you like)



Apply double-sided iron-on sheet



1 Place paper (photocopier paper, baking paper etc.), double-sided iron-on sheet (thin type) and patch down in that order. Here, I've cut out a rabbit motif from a handkerchief.



2 Place fabric or paper over the top and iron to activate adhesive.



3 Trim iron-on sheet to the shape of the patch and remove the backing paper.



4 Position patch over hole and iron to stick down.

Temporary adhesive is OK too!

If you don't have a double-sided iron-on sheet, it's fine to use temporary adhesive. Temporary adhesive for crafts doesn't harden and you can stitch through it without the needle getting sticky. Of course, you can also use the sewing pin and basting method from case 1.



Stitch the edges



5 Set fabric over darning mushroom and stitch around the edges of the patch however you like. If you've used knit fabric, it can easily peel off, so it's best to baste it first.

Done!

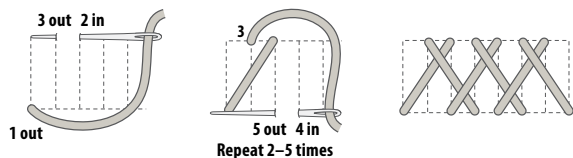
A mix of stitches makes for a stylish result. Vary rough and fine stitches to add accent and create a look with flair. Change the type and color of the thread too. See the next page (p48) for how to make the stitches!



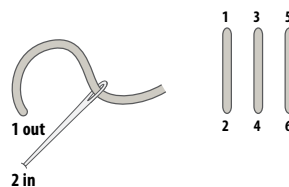
Stitches for Patch Edges

※ B is basket stitch (see p14) and H is goma-shio stitch (see p10)

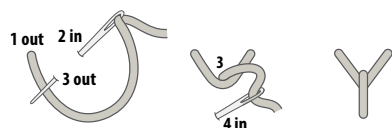
A. Herringbone stitch



C. Straight stitch



D. Fly stitch



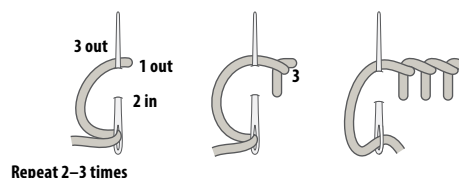
E. French knot stitch



F. Chain stitch



G. Blanket stitch



Fabric for patches

In order for them to blend well with damaged clothing, it is recommended not to use new fabric for patches when darning. If using new fabric, first wash it in warm water and iron it so that it softens. You can also cut sleeves and so on from clothing that is no longer needed into 8" (20cm) pieces and wash them to use as patches later.



1. Print fabric/embroidery fabric

Use on top of the garment to add a design accent. Can also be used underneath.

2. Lining (cupro) As it is thin, it is suitable for small holes, damage to the inner seam of pants and so on. Make sure to wash in water first.

3. Denim The cut-off sections from hems of jeans can be reused too.

4. Tweed Reuse old pants. The frayed threads can also be used for darning.

5. Sweater Scraps of fabric from old sweaters can be used for knitwear, of course, but are also interesting when used on jeans. Wool sweaters can be washed in hot water so that they shrink and form a texture like felt.

6. Knit fabric Knit fabrics have an elasticity that makes them a good option for use as knee or elbow patches as well as activewear.

7. Voile/muslin These are thin, soft, plain woven fabrics so are suitable for patching garments from the inside.

ADVANCED TECHNIQUE 2 Patching from Inside a Garment



This darning technique makes hole damage part of the design. It can also be used to reinforce inseams of pants, underarms of shirts and so on.

Suitable for repairing damage such as:

Small to large holes and tears, areas of fabric that have weakened from wear

case 1 Denim Fabric

Damage to jeans is cool left as it is, without being mended. But when it looks like things will go too far if left unchecked, applying a patch from the inside with subtle stitching looks cool too.

Thread and fabric used: Sashiko thread (blue), whatever fabric you like (when selecting fabric, keep in mind that it will be seen through the hole)

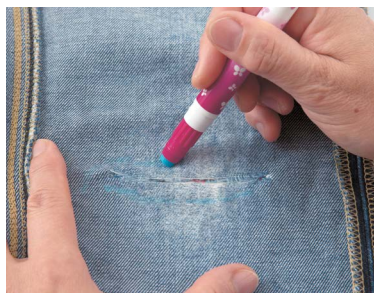


Use a book as an underlay



1 Turn jeans inside out and use a book as an underlay on which to work in place of a darning mushroom.

Apply patch



2 Apply temporary adhesive around the hole. If you don't have any temporary adhesive, it's fine to use sewing pins.



3 Make three rounds of basting and remove pins.



4 Apply patch and baste about $\frac{1}{4}$ " (5mm) in from the edge of the fabric.

Goma-shio



5 Use the goma-shio technique (see p10) to make one round of stitching around the edge of the hole. If you like, you can stitch around and around $1\frac{1}{8}$ " (3cm) from the outside of the hole using goma-shio and honeycomb stitching (see p20) over the whole patch.

HIKARU'S ADVICE!

It's difficult to know to what degree to repair damaged jeans. The damage itself is charming, so if you are darning someone else's jeans make sure to discuss everything with them first! Cover up holes and repair only vital spots; after that, rough goma-shio darning should suffice. It's important not to repair jeans too perfectly.

case 2 Delicate Fabrics

For delicate fabrics, use thin material, fine thread and fine stitches. In particular, for patches, fabric that has become soft from wear is a good option. If using new material, wash it in warm water first.

Thread and fabric used: No. 25 embroidery thread (one strand each of light green and blue), cotton voile



Fray stopper



1 Cut voile to match the pattern on the fabric (for fabric that is not transparent, a square is OK). Apply fray stopper around the edges of the patch.

Use cardboard as an underlay



2 Turn blouse inside out and place patch over hole, using sewing pins to secure in place while basting. I recommend using cardboard as an underlay while doing this.

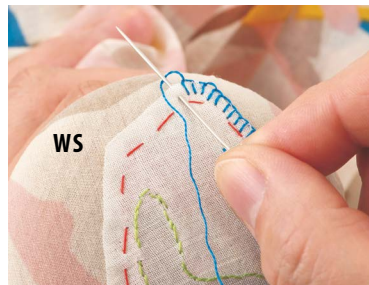
Goma-shio



3 Turn blouse right side out and set over darning mushroom. Turn the edges of the hole under by $\frac{1}{8}$ " (3mm) and pin, then make fine goma-shio stitches (see p10), following the outline created by the fray stopper.



4 The completed stitching around the hole. If this task is a bother, it's fine to apply fray stopper and stitch using goma-shio darning, or even leave the patch edges raw if it doesn't worry you.



5 Turn inside out again and place over darning mushroom. Work blanket stitch (see p48) around the edges of the patch. Lastly, finish off the threads on the wrong side (see p16) and remove basting.

Using paper for darning a pocket

Paper such as photocopier paper comes in handy as an underlay when darning a pocket as it acts as a guard to prevent the needle piercing through to the body of the garment. The paper can be left there when placing the garment over a darning mushroom.



Done!

For fine fabrics in particular, neatening the edges of a patch makes for a clean finish on both the right and wrong sides of the garment. Making fine stitches also allows the patch to blend in to the delicate fabric.



ADVANCED TECHNIQUE 3

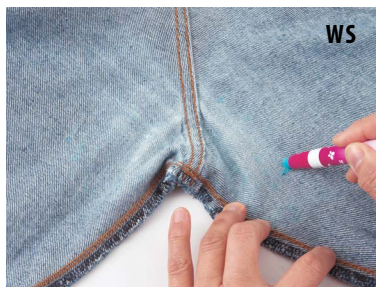
Repairing Damage to an Inseam



Doing a good job repairing rips and tears in an inseam is difficult, so here I'll show you a method for reinforcing this area with a patch and stitching. As it involves hand sewing, the reinforced section blends in well with the jeans and doesn't make them any less comfortable to wear.

Thread and fabric used: Sashiko thread (navy), cotton fabric

Apply patch

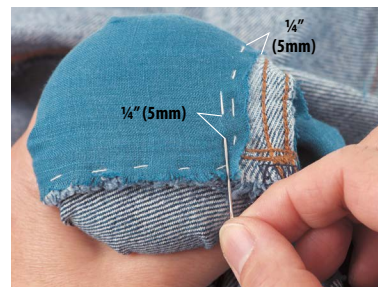


1 Turn jeans inside out and apply temporary adhesive to the damaged area in the crotch.



2 Apply fray stopper around the edges of the patches, then stick them down on both sides. Slide a book inside the jeans as an underlay and baste around the patches 1/4" (5mm) from the inside edges.

Tambourine



3 Place jeans over a darning mushroom and pick up a few strands on the needle near the seam join to work a tambourine (see p23).



4 Work the first row in the direction of the arrows to form a right angled fan shape.



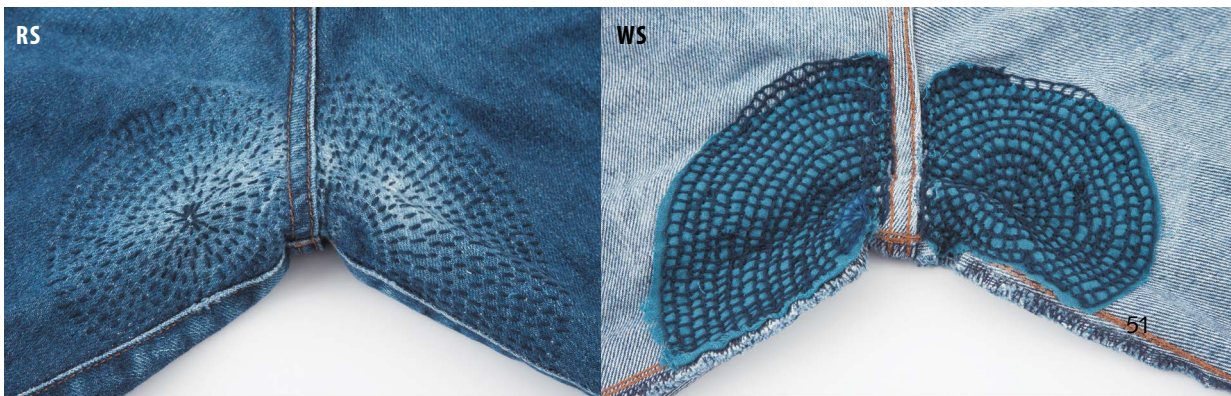
5 Work the second row to extend the tambourine.

HIKARU'S ADVICE!

Damage to the inseam can be taken to professionals for repair, but as it is done by machine to create sturdy reinforcement, the result tends to be rigid. Repair done by hand is prone to becoming damaged again through wear and tear, but continuing to stitch over the top of the repair as you keep wearing the jeans makes for a soft feel against the skin and adds to their character.

Done!

Simple stitches appear on the right side. Finish off the threads (see p16) on the wrong side and trim around the patches next to the darning stitches.



ADVANCED TECHNIQUE 4

Repairing Damage in an Underarm



The underarm area of shirts is also prone to damage such as ripping and wearing thin. The elasticity of honeycomb darning makes it ideal for repairs in this area. If thread in a similar color to the garment is used, the resulting repair won't be so noticeable.

Thread and fabric used: Sashiko thread (navy, gray), thin cotton

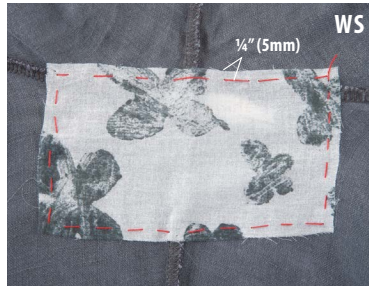


Place a book or cardboard inside



1 Turn shirt inside out and place a book inside as the underlay.

Apply patch



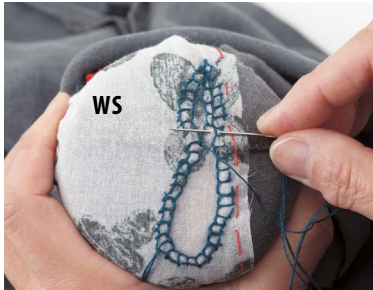
2 Place patch on the damaged area and use sewing pins to pin in place before basting $\frac{1}{4}$ " (5mm) from the edge. If you are worried about the edges fraying, apply fray stopper around the edges of the patch first.

Create the outline

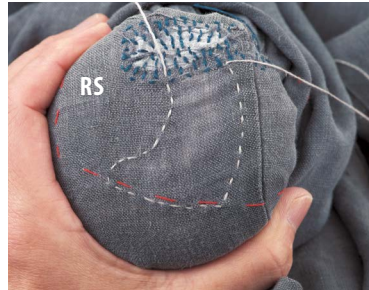


3 Turn shirt right side out and place book inside as the underlay, then sew goma-shio stitches (see p10) as if tracing an outline around the damaged area to attach the patch to the shirt.

Honeycomb darning



4 Turn shirt inside out and place over darning mushroom. Work honeycomb stitches (see p20) around the goma-shio stitches made in step 3.



5 When step 4 is completed, turn fabric to the right side and change thread colors. Reinforce with goma-shio stitches.



6 Reverse again and honeycomb stitch along the outline. About $\frac{1}{16}$ " (2mm) outside past the basting thread, finish with a few goma-shio stitches and remove the basting thread.

Done!

The patch covers a large area on the wrong side so strengthens the underarm area.



ADVANCED TECHNIQUE 5 Repairing Edges



For cuffs, edges of pockets and other damage to the edges of clothing, darn using techniques such as blanket stitch, goma-shio and basket stitch. Combining techniques such as basket stitch and goma-shio is effective.

Suitable for repairing damage such as:

Skirt hems, cuffs, ribs on sweaters, edges of pockets and other wear or damage to edges of garments

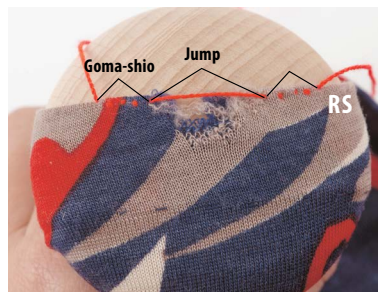
case 1 Reversible Basket Stitch

This method involves making a complete round to the reverse of the fabric when creating the warp threads. This allows the warp threads for the right and wrong side of the fabric to be made all in one go, making for an easy reversible basket stitch. It's a good option for mending damage such as holes in mufflers.

Thread used: Sashiko thread (orange)

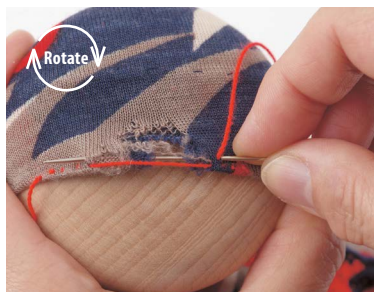


Warp threads

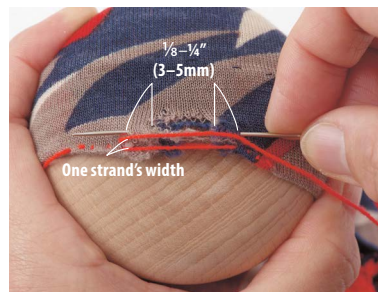


1 Set the damaged edge area at the $\frac{3}{4}$ position on the darning mushroom. Make goma-shio stitches (see p10) from right to left, bringing the needle out $\frac{1}{8}$ – $\frac{1}{4}$ " (3–5mm) from the right edge of the hole and "jumping" over to $\frac{1}{8}$ – $\frac{1}{4}$ " (3–5mm) out from the left edge to start making goma-shio stitches again.

Bring the thread all the way through to the back!



2 Rotate the darning mushroom 180 degrees and make goma-shio stitches up to the edge of the hole, then pass the needle under the hole and bring it back up on the other edge.



3 Pass the thread over right and wrong sides of fabric until the hole is covered, leaving a gap of one strand's width between warp threads.

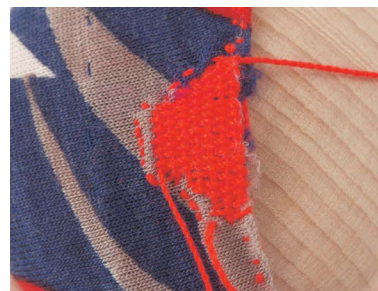


4 The finished warp threads. Take care not to pull the warp threads too tightly.

Weft threads



5 Rotate darning mushroom 90 degrees and pass weft thread alternately under and over warp threads (see p14).



6 The completed weft threads on the right side.

Weft threads on wrong side



7 Turn inside out and set over darning mushroom to make weft threads on the wrong side of the fabric.

Done!

The right and wrong sides are exactly the same, making for a reversible finish. This method is effective for when the wrong side of the fabric will be visible. Using different colored weft threads on the right and wrong sides is cute too. Finish off the threads by concealing them under the stitches on the right side (see p16).



case 2 Attaching a Patch

For sturdy reinforcement of clothing prone to damage, such as activewear, adding a patch from the underside will strengthen fabric. You can then darn it with whatever stitch you like.

Thread and fabric used: Hand sewing thread (orange, green), T-shirt scraps



Warp threads



1 Turn sweatpant hem inside out and apply temporary adhesive to the damaged area.



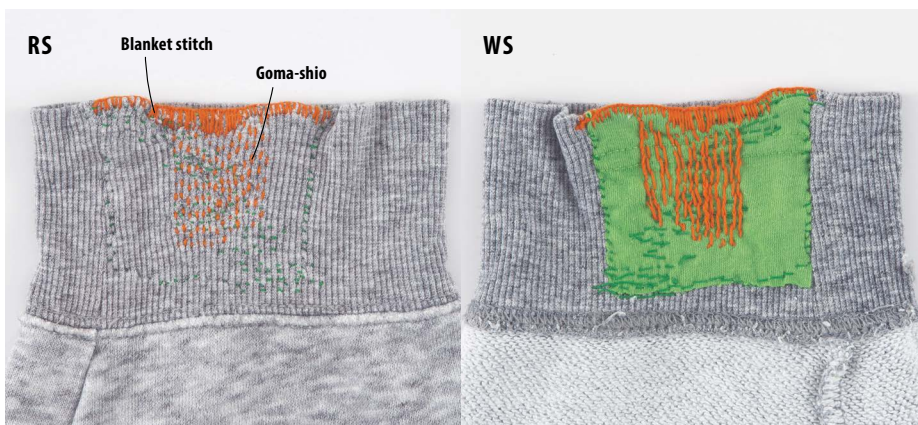
2 For the patch, cut a square from stretch fabric (old T-shirt) and glue it to the wrong side of the hem. Place a book or cardboard inside as the underlay and baste patch to pants.



3 Set hem at the $\frac{3}{4}$ position on the darning mushroom and use your favorite stitch to darn, referring to case 3 on p55.

Done!

Here, I tried out fine blanket stitch (see p48) along the edge of the hem and goma-shio darning (see p10) around the patch and on areas of light damage.



case 3 Goma-shio + Blanket Stitch + Basket Darning

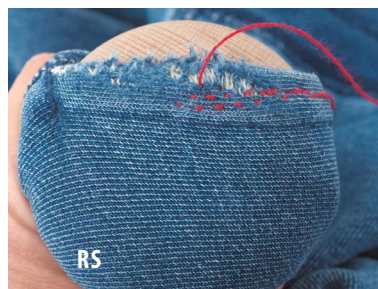
This darning combines three techniques. Blanket stitch is used to resemble warp stitches, with weft threads passed through to create basket darning that looks interesting and increases strength.

※ For how to do goma-shio stitch, see p10; blanket stitch, see p48; basket stitch, see p14.

Thread used: Linen embroidery thread (red, green)

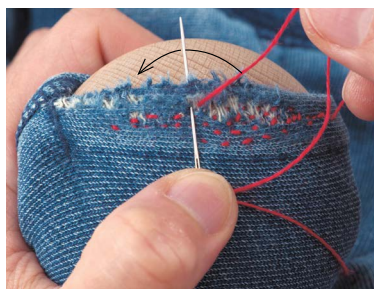


Goma-shio

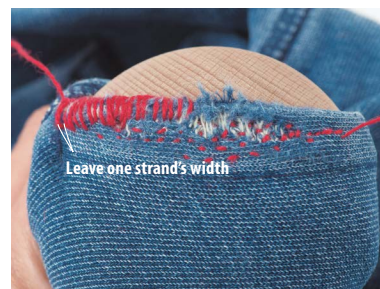


1 Make goma-shio stitches around the damaged area at the edge of the pocket.

Use blanket stitch on the edge



2 Pick up a few strands from the right side of the fabric and pull thread through. To the left, pass needle through to the wrong side, winding the thread around the back of the needle (pass thread from right to left under the tip) and pulling thread through. The long blanket stitches serve as warp threads. Leave a strand's width between them to pass weft threads through.



3 A line of blanket stitches of varying lengths. The long stitches on the left will be used for passing weft threads through for basket darning.

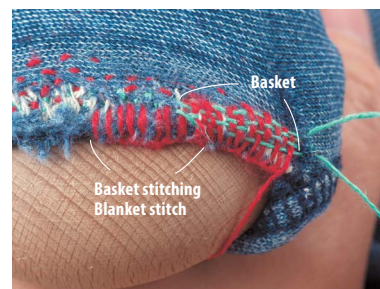
Basket



4 Rotate darning mushroom 180 degrees to pass the weft threads of the basket stitching through the stem sections of the blanket stitches. Pass the eye end of the needle alternately over and under the threads from right to left.



5 Weave only in and out of the long blanket stitches and pull the thread through.



6 The completed weft threads. Keep rotating the darning mushroom as you work so that you are always passing the thread from right to left.

Done!

Goma-shio stitches were worked on the wrong side of the fabric so that their reverse ("reverse goma") can be seen on the right side. Working from the wrong side of the fabric and making use of the stems of the blanket stitches to create basket darning allows for variation of expression.



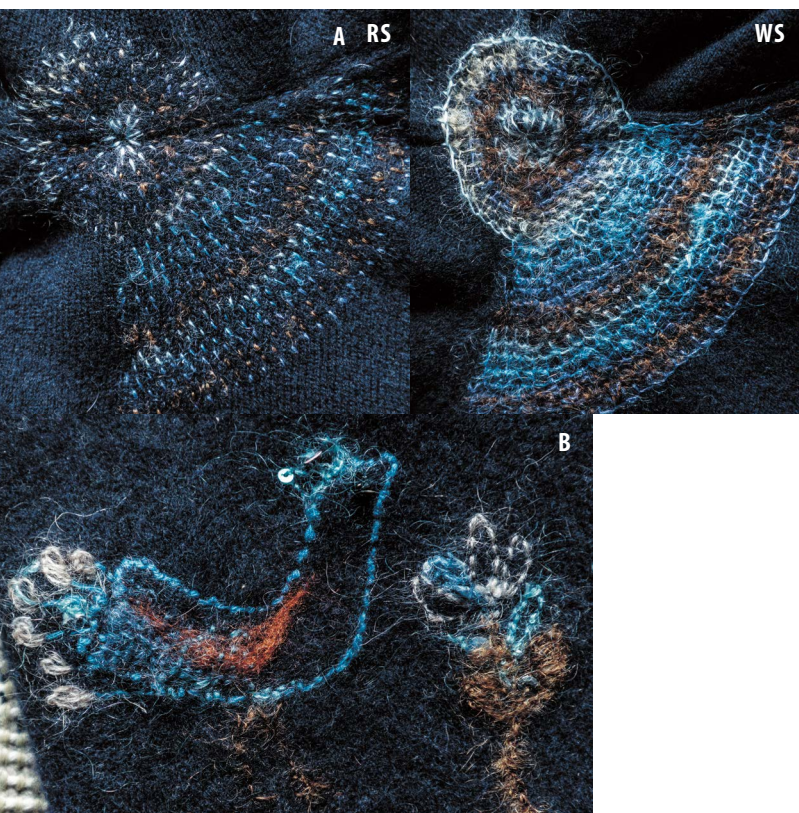
Darning Sweaters

Here are some examples of sweater darning by color. Use thread in different colors and materials to make a stronger impression, or tone things down by repairing with threads in similar colors to the sweater.



BLACK & NAVY





REPAIR METHOD 28

Damage: Wear in the underarm

Thread used: Mohair yarn

A: As the damage is in the underarm section, blue, gray and brown mohair yarn was used so as to blend into the overall garment. A tambourine (p21) was worked from the wrong side, with different colors added when the thread needed changing. Only small stitches appear on the right side of the fabric, so this is a good option for when a subtle finish is desired.

B: It's also possible to transfer a design onto tracing or tissue paper, secure it to the garment with basting thread and place a darning mushroom underneath it in order to embroider it on. Goma-shio stitching (p10) and chain stitch (p48) have been used to create the bird.

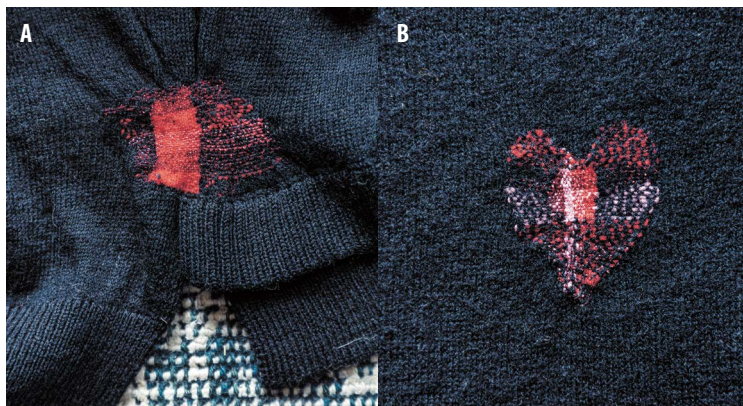


REPAIR METHOD 29

Damage: Damage over a large area on the chest

Thread used: Mohair yarn of medium weight

Mohair yarn for hand sewing was used to build the warp threads, with hand sewing thread used to make goma-shio stitches to hold the warp threads in place and form accordion darning (p15). The thread colors were changed to make triangles, oblongs and L shapes. Unlike in basket darning, weft threads are not used, so this technique allows for shapes to be freely formed.



REPAIR METHOD 30

Damage: Tear in a side slit

Thread used: Nylon thread, woolly thread

A: Nylon and woolly threads for overlockers were used for basket darning (p14) and goma-shio stitching (p10). The threads were intentionally pulled tight to create a taut, shrunken look.

B: I used the same technique as in A to create a heart shape.



REPAIR METHOD 31

Damage: Damage to cuff, holes and snags

Thread used: Extra fine wool, No. 25 embroidery thread, hand sewing thread

A: A snag about 6" (15cm) long. Basket stitch and chain stitch were used to repair it, with flag-like triangles made in basket stitch to complete the work.

B: Fine basket stitch (p14) was used, with chain stitch (p48) for the green line. I used darning to join areas that were slightly apart from each other.

C: A strand of No. 25 embroidery thread was mixed with hand sewing thread and extra fine wool to work a combination of basket and goma-shio (p10) stitches.

REPAIR METHOD 32

Damage: Fraying in the ribbing around the neck, small holes, damage to the cuff

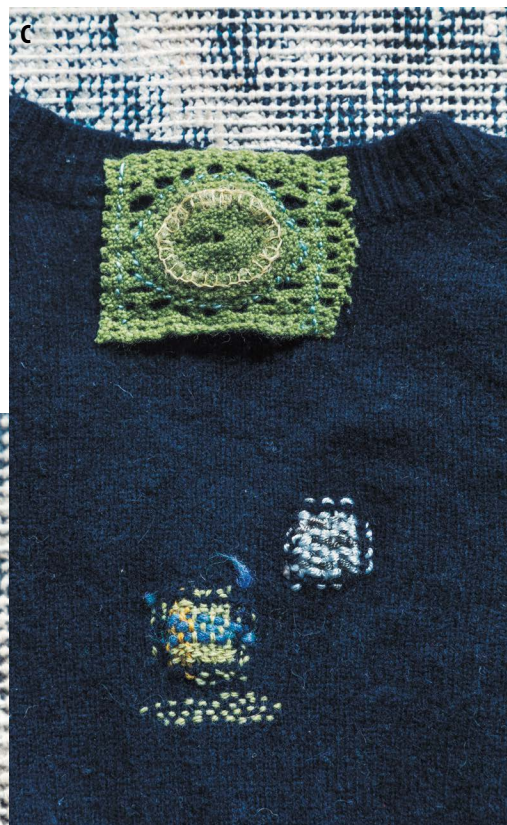
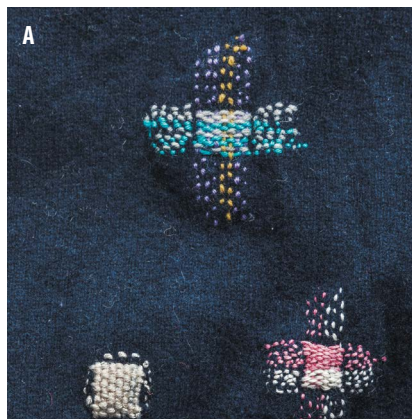
Thread used: Mohair yarn etc.

A: A combination of basket stitch (p14) and goma-shio stitch (p10) was used for small holes.

B: For damage to the ribbing on the cuff, a patch made from a piece of washed and shrunken wool and cashmere blend sweater was applied and

mohair yarn was used to work basket stitching (p14) over the top.

C: Fraying in the ribbing in the back of the neck and loose stitches in the body of the sweater were covered with woolen lace secured with goma-shio stitching (p10). Mohair yarn was used to make blanket stitches (p23) to match the lace. Simple basket darning was used on a small hole, with a similar-sized piece worked diagonally across from it in basket stitch and goma-shio stitch to create a cohesive look.



WHITE & BEIGE



Darning in vibrant blue and deep brown contrasts with the white of the sweater. Jamieson's Shetland wool was used.

REPAIR METHOD 33

Damage: Moth holes, stains

Thread used: Shetland wool

Techniques such as goma-shio stitching (p10) and basket darning (p14) were used to repair an Aran sweater, making the most of its complicated relief pattern at the same time.



REPAIR METHOD 34

Damage: Large, prominent stain

Thread used: Embroidery ribbon, hand sewing thread, sewing machine thread, medium-weight wool

Embroidery ribbon was used for accordion darning (p15). Four to five complementary colors were used to work warp threads into squares of about $\frac{7}{8}$ – $1\frac{1}{8}$ " (2–3cm). Hand and machine sewing threads were used to make goma-shio stitches to secure the ribbon. On the sleeve, medium-weight wool was cut into $1\frac{1}{2}$ " (4cm) lengths to form fringe (p88). This is effective for lightly damaged areas.



REPAIR METHOD 35

Damage: Red wine stain

Thread used: Extra fine cashmere and wool, neon sewing machine thread

A strand of neon sewing machine thread was added to four strands of extra fine yarn in cashmere and wool to work Swiss darning (p93) on a meltingly soft cashmere sweater. All it involves is working into the knitting stitches, so once you get the rhythm right, all goes smoothly.



REPAIR METHOD 36

Damage: Holes made by a cat

Thread used: Mohair silk yarn

This cashmere knit makes the most of the natural color of raw wool. In order not to ruin its impression of purity, I used mohair silk yarn in a similar level of brightness to work basket stitching (p14).

PINK



REPAIR METHOD 37

Damage: Small scattered stains

Thread and wool used: Mohair silk yarn,
wool roving

Stains are covered with wool felt reminiscent of macarons. I made small balls from the wool roving about 1½" (3cm) in diameter and placed them on top of the stains, then lightly stabbed them with a felting needle to secure them and worked tambourines over the top in vivid pink mohair silk yarn (see p88 for repairing method).

Making The Most of Patterns

For patterned garments, darn to follow the pattern and select patches with similar motifs. It's also fun to integrate them into the pattern of the background fabric.



REPAIR METHOD 38

Damage: Numerous small holes all over caused by degradation over time

Thread used: Acrylic sashiko thread

The acrylic sashiko thread (in the same vibrant vermilion as in the pattern on the dress) was purchased in Chiang Mai, Thailand. I worked basket stitching over the fabric (p14) to make the most of the unique shapes in the pattern.

REPAIR METHOD 39

Damage: Fine holes in the fingertips caused by degradation over time

Thread used: Extra fine wool, No. 25 embroidery thread, hand sewing thread

Using a darning stick (p6) in the fingertips while working allows the shape of the finger to be retained, for comfortable wear once completed. Drawing on the colors in the pattern, I prepared various colors of extra fine wool, No. 25 embroidery thread and hand sewing thread. The fabric around the damaged area was also weakened so I used running stitch and basket stitch (p17) over it.



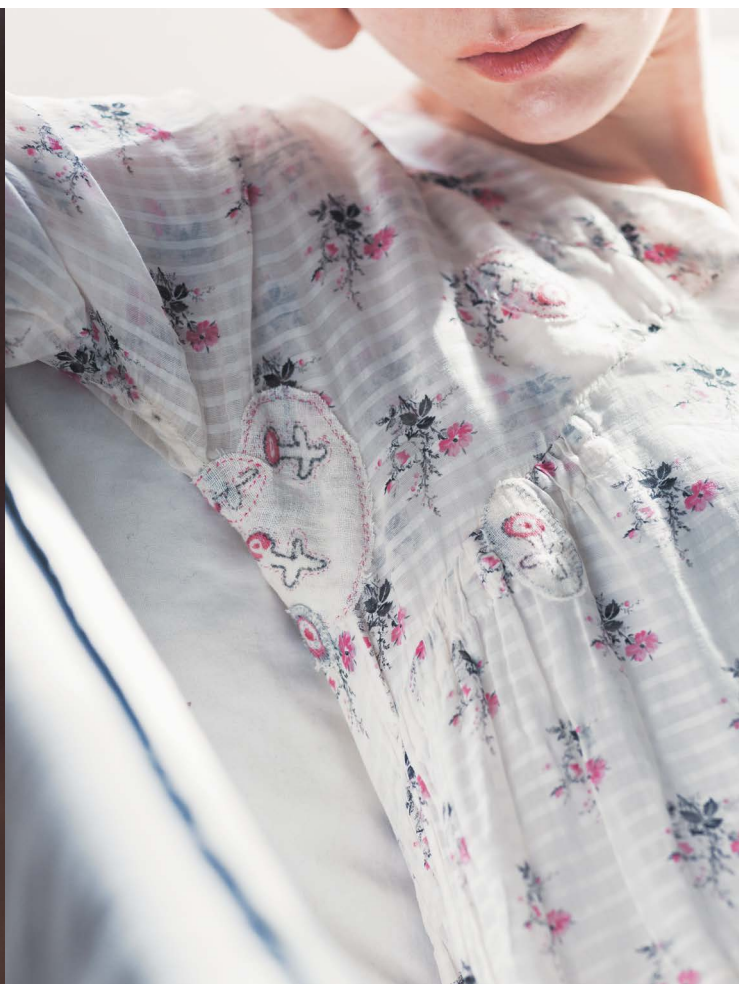


REPAIR METHOD 40

Damage: Abstract shaped hole in the sleeve

Thread used: No. 25 embroidery thread

Selecting thread and a patch in colors that are found in the blouse will allow the work to blend in with the rest of the fabric (see p50 for repairing method).



REPAIR METHOD 41

Damage: Damage in the underarm of a silk cotton dress

Thread used: Sewing machine thread

As the fabric is delicate, use a patch to prevent damaging the fabric through over stitching. Here, fabric with a small floral pattern similar to that of the dress was used for the patch, and work was done with a fine needle and thread in order not to damage the material of the dress (see p46 for repairing method).

Darning Accessories and Outer Garments

Mufflers, gloves, bags, jackets etc... darning can be used on any item. Don't throw things out when they develop holes or get dirty; instead, get into the habit of enjoying mending.



REPAIR METHOD 42

Damage: There's no real damage, but the simplicity of this men's shawl makes it look severe

Thread used: No. 25 embroidery thread, extra fine wool

Swatches of suit fabric were cut into squares and sewn to this large-sized men's shawl using chain stitch (p48). Chain stitch (red sections) and goma-shio stitching (p10) balance out the composition.

REPAIR METHOD 43

Damage: Hole made by cat chewing on fabric

Thread and wool used: Silk hand sewing thread, wool roving

As the hole was large, felted wool was used for darning to properly fill it in. Another round shape was made next to it, forming a butterfly motif (see p90 for repairing method).



REPAIR METHOD 44

Damage: There's no real damage, but this large cashmere shawl is too plain

Thread used: Extra fine mohair yarn, extra fine wool

Basket stitch (p14) was worked in extra fine mohair yarn and extra fine wool all over the shawl. Any color is fine if you think it looks good! Adding color and texture makes the shawl more of a pleasure to wear.

REPAIR METHOD 45

Damage: Small holes of unknown origin

Thread used: Extra fine wool

Repairs were made in extra fine wool in yellow, golden yellow and so on that blend in well with the attractive orange of the wool shawl. Basket stitch (p14) was used to reinforce holes, with small tambourines (p21) scattered around them to create balance.



This muffler holds memories for me as it is from my very early darning efforts. As I wasn't used to darning yet, the basket darning shapes are irregular, but that's sweet. I heartily believe there is no such thing as good or bad stitches in darning.

REPAIR METHOD 46

Damage: Moth holes

Thread used: Wool remnants

Leftover bits of wool were used to loosely work basket stitching (p14) over moth holes.



Just like for denim, it's important to repair clothing and accessories that have gained character from damage so as to make the most of their original vibe. Don't over-mend!

REPAIR METHOD 47

Damage: The vintage fabric of a tote bag has further degraded over time

Thread used: Acrylic embroidery thread

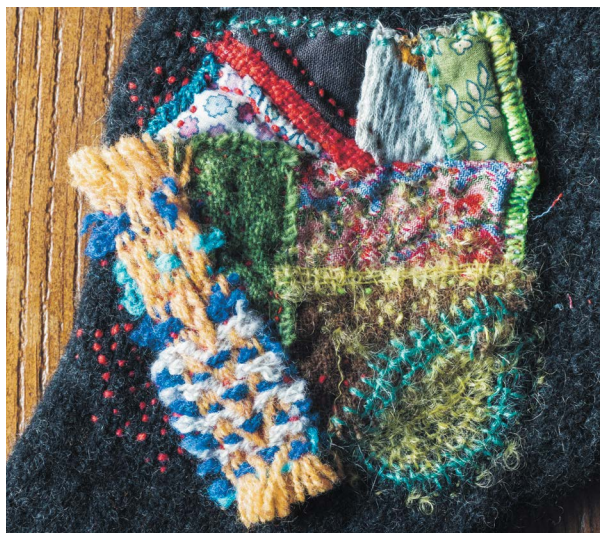
Well colored acrylic embroidery thread was used to work basket stitching (p14) to add spice to this bag, whose aged look makes it stylish. For people with a taste for austere elegance, sashiko thread in colors such as indigo, khaki and gray is also a good option.

REPAIR METHOD 48

Damage: Wear in the palm from gripping bike handlebars

Thread used: Whichever wool you like

Patches were placed over the top of the damage, not only to repair it but also to create soft, comfortable cushioning when gripping the handlebars. Fabric scraps that I couldn't bear to part with were sewn on with various stitches (p47–48).



REPAIR METHOD 49

Damage: Holes in the middle of the fingers

Thread used: Extra fine wool

The overall condition of the gloves is not bad. In this kind of situation, use a darning stick and work a combination of goma-shio (p10) and basket stitches (p14). Lemon yellow appears in the pattern and extra fine wool in that color was used for repair.



REPAIR METHOD 50

Damage: Damage to the palm

Thread used: Shetland wool

Fingerless gloves knitted in the Shetland Isles were repaired with Shetland wool. Yarn in the same pretty blue as appears in the pattern was used to work basket stitching (p14) over worn areas and goma-shio (p10) over lightly damaged sections.

REPAIR METHOD 51

Damage: Hole in cashmere gloves caused by a cat chewing on them

Thread used: Medium fine cashmere tweed wool

The wrist is a delicate area, so I chose soft cashmere tweed wool that won't scratch. When the area to be repaired is in direct contact with the skin, thread selection focuses around how it will feel (see p91 for repairing method).





REPAIR METHOD 52

Damage: Damage and large hole created while playing with a cat

Thread used: Mohair yarn of medium weight, sewing machine thread

I applied a patch underneath the large hole and used extra thick khaki mohair yarn to create accordion darning (p15). The trick to accordion darning is to make the warp threads very close together. Sewing machine thread was used for the weft threads.



REPAIR METHOD 53

Damage: Tears in the seams

Thread used: Sashiko thread

The seams around the front pocket of an army jacket have torn and become tattered. Frankendarning (p92) in gray and dull green sashiko thread was used to sew the seams back together.



For damage from rips and tears, I recommend Frankendarning. As the tattered look is part of this jacket's charm, it was repaired as little as possible to prevent further tears, and threads from darning were left hanging.

Darning Outdoor and Activewear

It's also possible to darn clothing made from synthetic and stretch fabrics such as puffer jackets, nylon parkas, sweatpants and so on. Metallic and vibrantly colored threads make for a sporty look.



REPAIR METHOD 55

Damage: Overall damage from wear

Thread used: Sashiko thread

There is an overall feeling of tiredness in these sweatpants. Orange sashiko thread was used to work blanket stitching over particularly damaged areas, with techniques such as goma-shio (p10) also used (see p54 for repairing method for hems).



REPAIR METHOD 56

Damage: Holes and extreme snagging

Thread used: Woolly thread

Once thick nylon soccer socks develop a hole, it tends to turn into a long snag or run, like in stockings. Here, two strands of woolly thread were used to work basket stitching (p14) to repair the long snag.



REPAIR METHOD 54

Damage: Stain from barbecue oil

Thread used: Woolly thread with gold lamé

Woolly nylon overlocker thread in yellow with gold lamé was chosen to work honeycomb stitching (p20) in shapes to match the stains.



For darning nylon fabrics, not only woolly thread but also 1–2 strands of No. 25 embroidery thread are a good option. In terms of level of gloss, embroidery thread is similar to the fabric, so it works nicely.

As woolly thread is highly elastic, ribbing will retain its stretch even if basket stitching is worked into it, allowing the socks to remain comfortable to wear.



Darning Children's Clothing

This darning is for damage particular to children's clothing, such as stains from spilled food and worn-through knees. Using colorful thread and cute printed fabric means even hand-me-downs will be worn happily.



REPAIR METHOD 57

Damage: Milk stain

Thread used: No. 25 embroidery thread, wool, hand sewing thread

Basket stitches (p14) form squares and triangles over the stained chest area. Goma-shio (p10) and honeycomb stitches (p20) add balance.

REPAIR METHOD 58

Damage: Dirt and food stains

Thread used: No. 25 embroidery thread, wool, hand sewing thread

Honeycomb stitching (p20) covers an oil stain. Goma-shio (p10) adds an accent on the back. The threads on the fabric's reverse look vibrant.

REPAIR METHOD 59

Damage: Food stains

Thread used: No. 25 embroidery thread, wool, hand sewing thread

Small scattered stains are hidden with basket darning (p14), while goma-shio stitches (p10) are used on damage to the neckline.



57



58



59

For stubborn food and milk stains, try using what you have at hand such as embroidery thread, wool and hand sewing thread to darn over them. Any technique can be use on stains. When darning for children, prioritize the feel on the skin when selecting thread.



REPAIR METHOD 60

Damage: Hole in the knee

Thread used: Hand sewing thread,
No. 25 embroidery thread,
sashiko thread etc

The patterned section from a handkerchief was cut out and placed over the hole. Various stitches and thread colors were used around the edges for a clever result (see p47–48 for repairing method).

REPAIR METHOD 61

Damage: Holes in the knees

Thread used: Sashiko thread

For holes in the knees or areas that have been worn through, basket stitch (p14) is recommended as it serves to reinforce as well as repair fabric. Warp threads were sewn about $\frac{3}{8}$ " (1cm) outside the damaged areas and weft threads woven through to match the shape of the warp.

Working basket stitching to match the shape of the hole, it began to look like a cloud... taking inspiration from that shape, I made a triangle and rectangle in basket stitch into a yacht shape to cover the damage beneath it.





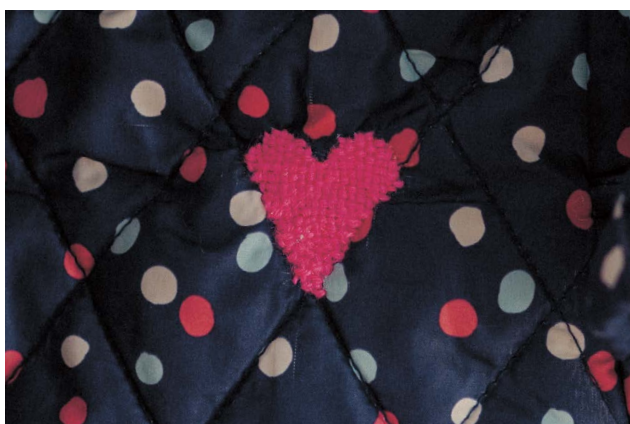
REPAIR METHOD 62

Damage: Damage to fabric after a button came off

Thread used: Medium fine wool

Basket stitch (p14) is used to form a heart shape. The heart shape is drawn on with fabric marker, then the warp threads are sewn in to follow the markings. After that it's just a matter of weaving the weft threads through the warp threads.

Completing a neat heart shape makes me happy. A single piece of simple darning is all the more impressive and effective.



Darning Interior Items

Darning can of course be used for blankets, cushions and the like, but it can also be used to repair large items such as sofas. Simply utilizing basic techniques allows a pet-scratched armchair to be repaired.



Before

This designer chair had become completely tattered after being used as a scratching post by three cats. It was so badly damaged that the stuffing had come out from places where the fabric had been torn.



REPAIR METHOD 63

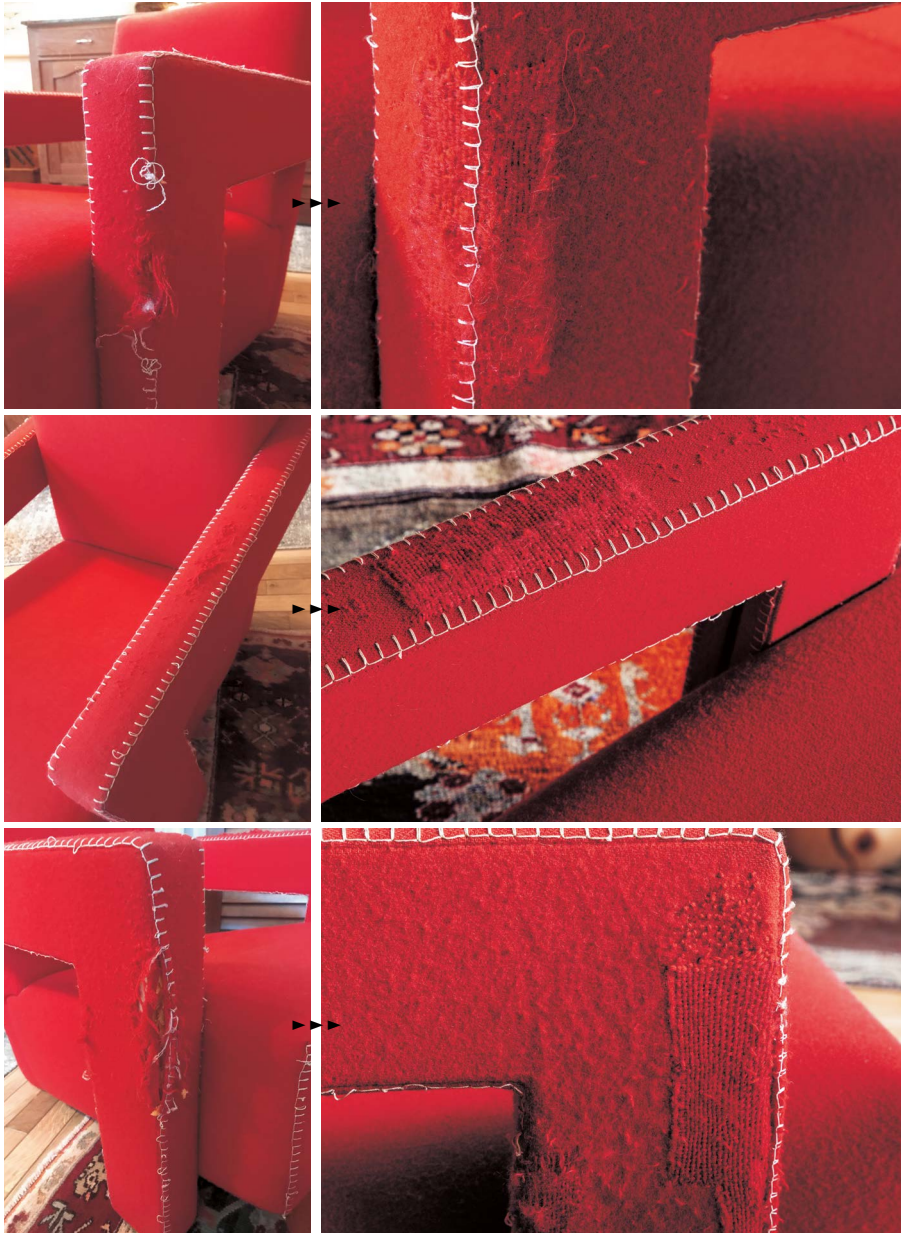
Damage: Severe damage from being scratched by three cats

Thread used: Medium fine wool, mohair yarn

Basket stitch (p14) was used on the severely damaged areas and goma-shio stitch (p10) on the areas of light damage. Blanket stitch (p48) was used to repair the stitches that had come loose along the edges of the chair.

Before

After



HOW TO REPAIR MAKE

1 I used red thread in wool and mohair. Different thicknesses and materials create nuance. I used a French embroidery needle.



2 Working the warp threads over the damaged area.



3 Weaving in the weft threads. The trick is to change the direction of the chair so that it is easy to stitch.





A traditional Native American-motif Pendleton blanket is darned using colors and shapes that will blend in with the characteristic pattern. The slightly different way that the colors show on each side adds a fresh element.

REPAIR METHOD 64

Damage: Thumb-sized moth holes

Thread used: Medium thick wool

The pattern on the blanket is reversible, so rectangles and triangles were worked in reversible basket stitch (p53).





REPAIR METHOD 65

Damage: Degradation over the years along fold lines, large hole from being chewed on by a cat, etc.

Thread used: Shetland wool

Damage along the fold line sections was repaired by working basket stitching (p14) into the remaining warp threads, using Shetland wool in colors that feature in the blanket. The large hole was filled in with unbleached wool roving and felted (p90), with goma-shio stitching (p10) used over the top to recreate the check pattern.

A traditional Welsh check wool blanket from the 1920s is mended as sympathetically as possible.





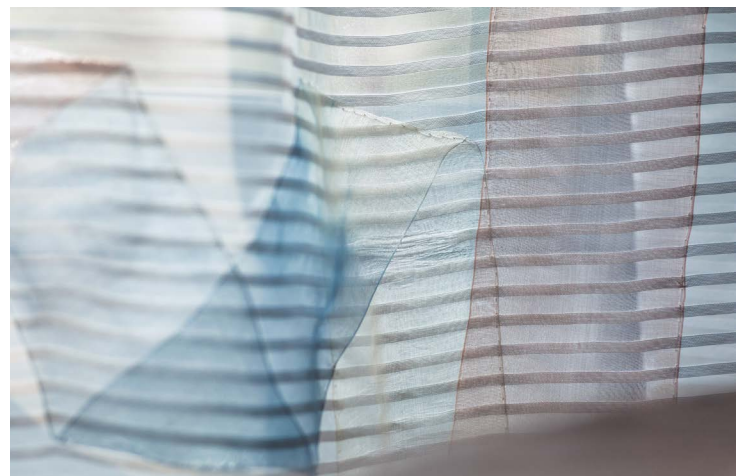
REPAIR METHOD 66

Damage: Tear in a curtain

Thread used: Organdy ribbon,
sewing machine thread

As the tear is over a large area, sewing extra wide organdy ribbon over it hides the damage. White sewing machine thread is used to make fine goma-shio stitches (p10).

A shadow in the shape of the ribbon dances on the floor every time the breeze makes the curtains sway. The finished result is rather elegant.





The rough texture of the raffia-like thread and the irregular fringe create interest, completely transforming the look of this Indian cushion.

REPAIR METHOD 67

Damage: Surface damage from degradation over the years

Thread used: Raffia-like thread

Tambourines (p21) made from raffia-like thread are placed to overlap on the cushion. The 4" (10cm) of thread remaining when changing threads is left as a fringe on the right side of the fabric rather than being neatened off.

ADVANCED TECHNIQUE 6

Darning Using Wool Roving



Felted wool is made by punching wool with a special needle to stiffen and shape it, transforming it into felt. This technique can be applied in darning by filling holes with wool to repair them. Not only is it easy, as poking with a needle is all that is required, but the felt's charm is a bonus.

Suitable for damage such as: Small to medium holes, stains etc.

Thread used: Sewing machine thread (green, white), medium fine wool (green)



You will need



Felting needle and felting mat. The wool used is unraveled wool yarn. You will also need sewing machine thread for making goma-shio stitches.

Create wool



1 Cut wool to appropriate length (here, approximately $\frac{3}{8}$ " (1cm).

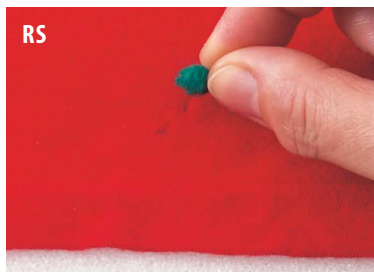


2 Use your fingers to unravel the cut wool.



3 Place a suitable amount in your palm and roll the wool between your hands to form a small ball about $\frac{5}{8}$ " (1.5cm) in diameter. Make 2-3 of these to match the number of holes.

Place on the hole



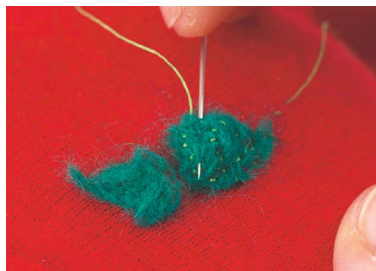
4 Place the damaged area right side up on the felting mat and place the wool made in step 3 over the top of the hole.

Punch with the needle



5 Stab the felting needle into the wool to form felt, adjusting the shape as you go. Make sure not to punch in too much, as the felt will become rigid and the texture will be ruined.

Goma-shio



6 Place over a darning mushroom and work goma-shio stitches (see p10) to finish.

Done!

The felt has been formed into a leaf-like shape. It remains firm and stable for quite a while, so for first aid, it's fine to use wool felt on its own, but to make it last longer, add goma-shio stitches over the top.



Variations on Wool Felt Darning

The technique of using the felting needle to form felt allows you to have fun with various designs.

Variation 1 Bow

Suitable for repairing damage such as: Weakened fabric, stains etc

Thread used: Silk thread (gold, red), mohair yarn (beige), medium fine wool (yellow)



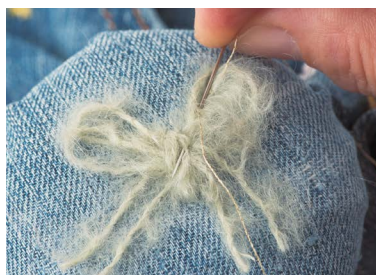
1 Place denim on the felting mat. Cut mohair yarn and medium fine wool into lengths of 8" (20cm) each and tie in a bow, then place over damaged areas.



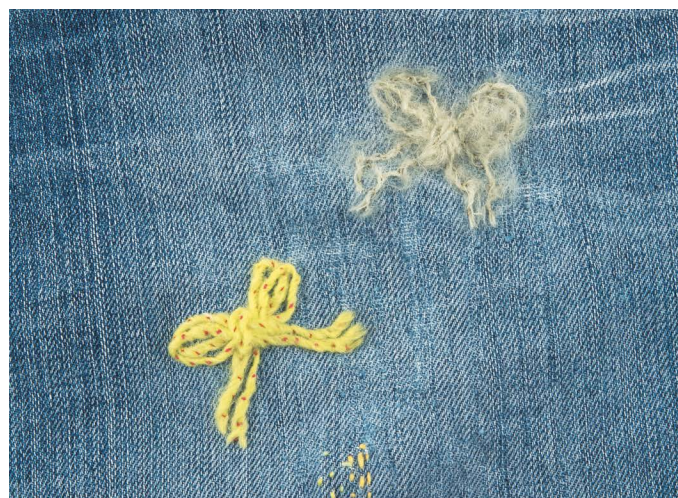
2 Secure the bow starting with the knot. Punching it about 20 times with the felting needle will attach it to the fabric. Too much punching will make the thread stiff, so exercise care. As long as it has become pretty well affixed to the fabric, it is OK.



3 Cut the ends of the thread and neaten the shape of the bow.

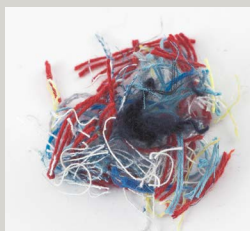


4 Place over the darning mushroom and work goma-shio stitches (p10) all over to properly secure the bow.



Use leftover threads to make wool felt!

If you unravel leftover threads, they can be used in the same way as wool. It's interesting to mix thread ends in various colors and materials.



Done!

This type of darning is suitable for denim and knitwear. It's fun to use it to form various shapes, create initials and so on. It can't be used for repairing holes, but it's invaluable for concealing fabric damage, soiling and so on.

Variation 2 Fringing

Suitable for damage such as:

Holes on the smaller side, stains

Thread used: Fine wool (pale blue), mohair yarn of medium weight (black, pale blue, brown)



Done!

To finish, use scissors to trim and neaten fringing on both sides. You may want to add fringing to both shoulders.



1 Cut about 7–8 strands of each of the three colors of mohair yarn to lengths of about 2" (5cm). Place damaged area right side up on felting mat with the mohair yarn covering the hole.



2 Use your middle and index fingers to form a V shape to hold the yarn in place, then punch yarn with the felting needle. Punch only the line down the center.



3 Place over a darning mushroom and make three rows of goma-shio stitches (see p10) down the center line.

Variation 3

Felt Ball and Tambourine Stitch

Suitable for damage such as: Stains, holes on the smaller side

Thread and wool used: Mohair silk yarn (pink), wool roving (gray)

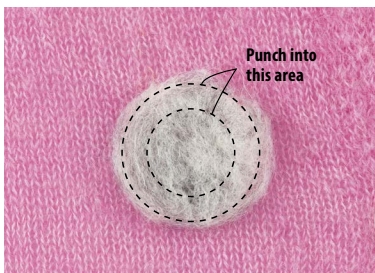


Done!

A finely worked tambourine holds things firmly in place. Scattering several instead of making just one is nice too.



1 Cut wool roving to 2" (5cm) and separate into three equal portions to use. Use your palms to roll into a small ball about 1 5/8" (4cm).



2 Round out a ball from step 1 and place over stain. With the felting mat underneath, use the needle to punch the felt into place, rounding out the form and punching only lightly so as to retain the plump look.



3 Set on a darning mushroom and work a tambourine (see p21) with the felt from step 2 at its center.

ADVANCED TECHNIQUE 7 Darning Large Holes



For large holes, use patches or wool felt to cover them and darn over the top. Otherwise, flat basket darning (p91) and palm darning (p17) which are used for repairing large areas also work well for neatly mending large holes.

Suitable for damage such as: Relatively large holes such as those that are too big for a darning mushroom

case 1 Cover with a Patch

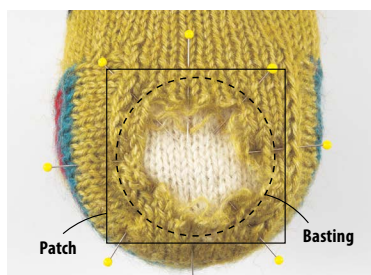
A patch is applied underneath and honeycomb darning is used on the right side of the fabric. If this method is used, it is possible to repair even a large hole without employing any special techniques.

Thread and fabric used: Mohair blend yarn of medium weight (orange), scraps from an old sweater

You will need



For the patch, make sure to choose fabric with some stretch to it. Here, a piece from an old wool sweater has been used with medium-weight mohair blend yarn.



1 Place the patch inside the sock and use sewing pins to secure it, then sew around the hole with basting thread. A piece of cardboard cut to the shape of the foot makes a handy underlay.



2 Place on a darning mushroom and use basting thread to work honeycomb stitches (see p20) $\frac{3}{8}$ " (1cm) around the outside of the hole.

Done!

Finish threads off by pulling them through to the back and passing them under the stitches (see p16). Neat honeycomb stitching on the wrong side of the fabric makes for comfortable wear. Using a patch and darning allows even large holes to be properly reinforced.



3 Remove darning mushroom and turn sock inside out. Trim patch back to darned area.



Before
Large hole in the heel of hand knitted slipper socks

case 2 Filling in Holes with Felted Wool Darning

For large holes, use felted wool darning on both the right and wrong sides of the hole. This is a good option when you want a neat result on the reverse side of the garment as well, such as for mufflers.

Thread and wool used: Silk hand sewing thread (gray), wool roving (white)



Form wool into a ball



1 Cut wool roving to 2" (5cm) (adjust according to the size of the hole).



2 Slightly tease it out, then roll between your palms to form a ball about 1 3/8" (4cm) in diameter.

Punch with needle



3 Place muffler on felting mat with the ball from step 2 on the right side of the hole and start to punch in the needle around the circle. Once the felt is stuck to the outer edges, punch into the center.



4 Turn inside out. Form a ball from about half as much wool roving as is used on the right side and place it on the hole. Punch the needle into it in the same manner as for the right side to secure it.



5 Another ball was punched onto the right side to create a butterfly shape. To finish, punch in around the edges to neaten up the overall shape.

Goma-shio



6 Set onto the darning mushroom and make about three rounds of goma-shio stitches (see p10) to follow the outline of the butterfly.

Done!

Buttons and stitches complete the butterfly motif. As there is wool felt on the reverse side as well, there is no need to worry about the edges of the hole fraying.



case 3 Flat Basket Darning

The disadvantage when using a darning mushroom is that when a large hole is placed over it, the hole expands. The solution is to use cardboard instead. This creates flat basket darning for a natural finish.

Thread used: Medium fine cashmere tweed yarn (black)

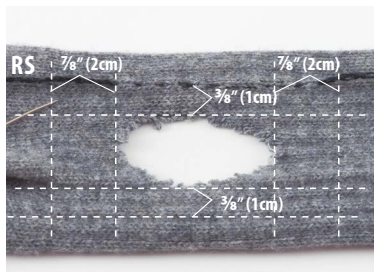


Insert cardboard



1 Slide cardboard into gloves so it sits beneath the section with the hole.

Running stitch and warp threads



2 Make running stitches from right to left, working about 3/8" (1cm) from the top and bottom of the hole and 7/8" (2cm) from the sides. It's OK to use running stitch on the undamaged areas rather than goma-shio stitches.



3 Make the second and third rows, rotating the work 180 degrees after each row. Work running stitches from right to left, "jumping" over the hole by passing the thread over from just before the hole to just after it on the other side, and then continuing to make running stitches. For the intervals between warp threads, leave about one strand's worth of the thread you are using.

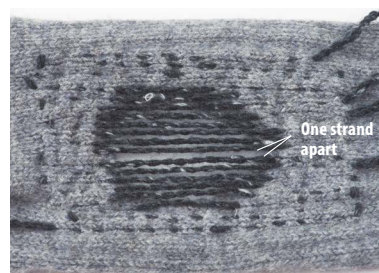
Weft threads



5 Rotate the work 90 degrees. Make running stitches from right to left and pass the weft threads alternately under and over the warp threads where the hole is (see p14).

HIKARU'S ADVICE!

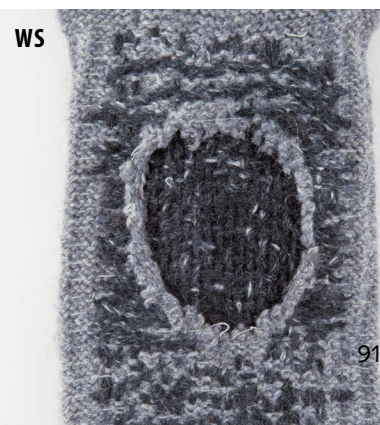
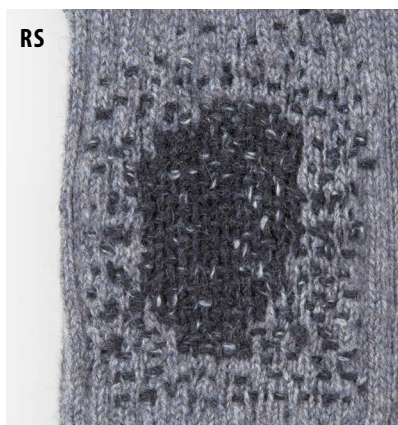
When mending a long, narrow hole, a long kogin embroidery needle comes in handy as it allows you to pick up 6-7 warp threads at once.



4 The completed warp threads.

Done!

The darned area turns out flat, so it sits well against the body of the glove, and the basket stitches look good on the wrong side too. The threads are finished off by bringing them through to the wrong side and passing them under the stitches (see p16).



ADVANCED TECHNIQUE 8 Frankendarning



“Frankendarning” is a technique that uses a variation of blanket stitch to close up large tears in fabric along the tear line. Its charm lies in its Frankenstein-like stitches.

Suitable for damage such as: Straight tears in items such as nylon activewear and cotton shirts

Thread and fabric used: Sashiko thread (green), voile fabric

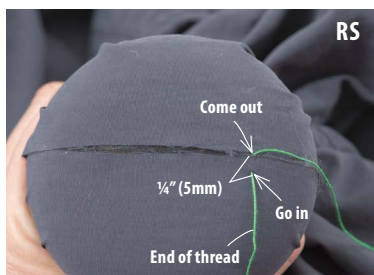


Patch

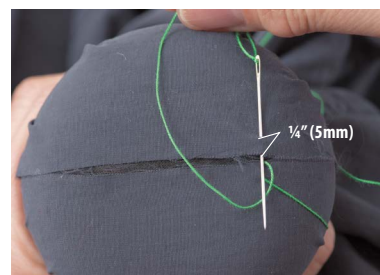


1 Turn pants inside out and insert a book or cardboard as the underlay. Apply temporary adhesive around the tear and stick on a patch about 1 5/8 x 5 1/2" (4 x 14cm).

Blanket stitch (see p48)



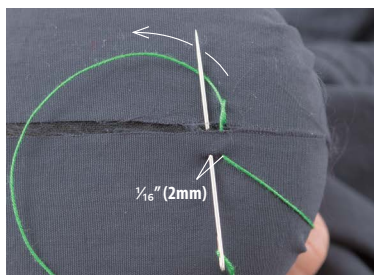
2 Turn right side out and place over a darning mushroom. Pick up a few strands of fabric at the edge, leaving 4" (10cm) of thread (see step 4 on p10) and start to stitch from the right edge. Insert needle 1/4" (5mm) below the tear and bring it out inside the tear itself.



3 In the same way, on the opposite side of the tear, insert the needle 1/4" (5mm) above the tear and bring it out inside the tear itself, winding the thread over the needle.



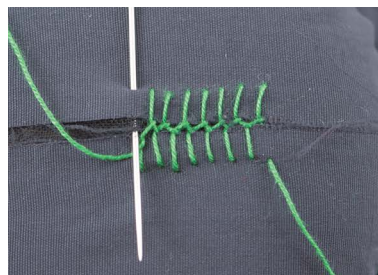
4 Pull the thread through to complete one stitch.



5 Insert the needle 1/16" (2mm) away from where it first went in and bring it out inside the tear itself, winding the thread around the needle.



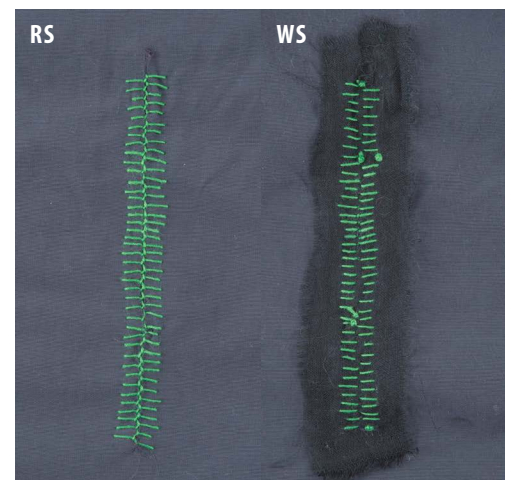
6 Pull thread through. This completes one stitch each above and below the tear.



7 Repeat steps 3–6, making blanket stitches alternately above and below to sandwich the tear.

Done!

The quirky scar-like stitching is complete, with the tear firmly sutured together. To finish off the threads, bring them through to the back of the fabric and pass them under the stitches (see p16).



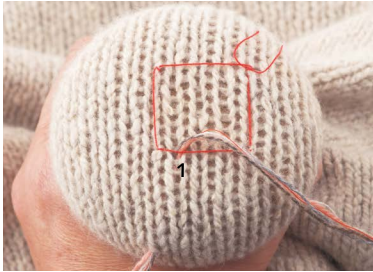
ADVANCED TECHNIQUE 9 Swiss Darning



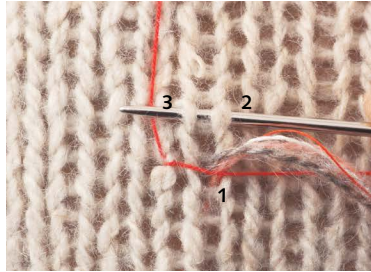
This technique involves making stocking stitches that match knitted stitches to cover up damaged areas. It is also suitable for reinforcing worn elbows in sweaters, and is recommended for covering stains and soiling.

Suitable for damage such as: Large areas of staining and fraying, damaged sections

Thread used: A mix of mohair yarn (white), fine tweed yarn (brown), medium fine wool (pink) and No. 25 embroidery thread (red)



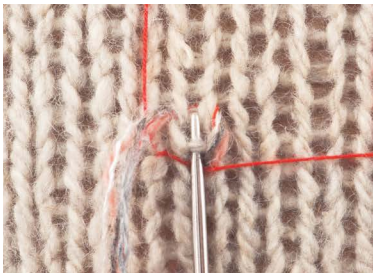
1 Use basting thread to tack around the area to be stitched. Place garment on a darning mushroom and pick up a few strands from the edge, leaving 4" (10cm) of thread (see step 4 on p10). Bring needle out at 1 in the lower left of the enclosed area.



2 Pick up threads at 2 and 3.



3 Pull thread through.



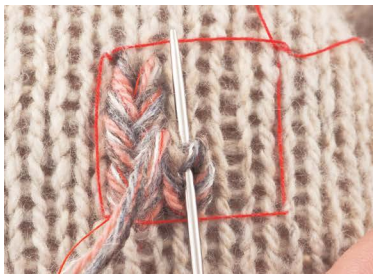
4 Insert needle at 1 again and bring it out in the middle of the stitch above it.



5 The thread pulled through. This completes one stitch. Repeat the process.



6 Once one row is finished, pass the needle through the stitches and knitted stitches and bring it out at the start of the second row.



7 Work the second row of stocking stitch in the same way. Try a different combination of threads when you need to change the thread.



Use a scouring brush!

Done!

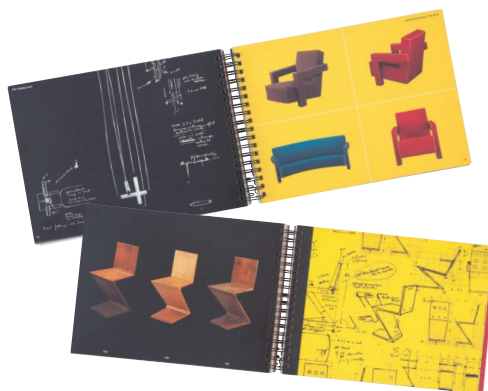
To neaten off threads, bring them through to the wrong side and pass them under stitches (see p16). Lightly press with a steam iron and tap with a scouring brush or clothes brush to make the stitches blend in with the knitting and create a natural finish.



SPECIAL NOTE 2



Kanae Ishii, an Armchair and Cats



A valuable catalog of Rietveld's modern designs in primary colors such as red and yellow. Along with the armchair, it's one of Kanae's cherished possessions.



This bright red armchair is a favorite of interior stylist Kanae Ishii, who styled this book. It was launched in 1935 by Gerrit Thomas Rietveld, a leading figure in 20th century Dutch architecture and furniture design. His characteristic designs are known for their straight lines and surfaces in primary colors such as red and blue. This Utrecht armchair appears to be a solid cube-like form when viewed from the side, but from front-on or from an angle, the fineness of the arms creates the impression of lightness. The wool upholstery is densely woven and full for durability, with the white blanket stitching adding expressiveness.

However, this masterpiece is no match for the mischief caused by the three cats of the Ishii household. Its numerous cloth-covered corners make it just right for claw sharpening. "When I first got cats, I was prepared for damage to upholstered furniture. As it got worse and it was time to reupholster, I thought, it's fabric uphol-

stery, so can't it be darned?" she says. As Kanae is also a friend of many years, she entrusted me with darning the armchair.

"The darned armchair has a charm so different from what it would have had if it were reupholstered like new. From now on, I'm going to continue the cycle of the cats sharpening their claws, damaging the chair and getting it darned. I'll thoroughly enjoy the process, and it's so exciting to think I'll have the only Utrecht armchair like this in the world," says Kanae.

Many people probably think that items by famous designers or brands should be kept in as-new condition. But it would be a pity to give up on iconic pieces and live with makeshift furniture because of pets. Even if you have pets, you can continue to use beautiful everyday items and use darning to prevent any changes from deteriorating. If anything, it would be nice to have the repairs as "proof of sharing life" with a beloved pet.

Darning Samplers by Material 1: Socks

When holes develop, use basket darning. But it's better to start before the hole forms, when the fabric is starting to get thin. Damage will form in the darned area from wear and age. When that happens, try darning again over the top. Through this repetition, you will cultivate your own unique, original socks.

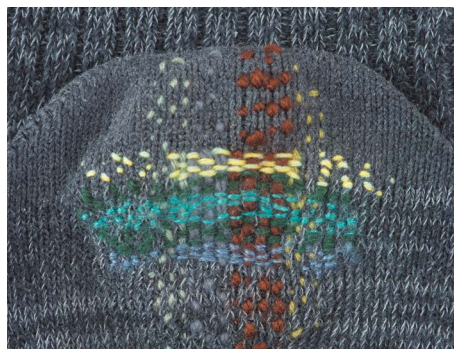


A

Goma-shio stitching in mohair yarn, wool and hand sewing thread on an area of weakened fabric. When your thread gets too short, try changing it for one of a different color or material to create unexpected textures.

B

Goma-shio and basket stitching in multiple colors. When a hole forms and the fabric around it is also damaged, reinforce the damaged area with goma-shio stitching and repair the hole with basket darning. When the thread gets short, change colors to form a checked pattern.



C

Honeycomb stitching in mohair yarn. For areas on socks that have worn thin, honeycomb stitching is a good option. Here, mohair yarn in yellow, soybean flour color and lemon has been used to darn round and round toward the center.

D

Basket darning worked in various threads. For holes in toes, use various thread ends from your sewing box to work basket darning.

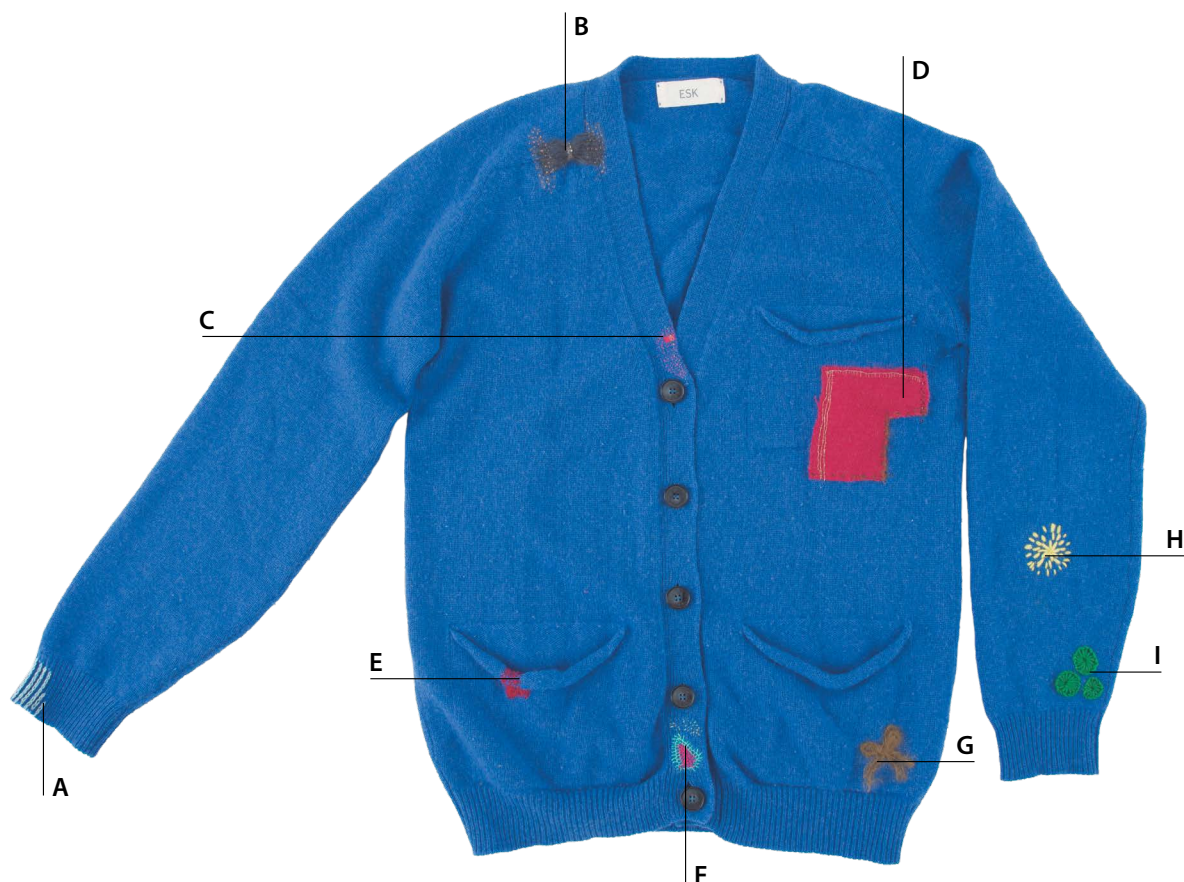
E

Honeycomb darning in medium fine wool and sashiko thread. For worn areas in the sole, honeycomb darning is ideal as it is gentle on the skin and can withstand being pulled in multiple directions. Medium fine wool will shrink slightly with each wash, thereby becoming sturdier.



Darning Samplers by Material 2: Cashmere Cardigan

This cardigan is 100% cashmere, but the choice of thread and techniques explained here can also be applied to cardigans made from wool, synthetic fibers, cotton and so on. You could darn in various places, as with this cardigan, or create an accent by darning only in the one spot where there is a hole or other damage.



A

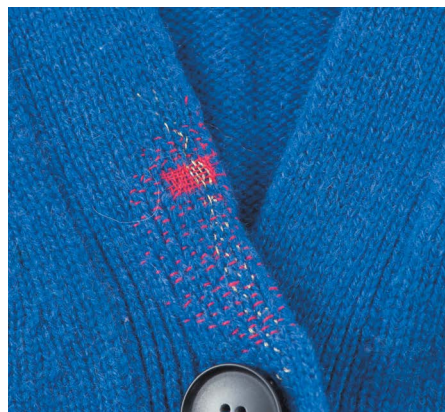
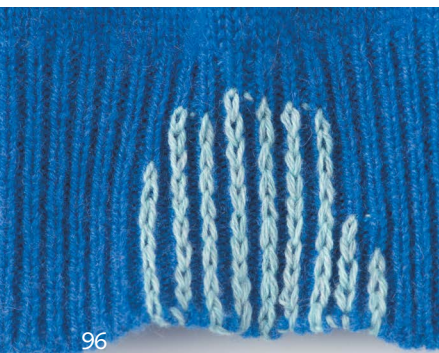
For light damage on the cuffs and hem, chain stitch worked into the vertical ribbing acts to reinforce fabric. Here, medium fine wool has been used. Random stitches can be made as in the photo, or add variation via shapes such as rectangles and triangles.

B

"Butterfly motif darning," a variation on accordion darning, on the mark left on the collar by a brooch. Mohair silk yarn is used to make the warp threads (the work has been turned sideways in the photo), with hand sewing thread used to work goma-shio stitches $\frac{5}{8}$ " (15mm) above and below them. Using thread to bundle the warp threads together in the center creates the butterfly shape.

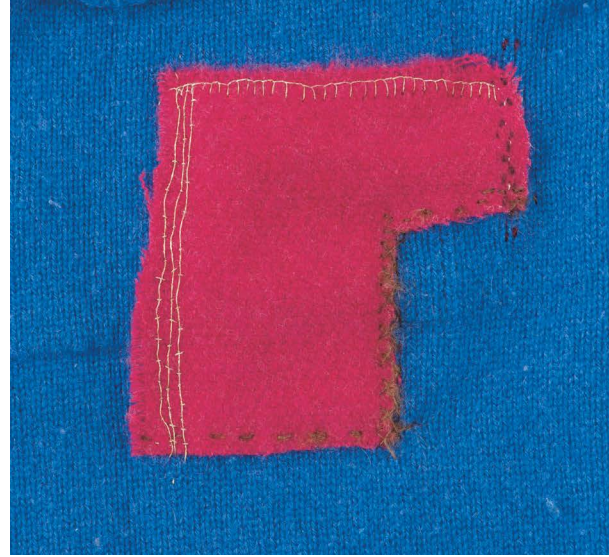
C

A soiled chest area caused by spilled food. For severely soiled areas, use No. 25 embroidery thread to work basket stitching, adding goma-shio stitches in different colors of the same thread all around. The pink thread is in strong contrast to the blue of the cardigan, but scattering pink goma-shio stitches around the work allows it to blend in with the fabric.



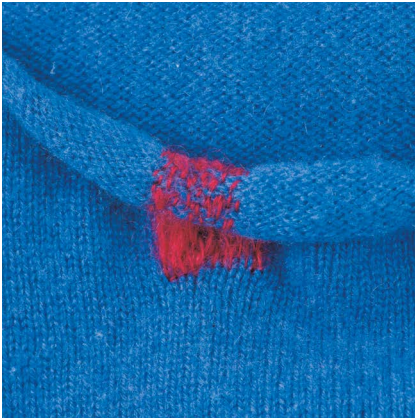
D

A patch covers a stain over a large area on a chest pocket. A soft plain weave wool fabric patch was sewn on with goma-shio stitching in extra fine wool and sewing machine thread. When darning pockets, use either a darning macaron or insert paper cut to size into the pocket.



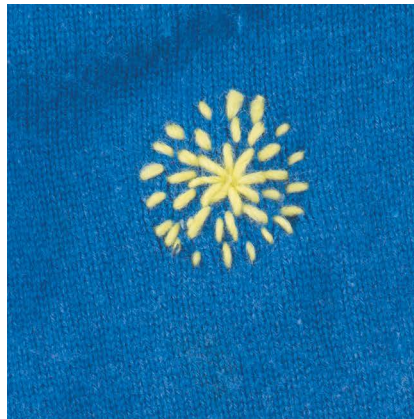
E

A tear in the opening of a pocket. Fine goma-shio darning is worked in No. 25 embroidery thread from the wrong side. The result is reversible, with fine, granular stitching on the wrong side and reverse goma-shio showing on the right side.



F

An area of weakened fabric is darned with honeycomb stitching in green and pink sashiko thread. Next to it, yellow sashiko thread is used to work honeycomb stitching on the wrong side. The same technique creates a nice contrast when worked side by side.



H

Medium fine wool was used to work a tambourine from the wrong side of the fabric, creating a firework effect on the right side. If there is a hole, apply a patch underneath before tambourine darning.

G

Mohair yarn of medium weight is formed into a bow and punched into the cardigan with a felting needle. Too much punching will damage the fabric, so care is needed. Once the bow is loosely punched into place, stitch it down with goma-shio darning in fine thread such as sewing machine thread and hand sewing thread.

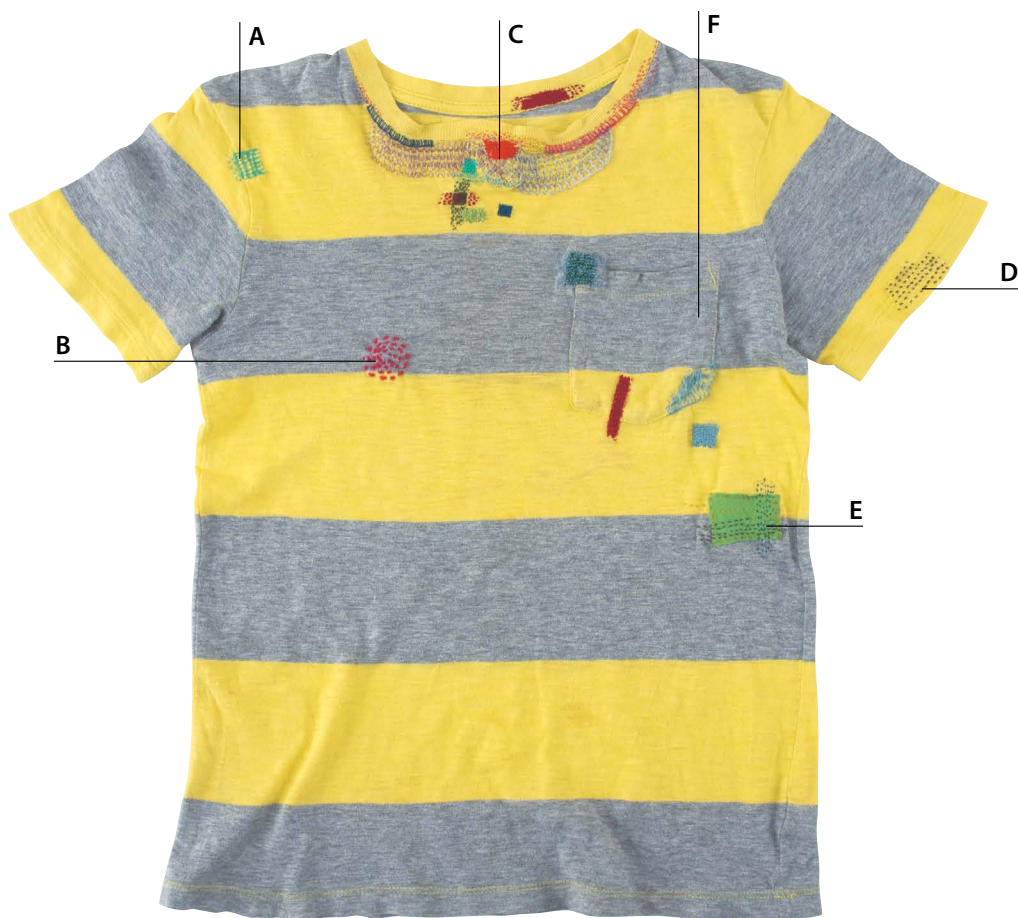


I

Three pinky fingernail-sized tambourines in fine wool. After using basket stitch for first aid to firmly repair damage, casually scattering several "friends" around is effective to create balance and blend the darned areas into the garment as a whole.

Darning Samplers by Material 3: T-Shirt

Just when they start to feel comfortable, T-shirts have an unfortunate tendency to develop small holes and fray due to torn threads. To start with, perform first aid on damage such as holes using thread in similar colors to the T-shirt fabric. Afterwards, I recommend using different colors and textures for “damage treatment” to respond to wear and tear over the years.



A

Holes and stains are covered with a square of blanket stitch worked in hand sewing thread to distract the eye. Adding a scattering of goma-shio stitches serves to lighten things up. Linen embroidery thread was used here.



B

Wool of medium weight was used to sew rounds of goma-shio stitches. Just one is fine, or make several for a cute effect. The T-shirt fabric and wool make for a fun contrast.

C

The neckline is the part most prone to becoming worn out. Depending on the degree of damage, use goma-shio and basket darning or blanket stitch, honeycomb darning etc.

1. Basket stitch and goma-shio darning are effective for damage such as tears. The thread used is sashiko thread.

2. Honeycomb stitching covers a large stain around the neckline. The thread used is soft twist extra fine yarn. It's interesting to see the warping transformation of the fabric as the thread shrinks with each wash.

3. For broken threads or other damage around the join of the neckline ribbing and the body of the garment, reinforce right away with goma-shio stitching. Once damage progresses, blanket stitch is effective.

4. Basket stitch is effective for small, fine holes. Use thread in different colors and materials to work multiple holes.



D

Goma-shio stitching conceals stains and light fabric damage. Here, linen embroidery thread is used. Enjoy the contrast between the crisp feel of the linen thread and the softness of the T-shirt fabric. Linen thread softens and ages with washing, which is also attractive.

E

For large holes or stains, use a patch. When a subtle look is desired, place it underneath the area, but position it over the top if you want it to be a design feature. Here, a scrap from a worn-out T-shirt has been sewn on with goma-shio stitches in hand-sewing thread. It's fine to leave the edges raw as they perfectly match the laid-back vibe.

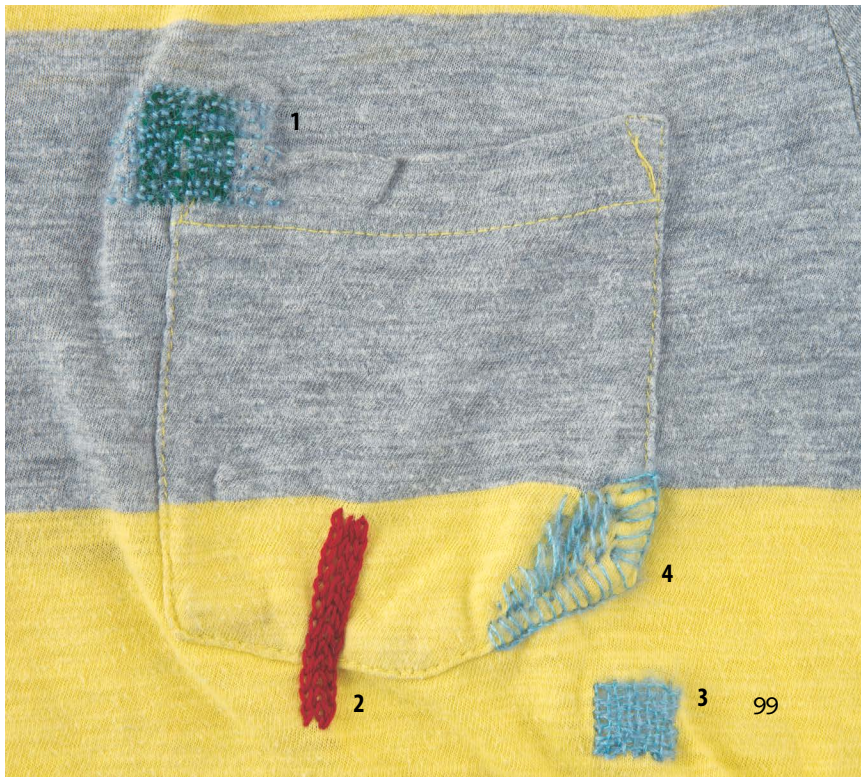
F

1. Mohair yarn was used to work accordion darning over the pocket area

2. Chain stitch in red sashiko thread. Place a piece of paper cut to the size of the pocket inside the pocket, and place a darning mushroom under the body of the T-shirt to work. This also eliminates the worry of sewing through the pocket.

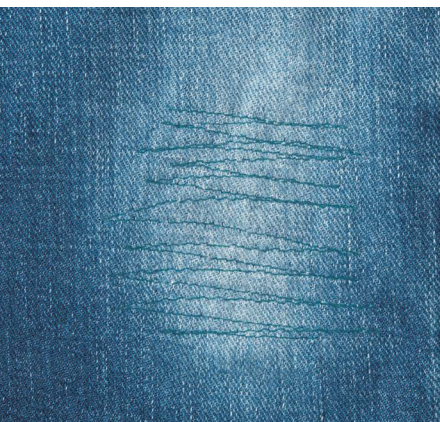
3. Use basket stitching for small holes.

4. Blanket stitch is used on the corner with goma-shio stitching worked horizontally toward the inside of the pocket in mohair silk yarn.



Darning Samplers by Material 4: Denim

Jeans are the perfect example of clothing whose changes from damage can be a joy. It's great that whether repaired subtly or colorfully, they turn out to look stylish. In terms of thread, cotton thread such as sashiko or embroidery thread can be used, as can materials with raised fibers such as mohair yarn. However, overly neat repairing will make denim lose its characteristic worn look. It might be a good idea to try repairing only damage that really needs first aid.



A

Areas that can be reached by the sewing machine can be darned with zigzag stitching. Machine stitching is more robust than hand sewing, but its sturdiness tends to make it rigid. Use it sparingly so that it will blend into clothing and feel comfortable when worn.



B

A hem repaired with basket stitching. Here, white and deep pink sashiko thread are combined and stitched to form stripes. The simple, fresh stripes work well with the denim.



C

Pocket openings are prone to damage.

1. Fine blanket stitch worked in pink hand sewing thread.
2. Subtle goma-shio darning in emerald green No. 25 embroidery thread.
3. Ocher colored hand sewing thread is used to make six pinky fingernail-sized tambourines as accents.



D

Blanket stitch is effective for darning over wear in the inner seam. Here, rounds of Frankendarning form a pattern. Applying a patch to the wrong side of the fabric makes it even sturdier.

E

1. Tambourines are perfect to decorate the area around darning. Try out various colors, materials and sizes to find a combination to suit your taste.
2. A rip in the knee creates damage across the whole knee area, so a patch is applied to the wrong side and goma-shio darning worked around the area. Don't neaten up the frayed white threads too much. Leaving them as they are to a certain extent will bring out denim's charm.
3. Sewing machine thread is used to work goma-shio stitches to strengthen fabric. Rather than just one round, play with working 3–4 rows in certain areas.
4. A patch is applied over the top to strengthen fabric. Small scraps of floral print fabric, plain material, worn T-shirt fabric and so on are secured with goma-shio stitching, chain stitch and herringbone stitch for variation. For a more relaxed look, keep colors to a minimum.



Darning Samplers by Material 5: Puffer Vest

Thin puffer vests play an active role indoors as well as outdoors, but have you given up on them because you think holes or tears can't be mended? Actually, they can be darned in the normal way with a darning mushroom. If feathers poke through, don't pull them out, but trim off the ends with thread scissors.



A

A patch covers an area of damage about 6" (15cm) long. The interestingly shaped fabric remnant was used as-is to play up the design. Temporary adhesive was applied to position the patch, which was stitched on using hand sewing thread and embroidery thread to work basket, blanket and herringbone stitches.

B

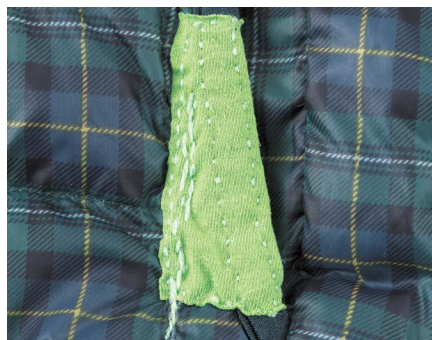
Fine goma-shio stitching and blanket stitching were worked in hand sewing thread around the edge of the pocket. Adding a bead and some casual stitches lends a slight air of friendliness to what would ordinarily be an expressionless puffer jacket.

C

I covered a paint stain with velveteen (blue). Fabrics such as velveteen and tweed work surprisingly well with nylon fabric! Wool flannel (deep pink) and old sweater fabric (white) were also applied and secured in the same way as for step A, using thread such as fine wool and sashiko thread.

D

T-shirt fabric was used to strengthen the edge of the other pocket. It's great that even if the edges are left raw, it won't fray, and the soft fabric makes for a novel contrast with the nylon.



EPILOGUE

My Idea of Darning

Nowadays many people are inspired by the feeling of satisfaction that working with a needle and thread brings, and it seems that more and more people want to try their hand at making things. If you've picked up this book because you're interested in creating through darning, I can't tell you how happy that makes me.

There is orderly darning, invisible repair darning and decorative darning like embroidery, but just because its purpose is to restore functionality doesn't mean darning can't be cool. Personally, I don't think we have to use neat, orderly stitches when darning. So what's the trick to cool darning? Trial and error combining various threads, colors, shapes and techniques will foster a love for your own stitches, which is the source of cool darning. If you're still not confident, start by darning socks. Darning in the soles and toes of socks is like a little secret that only you know about. Once you're used to it, try darning where it will be seen. If there is only one darned spot, you might get some quizzical looks, but part of the appeal of darning is that if you darn "friends" over undamaged areas (I recommend odd numbers!) you'll get conversation-starting comments such as "Ooh, what's that? It's cute (cool, nice...)." But even if no one else admires it, isn't it great to be able to keep wearing something that you love? First of all, praise yourself for being able to make that happen with your own hands. Then, when you've worn that garment or used that item to the point that you're satisfied it can no longer be mended, you can feel good farewelling it. Doesn't that sound like a happy way to live? Believe in the power of a single stitch.

To everyone in the Repairmake editorial production team involved in the production of this book; to those who provided their darning works; to Kumi who trusted me with her cherished garments; to Kan, Shinsaku Koizumi, Mio, Wakaume, Kyoko Nakazawa from Nakakyō Koubō, Kumiko Maeda, staff at Mina Perhonen, staff at Nihon Vogue, the team at HIKARU NOGUCHI TEXTILE DESIGN and for the continuous support of Andre and Sabine: thank you.

—Hikaru Noguchi

Recommended materials manufacturers and shops in Japan

Puppy

I recommend the Japanese paper-like thread, the 2-ply, 3-ply and mohair yarn. <http://www.puppyarn.com/>

Hobbyra Hobbyre

Stocks a wide range of embroidery thread in beautiful colors and Liberty fabric that can be used for patches. <https://www.hobbyra-hobbyre.com/>

Daruma

From balls of wool, neon-colored thread and lamé to hand sewing thread and sewing machine thread. <http://www.daruma-ito.co.jp/>

Keito

The only store in Japan that sells Jamieson's products (Shetland Spindrift). They sell balls of wool in sets too. <https://www.keito-shop.com/>

Echizen-ya

Stocks embroidery thread and tools from various manufacturers. <https://www.echizen-ya.co.jp/>

Okadaya Shinjuku

Apart from sewing machine thread, wool, and embroidery thread, there is a large range of fabric and craft products. <https://www.okadaya.co.jp/shop/c/c10/>

Teori-ya

I like their wide variety of beautiful linen thread and mohair yarn. <https://teori-ya.com/>

Mina Perhonen

The beautiful original fabric is ideal for patches. <https://www.mina-perhonen.jp/>

Nuno

If you're looking for patches with a mature feel, I recommend Nuno's woven fabric which is a favorite with fabric lovers from all over the world. <http://www.shop-nunoworks.com>

Provided works"

05: Yuri Karato: "I did this darning on a friend's request. I incorporated the scenery experienced from living in a country town surrounded by mountains into the darning."

17: Aya Kobayashi: "This darning was triggered when a hole developed soon after I bought this garment. I started darning it with pink thread to get rid of my upset feelings about the hole and it keeps evolving because now I darn it whenever I discover damage."

18: Emi Takazawa: "These jeans had been stored away for ages, but as I finished them I got excited and felt all tingly about putting them on as soon as I could to go out."

42 & 44: Yuki Okui: "I always stitch mindlessly in order to achieve 'random beauty'. Doing this makes me feel as if even my soul is being repaired." Production cooperation/Kaori Nakasuka, Madoka Saito

Recommended shops in US and UK

Loop <https://www.loopknittingshop.com>

Brooklyn Haberdashery <https://www.brooklynhaberdashery.com/>

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info@tuttlepublishing.com

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Japan

Tuttle Publishing
Yaekari Building 3rd Floor
5-4-12 Osaki

Shinagawa-ku

Tokyo 141-0032

Tel: (81) 3 5437-0171 Fax: (81) 3 5437-0755

sales@tuttle.co.jp

www.tuttle.co.jp

Asia Pacific

Berkeley Books Pte. Ltd.

3 Kallang Sector, #04-01

Singapore 349278

Tel: (65) 6741-2178 Fax: (65) 6741-2179

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Mend, rethink, transform, recreate.

Repairing your favorite things—from jeans to sweaters—will addict you. Textile guru Hikaru Noguchi takes you through all the forms of mending—referred to in this book as darning—to inspire you to get creative on that fraying neckline or worn elbow. This book shows you techniques for:

- Working on knitted and woven fabrics
- Mending with yarn, floss, ribbon and fabric
- Darning with felt to add body and dimension
- Matching the technique to the wear/tear
- And more

Lessons for basic and advanced techniques, with variations, plus plenty of tips and examples, give you all the guidance you need to rethink and repair, beautifully. Whether the look you're after is whimsical or elegant, you'll find wonderful ideas in this book for transforming your pieces into something new, and those jeans with the worn-out seat may become the most amazing thing in your wardrobe.



HIKARU NOGUCHI is a graphic artist and designer of knitted textiles. Her passion for fabric has led her to become one of the world's leading experts in darning, with the aim to creatively fix rather than discard. Her darning books are loved on both sides of the globe, her textiles have been widely exhibited and are sold in boutiques worldwide.
<http://hikarunoguchi.com>
<https://darning.net>
 Instagram: hikaru_noguchi_design

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