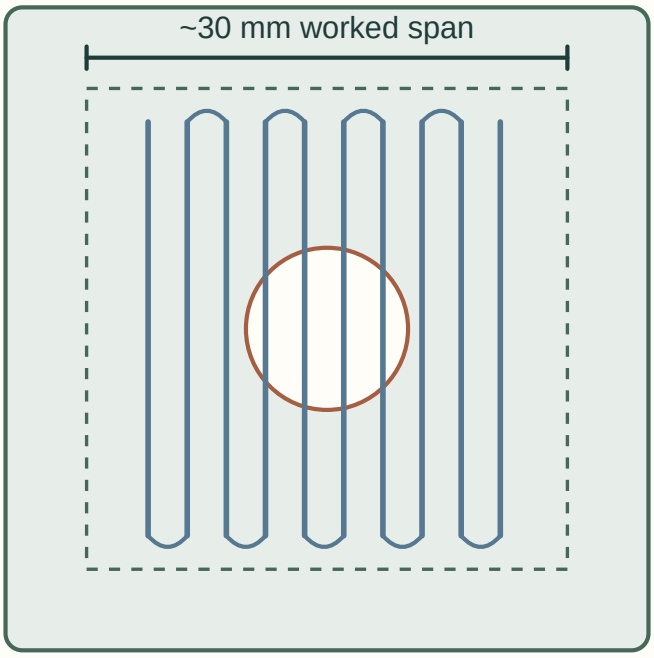
Darn a Small Sock Hole

First-direction relaxed strands



10 mm hole • ~10 mm sound-knit margin each side

Weave a small darn across an ordinary knit sock hole while preserving relaxed shape.

14 practical steps • Original diagrams and repair records

Illustrative repair plans — not physical test results

Before you start

Darning replaces missing fabric with a tiny woven area supported by sound knitted material. This example covers a small, isolated hole in an ordinary adult sock, not compression hosiery, medical or protective socks. Woven darning is less elastic than knitting; avoid an area where even a small stiff patch would restrict circulation or cause discomfort. If the fabric is broadly worn or the sock no longer fits, replacement may be preferable.

Materials

Clean dry sock, compatible darning yarn of similar thickness and care, blunt or appropriately rounded darning needle, smooth darning egg or mushroom, scissors, ruler and comparable scrap for practice. Do not use a sharp or damaged support, and never insert the needle while wearing the sock. Keep needles and loose yarn away from children and pets.

Plan the repair

Example: a 10 mm hole in otherwise sound knit. With the sock supported at its natural shape, plan rows to extend about 10 mm into sound fabric on each side (about 30 mm total span in each direction). Expand that area if necessary or retire a sock with widespread thinning. Lay parallel strands across the gap, anchoring each turn in sound knit; the strands should be relaxed, not taut. Weave perpendicular rows over and under successive strands, alternating the order on the next row and anchoring both ends in sound fabric. Example spacing is about 2 mm for a medium sock; choose spacing and yarn compatible with the original knit. Avoid thick knots and do not pack the weave so tightly that the sock loses necessary give.

Steps 1–2

1. Screen the sock

Confirm it is ordinary hosiery and not a medical compression or protective product. Inspect the overall sole, heel and nearby knit. If the sock is badly worn, stretched out or cannot tolerate a small less-elastic area, retire or refer it.

2. Wash and dry first

Clean the sock according to its label and let it dry fully. Turn it to inspect both faces. Avoid heat or washing methods incompatible with the fibre. Do not darn over dirt, damp fabric or damaged elastic bands.

Steps 3–4

3. Map the hole

Measure the opening without stretching and locate surrounding intact knit. Mark the sound anchor zone mentally or on a paper sketch. The 10 mm worked example uses roughly 10 mm of sound material beyond the hole on each side.

4. Choose darning yarn

Choose a yarn close to the original thickness and flexibility, suitable for the sock care instructions. An excessively coarse yarn can create an uncomfortable ridge. Consider a fine compatible yarn for thin socks rather than using embroidery cord.

Steps 5–6

5. Set up the support

Insert a smooth darning egg or mushroom from inside the sock and position the hole over it. Support the surface just enough to keep the original shape visible. Do not stretch the sock tight or force an oversized object into it.

6. Practise the weave

On comparable scrap, practise laying four relaxed parallel strands and passing a perpendicular row over one, under the next. Alternate the order on the following row. Confirm the yarn moves smoothly without splitting the existing loops.

Steps 7–8

7. Start in sound knit

Thread the rounded needle with a manageable length. Weave the tail through intact stitches on the inside, away from the hole. Avoid a hard knot against the foot. Begin outside the damaged zone, at the planned sound margin.

8. Lay the first bridging row

Work small running stitches through intact knit towards the opening. Span the missing area with a relaxed yarn strand, then continue small stitches into sound knit on the far side. Do not stitch into the darning support.

Steps 9–10

9. Fill the first direction

Turn in sound fabric and work back in a nearby parallel row. Repeat at a spacing suitable for the yarn, about 2 mm in the example, until the hole has parallel strands across it. Keep the surrounding knit relaxed rather than gathering it.

10. Start the perpendicular rows

Secure the new direction in sound knit at one side. Pass over the first bridging strand, under the next, and continue alternately. In intact fabric at either side, take small anchoring stitches so the row ends are supported.

Steps 11–12

11. Alternate the weave

Work the next row in the opposite over-under order relative to the preceding row. Continue until the original gap is covered. Keep the strands evenly spaced; do not pull them into a dense lump or leave loops that could catch a toe.

12. Finish without a bulky knot

Weave the yarn end through several sound knit stitches on the inside, following a route that does not pull the edge inward. Trim the remaining tail carefully. Remove the support and account for the needle.

Steps 13–14

13. Check shape and comfort

Inspect both faces and gently flex the sock by hand. Compare the area with its original relaxed shape. A stiff, protruding, abrasive or constricting repair should not be worn; redo with a finer method or retire.

14. Record and follow up

Record the fibre, hole, anchor margin, yarn and actual result. Follow compatible care instructions, and check the repair after ordinary use. Discontinue if the darn causes discomfort or breaks; the guide does not certify strength or medical suitability.

Fix, care and preserve

Sock gathers around darn

Undo tight rows and use a support that preserves the relaxed shape.

Loose crossings snag

Secure rows appropriately and adjust yarn thickness and spacing.

New holes appear nearby

The larger region may be worn out; do not keep adding isolated darning into weak material.

Repair feels hard underfoot

Do not wear it; remove the darn and try a finer compatible repair or retire the sock.

Originality and evidence boundary

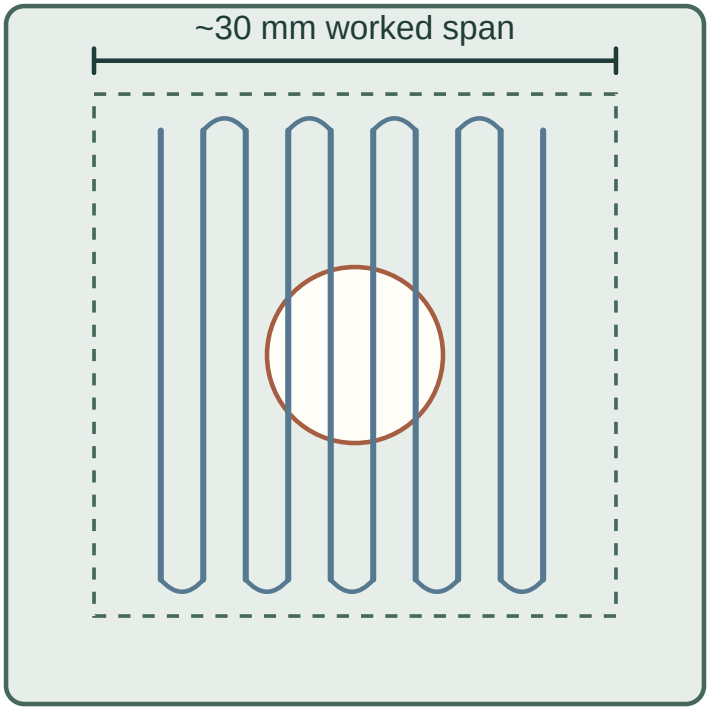
Original Steadleaf English prose, design, artwork, diagrams and repair records. Follow actual garment, material and tool instructions. No physical sewing, washing, durability, strength or safety testing was performed by the publisher. Adult ordinary-clothing mending only; no safety or performance certification.

Print the following pages separately if desired. Measured schematics are not full-size cutting patterns. Record only actual observations.

Pattern 1

Darning zone: example 10 mm hole and roughly 10 mm sound-knit margin each side. First-direction parallel strands cross the opening and anchor on both sides. Schematic; adapt to actual knit.

First-direction relaxed strands

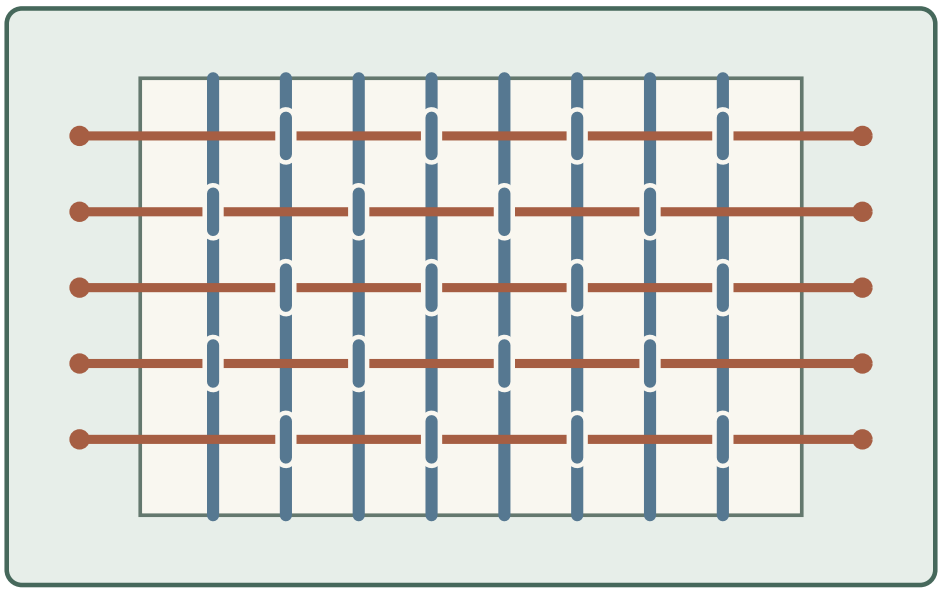


10 mm hole • ~10 mm sound-knit margin each side

Pattern 2

Weaving detail: perpendicular rows alternate over and under the first-direction strands; the next row reverses the order. Each row begins and ends in sound knit. Enlarged schematic, not a full-size pattern.

Alternate OVER / UNDER on each row



Blue: first-direction strands • rust: perpendicular weave

Both ends of every row anchored in sound knit

Record 1 — Materials and repair plan

Record actual observations only. Use UNKNOWN or NOT CHECKED for anything you have not established.

Sock / fibre / original use

Relaxed hole size and surrounding wear

Sound anchor zone / support size

Darning yarn and needle

Practice weave observation

Planned strand direction / spacing

Elasticity and comfort concerns

Decision: PROCEED / CHANGE / RETIRE

Record 2 — Finish and follow-up

Record actual observations only. Use UNKNOWN or NOT CHECKED for anything you have not established.

Actual darn dimensions / yarn

First-direction strand condition

Alternating weave / reverse ends

Shape and gentle flex observations

Surface ridges / potential irritation

Needle accounted for / care directions

Decision: ORDINARY USE / CHANGE / RETIRE

Date / next inspection