

**Prolong the life of your favourite knitwear and decorate your darns with embroidery motifs inspired by Seasalt prints.**

This photo guide will take you through the three mending methods, the embroidery stitches used in the motifs, and finally the steps required to create each stitched design.

#### YOU WILL NEED:

Knitwear in need of mending

#### TOOLS & EQUIPMENT:

Thread:

6 strand embroidery floss or darning wool  
in your choice of colours

Embroidery floss comes in 6 strands. Once you have cut a length, you can split the strands and re-mix them, which is useful if you are trying to colour match a sweater with a marl finish.

Needles:

Darning needle

Crewel needle (large eye size - 3 is ideal)  
or tapestry needle (large eye - 22 or 24 is ideal)

Equipment:

Darning mushroom

6-7" embroidery hoop

Thread snips or scissors

Pressing cloth or tea towel

The darning mushroom and hoop are optional, but you will find that they make this work much easier to achieve neatly, especially if you are new to embroidery.

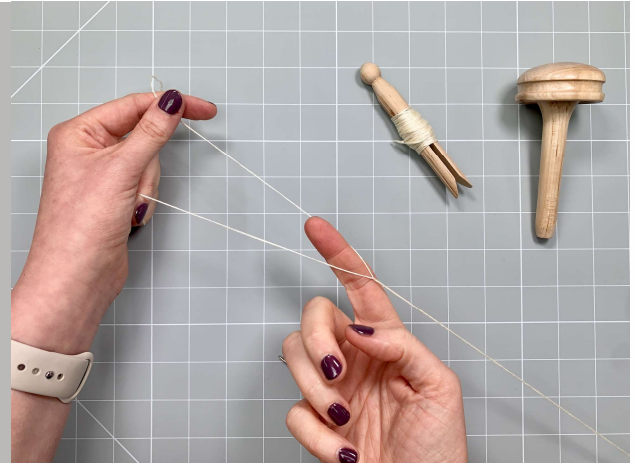


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## Preparation



1. Select threads or create a combination of threads that match the shade of the item you are fixing.

2. Splitting them is easy - you just divide them at one end, and gently run your finger or darning needle down the gap until the strands are separated along the full length.

NB You will use 6 threads for traditional darning, and 3 for the other methods, and the embroidered motifs.

## Starting & finishing



3. To start your stitching, run your thread for a couple of centimetres through the stitches on the back of your item, and then come back on yourself parallel to the stitches you have just made.



4. To end your stitching, use your needle to weave your thread into the back of your work, making sure not to pick up any of the threads on the front. Snip.



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## MENDING METHODS: Traditional darning



1. Turn your item inside out and gently curve the area to be mended over a darning mushroom.



2. Start your work about 1cm away from the edge of the hole. You will be darning an area far bigger than the hole itself.



3. Carefully weave your thread in parallel lines through the 'wales' of the knit fabric, ensuring your lines go beyond the size of the hole by about 1cm on all sides.



4. Let your threads go across the hole as you go, making sure to pick up any obvious loose stitches on the very edges as you pass them.

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5. Once the whole area is covered with parallel lines of thread, you will begin working new set of lines at right angles to your original work.



6. When you reach the edges of the open hole, you must begin to weave your needle through the first set of threads, carefully going under and over to create new fabric in the space of the original hole.



7. Finish your stitching by weaving in the ends in the same way you started.



8. Turn your garment back to the right side out. You may find a steamy iron through a cloth or tea towel will help with any distortion. You can now decorate your mend if you wish.



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## MENDING METHODS: Blanket stitch darning



1. Start your work on the reverse, about 1 cm away from the edge of the hole. Take your needle to the front of the garment, through the hole, turn your garment right side out and gently curve the area to be mended over a darning mushroom.



2. Work a circle of small running stitches around the hole to be mended.



3. Work a blanket stitch into the hole as shown. See the stitch guide below for an explanation of how to do a blanket stitch.



4. Work a series of small blanket stitches around the edge of the hole, ensuring your stitches overlap the ring of stitches you made in step 2. When you reach your first stitch, just run the thread under it to close the ring.

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5. Make another circle of stitches, this time working each stitch into the row you have just completed around the edge (instead of the ring of stitches you made in step 2). Pull each stitch nice and tight.



6. Keep stitching a spiral of blanket stitches, working each stitch into the row you have just completed. Go around until the hole is closed up.



7. Push your needle through to the reverse and finish your work by weaving in the ends as previously shown.



8. Turn your garment back to the right side out. You may find a steamy iron through a cloth or tea towel will help with any distortion. You can now decorate your mend if you wish.



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## MENDING METHODS: Blanket stitch eyelet



1. Start your work on the reverse, about 1 cm away from the edge of the hole. Take your needle to the front of the garment, through the hole, turn your garment right side out and gently curve the area to be mended over a darning mushroom.



2. Work a circle of small running stitches around the hole to be mended. This method will not fill in your hole, but it will stop it growing bigger. It makes it a feature by creating an eyelet which can make a lovely detail within an embroidered design.



3. Work a blanket stitch into the hole as shown. This is a blanket stitch in reverse of the blanket stitch darning technique. This time the 'stems' of your stitches will be coming up directly through the hole.



4. Work blanket stitches closely together around the hole, making sure that the top of the stitch is outside of the ring of running stitches. At the last stitch, run the thread into the first stitch to complete the circle, push your needle to the reverse, and finish.

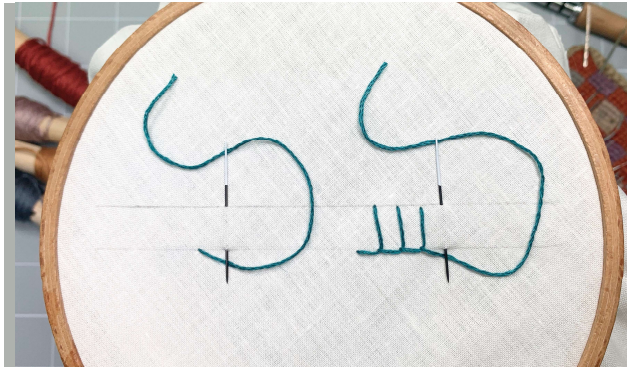


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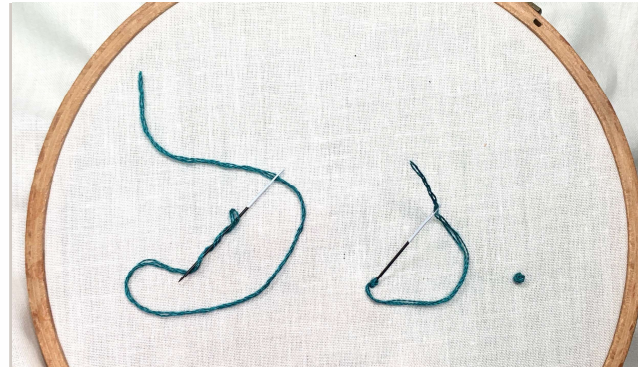
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## EMBROIDERY STITCH GUIDE



**BLANKET STITCH:** Insert the needle where you want the stem of the stitch to be and bring it up next to the starting point. Hook thread around the needle, pull through and pull tight.



**FRENCH KNOT STITCH:** Ensure needle and thread are running in the same direction. Wrap thread 3 - 4 times around the needle, puncture the fabric and pull through.



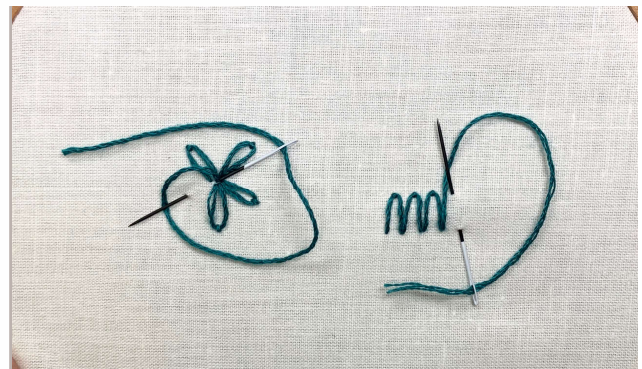
**CHAIN STITCH:** Bring thread up where you wish the stitch to start. Insert needle again right next to it, and bring up about 0.5cm away, making sure the thread runs behind the needle.



**STEM STITCH:** The needle points away from the direction of travel. Insert where you want stitch to end, and bring up half way along previous stitch.



**SATIN STITCH:** Make a row of tightly packed long stitches parallel to each other to fill a space or shape.



**LAZY DAISY STITCH:** As chain stitch but instead of making a second chain, puncture fabric on the other side of thread loop to secure. Spacing stitches at the bottom can create an open petal effect.

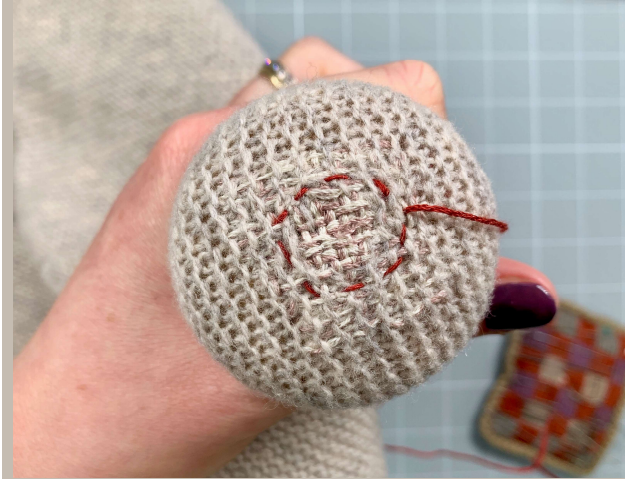


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## DESIGN 1: Daisy



1. After you have completed a traditional darn, make a ring of running stitches in the colour you want your petals to be.



2. Work a ring of lazy daisy stitches around the ring, making sure they are equal in length. Be sure to keep them wide at the bottom to create a petal effect.



3. Using a contrasting thread, work a number of French knots into the centre of your flower. Keeping them randomly spaced and varied in size will add texture to the work.

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## DESIGN 2: Pimpernel



1. After you have completed an eyelet mend, make a ring of 8 lazy daisy stitches into the outer edge of the blanket stitch eyelet. Keep your stitches wide at the bottom to make them more petal-like.



2. French knot stitch at the tip of each petal, in between each petal, and finally spaced randomly around the outside of the design.



3. Using a contrasting thread, work a long stitch from base of petal to tip.



4. Work two shorter stitches, one on either side of the long stitch you have just made. This will fill the petal. Repeat for all 8 petals.



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## DESIGN 3: Scandi style poppy



1. After you have completed a blanket stitch darn, use a contrasting colour thread to make a ring of chain stitches around its edge.



2. Work a second ring of chain stitches a little way away from the original ring. Your distance will vary according to the size of your mend, and the desired size of the overall piece.



3. Using the original darning colour, make some rough satin stitches to fill the space between the two rows of chain stitch.

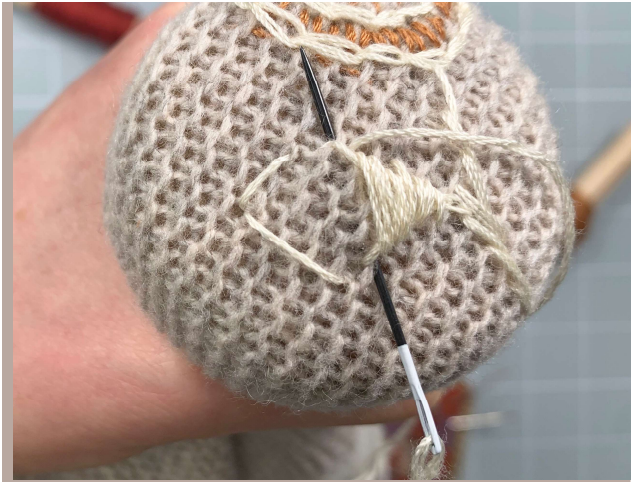


4. Make a stem stitch coming out from the completed flower.

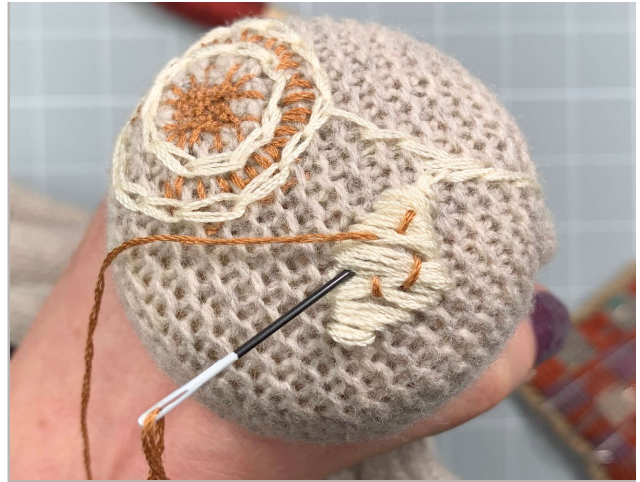
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5. With the same colour, mark out your leaf shapes using long stitches. Then, fill the leaves using a satin stitch. Make sure your stitches start and end just over the edges of your leaf outline.



6. Use the original darning colour to make 4 short stitches in your leaves. This will add detail and texture.

If you have enjoyed learning these techniques, do check out our other tutorials at [seasaltcornwall.com/stories](https://seasaltcornwall.com/stories).

You can also follow [@seasaltcornwall](https://www.instagram.com/seasaltcornwall) and [@starttostitch](https://www.instagram.com/starttostitch) on Instagram for more creative projects.