



## Hook into the Past: The Story of Mat Making in North East England

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Not so long ago, home made hooky and proggy mats were essential to provide a bit of comfort and colour on bare stone or wood floors. They provided an activity that all the family (and often the neighbours) could join in and were a practical way of 'making something from nothing' by recycling old clothes and sacks. Many people have fond recollections of helping their mothers or grandmothers to make mats and recall the gossip, treats and fun on evenings when friends and family gathered around the frame. The memories in this book have their origins all over the North East of England, and sometimes beyond, and span more than a century. As well as describing the tools and techniques of mat making, this fascinating social history sheds light on the realities of life for thousands of working-class families in the nineteenth and twentieth centuries. The stories were collected by Room For You Hospital Arts, and edited by Ellen Phethean.

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