

It all begins with a single stitch.....

“When I mend I give love and attention to the fabric which, in return, is mending me, healing me with the rhythm of one stitch at a time”

Recoverista Sista

# Fast Fashion versus Slow Fashion

## “Fashion shouldn’t cost the Earth”

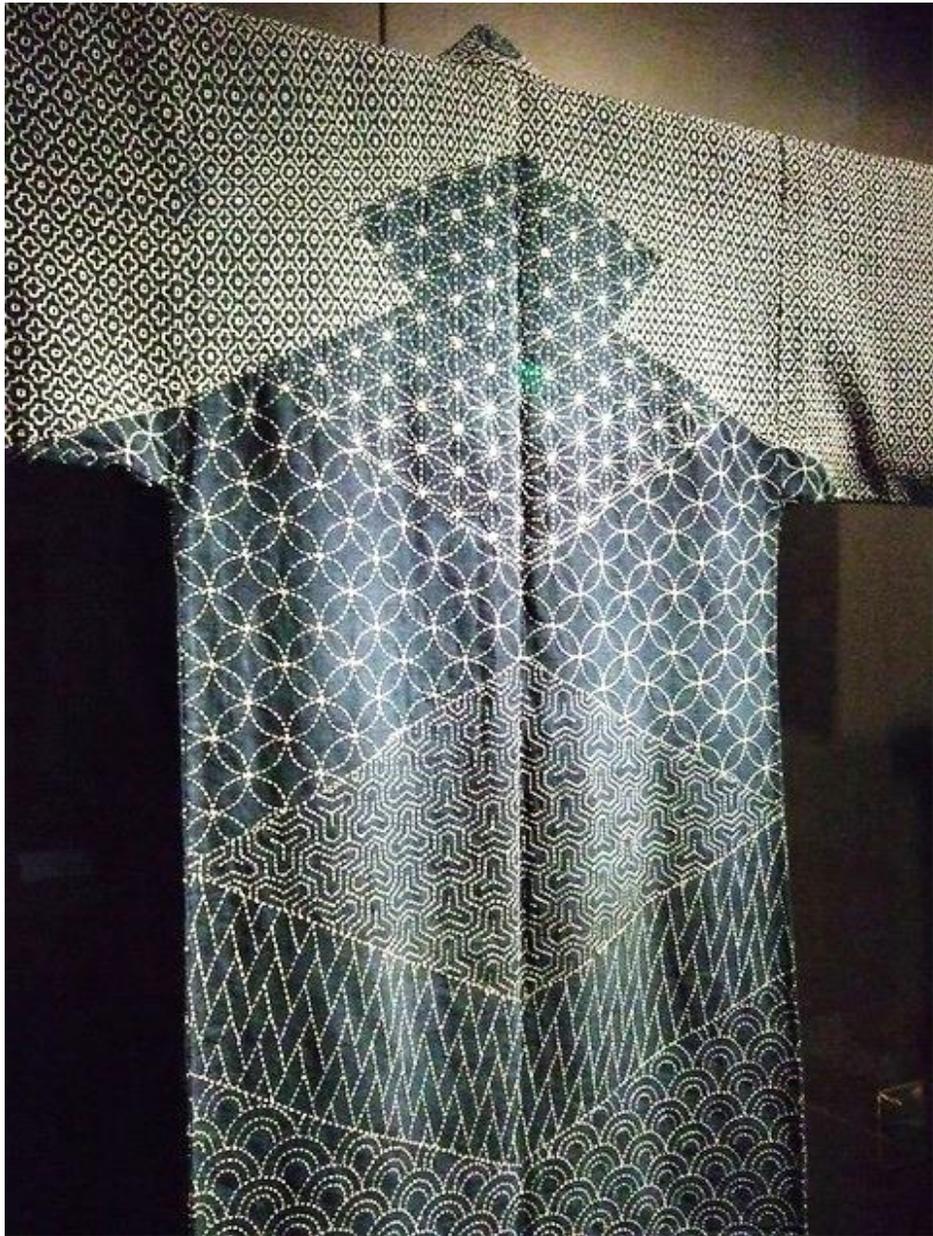
[What is fast fashion and why is it a problem? | Ethical Consumer](#) (based in Hulme!)

[Online Resources – The Fabric of Protest - People's History Museum: The national museum of democracy \(phm.org.uk\)](#)

Western Environmental groups have adopted the Japanese “Mottainai” which expresses regret over waste and responded to a richer, more consuming time in Japan in 19<sup>th</sup> C

The exclamation “Mottainai!” means, “What a waste!”

[WEA National homepage](#) | [WEA](#) Education charity. All courses are subsidised and most are free for people on certain benefits



## Sashiko literally means “little stabs”

It is a form of strengthening textiles with stitching, often layering fabrics in a quilted form for warmth and originates from the Edo period (1603-1867) in Japan and was born out of necessity. Linen, cotton & hemp fabrics were in short supply

The 5 main styles are *Moyozashi* -running stitches create linear designs like these to the left

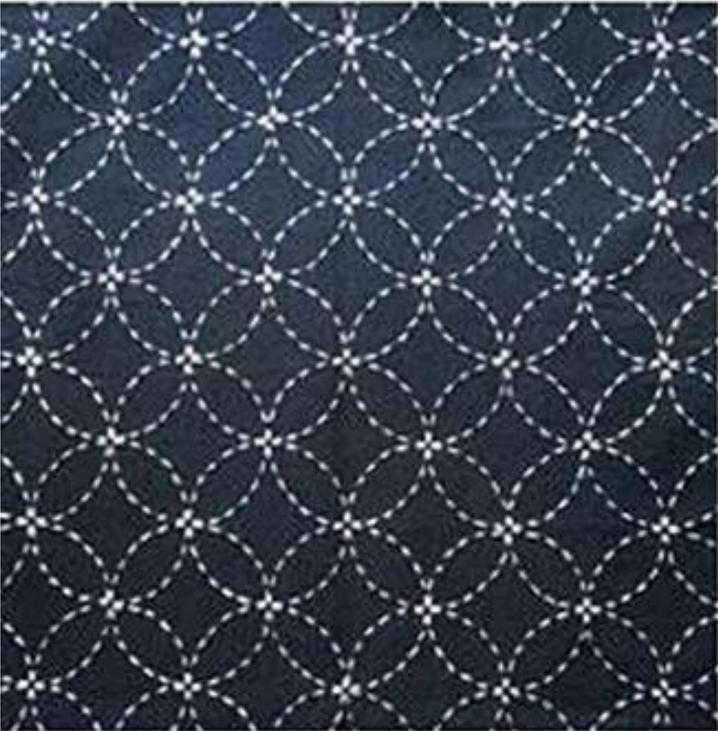
*Hitomezashi*- structures emerge from alignment of many single stitches made on a grid

*Kogin*-darned embroidery from Tsugaru district of Honshu

*Shonai (Kakurezashi)*, Shonai region of Yamagata - has straight lines which cross. If using dyed (indigo) threads it's *Kakurezashi*.

Three classic *Moyozashi* patterns where the stitches never meet or cross

SHIPPO



Seven Treasures  
of Buddha

SEIGAIHA



Blue Ocean  
Wave

ASA NO HA



Hemp  
Leaf



Elaborate designs for 2 Fireman's jackets - Resisted heat and water



**Hitomazeshi (single stitch)  
patterns use rows on a grid to  
create patterns where stitches  
may touch or cross each other**



Some of the most beautiful,  
geometric stitch patterns are  
Kogin-sashi which involves counting  
threads and stitches

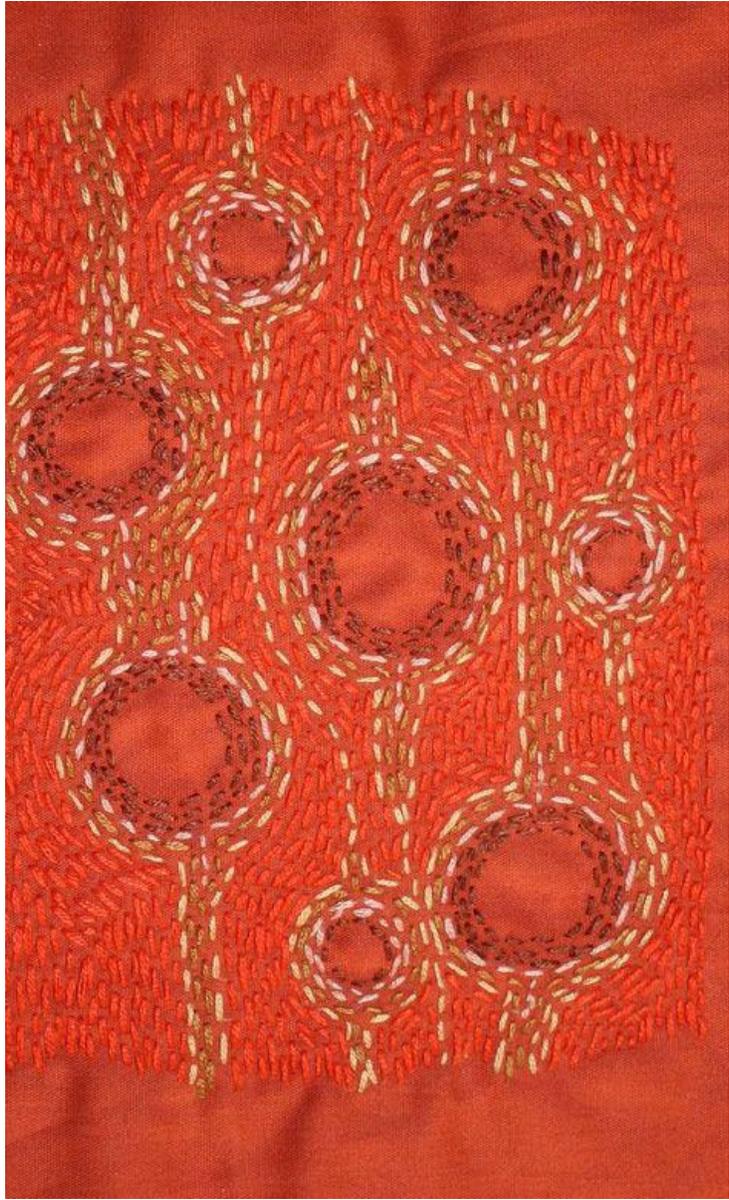
Counted thread embroidery  
appears on every continent



Present day- stitching patterns used  
in fashion

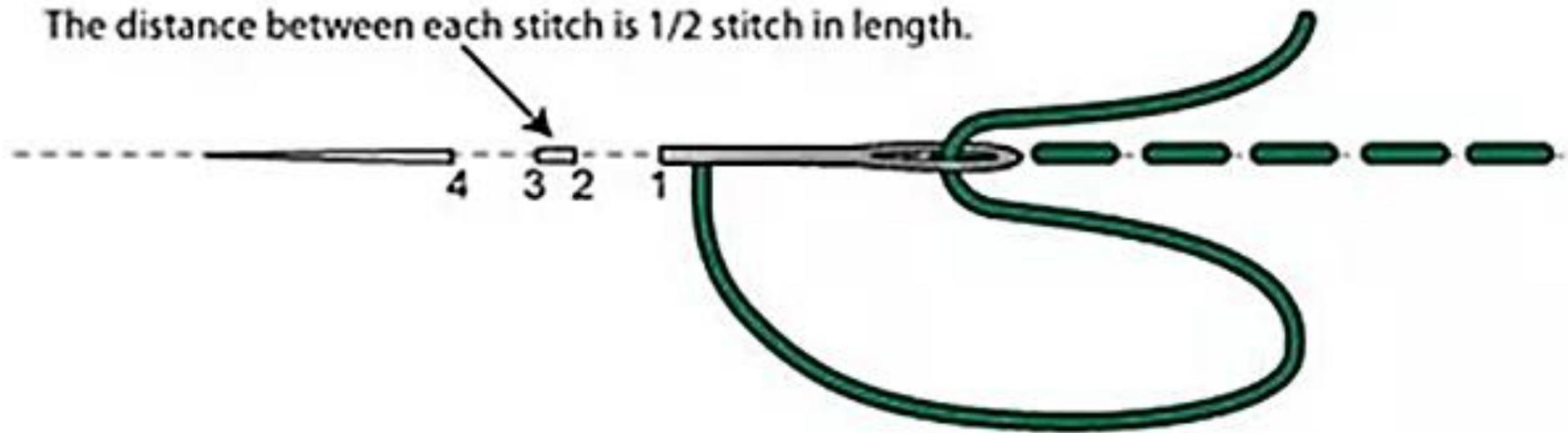
A jeans repair using Hitomazeshi  
stitching





# Sashiko Stitch Diagram

The distance between each stitch is 1/2 stitch in length.



Boro is also from Japan, from “BoroBoro” which means “something tattered or repaired”.

Boro typically refers to cotton, linen and hemp, treasured fabrics, and garments were passed from generation to generation



*Boro*

185 X 150 cm

This kimonos-style vest-like  
piece and fragments of heavy cloth  
with red cloth at center of cotton



Museum grade Indigo long  
noragi boro from the Edo period



Kapital indigo boro  
dress



[V&A · Make Your Own: Japanese 'Boro' Bag \(vam.ac.uk\)](#)

Here's a free pattern from the V&A Museum to make your own boro bag

There are loads of freebie patterns and resources out there



Loosely following Sashiko/Boro method to cover a stain and adorn a couple of shirts



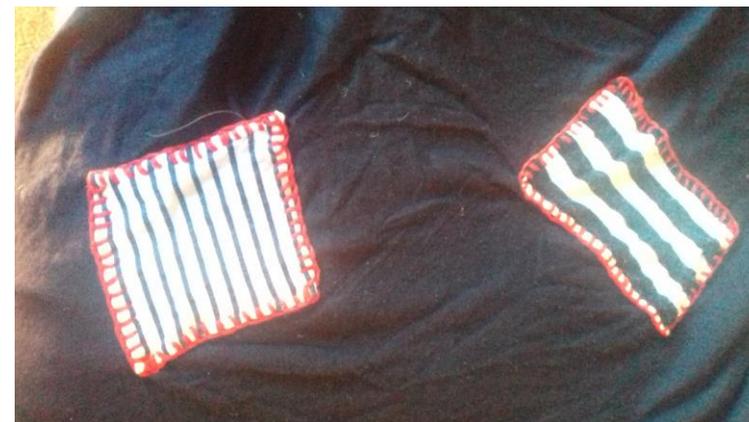
A simple jeans mend



Same stitches make recycled jewellery



Add blanket stitch & seed stitch to make "pirate pants"



## Some useful links:

[How to do Sashiko Embroidery – Gathered](#) Great beginner how-to

[Free Sashiko Repeating Embroidery Patterns \(thesprucecrafts.com\)](#) The first set of patterns are free downloads, the second are free to copy from the screen

[Search Results | 'Sashiko' 7 Results Found | Sew Magazine](#)  
Some free project patterns

[How to do visible mending – Gathered](#)  
Flora Collingwood-Norris guides us through visible mending for knitted garments

[Visible Mending with Embroidery | Lockdown Goals - umamade.co](#) Quirky visible mends

## Specialist Suppliers:

<https://www.japancrafts.co.uk/>

[Sashiko Thread - Olympus Cotton 100m | Tribe Yarns, London – tribeyarns](#)

Nowadays you can buy threads & needles on ebay. You might want to shop around.....and you can use any cotton thread. Most embroidery floss is pure cotton and you can buy a huge bundle of 50 colours for £5.99 on ebay. Embroidery floss has 6 strands and you can split it to vary the thickness of the stitch (and make it stretch)

If you can cope with lots of email, sign up with the above. I only every buy end of lines or sale anything!



Have fun!

Do YOUR thing

Relax

