



Shashiko/boro jeans patch

Patching and mending as an art
form.

Thread and Fabric suggestions

Thread

Traditional sashiko thread is tightly wound and nondivisible, and comes in several weights, or thicknesses. Large retail craft and sewing stores in the United States don't commonly carry sashiko thread, but you can find it in specialty shops and online (see Resources, page 151). For decorative projects, crochet and embroidery threads are inexpensive alternatives that are easy to find and come in lots of colors. They do fray much more quickly than sashiko thread, so make sure to cut shorter lengths of thread. Try using thread conditioner to protect your thread.

For mending projects, stick with sashiko thread. I also occasionally use hand-quilting and button-craft threads. These threads are very strong—crucial for mending—come in a variety of colors, and are easy to stitch with. Never use sewing machine thread for repairs, which can easily snap.

Fabric

You can sashiko-stitch on just about any material. Sashiko is traditionally stitched on natural fibers like cotton, linen, hemp, and silk. Linen is easy to stitch and my favorite fabric for stitching in general. Made from flax, linen is a natural material with a low environmental impact (requires little water or pesticides to produce). Try a lower thread count linen so you can use the weave of the fabric to count your stitches if you want them evenly placed. I also like stitching on denim and canvas, because they're sturdy and easy to work with. Whenever possible, avoid buying new man-made, synthetic fabrics like polyesters and nylon, which are more difficult to stitch on and made of plastic from fossil fuels and don't biodegrade, or choose vintage or recycled polyesters.

For mending projects, try to upcycle garments and fabrics. Start a scrap collection with sewing project remnants and beat-up clothes. For purchasing new fabrics, natural fibers and organic fabrics are a great place to start. In general, organic fabrics are made from fibers that were grown without pesticides and



Sashiko thread and
needles

Thimbles and Thread conditioner

Thimbles

When stitching through many layers of fabric or thick materials, a thimble is helpful and sometimes necessary. They can be made of different materials like leather, metal, plastic, or my go-to, a flexible rubber thimble that helps me grip the needle, with a flat metal top for pushing the needle through. Any of these types of thimbles will work well, it's just a matter of finding one that feels most comfortable while you're stitching. If using a thimble feels uncomfortable or you have long fingernails, try a thimble pad: a sticky dot of leather or other material that adheres to your fingertip just where you need it. A traditional sashiko coin thimble is a ring worn around the base of the middle finger, with a small circular metal or leather plate attached that rests on the pad of your palm. The eye of a long needle, held by your middle finger and thumb, rests stationary against the plate while you rock the sharp end of the needle in and out of the fabric until you push the needle through.

Thread Conditioner

I'm a big fan of using a thread conditioner. Gliding your thread through a thread conditioner helps to smooth and protect threads from fraying, so it's not only easier to stitch with but also looks better, too. It can be made from beeswax or a synthetic material.

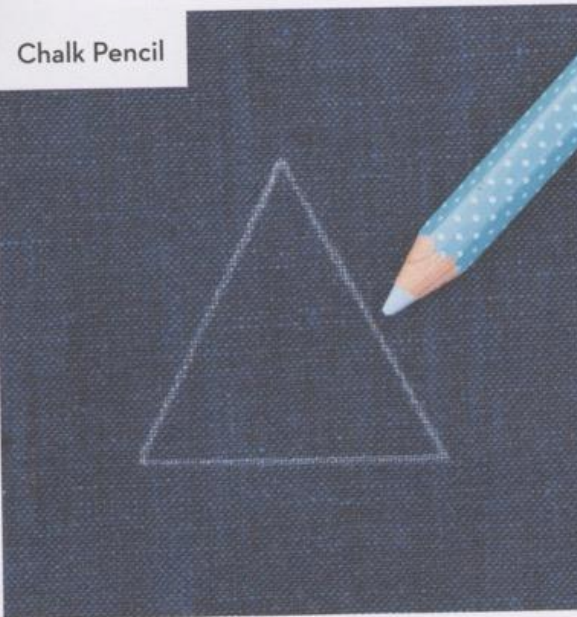
SASHIKO PATTERNS

Now that we are familiar with the tools of sashiko, I'd like to introduce sashiko patterns before we get into pattern transferring. There are two categories of sashiko patterns: *moyozashi* and *hitomezashi* (one-stitch sashiko). While both use the running stitch and are grid based, each family has a distinct look and unique characteristics.

Mark-Making Tools

Mark-Making Tools

At the very heart of sashiko are geometric patterns. Depending on your fabric and project, there are many ways to apply a pattern. You won't need all the mark-making tools listed here, but they're inexpensive and have lots of applications outside of sashiko. The mark-making tools I reach for most are chalk pencils, a water-soluble pen, and transfer paper.



Chalk Pencil

Mark-Making Tools

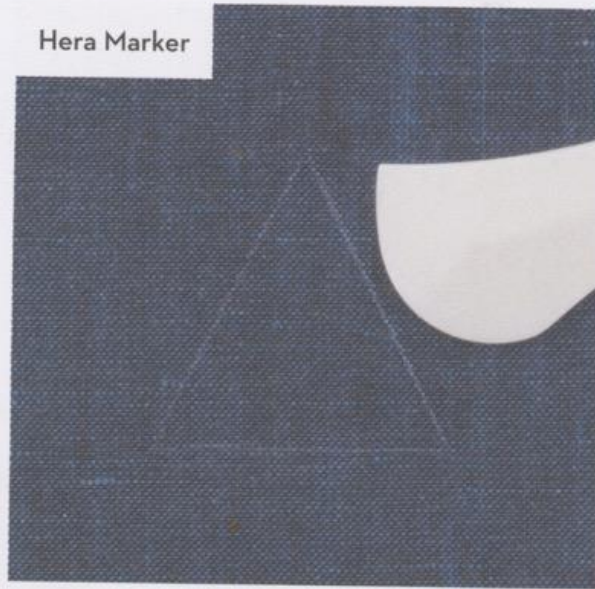


Chalk Pencil

These soft pencils easily mark fabric with fine lines that wash out. Try white for dark fabrics or a color for light fabrics. My go-to favorites are Clover water-soluble pencils, which come in a variety of colors, and an extra-fine-tip mechanical chalk pencil by Bohin. Avoid ironing the fabric after you have transferred your pattern, as it may set the marks. Test your chalk pencil on your fabric to make sure it can be easily removed.

Marking pens, Hera Marker

Hera Marker



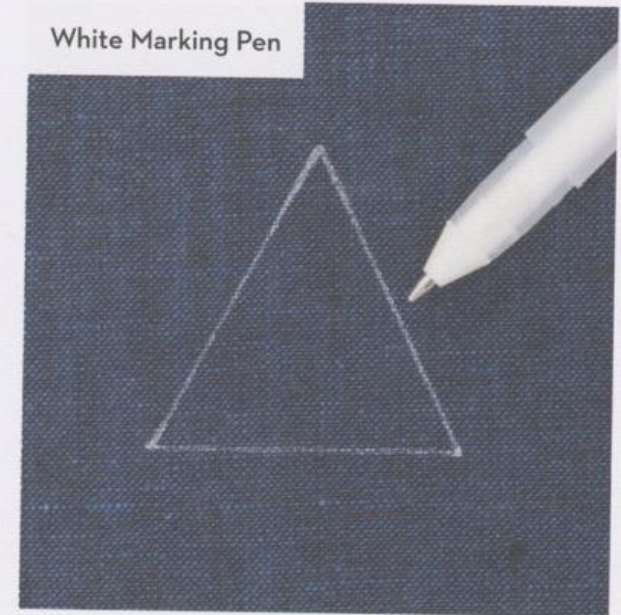
Hera Marker

A hera marker is not an ink marker but rather a plastic scoring tool used to crease fabric. Score your fabric over a self-healing mat; the marks are easily visible on both light and dark fabrics. The best part is that there are no actual marks to rub away or wash out. Marks fade with handling, so using a hera marker is best for small-scale or simple designs that can be stitched in one sitting.

White Marking Pen

These are ballpoint-style pens designed for use on dark fabrics. The ink goes on clear but dries white. Depending on the brand, the marks disappear with either water or a warm iron. I like having another option for marking dark materials, and the precision of a ballpoint, but I've found the markings of these pens can be faint on anything but very dark fabrics and find them difficult to use when my marks aren't immediately visible.

White Marking Pen





An example
boro/sashiko
patchwork



The offending hole.



Wonder Under
by Pellon. For
tacking cloth for
over sewing.

Cover wood or cardboard items, such as room dividers, valances and boxes, with fabric using Wonder-Under®.

• For best results, store unused Wonder-Under® by rolling it onto a tube (Instead of folding).

Overtime, if Wonder-Under® separates from the paper, it can still be used.

Simply place the web on the surface to be covered, cover with the Wonder-Under® release paper, and press with a hot, dry iron. Fabric, web and paper will stick together. Proceed with directions for cutting, peeling and fusing.

For more information on Pellon products, visit our website www.pellonideas.com

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máquina por los bordes del apliqué.
Unir dos capas de tela con Wonder-Under para producir telas reversibles o proyectos más resistentes.

Usar Wonder-Under para cubrir con tela artículos de madera o cartón, tales como parabanos, cenefas y cajas.

• Para mejores resultados, guardar el Wonder-Under sobrante enrollado (en vez de doblarlo).

• Si con el tiempo el Wonder-Under se separa del papel, de todas maneras se puede usar. Colocar simplemente el filamento en la superficie donde se desea adherir, cubrir el Wonder-Under con el papel de respaldo y presionar con plancha caliente y seca. La tela, el filamento y el papel se pegarán. Continuar con las instrucciones para cortar, despegar el papel y pegar.

Para información adicional sobre los productos de Pellon, visitar www.pellonideas.com

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The Directions to apply Wonder Under (fusibleweb)

For hems: Cut and press strips of Wonder-Under[®] to hem allowance. Peel off paper, turn up hem and fuse.

For layered appliques: Press Wonder-Under[®] onto fabric and cut out base shape. Use Wonder-Under to fuse details to applique, then peel paper backing off base and fuse completed applique to project. If desired, machine stitch around edges of applique.

Create reversible fabrics or sturdier projects by fusing two layers of fabric together with Wonder-Under[®].

Cover wood or cardboard items, such as room dividers, valances and boxes, with fabric using Wonder-Under[®].



Iron on the Fusible web (Wonder Under)

Peel off the
paper from the
back of the
Wonder Under.



Peel off paper

Iron on the cotton
print scrap. On
the reverse side of
the pants.



The outside with
fused in cotton
scrap.



Do your running
stitch





Ready to rip
again.



Resources

- Boro Textiles: Sustainable Aesthetics Video Tour-
<https://youtu.be/DnQd5qFrUGM>
- Instagram: @sashi.co