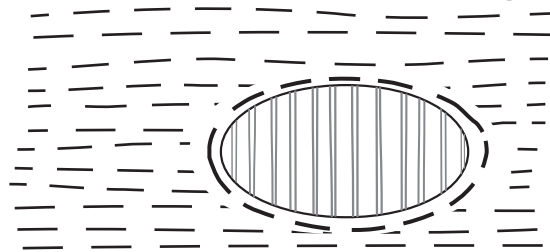




Visible Mending



Visible Mending

The Japanese have a phrase, wabi-sabi, that roughly translates to seeing beauty in the imperfect. The idea being that items that have been loved and repaired gain value and beauty with their history.

I love that. I love the gentle honor we can give our belongings and perhaps, in turn, the gentle honor we can give one another and ourselves in our imperfection.

You can certainly mend your clothes in a way that is loving and nearly invisible, but I find I am drawn to this idea of visible mending... of bringing beautiful attention to our imperfections and infusing them with new life. Caring for our clothes and lovingly prolonging their lives, feels empowering to me in our fast-fashion culture.

~Tina

Terms...

Sashiko – (literally “little stabs” or “little pierce”) is a form of decorative reinforcement stitching (or functional embroidery) from Japan. {Wikipedia}

Boro - Japanese textiles that have been mended or patched together, considered a folk textile. The term is derived from Japanese boroboro, meaning something tattered or repaired. {Wikipedia}

Running Stitch - a simple needlework stitch consisting of a line of small even stitches that run in and out through the cloth without overlapping

Mending Thoughts...

Choosing patches and thread

Patch - Choose fabric that is similar to the fabric to be mended. If you are mending jeans, choose denim or heavy fabric such as linen or canvas. If you are mending a knit skirt, choose knit fabric that stretches like your skirt and is a similar weight. Match the weight and hand of the patch with the garment to be mended.

Thread - Use a button craft thread or sashiko thread. Embroidery thread and machine threads are not strong enough to sustain the kind of wear that gave you a hole in the first place. Matching the thread fibers with the garment fibers gives your garment a better feel and allows the fabric and the thread to wear at the same rate.

Mending Process

1. Cut your patch at least 1 inch (on all sides) larger than your hole/rip. To prolong the life of your mending, you want your patch and stitches to be into solid fabric around the hole/tear.
2. Pin the patch into place and, if your patch is on the inside, stitch a running stitch around the perimeter of your patch, If your patch is on the outside, you may want to fold and iron the edges of the patch under and then use a running stitch to attach the patch to your garment.
3. Secure the hole/tear by stitching around the edge. Folding the edge in gives you a cleaner look. ~ this is the bare minimum to mend a tear or hole~ I generally choose a whip stitch or button hole stitch.
4. Choose decorative patterns/stitches to secure the patch to the garment and give your garment your unique signature. The more stitches you use, the stronger your repair will be. (look up Sashiko, Boro or Kanta stitches for inspiration, as well as American embroidery and quilting)

NOTE: When repairing denim that is stretchy, you do not want to use a running stitch horizontally on your garment (it will not stretch and the thread will break or the garment will not fit your body well). Use a stretch stitch instead...like a cross stitch, parallel stitch or cretin stitch. Any stitch that has a back and forth motion to it will stretch. Test your stitch out to be sure.

If your repair quickly tears out:

- The patch may not have extended far enough into solid fabric.
- The patch may have been pulled too tightly, not allowing for the natural bend of the garment. (such as at an elbow or knee)
- You may not have chosen a stretch stitch or stretchy patch to match your stretchy garment. (keep this in mind with stretch jeans...your patch will need to move like your garment does)

Handsewn Pouch

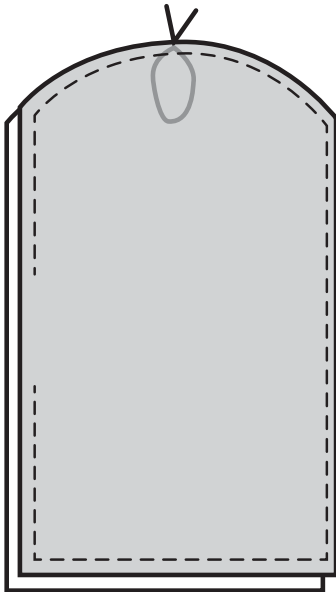
Materials

Sashiko thread
 Embroidery or Sashiko needle
 5" by 9" rectangle of outer fabric
 – denim, twill, canvas, medium cotton
 5" by 9" rectangle of lining fabric
 – medium to light weight cotton, linen
 ½" by 3" rectangle of knit fabric
 button

Process

1. Mend your piece of denim, using beautiful stitches to make it your own. If your denim does not have a hole to repair, I suggest manufacturing one or choosing fabric that needs to be repaired!

2. Place the outer fabric and lining fabric together, right sides facing each other. Take your jersey rectangle and pull on either end to curl your fabric and create a "rope".



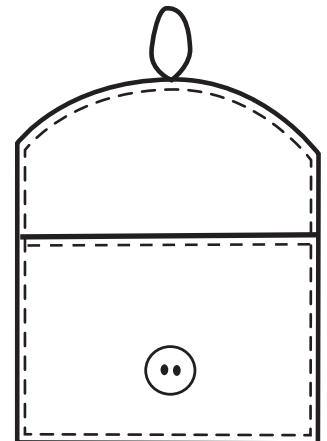
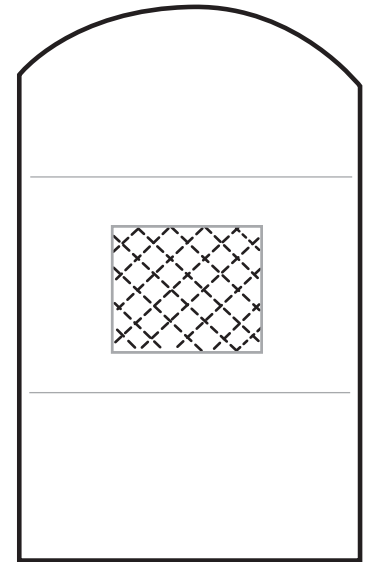
At the top of the curve, place the jersey loop between the two layers of fabric with the cut edges of the loop peeking past the top of the curve of fabric by ¼"

3. Beginning on a side seam, stitch a running stitch around the perimeter with a ¼ inch seam allowance. Leave a 2 inch gap for turning the bag out.

4. Turn the bag through the hole, making sure to turn the edges of the hole in ¼ inch and pressing smooth.

5. Fold your bottom of your bag (square edge) towards the inside - 3 inches. Pin the edges together and topstitch up the side, around the curved edge and down the other edge. Topstitch the opening edge of the pouch.

6. Place your button in a location that works with your knit loop. (you'll want a little tension on the knit loop when the pouch is closed)



Resources

Inspiration

Katrinarodobaugh.com

Tomofholland.com

Visible Mending and Sashiko inspiration gathered on my pinterest account: [link to account](https://www.pinterest.com/tinava44/visible-mending/)
<https://www.pinterest.com/tinava44/visible-mending/>

Books

Mending Life by Nina and Sonya Montenegro

Mend & Patch by Kerstin Neumüller

Mending Matters by Katrina Rodobaugh

The Geometry of Hand Sewing by Natalie Chanin

Ultimate Sashiko Sourcebook by Susan Briscoe

Supplies

Sashiko kits available at Purlsoho.com

Sashiko thread and needles available at fringesupplyco.com

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Kinship Handwork offers online classes, workshops, courses and a monthly membership for garment sewists...but beginner and experienced!

I also hold an annual sewing retreat on Mackinac Island and teach in-person around the Great Lakes region.

Kinshiphandwork.com

