



Simple Living: Simple Sewing

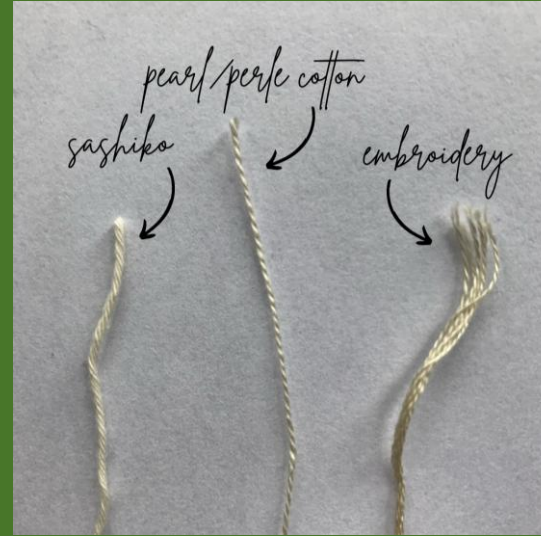


Visible Mending to fix or embellish



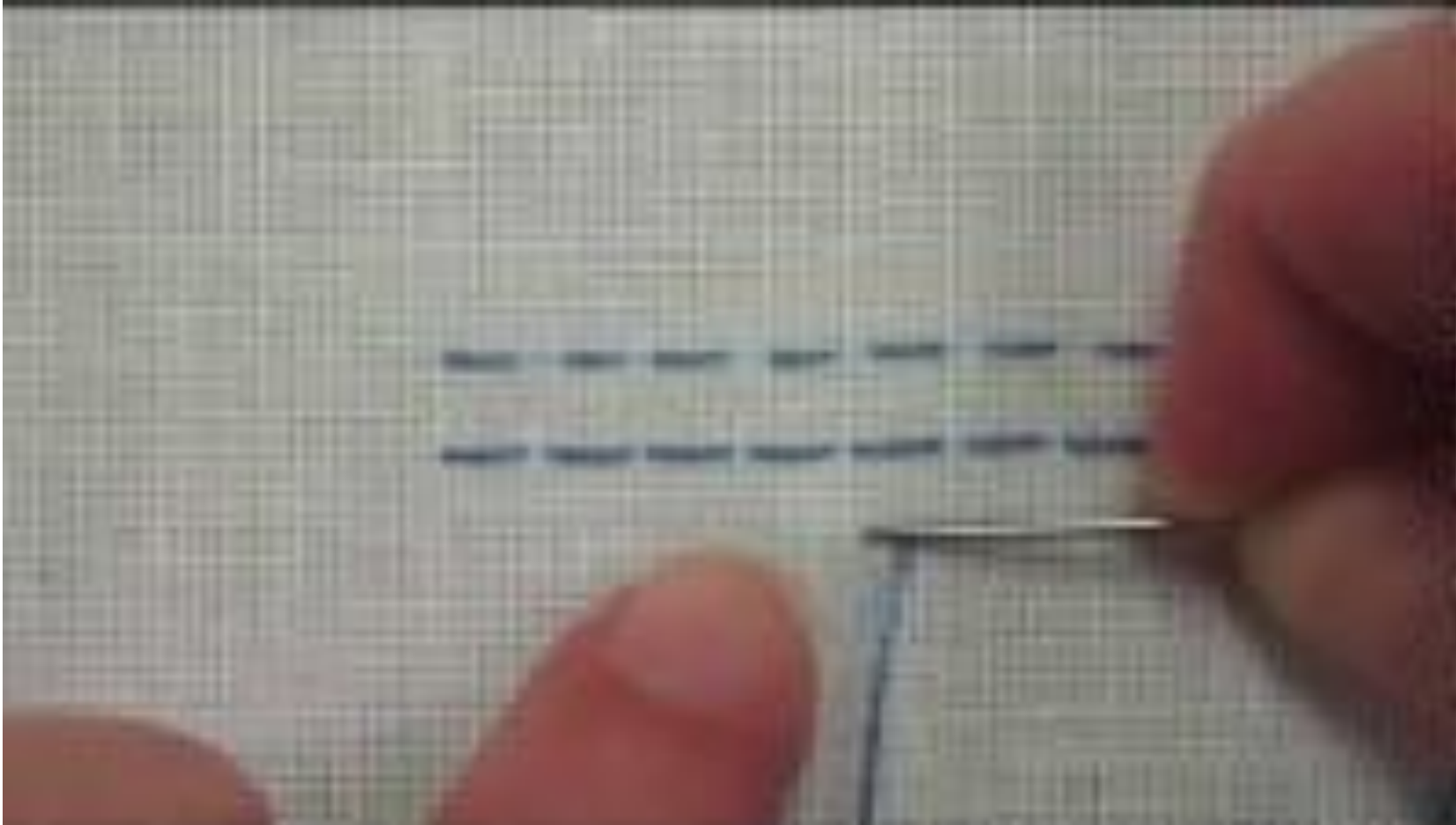
Sashiko

- A type of traditional Japanese embroidery or stitching used for the decorative and/or functional reinforcement of cloth and clothing.
- Creating small repeating stitches that form a pattern.
- Sashiko thread is twisted more tightly than embroidery thread as you use a whole strand, and don't divide it into its single plies. So a larger-eyed needle is used.
- No embroidery hoops
- Small, even running stitch with even spacing between stitches



Stitches to Use: Running Stitch

<https://youtu.be/W4nhj8kMpAI>



Running Stitch Repairs



Stitches to Use: Blanket Stitch

<https://youtu.be/FhuLGfniPy8>



Blanket Stitch Repairs

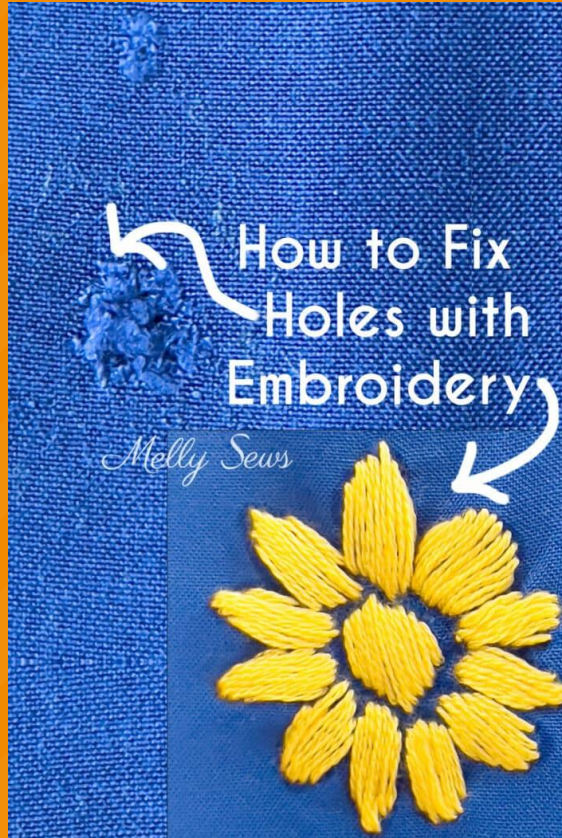


Stitches to Use: Satin Stitch

<https://youtu.be/NGPqSY2vJn8>



Satin Stitch Repairs





Resources

- *Mending Life: a Handbook for Repairing Clothes and Hearts* by Nina and Sonya Montenegro
- *Creative Mending: Beautiful Darning, Patching and Stitching Techniques* by Hikaru Noguchi
- Youtube – hand embroidery stitches
 - Mary Corbet
 - Clever Poppy
- Youtube – clothing repair
 - Repair what you wear