

Big Stitch + Sashiko Stitching

by Sandra Johnson

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Host Susan Brubaker Knapp and quilt artist Sandra Johnson

Materials

- 100% cotton jeans, 1 pair (NOT stretch denim)
- Fabric pieces for 'patches' (I often use preprinted sashiko or novelty fabrics.)
- Embroidery or sashiko needles for hand stitching
- Perle cotton for hand stitching
- Embroidery thread (I use Wonderfil™.)
- Basting spray

Optional

- Transfer paper

- In the past we patched holes in our clothing because we were trying to save money and allow the garment to be worn. But today this process is now a fashion statement. Starting with a garment that may need to be patched—or just something you want to place patches on—we will explore different ways to add color and stitching to clothing, handbags, and handmade items.
- Sashiko is a form of Japanese folk embroidery using the basic running stitch to create a patterned background. Big stitch is also known as boro mending. Incorporating aspects of these two techniques, we will explore using sashiko stitching to mend jeans and to embellish clothing and handbags—handmade or not. Whether you like fanciful or practical, sashiko and boro fit the bill.

INSTRUCTIONS


Sashiko on patches

1. Select patches you would like to use and place them on the jeans where you are 'patching' to assess your arrangement.
2. When you are pleased with the look, spray baste the patches on to the pants; if there are layered patches, start with the patch closest to the denim and spray baste that first. Work out to the top patch.
3. Thread an embroidery or sashiko needle with perle cotton.
4. Start stitching outside of the patch, in the denim, and continue straight across the patch using a running stitch. Take a few more stitches into the denim on the other side of the patch, elongating the line of stitching and including both background (the jeans) and foreground (the patch) in your design. Go back and forth across the patch. A grid is nice but experiment with other stitching

patterns. Consider changing the thread color, if desired. (figure 1)

5. If you are using preprinted sashiko fabric as a patch, follow the printed stitch pattern. Begin and end your stitching off of the fabric.

Sashiko + boro to repair or embellish

1. Transfer the design from preprinted sashiko fabric directly onto the denim using transfer paper. Stitch the pattern. (figure 2)
2. If there is a tear in the jeans, just sew across and use the stitching to mend it. A grid works well but your choice of stitches is unlimited. (figure 3)
3. Sashiko is a beautiful embellishment for clothing and accessories. An embroidery thread—finer than perle cotton—creates an elegant look. (figure 4) 

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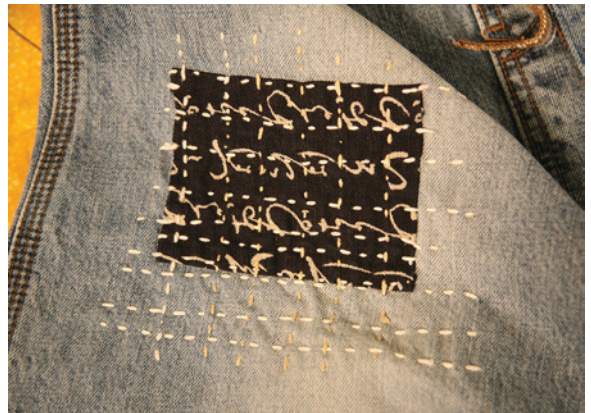


figure 1



figure 2



figure 3



figure 4