Visible Mending - Sashiko Style

Tools

- Needle
- Thread
- Scissors
- Patch
- Pins
- Frixion pens or fabric marker
- Ruler or sashiko template

Free Sashiko Templates from The Spruce Crafts:

https://www.thesprucecrafts.com/sashiko-embroidery-patterns-1177479

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Tips

- Use what you have! You don't have to have sashiko thread - use embroidery floss, regular thread, or crochet thread. No denim scraps to patch your jeans? Use a patterned cotton.
- Visible mending allows for a creative and forgiving result. Don't worry about perfect patches or stitches - part of the charm is the imperfection.
- If you use a lighter weight fabric for your patch, add interfacing to strengthen your patch.
- You can use a patch significantly larger than the hole or extend the pattern well beyond the patch to add visual interest.

Process

- Trim frayed fabric from the hole and cut your patch to completely cover the hole.
- Place the fabric patch over or behind the hole and pin in place.
- Whip stitch along the edge of the patch to secure in place and remove pins.
- Using a ruler and a fabric marker, trace your sashiko pattern or measure out a ½ inch grid over the area you wish to stitch.
- Using the grid or template stitch your pattern using a ½ inch running stitch.
- Work your pattern rows from one side of the patch to the other in long lines with short stitches. For example, the star pattern on the first page would be worked by completing all the horizontal lines at one time, then all the vertical. This helps create neater stiches and a patch without bunching.

Resources

Instagram Hashtags to Follow
#visiblemending
#sashikomending

Instagram Accounts to Follow
@slowstichclub
@wrenbirdmends
@bookhou

Books
Visible Mending - Arounna Khounnoraj
Mending Matters: Stitch, Patch, and Repair Your Favorite Denim & More - Katrina Radebaugh

Youtube
Bookhou - 5 video series on visible mending
Zen Stitching - How to Mend Your Jeans