

Sashi-Boro

Supply list (1 page)

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This is a blending of cultural needlework techniques – a little bit of Sashiko, and a little bit of Boro. Sashiko is a traditional form of Japanese hand stitching that creates motifs and all-over patterns using bold, visible stitches. Boro is a distant cousin – a rustic technique for repairing and extending the usefulness of textiles. In this class, students will start by stitching small Japanese Komon motifs of their choice with Sashiko, using a design sheet provided, and then collaging them as patches with other fabrics into a hand-stitched Boro sampler. The result is a small project that combines the elegant beauty of Sashiko with the primitive appeal of Boro. The project can be used as a decorative wall quilt, a table mat, or a runner.



Please be courteous to others by arriving for class with the correct supplies. Contact me at 503-888-9784 or helene.m.knott@gmail.com if you have any questions.

A Note to Students: Many students do not realize that once the teacher is paid, the shop offering a class makes little if any income on the class itself. The shop is relying on product sales to continue offering quality classes to you. Therefore, I urge you to patronize this shop when buying your supplies for this class as much as possible and remind you that big chain stores do not offer the variety of classes that the smaller shops do. Keep quilt classes alive by supporting this shop.

Thank you, Helene

TOOLS/MATERIALS:

- **A piece of ‘stable’ base fabric approximately 9” x 12” or 12” square:** This can be anything from a quilter’s weight cotton (that will need the addition of a medium stabilizer) to a piece of denim or canvas. You may turn and hem the edges if you wish or leave them rough (this is particularly attractive with canvas or denim if you wash and dry the raw edged piece as this will ‘fluff’ out the edges). Some upholstery weight fabrics might work well.
- **Medium weight stabilizer:** This will be necessary to stabilize your Sashiko fabric for stitching and may also be needed to add body to the base/background fabric if it is lightweight. Boro can involve dense stitching and ordinary fabrics might need the additional support to prevent distortion. Make sure you get enough for your
- **Fabric scraps in various sizes:** These can be as small as 1 ½” and larger as you wish, but keep them small enough that you can apply an assortment of them to your base fabric. They can be square, round or odd shapes if you prefer. Texture is a big factor here; you can stick to quilter’s weight cotton if you wish or explore other fibers and types of fabric – homespun, linen, denim, silk even wool if you wish. These will be used as ‘patches’ on your base and you want to choose colors that are attractive when combined with each other and your base fabric.
- **Fabric for Sashiko patches:** Several 6” – 8” squares of fabric suitable for Sashiko. You can carry out Sashiko on any kind of fabric but the stitching is easier, and the results better on fabric more loosely woven than quilters’ cottons. Authentic Sashiko fabric, even-weave linen, homespun, yarn-dyes, silk suiting fabric, shot-cotton... These would all be good choices. That said, I have carried out Sashiko on denim!
- **Sashiko thread, pearl cotton, or 12 wt. Sewing thread:** 12 wt. cotton thread has become readily available; these are available from a number of manufacturers – Aurifil, Superior, Sulky, YLI... Some are marketed as Jeans Stitch thread, others as Top-stitching thread. The thread can be any color you wish as long as it contrasts well with your fabrics. Alternatively, you can use Sashiko thread or #8 Perle Cotton.
- **Hand Embroidery Needles:** Choose large eye needles to accommodate the heavier thread. A package with assorted sizes from #3 up to about #9 will give you flexible choices to deal with thread size and fabric density.
- **Rotary cutter, mat and ruler:** The ruler can be any size but a ruler around 6” x 12” or so will be the most useful; these will be to cut your patches if you didn’t cut them ahead of time.
- **Fabric marking pen and/or pencil:** In color(s) that will show up on your Sashiko fabric. Alternatively, you can use a chalk transfer paper (one brand is called Saral Paper).
- **A portable light table:** I will bring two to share but if you have your own, your project will go faster.
- **Scissors and thread snips:** for cutting threads, trimming fabric etc.
- **Seam ripper**