**VISIBLE MENDING**

**Instructor**Darcie Lenker

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**Start Date | Rain date**  
Four-week class begins Thursday, August 17th, 6-8:00 p.m.

In case of instructor illness or weather, the rain date is September 14th.

**Location**

Main Building | Mary L. Clements Studio One | 11 NW 11th St., OKC, OK, 73103

**COURSE DISCRIPTION**

In this class, students will learn the basics of embroidery while using the technique called visible mending. Visible mending is a way to extend the life of well-loved items and help the environment and human rights through more ethical consumption of fast fashion. Students will learn the Boro (Japanese art of mending textiles) technique of Sashiko to repair and embellish clothing. Sashiko has been used for hundreds of years to make clothing last longer and by Japanese firefighters in the 1700s to help clothing absorb water for protection. “Make-do and Mend” was popular propaganda during World War II when resources were scarce, and is a good outlook to have now when we have the opposite problem of too many resources producing too much waste. Students will learn other visible mending techniques including making patches, darning, how to repair buttons and replace zippers.

**COURSE OUTLINE**

**Week 1:** Welcome and introduction. We will look at some examples of what students will work on in class and begin a simple sampler piece to learn techniques. Bring your own clothing to mend. We will start with Sashiko, so denim (jeans, shorts, skirt, jacket) of some sort is best.

**Week 2:** Darning and other visible mending. How to mend socks, sweaters and other knitted objects.

**Week 3:** Words and Patches. We will draw words on clothing and learn techniques to stitch different types of text. Students will use their own design to embroider and make it into a small patch.

**Week 4:** How to fix things. How to replace buttons, zippers, snaps, along with other things useful to know like hemming, slight tailoring. Continue working on previous projects.

**REQUIRED MATERIALS**

* Items of clothing in need of repair (holes, tears, missing buttons, whatever!) If you don’t have anything, now is the time to scour thrift stores for something to play with! The easiest items to mend for a beginner are things made of woven (non-stretchy) fabric. Jeans, button-up shirts, and jackets are perfect to use. If you’re not sure, bring it anyway and we’ll experiment and figure it out.
* Small pieces of woven fabric—linen, thick cotton, denim, hemp. Don’t buy this, just scrounge what you can if you have it. Jeans that can’t be saved, old fabric from something around the house like thick curtains, scraps left from other projects. I will have extra if you can’t find any.
* **Needles** (I recommend a multi-pack of embroidery, craft, or crewel needles with different lengths and sizes), in addition to Sashiko needles. Sashiko needles are longer, have a large eye, and have a consistent thickness. $4-$10
* **6-inch or 8-inch embroidery hoop** (I recommend the plastic hoops with the extra ridge in the middle to keep fabric from slipping (Yarnology or Artiste at Hobby Lobby is the easiest to find locally) or other brand of no-slip/super grip or tongue in groove plastic hoops (Michaels, Joann, Walmart, Hobby Lobby, Amazon) ($4-$10). Bamboo hoops are cheap ($2), but the fabric will need to be adjusted more often because it slips easily.
* **Fabric or embroidery scissors** $5-$10
* **Embroidery floss**. Choose some colors you like. If you have an idea of an image you want to create, great! The nice thing about embroidery floss is that it’s sold nearly everywhere craft supplies are sold, so you shouldn’t have trouble finding it. (Walmart, Michaels, Hobby Lobby, JoAnn. About $.60 per skein. The multipacks of many colors are nice to get started, but maybe stay away from the cheaper versions on Amazon because the thread tends to be more fragile for long term use.)
* **Sashiko thread** (cotton thread that is stronger and a little thicker than traditional embroidery floss, available online though Etsy, Amazon, and locally at Hobby Lobby)
* **Water soluble fabric marker**, Frixion erasable pen, or fabric pencil $3-$5
* **Fabric pins**
* Other items that may be useful:
  + Needle threader $2-$3 (or free with some needle packs or emergency sewing kits)
  + Embroidery thimble $3-$5. There are also special thimbles for Sashiko if you want to learn to use them (but not necessary).
  + Seam ripper $2.50-$6
  + Magnifying glasses
  + Ruler

**Recommended Readings & Resources**

Mending Matters by Katrina Rodabaugh