



# BEYOND THE RUNNING STITCH

## CLASS NOTES

Thanks for joining Olive Avenue on our fourth video for the Great Australian Craft Show event. The other three videos can be found in the Craft Alive Classroom, links below:

POM POM MANIA - [https://www.facebook.com/TheOliveAvenue/videos/2596491617254736/?query=OLIVE&epa=SEARCH\\_BOX](https://www.facebook.com/TheOliveAvenue/videos/2596491617254736/?query=OLIVE&epa=SEARCH_BOX)

WHAT NEEDLE? WHICH THREAD? - [https://www.facebook.com/TheOliveAvenue/videos/248077026464300/?query=OLIVE&epa=SEARCH\\_BOX](https://www.facebook.com/TheOliveAvenue/videos/248077026464300/?query=OLIVE&epa=SEARCH_BOX)

TEXTURE TIME - [https://www.facebook.com/TheOliveAvenue/videos/1099034773805529/?query=OLIVE&epa=SEARCH\\_BOX](https://www.facebook.com/TheOliveAvenue/videos/1099034773805529/?query=OLIVE&epa=SEARCH_BOX)

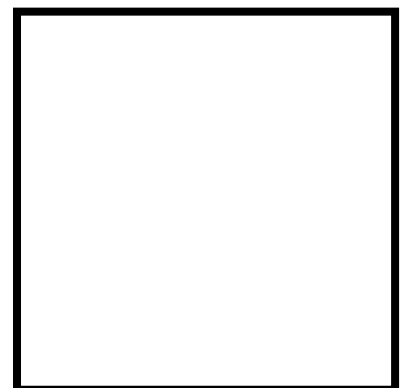
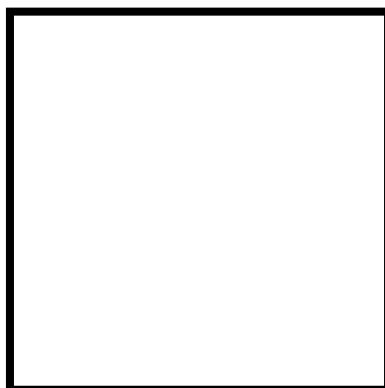
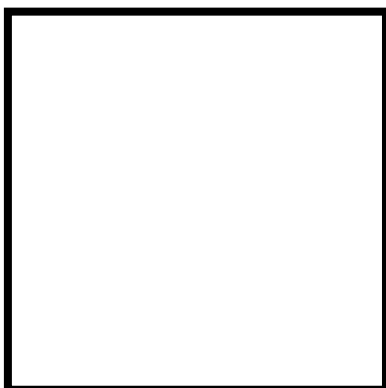
We chose to do this talk to share with you some of the history and also complexity behind the Asian designs of this stitch. We are going to touch on five stitches. They are listed below with a brief description and a couple of spaces for you to follow along, take notes and do some designing.

### KANTHA

- It originated in Bangladesh and Eastern India
- Running stitch
- The word Kantha describes the running stitch and how the quilts from this region are made
- Recycled Sari's and old clothes are stacked. Usually no thicker than three layers and joined together with running stitch
- They have a boho style which has seen these quilts reemerge in popularity over the past 20 years
- They are made into blankets, throw rugs, quilts and tablecloths

### BORO

- The term comes from the Japanese word 'boroboro' which translates to something that has been torn or repaired
- Boro came first in the following list of Japanese techniques
- It dates back to the 1600's
- This technique was used by fisherman to repair the denim work clothes and later on copied by the farmers
- Small pieces of indigo dyed cotton were attached to the holes using running stitch



## SASHIKO

- A running stitch surface embroidery that originated in Northern Japan
- Initially used to strengthen work clothes following on to surface embroidery
- Traditionally white thread was used on indigo dyed fabric. This was distinctive of the working class
- There are many designs as each prefecture had their own Kamon (crest)
- The difference between Boro and Sashiko, Boro repaired clothes and Sashiko stitching was completed before wear to either add warmth or embellishment

## HITOMEZASHI

- This is a one stitch Sashiko. It is made up of horizontal and vertical stitching rows
- Another technique of this style is running the thread at 90° under the completed stitches to add additional patterns



## KOGIN

- Kogin also called Nanbu, evolved from Hitomezashi
- Again, traditionally this was white cotton stitching onto indigo fabrics to embellish household items such as table mats, table runners, coasters etc.
- It is a stitching style in the same way that we would refer to cross stitch as a stitching style
- There are patterned designs such as 'Cats Paw' which quilters could compare to the patched 'Bears Paw'

## **FABRICS**

- Kantha fabrics are not readily available as they are vintage. They are bright in colour with many block print designs
- The best quality fabrics for Sashiko and Boro stitching are Japanese cottons and linens

## **THREADS**

- To complete Japanese stitching in the traditional way you would stitch with a white cotton thread onto indigo dyed cotton.
- The options today are endless with a wide variety of threads and textiles to choose from. Japanese fabrics will give you the closest look to the traditional designs.
- The twist of Sashiko thread is different to other threads, the choice is up to the individual as to what they prefer to work with
- Our video class 'World of Threads' covers many of threads available and can be found here: <https://www.facebook.com/1705076839729556/videos/209718350447376/>

## **NEEDLES**