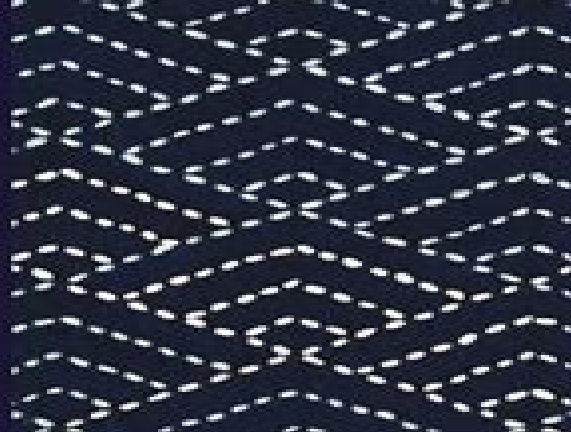
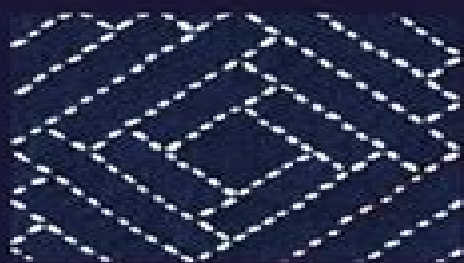


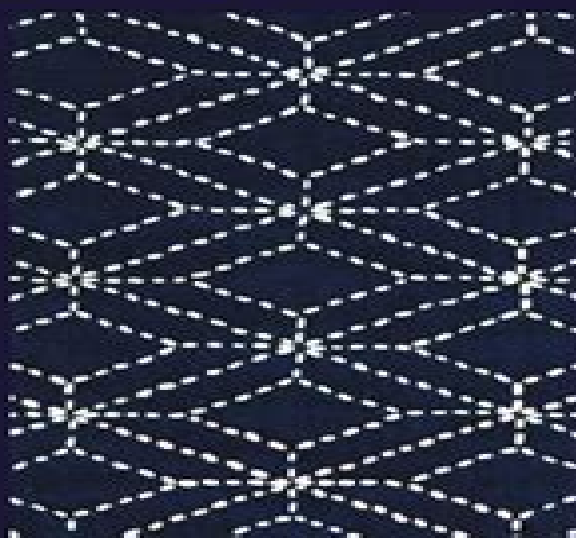
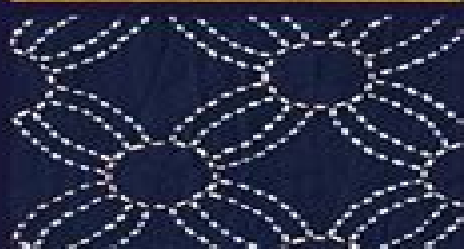
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THE Ultimate **SASHIKO** SOURCEBOOK



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Ultimate Sashiko Sourcebook

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The Ultimate Sashiko Sourcebook Susan Briscoe, 2020-01-07 Let an expert teach you the traditional craft of Japanese country quilting the perfect simple low cost hobby to get you off your phone Slate Sashiko the traditional Japanese technique of needlework quilting uses a simple running stitch to create beautiful patterns ideal for patchwork quilting and embroidery Sashiko pronounced shash ko means stab stitch and refers to the small running stitch that is worked to build up hundreds of distinctive decorative patterns This book begins by exploring the origins of the technique to strengthen clothes and to make them warmer The Getting Started section describes everything you need to begin stitching including selecting suitable fabrics and threads marking out patterns on the fabric as well as the stitching technique itself Ten project chapters show how easy it is to use sashiko patterns to make beautiful items for the home The sashiko patterns are described in step by step detail in the pattern library showing you exactly how to achieve each individual pattern with ease Finally a gallery of work by contemporary Japanese textile artists provides extra inspiration A book I would suggest anyone getting started with sashiko would benefit from having in their library Susan Briscoe writes with an obvious fondness for Japanese culture The Ardent Thread

The Ultimate Sashiko Sourcebook 20th Anniversary Limited Edition Susan Briscoe, 2025-05-20 A limited edition of this best selling title with a new chapter featuring 12 new patterns and one new project to celebrate its 20th anniversary Sashiko the traditional Japanese technique of needlework quilting uses simple running stitch to create beautifully decorative patterns ideal for patchwork quilting and embroidery

The Hokusai Sashiko Sourcebook Susan Briscoe, 2025-11-04 A collection of over 100 designs for sashiko patterns inspired by the designs of incredibly influential Japanese artist Katsushika Hokusai Hokusai s designs were published in the Shingata Komon Cho which translates as New Forms For Design in 1824 This book had a huge influence on art and design in Japan including the development of sashiko patterns Author Susan Briscoe has adapted these designs to create sashiko templates grids and stitch instructions for over 100 patterns Includes a brief history of sashiko designs and the influence that Hokusai had on textiles and other decorative arts There is a large section on how to stitch sashiko designs with step by step instructions and lots of tips and tricks from expert stitcher Susan Briscoe Features a pattern directory of over 100 sashiko patterns adapted by Susan from Hokusai s designs The designs are all 6 squares with the option to stitch them as circles There are two square grids and an isometric grid that can be used to create the patterns rather than drawing your own grid from scratch and there is also the option to draft the pattern yourself or trace off the designs if you prefer with step by step instructions for all of these techniques Includes full size templates for the motif designs and instructions for how to transfer the motifs and patterns onto fabric And in addition to the pattern directory there are instructions for how to make a number of different projects including a quilt top samplers and an embellished denim jacket

The Ultimate Kogin Collection Susan Briscoe, 2019-06-07 Discover the beautiful Japanese pattern darning technique kogin and how it can be used to create stunning stitched and quilted projects

Kogin is a variation of the popular Japanese embroidery technique sashiko and is rapidly becoming as popular as its big sister Japanese embroidery expert Susan Briscoe has compiled a collection of over 60 pattern charts kogin is a counted embroidery technique and 12 accompanying projects to create The Ultimate Kogin Collection following on from her previous title The Ultimate Sashiko Sourcebook The projects range from small and very accessible items such as simple greetings cards and coasters to larger projects including wall hangings and table runners *The Ultimate Kogin Collection* Susan Briscoe, 2019-05-09 Discover the beautiful Japanese pattern darning technique kogin and how it can be used to create stunning stitched and quilted projects Kogin is a variation of the popular Japanese embroidery technique sashiko and is rapidly becoming as popular as its big sister Japanese embroidery expert Susan Briscoe has compiled a collection of over 230 pattern charts kogin is a counted embroidery technique and 12 accompanying projects to create The Ultimate Kogin Collection following on from her previous title The Ultimate Sashiko Sourcebook The projects range from small and very accessible items such as simple greetings cards and coasters to larger projects including wall hangings and table runners

A Stitch in Line Katherine Seaton, 2024-11-29 A Stitch in Line Mathematics and One Stitch Sashiko provides readers with instructions for creating hitomezashi items with minimum outlay The reader is guided through the practical steps involved in creating each design and then the mathematics which underpins it is explained in a friendly accessible way This is a fantastic book for anyone who is interested in recreational mathematics and or fibre arts and can be a useful resource for teaching and learning mathematical concepts in a fun and engaging format Features Numerous full colour photographs of hitomezashi stitch patterns which have been mathematically designed Suitable for readers of all mathematical levels and backgrounds no prior knowledge is automatically assumed A compressed encoding for recording and designing hitomezashi patterns to be stitched or drawn Accessible explanations and explorations of mathematical concepts inherent in or illustrated by hitomezashi patterns Modern Mending Erin Lewis-Fitzgerald, 2021 *Paradise Stitched* Sylvia Pippen, 2024-03-22 Tropical Splendor in Sashiko and Appliqu Hand stitch 6 vivid quilts inspired by tropical flora and fauna Learn the secrets of successful Sashiko and appliqu Options for both turn under and fusible appliqu Create designs from your own photos Embellish your quilts with hand embroidery These glowing quilts bring together two of quilting s best loved traditions Japanese Sashiko and colorful appliqu A large quilt gallery will inspire you to design your own Sashiko appliqu creations

Mending Life Nina Montenegro, Sonya Montenegro, 2020-05-19 Mending Life is not only a compendium of practical knowledge but a moving meditation on what mending can mean more broadly If everyone practiced the care patience and forgiveness suggested by the authors outlook the world would be a better place Jenny Odell author of How to Do Nothing and Saving Time _____ Learn the art of visible mending a joyful meditative and restorative practice to repair the clothes and belongings you love Mending Life a beautiful modern sewing and mending guide with vibrant full color illustrations woven throughout encourages us to break free from the fast fashion industry by repairing our clothes rather than discarding them

Along with DIY and how to illustrations and tutorials you'll find heartfelt stories by authors Nina and Sonya Montenegro creators of the popular TheFarWoods that encourage you to change your consumption habits celebrate a sustainable intentional lifestyle demonstrate mending as a powerful act that not only strengthens the object we are repairing but ourselves as well Beginners and Seasoned Sewers will find Basic Mending Skills how to thread a needle how to tie knots and basic stitches Sashiko a striking Japanese hand sewing technique for reinforcement and decoration Darning plain weave swiss weave crocheted patch knitted patch and needle felted patch Patching the best three ways to patch holes how to guide Mending Tutorials by Item down jackets shirt cuffs and linen Other Common Repairs snags buttons belt loops leggings pant pockets and more Sewing Beyond Mending hemming pants taking garments in and adding pockets Extend the life of your favorite clothes and beloved household items with mending with this timeless and practical guide to cherishing and caring for our belongings

Sewing Happiness Sanae Ishida, 2016-04-19 Create Pinterest worthy clothing accessories and more with this how to guide and memoir featuring 20 meditative sewing projects plus inspiring stories that promote creativity happiness and fulfillment When Sanae Ishida was diagnosed with a chronic illness and lost her corporate job she felt like her whole life was falling apart Inspired to succeed at just one thing Ishida vowed to sew all of her daughter's clothes and most of her own for one full year In Sewing Happiness Ishida recounts her incredible journey reflecting on how sewing helped her survive such a difficult time in her life Sewing Happiness features twenty simple sewing projects with variations organized by season and tied together with a thread of memoir that tells the story Ishida's unexpected transformation and how sewing brought her profound happiness Each seasonal project from Japanese inspired home goods to children's and women's clothing is specially designed to promote health creativity and relationships and to provide gentle inspiration to live your best life Complete with photos and easy to follow steps Sewing Happiness is at once a guide to the craft of sewing and a guide to enjoying life in all its beautiful imperfections

The Narrowing Alexandra Shaker, PhD, 2025-03-04 An exploration of the connection between anxiety and the body by a clinical psychologist drawing from the latest research alongside historical and cultural insights arguing that only through understanding anxiety's grasp on us can we transform it into resilience Most of us are intimately familiar with anxiety and with its increasing hold on our minds our hopes and plans and our bodies But how well do we really understand it and what can we do to transform it into something new into resilience or courage or creativity In this extraordinary book Dr Alexandra Shaker a clinical psychologist takes us on a journey through the body from brain to blood to heart to guts to examine the connections between our emotional psychological and physical lives She unravels what the body can teach us about anxiety and what we can learn from our long cultural history of the anxious impulse Melding psychology neuroscience history and literature she considers why despite all the checklists and scientific advancements we are still struggling to outrun our oldest terrors and how a new approach focused on accepting anxiety as part of the human condition can help revolutionise our relationship with it

The Quilter's Bible Linda Clements, 2020-01-07 An essential

reference with a collection of projects to inform and inspire quilters This book presents essential know how together with a wide range of inspirational projects tips and ideas collected from international top name quilters Ideal for both beginners looking for trustworthy advice in a single volume and committed quilters searching for authoritative reference on seldom used techniques it features over fifteen projects including cot quilts bed quilts lap quilts bags cushions wall hangings table mats runners and other beautiful projects for the home Includes color photos and illustrations **Make and Mend** Jessica

Marquez,2018-08-21 An exquisite full color guide to sashiko a simple Japanese stitching technique that uses stunning patterns to decorate or repair clothing accessories and home textiles Requiring no special equipment other than a sewing needle and thread Make and Mend introduces the incredibly simple technique of sashiko a striking hand sewing method using a running stitch to form pleasing geometric patterns Sashiko is traditionally used to mend and repair clothing and textiles but it can just as easily be used to create beautiful decorative projects for the home With fifteen projects applying a modern on trend aesthetic to this ancient craft Make and Mend shows readers how to apply sashiko stitching to a variety of craft projects such as repairing torn jeans mending a ripped hem and making decorative pillows napkins a tablecloth and a totebag Touching on the concepts of beauty in minimalism and resourceful simplicity as well as a fascination with Japan and Japanese design this easy and accessible book appeals to both the seasoned maker and total beginner *Creating Through*

Mind and Emotions Mário Ming Kong,Maria do Rosário Monteiro,Maria João Pereira Neto,2022-07-01 The texts presented in Proportion Harmonies and Identities PHI Creating Through Mind and Emotions were compiled to establish a multidisciplinary platform for presenting interacting and disseminating research This platform also aims to foster the awareness and discussion on Creating Through Mind and Emotions focusing on different visions relevant to Architecture Arts and Humanities Design and Social Sciences and its importance and benefits for the sense of identity both individual and communal The idea of Creating Through Mind and Emotions has been a powerful motor for development since the Western Early Modern Age Its theoretical and practical foundations have become the working tools of scientists philosophers and artists who seek strategies and policies to accelerate the development process in different contexts *A Thousand Stitches*

Constance O'Keefe,2014-10-16 Based on the true story of an American born Kamikaze Pilot The central story of this novel is told as a memoir written by the main character Isamu Sam Imagawa who was born in America but who served as a pilot for the Imperial Japanese Navy during World War II The story recounts the time Sam spent in Japan from 1932 to 1963 spanning his early school days his boyhood crush and young love for Michiko Miyazawa his military career his unhappy marriage and his final escape to the U S A with his second wife The secondary plot is told from the perspective of Michiko who recounts her life in Japan during wartime and reconstruction The two alternating plots are held together symbolically by a senninbari a belt with a thousand stitches which Michiko made for Sam while Sam was a pilot for the Japanese Kamikaze Corps A Thousand Stitches makes a strong anti war statement summed up by Michiko s friend Keiko How stupid stupid stupid

everything about this war is This novel was inspired by a memoir Shig The True Story of an American Kamikaze written by Shigeo Imamura whose life closely paralleled that of the hero of A Thousand Stitches **Stitch, Fabric & Thread** Elizabeth Healey,2016-12-29 A beautiful sewing reference guide full of exercises designed to inspire great ideas and motivate readers of all skill levels to create This inventive book is a treasure trove of over 40 inspiring practical exercises a rich and creative exploration of fabric and stitch and a fascinating all round read Elizabeth Healey s approach to sewing is that it should be fun and not like a chore or an exam we need to excel in Her aim is to simply encourage you to pick up a needle and thread and get sewing The exercises draw inspiration from around the world create corded works of art inspired by Milton Glaser s iconic Bob Dylan poster craft bold embroidered African masks layer up and cut away to make Mola applique use bleach and fabric paint to create Aboriginal dreamtime lizards create knotted works of art inspired by ancient Mayan counting systems embroider varsity cross stitch letters or try out decorative Japanese book binding Alternatively try a host of other techniques such as quilting printing dyeing couching tumbled crockery creating pleats and puckers and needle lace Packed with stitch galleries and bursting with slow sewing ideas the book also contains behind the stitches features illuminating insights into sewing movements such as Boro textiles Gee s Bend quilting and Dorset buttons **Amy Butler's Piece Keeping** Amy Butler,2016-06-14 In this project based sewing book Amy Butler teaches what she does best sewing quilting and pattern making From lampshades to pillows quilts to statement jewelry Piece Keeping is the perfect go to for the crafty With clear sections on traditional sewing themes tools and methods this book will appeal to Amy s core fans as well as those simply drawn to beautiful fabrics and DIY projects The 20 inspiring projects include dozens of how to diagrams plus 9 downloadable patterns Piece Keeping is both a practical guide and a source for stylish home decor and fashion inspiration brimming throughout with Amy s unique color sense and eye catching textile designs **Carefree Quilts** Joy-Lily,2011-12-13 Author Joy Lily helps readers to put the fun back into quilting Inside readers will experience a fresh approach to quilting with two simplified carefree methods sew flip and stack slice swap where skills like matching seams and measuring are not important At the end of construction each piece is trimmed to a uniform size to facilitate mixing and matching into many quilted projects While matching seams and other traditional quilting skills are unimportant for success with these instructions the reader will still learn basic quilting techniques including strip piecing curved piecing foundation piecing sewing on a bias piece swapping and more as they work through the blocks A getting started section explains which rules are necessary and which are optional **Simple Sashiko** David & Charles Publishers,2016-02-26 Learn how to do the big stitch technique of sashiko with these 8 simple sashiko sewing projects Traditional Japanese sewing technique sashiko is currently a major sewing trend in craft interiors and fashion Big stitches are used to create stunning geometric patterns and texture to make home wares with a stylish Japanese minimalist look This collection featuring content previously published in The Ultimate Sashiko Sourcebook and Japanese Sashiko Inspirations includes 8 patterns for home decor so you can try this traditional

technique for yourself Choose from 8 simple projects including coasters cushions wall hangings bag and greetings cards

Sashiko 365 Susan Briscoe, 2022-11-08 A collection of 365 different sashiko patterns to sew one for every day of the year Sashiko sewing expert Susan Briscoe demonstrates 365 different sashiko patterns one for each day of the year sew all 365 to make a beautiful sashiko quilt featuring all the designs Each sashiko pattern is stitched onto a four inch square piece of fabric making it very accessible to sew one swatch every day You can record the date of each sample you stitch in the book to create a record of your sewing All of the stitch patterns are illustrated with a photograph of the stitched sample showing some stitches in different coloured thread this is used by the author to identify which stitches to do first next to a diagram showing the stitch direction and the order of the stitches on the grid All the patterns are sewn on four inch fabric swatches which can then be pieced together to create the ultimate double bed sized sashiko sampler quilt But as well as sewing the four inch samples separately to make them into a large bed sized quilt the patterns can also be repeated to create larger designs over a wider surface area to make wall hangings throws table mats and smaller quilts with this collection of 365 designs the possibilities are endless Sashiko embroidery is a decorative sewing technique from Japan which was traditionally used to reinforce clothing and other textiles It is an ideal stitch for visible mending and has become incredibly popular over the last few years The technique of sewing horizontal and vertical stitches makes extremely attractive geometric designs that can be adapted to suit a wide range of sewing projects Susan Briscoe is an expert in Japanese sewing techniques and has travelled to Japan numerous times She is the author of the best selling *Ultimate Sashiko Sourcebook* and runs regular workshops teaching sashiko sewing This is the first time all of these 365 designs will appear in one book Susan has included the Japanese name and pattern type in the text and has grouped specific design patterns together so you can see how they develop and use the collection to build your skills and knowledge of sashiko patterns

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