

# Fast Fashion Therapy

## Boro and Sashiko

**Boro** is used to describe the Japanese practice of repairing and reworking textiles through patching and stitching.

Traditionally, **Sashiko**, a running stitch that goes through several layers of fabric, would be used to bind the tattered fabric together.

Classic **Sashiko** and **Boro** uses Indigo-dyed fabric as a base with a white cotton thread running through. This modern version of the technique uses the same stitching and layering, but with more easily found fabrics and threads.

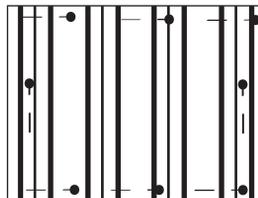
As you get more comfortable with the technique, you can experiment with different thicknesses of yarn and types of fabric. If more holes appear, you can keep adding!

## Darning

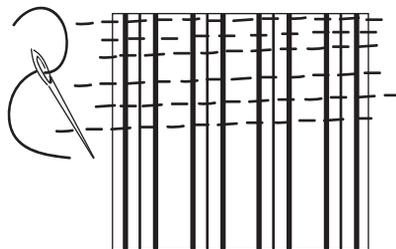
**Darning** is most often used to mend holes in knitted fabrics, but can also be used on woven materials. It works well on knitted textiles as a way to stop the hole from getting bigger whilst creating a new piece of fabric in the space.

When finding a yarn to match with your item of clothing, it's important it's a similar thickness to the yarn used in the clothing. The colour and material are up to you, try out visible darns, using contrasting colours or different fibres, or invisible darns, using matching yarn.

Start by placing a patch of fabric under or over your hole, secure in place with some pins around the edge.

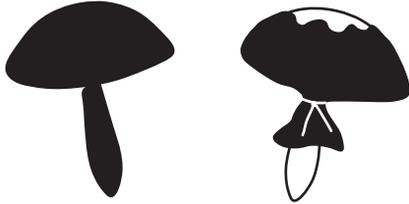


Thread your needle and tie a knot at the end, start at the corner by bringing the needle up from the reverse. Do a running stitch across the patch by weaving the needle up and down through the layers of fabric.



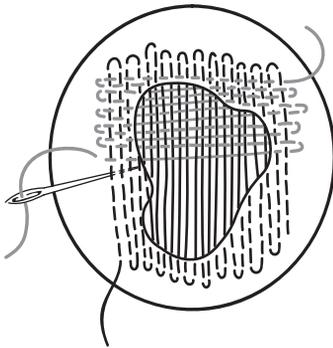
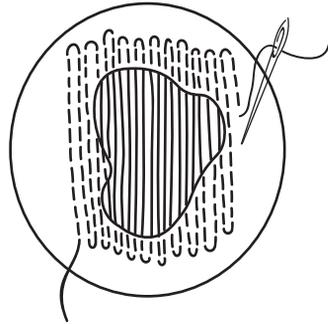
Once you have worked your way across the whole patch, you can finish off by doing a double stitch on the same spot and knotting at the back.

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Working from the reverse of the fabric, place the hole over the top of your darning mushroom, either secure the fabric in place by holding it around the handle or, tie a piece of yarn around the handle and the stem to stop it slipping.

Begin your first row of stitch about 1cm from the hole, leaving a tail of yarn at the end of the first row. Work up and down the area creating rows next to each other, leave a small loop at the end of each line. These loops allow space for the yarn to shrink when you first wash it. When you reach the hole, jump over it to the opposite side to create one long stitch.



Once you've finished the rows of stitching in one direction, you can start stitching across the lines from left to right. Complete one row of stitching before the hole, then start weaving the yarn under and over the lines going in the other direction.

On your next row alternate which yarns you go under and over. When finished, use the loose tails of yarn to do a double stitch on the spot and secure in place.

Darning can take a little time to pick up when you first start, try working on your chunkier clothing with a big needle and thicker yarn for a more textured look. As you get more comfortable with the technique, you can start trying out finer darns for a smoother finish.

**For more information and advice:**

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