

Simple stitching squares and boro

Make some time for yourself each day. Try to sit comfortably and breathe slowly. It helps if you have thimble, sharp scissors and an assortment of threads with needles to match. Select fabrics that are easy to sew and have some contrast in colour, tone or fabric type. Use your squares as the basis of your boro quilt, as patches for bags, pockets, repairs. For face masks.

Rules — there are no rules just help points

- Choose quickly if working with your own scraps no more than 5 minutes
- Avoid planning apart from cutting your base fabric (and ironing if necessary) and soft backing fabrics
- Choose a format, I prefer squares and small enough to finish quickly
- Don't over-think, trim scraps to simple shapes —balancing shapes is good as is keeping some tonal contrast
- Tack or pin pieces in place
- Simply stitch, unravel bits, breathe slowly
- Don't take stitches out
- Try to finish in one session but it's ok to add balancing or embellishing bits if you must

Two valuable concepts

Wabi-sabi — the accidental creation of beauty, the love of the chance and the random. Very useful especially when you run out of something or make a mistake.

Mottainai — regret over wasting things which chimes with much that we are told about recycling, wastefulness, and care of the environment. Recycle those scraps.

Reading matter

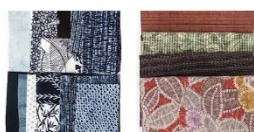
Liz Kettle *Stitch meditation — start a daily practice to please the creative soul and calm the mind* Quilting Arts, Nov/Dec 2019

Elaine Lipson *The Slow Cloth Manifesto: An Alternative to the Politics of Production*

<https://artcraftculture.files.wordpress.com/2012/12/slowclothtalksept2012.pdf>

Boro and slow stitching

Boro gets much of its interest and beauty by accident. Old clothes wear out and as they wear patches are added and reinforcing layers. They are soft to the touch and very stroke-able. The Japanese fabrics are plain or with woven patterns and tend to be drab and soft colours. This may influence your colour choices. Thread was also very precious and may be worn or variegated.



Japanese Fabric Scrap Pack 001
£26.00

Special Silk Collection 027
£40.00



Special Silk Collection 024
£40.00

Special Silk Collection 023
£40.00

Janice Gunner

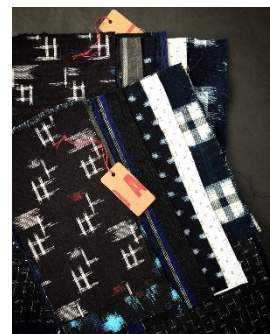
Has a small collection of boro pieces and has also sewn some lovely boro inspired items. Do look out Janice Gunner's web site

<https://www.janicegunner.co.uk/fabrics> where you can find

suitable cotton and especially silk fabrics to buy and examples of her work. Runs boro classes

Kobo A-B Norwich

<http://www.kobo-a-b.co.uk/> have examples and sell suitable fabric bundles for boro and runs courses, info@kobo-a-b.co.uk (open Wednesday – Saturday).



Good read Kukiko Koide and Kyoichi Tsuzuki: *Boro: Rags and Tatters from the Far North of Japan*, 2009. Amazon want £154.891 (used), £631.99 (new). But other suppliers are available — I paid £30.

Natalie Chanin *Geometry of Hand-Sewing: A Romance in Stitches and Embroidery*, 2017

My books and kits are available at www.muntus.com. Stay Safe — Rosemary Muntus, October 2020