

Now, each _____ that was made at this time was planned for
a _____. So, for example, waistcoats were heavily
stitched on the _____ if they were going to be
worn while carrying heavy baskets. And it wasn't only country
people who relied on *sashiko* clothing. In Japanese towns,
_____ dressed for _____ in *sashiko*-stitched garments –
_____ and _____ – which were soaked with
water to _____ them.

So the point here is that *sashiko* clothing was essential for
_____ at one time. And even though making things in this
way took up many hours for people who also had to work,
do _____ and so on, it was a _____. The wife of
someone like a _____, for instance, had to spend time making
clothes, and she would do the stitching without a frame or
structural support. And the garments, once you put them on,
were _____ and moulded themselves to the wearer. If you
look at a genuine *sashiko* garment today, then you can see the
_____ of wear and get a feel for the shape of the wearer's
body, which is _____.

Then, in 1895, _____ changed, and *sashiko* was no
longer necessary because _____ reached northern Japan,
and warm textiles could then be imported. However, since the
1970s, *sashiko* has been revived in Japan and has also been
taken up by quilters and embroiderers in the USA and the UK.
Nowadays, the _____ are a little different. There are vertical
and _____ stripes, for example, or the stitches can be
arranged to produce a _____ ... here we are. Similar
fabrics to those used traditionally can be found in modern
furnishing or dressmaking departments or from suppliers so
that the _____ of a *sashiko* item has been
maintained.

Now, there are _____ of ancient *sashiko* items, but the
disappointing thing is this. While old pots and ceramics are
considered to be _____ and preserved, even with cracks,
ancient garments made by _____ have not
been given such a high value ... and, sadly, many of them
have been _____, rather than getting the attention of
_____. This is a pity because they say a great deal about
how people once lived and about their _____ ... and
it's no coincidence that *sashiko* has now become a _____ on
an _____.