

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