

# THE ART OF SEWING: FROM CAVEMAN TO COUTURE

Sewing \_\_\_\_ the craft of attaching parts of a garment by making stitches with a needle and thread. Sewing \_\_\_\_ also one of the world's oldest art forms.

Before, garments \_\_\_\_ constructed out of animal skin with needles fashioned from bone, antler and ivory using sinew (animal tendon) as 'thread'. For millennia, sewing was \_\_\_\_ completely by hand, but when the sewing machine was \_\_\_\_ in the 19th century, there \_\_\_\_ a boom in garment production which \_\_\_\_ to the mass production and fast fashion we \_\_\_\_ today.

Between the 1930s and 1950s, the home sewing industry, \_\_\_\_ by women, flourished. But, after World War II and into the 1980s, the home sewing market \_\_\_\_ to \_\_\_\_ as women \_\_\_\_ that buying clothes, instead of making them, \_\_\_\_ their needs.

By the 1990s, a new market \_\_\_\_ known as DIY or Do It Yourself, \_\_\_\_ by the Fair Trade movement. Consumers \_\_\_\_ about environmental issues, sustainability, fair labor practices and transparency in garment manufacturing, \_\_\_\_ ownership of the creative process by creating their own clothes using organically \_\_\_\_ fabrics, yarns and dyes. Others \_\_\_\_ clothing by recycling and upcycling used and vintage clothing. Thankfully, people still \_\_\_\_ hand sewing, machine techniques, and Haute couture techniques and we can \_\_\_\_ amazing artisans around the world.

For full text: <https://www.universityoffashion.com/blog/the-art-of-sewing-from-caveman-to-couture/>