

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 _____.