

### THE ART OF REPAIR

Mindful mending: how to stitch old things to new life

## **Molly Martin**

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'A beautiful, honest, fascinating book, which celebrates slow living and the real worth of things.' Lindsay Duncan

'Molly's beautifully simple and thoughtful work with garments imbues a love and respect for the things we wear.' The Vendeur

It all started with a pair of socks... White, woollen – my favourite pair. The heels had become thin and threadbare; then a small hole appeared on one of the toes. Too precious to throw away, I decided to mend them. I chose a ball of yarn from my mother's wool collection and she found me her old darning mushroom, which had once belonged to my granny, and explained the basics. I remember the feeling of it: threading the needle with a strand of contrasting grey wool, while pulling the heel over the domed wooden mushroom; weaving my needle in and out of the surviving strands; making little bridges back and forth like a lawn mower; slowly closing the hole. The process was instinctive. I can still recall the feeling of pride and achievement when I had finally finished. Sure my darn looked a little rustic, but I had given my socks a new lease of life, a second chance.

In *The Art of Repair*, Molly explores the humble origins of repair and how the act of mending a cherished item carefully by hand offers not just a practical solution but nourishment for the soul. Using her own beautiful illustrations, she guides us through the basics of the craft – from piecing and patching to the ancient Japanese art of Sashiko. Inspiring personal repair stories are interwoven throughout.

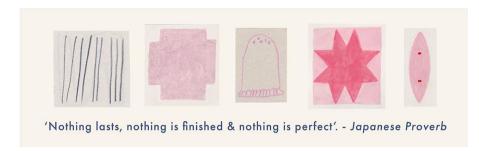
A recent study at Harvard Medical School discovered that stitching, weaving, and knitting all create a measurable state of relaxation, slowing down the heart rate and lowering blood pressure. In the last few years, and particularly during 2020 with national lockdowns and ongoing anxieties, there has been

an upsurge in hand-based crafts and skills. We are also looking for an alternative to our increasingly disposable lifestyles. Molly Martin shows how we can learn from the Japanese philosophy of Wabi Sabi, which values and celebrates the process of ageing and the imperfections that come with it. Instead of buying new, you can choose to care for the old; you can choose to repair and the repair itself can add to the beauty and meaning of the object.

**Molly Martin** is an artist, illustrator and professional textile repairer, specialising in delicate fabric restoration and traditional Japanese Sashiko repair. Molly also works for the slow fashion company Toast and has collaborated with them on several workshop 'repair' tours. <a href="https://mollymartin.uk/">https://mollymartin.uk/</a> / @molly.a.martin







## EXTRACTS AND ILLUSTRATIONS ARE AVAILABLE FOR MORE INFORMATION PLEASE CONTACT: KATHERINE STROUD / kstroudpr@gmail.com / 07780 112964 BECKE PARKER / becke@bparkerpr.co.uk / 07810 480924



## A BRIEF HISTORY OF THE NEEDLE AND THREAD Modern day society could not have developed as it has without the humble needle and bread. The earliest firm of seveng sould have invoked year, granted has neglect, using therein so firms as needles, and plant fiftee a mind slews to threak, but a trail needles, are thought to have been invented using mind also may gent, and feeting period, amond accordy state, ago. The orders, found in Nuestrate point, amond accordy state, ago. The corlors, found in Nuestrate point, amond accordy state, ago. The corlors, found in Nuestrate and had a spirit self-them, legel flow needles; came later and have been found in wire surreching from Wheten Earney (So Heider and nerthern Onics. When it came to though Humo Supines — Latef Mun — again looked on mural marendes comes. In him, bythel how as rong and elusic and outdle bear in min for fathern, using flow, then died usual it became made (made a first flow), mind their, tenders, since or twise. In Europe, twice would have been made out of Old Marik Read and Celema, both surplements are glant. The Ancient Egyption made thread fin in part fiften, wo of and blair, which was spon on onjusides. Native American made ingentious use of the agree plant, with its sound did letter with nor of a hore early and the sent and the celler but nor of a hore early and the sent that the great found and though of low on. The needle changed everything. It resears that Easty Man,

# The pillowage belongs to my brouber. When he was a buly, my mether would hung it on the buds of her car sear, for my brother to look at on long journeys. I remember marvelling at it myself as a child—ranning my singen, and, the twist of enhancing day to the hundred flowers and topical buls, exercated with shining miniature minors that giften at the high. I remember particularly shines the proud elophants looking majorise with their descrative audiles. Does they were, best or active as a state occurred from bulstoming cope, Long or journeys and camping true to most the exact her cases and threads were for and feet as a state occurred from the bulstoming cope. Long or journeys and camping true to most the except for the case of the control of the