

Repairing Textiles is Liberation from Consumer Consumption.

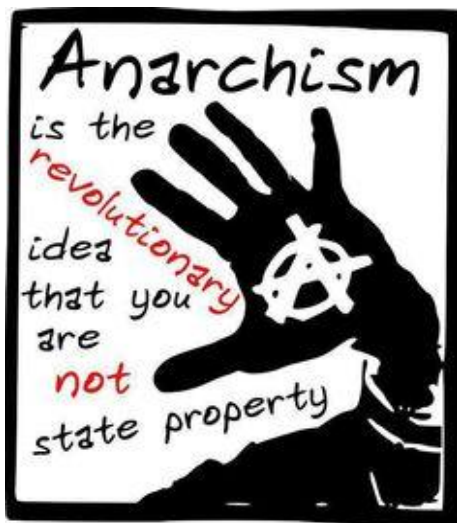
An instructional Zine written by Emma Sputnik, November 2024.

Why Repair? In Australia in 2023 - 222,000 tonnes of clothing went into landfill - as an average of 53 items per capita were purchased from new and second-hand sources.

(<https://www.seamlessaustralia.com/news/despite-rise-in-second-hand-shopping-australia-sends-222-000-tonnes-of-clothing-to-landfill>)

As Anarchists, we desire to see the world and humans liberated from exploitation - let's take a short moment to visualise three things:

1. The physical volume of 222,000 tonnes of clothing in landfill, and 53 new items for one person.
2. The earth resources of a) stinking, toxic landfill and b) the vast land area used to produce natural and synthetic resources: wasted land, industrial farms, factories, stores, and shops/
3. The human resources involved in global supply chain - people involved in a continuous and superfluous manufacture, sale and distribution of clothing.



Now visualise the minimisation of this infrastructure, and the maximisation of bushland, parks, workshops, galleries, libraries etc - wastelands/dead space "owned"/occupied by capitalists vs space flourishing with life. A world where people said no to garbage, and demanded infrastructure to assist with peaceful, intellectual, harmonious society. Consumer consumption requires decolonisation to liberate people from it's incessant demands.

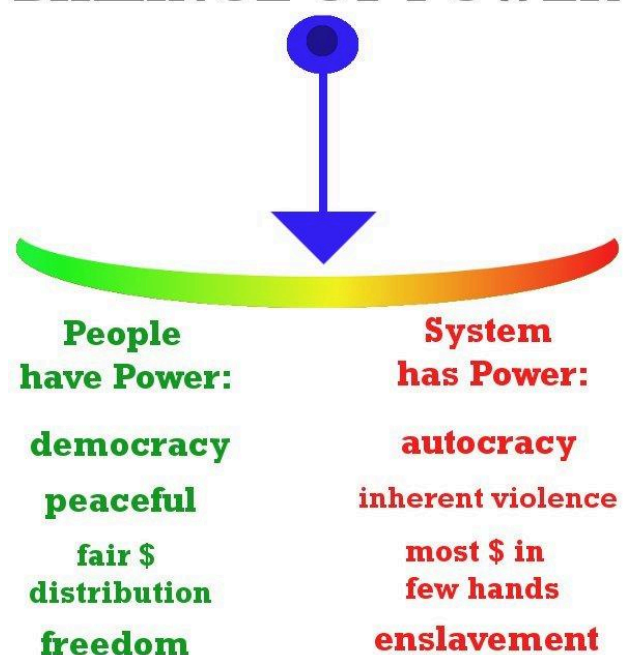
From the farm to the fashion house, the textile industry relies on the insecurity of people to see no value in their clothing beyond it's impact as a temporary fascination - whether signalling to themselves or others, to throw functional clothes into landfill is to demonstrate a callous disregard for anything but temporary entertainment from an "expensive" item. The expense is not in the numerical form of banking credits, but the cost of

producing clothing is extraordinarily high - and if people weren't purchasing 53 items each, per year, there would be no need for the enormous supply chain and there would be less consumption of earth resources, and more people enjoying a liberated or enlightened life - freed from the burden of labour to contribute to society in other meaningful ways that add to the mass comfort of earth occupation. As living on stolen land is a privilege, as we solemnly pay respects to traditional owners - we have an onus to say and do more than words - we must reject harmful practices where possible and consider ways to truly show respect to Earth - and that starts with mindful consumption of resources.

To repair broken clothing is to transcend mindless consumption and invest in conservation of your personal resources of time and energy - and the collective earth resources which clothing is made from.

To purchase clothing made from hemp or cotton is to know once consumed, your clothing rots back into the ground. To purchase plastics and synthetics, is to create microplastics and forever waste. Buy wisely and if you have the financial means, invest in suppliers and supply chains whom pay their staff fairly and use natural fibres. With Hemp

BALANCE OF POWER



being under centuries of political pressure yet, amongst the most efficient textiles to produce - it is a bold act of rebellion to purchase and consume hemp textiles and clothing.

Take that to the next step, and take control of consumer capitalism by rejecting garbage in favour of well considered, artfully designed, built for purpose, low impact locally produced goods that serve the needs of the individual while removing the tyrannous and exploitative processes of fast fashion.

Anarchism, liberalism and socialism

☐ Anarchism = negation of state authority

- ☐ Social networks, comprised of voluntary associations, to replace government
- ☐ State/government understood as monopolies established in favour of ruling minorities

☐ Anarchism = radical liberalism

- ☐ Liberals (e.g. JS Mill) view state as “necessary evil”
- ☐ Anarchists view state as “unnecessary evil”
- ☐ Individualization instead of individualism

☐ Anarchism = antiauthoritarian socialism

- ☐ Identical goals (society without state), but different means
 - ☐ Socialists: need for transitory regime, to educate socialists
 - ☐ Anarchists: unity of means and ends
- ☐ Similar understanding of human nature
 - ☐ Human nature is essentially good, but corrupted by society

Other Ways to Minimise Resource Waste in Clothing and Textile Usage

- Lead the way by accepting that out of fashion or ‘shabby’ clothes is nothing to be ashamed of. That you value your past choices, your commitment to owning an object, your indifference to being at the shops and your thrift in saving money on clothing. Let go of the superficial concept of ‘looking good’ and live authentically in ‘doing good’, by divesting your lifestyle from a system which exploits resources and produces waste.
- Forget about consumer consumption - remember what it feels like, to invest in meaningful pursuits - hobbies, industry or relaxation, and satisfying relationships based on mutual strengths.
- If shopping, buy quality garments made from natural fibres. Develop a timeless style with a wardrobe of stylish and practical garments which are worn until they wear out.
- Repair your clothing as soon as it starts to wear - a small tear can quickly turn into a big hole so it’s good practice to darn or patch as soon as wear appears. “A stitch in time saves nine”.
- Buy second hand - an item worn to it’s end is an item that doesn’t rot in landfill.
- Only purchase natural fibres: linen, hemp and cotton. A natural fibre is future compost - a synthetic is future microplastics.
- Replace disposable wipes and kitchen sponges with rags cut from old clothing. Even for single use - a rag will compost but paper towel or plastic based wipey-thingies, comes with a consumptive cost.
- Organise a community clothes swap, or start a Free Shop in a space where people pass through. This could be a temporary installation in a public space, it could be an activity at a party.
- When you give freely, or barter an object: you are stating it’s inherent worth, divested from the banker’s currency of dollars and cents. Example: a jacket might be \$200 at the shops - but can \$200 in cash purchase protection from wind/rain/cold when the shops are closed? Therefore, the value of a jacket is **it is an object to protect from wind/rain/cold** - and a purchaser gives \$200.00 from their banking

credits to 'own' protection from wind/rain/cold. Or, a person **is given** protection from wind/rain/cold, if they gain a jumper from a barter or free economy.

Two mindsets here:

Fascist, has a large quantity of factory made jackets: "Give me banking credits and I will give you an object which I possess yet was formed from exploitative supply lines."

*[Has a large volume of jackets, seeks to trade banking credits for necessary objects, increases volume in landfill - **exploitative industry model.**]*

Socialist, has some second hand jackets (diverted from landfill): "I have some objects which are useful, please have and use them."

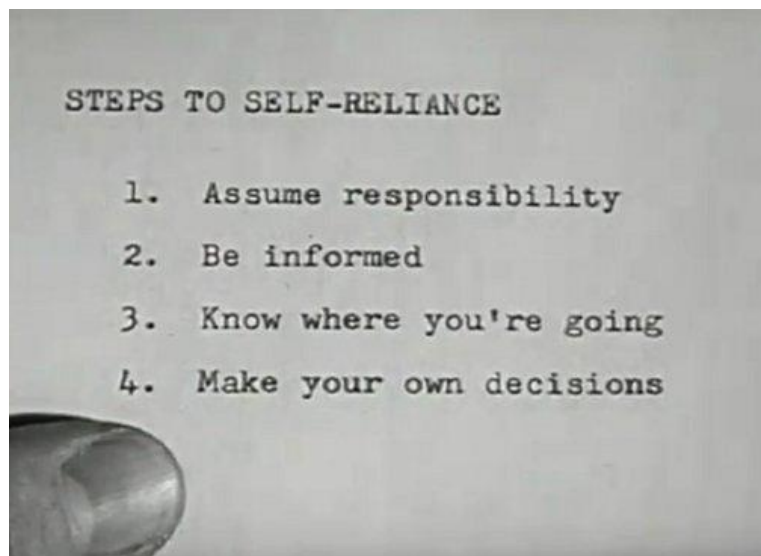
*[Sees the inherent worth of functional object, resolves need of fellow human/tribe, no banking credits involved in trade - **needs of people are served via bypass of capitalism.**]*

The ultimate hypothetical goal: Self actualised individuals, equipped with basic knowledge in garment cutting and making, would know how to produce items they require and do so with total control over the style, colour, and make using textiles made locally. Minimal petroleum, metals, and plastics are involved - once consumed, the garment can be composted. This model contains maximal use of resources including the human working at a relaxed pace - a minimal consumption of resources gained from violent and exploitative ways of mass consumption.

To reject consumer capitalism is to liberate people, earth resources and objects.

To create useful objects is to seize the means of production.

To reject the concept of unnecessary consumption, is to reject fascism.



Three Hand Sewing Skills: Joining, Edging, Fastening, Patching.

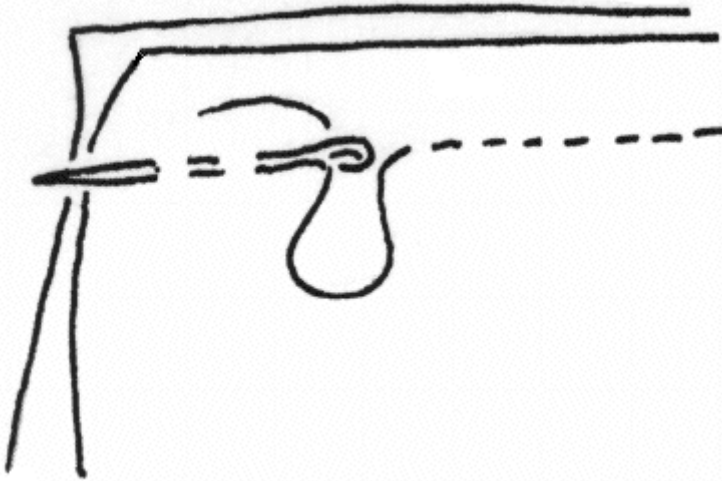
All sewing starts with a needle and thread. Most needles and threads sold in the supermarket are garbage quality and will only frustrate you by bending and tangling. You have to invest in:

1. **Quality needles** - the correct size, sharp, shiny, and smoothly finished.
2. **Quality threads** - woven smoothly and consistently to endure being dragged through fabric without breaking and twisting. Brand names Guterman or Metrosene.
3. **Quality thoughts** - a sense of purpose, patience and persistence with learning a skill that depends on concentration, fine motor skills, and patience to see it through to the end.



JOINING

Running Stitch - used for holding and joining two different pieces of fabric or inserting zippers.



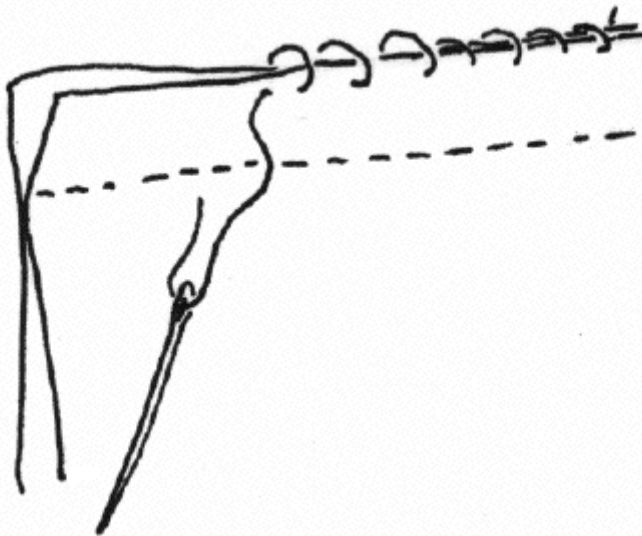
The running stitch is a “straight stitch” - it goes in a straight line, straight through the fabric. For thin fabrics, the needle can be worked as shown in the diagram. For thicker fabrics, the needle should be stabbed directly into the material from side to side.

A running stitch tightly holds two fabrics together - the distance between stitches must be small, 1-3mm in order to properly close the fabric and to maintain strength from the thread.

Running stitch gives a FLAT finish to a join and is ideal for repairs as it is flat, and strong.

EDGING

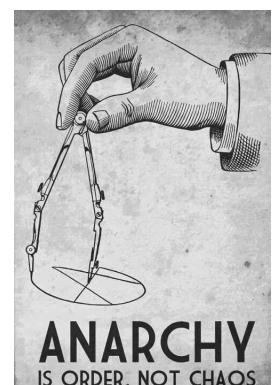
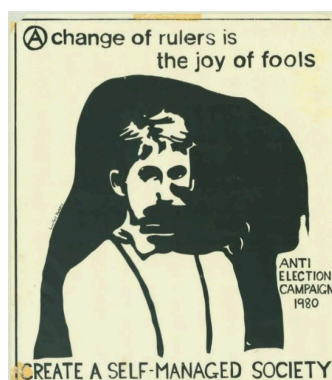
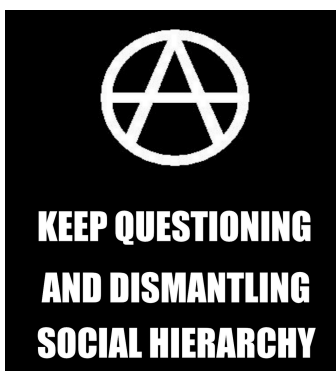
Whip Stitch - used for securing edges and repairs where there is no excess fabric to work with.



The whip stitch is a “round” stitch - it goes “around” the fabric in a circular fashion. Grab and stab - the whip stitch is instinctive in all humans.

BUT...whip stitch is weak - it lacks tension and strength - it has a distracting and wandering look - it is a very primitive process with limited application.

Use running stitch only for securing loose edges, or in an emergency when there's no time/space or materials to use a running stitch.

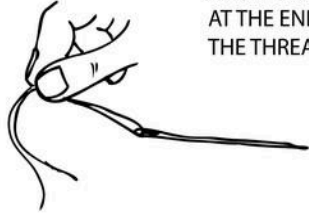


FASTENING

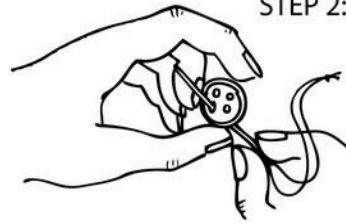
Buttons (and Zippers)

HOW TO SEW ON A BUTTON

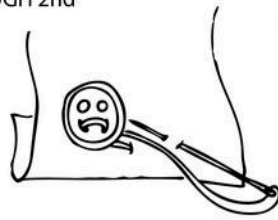
STEP 1: DOUBLE THREAD NEEDLE AND TIE A KNOT AT THE END OF THE THREAD



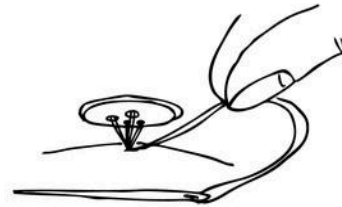
STEP 2: INSERT NEEDLE THROUGH BUTTON AND BRING DOWN TO FABRIC



STEP 3: GO THROUGH 2nd HOLE (ON RIGHT), THEN STITCH THROUGH CLOTH



STEP 4: NEXT GO TO UPPER LEFT HOLE AND THEN TO UPPER RIGHT HOLE, GOING THROUGH CLOTH AT EACH STEP, KEEP STITCHES LOOSE

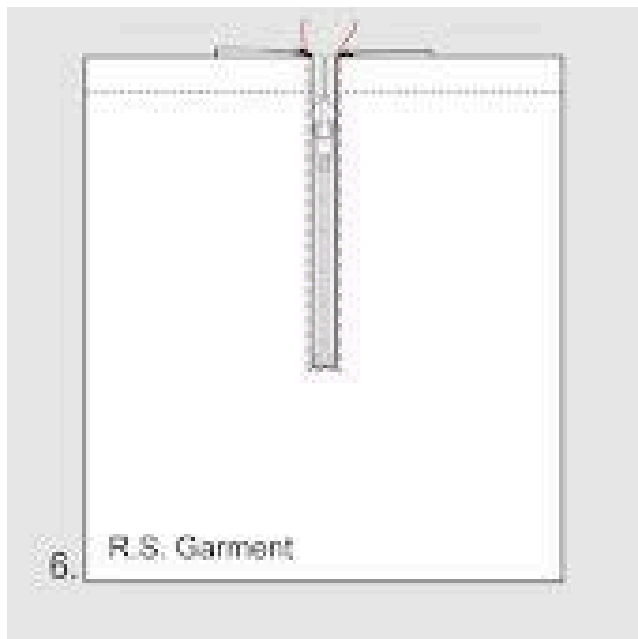


STEP 6: FINISH OFF BY STITCHING THROUGH STEM THREE TIMES AND CUT THREAD OFF CLOSE TO STEM



STEP 5: WHEN DONE, WIND THREAD AROUND BASE ABOUT SIX TIMES

A **button** is straight stitched onto a material. It is important to reinforce the button side using extra layers of fabric, to hold the button in place when it's pulled during wear. Before sewing, test that your button will fit through the existing buttonhole.



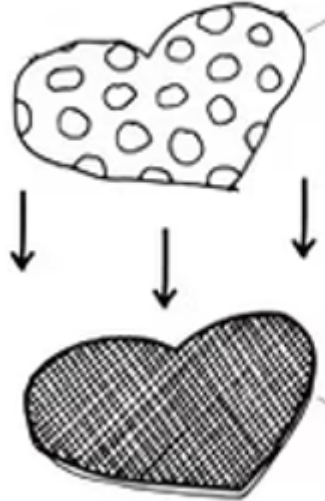
A **zipper** is "patched" into a garment or object. Hold the zipper in place and stitch around the edge of it.

Fastenings are always under strain, it's wise to use multiple threads in the needle, and small stitches.

PATCHING

Patches can be functional, to repair holes, cover stains and reinforce knees and elbows - or decorative, such as putting pro-social messages onto ex-military garments.

A patch can be **darned** to add more threads and increase the strength of a repair. As holes substantially weaken fabric, it is wise to first patch, then darn where a hole has formed by wear.



Decorative Patches:

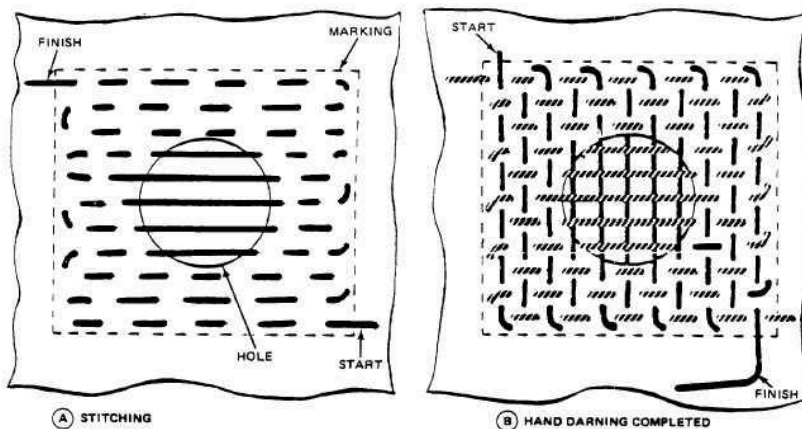
Do not cut the patch, just stitch around the edge of it and make sure the fabric underneath is **FLAT** or you will get puckering on the finished garment.

Repair Patches:

Cut the fabric large than the hole, stitch around the edge of the hole leaving about 1cm of "overlap". Once the edge is stitched, turn garment inside out, cut off the excess patch fabric, then keep working around and over the patched area.

DARNING

Darning is the complement to Patching. Darning can be done without patching, and patching can be done without darning. But, patching and darning is the crucial element behind repairing holes and reinforcing garments before worn spots turn into holes.



The principle behind darning is to fill in missing/weak threads of a textile, by stitching new threads in with a needle.

The "new threads" become the "new fabric" and when darning is done before the threads tear into a hole: months or years can be added to the use of a textile hence the old saying "a stitch in time, saves nine".

The strongest repair of all is to patch a hole, then darn on top of the patch. Often, the fabric around a patch will wear out before the patch does - and of course, this leads to more patching!

It can be really fun to patch with decorative fabrics or pre-made patches.

But What About My Sewing Machine?

Hand skills are transferable to machines - but machine skills can't be translated back to hand skills. By knowing the grass roots methodology of a process, you can easily use a machine. But, if you only know how to use a machine - you are stuck when there's a blackout, a breakdown, unavailable parts, etc. To know the foundational process behind a machine process is liberation by way of independence - to be limited by requiring use of a machine is not liberation. Sewing machines can sew very quickly, the stitch is stronger, the process is faster. I thoroughly recommend doing all repairs on a sewing machine if you have one, but, "from little things big things grow". Be fully adept, get acquainted with hand stitching before subscribing to technological progress, and have masterful ownership of your thoughts and actions. The same philosophy in knowing how to write by hand, or **needing** a computer to be able to communicate one's thoughts - additional objects can be obstacles in the flow process of thinking/doing.

Closing Thoughts

- Be sure to uphold and include anarchist philosophies in your day to day life. Create discussions, challenge assumptions, offer to teach skills or skill-swap to maximise value across your community.
- Don't try to create a profit from simple skills - charge fairly for your time, or continue to divest by arranging a barter or skill swap opportunity for repairs
- Patience is a virtue - hand processes take some time to learn and create, but slowing life down is an enjoyable way to disconnect from overstimulation and hype. Repair while enjoying passive media entertainment, or turn it into a social opportunity. Find meaning and joy in ordinary tasks.
- Anarchy is not anger/rage/chaos/violence/waste - that's war. Anarchy is working towards a self determined lifestyle and fellowship with one's immediate community. Anarchy is always work, which is paradoxical to the notion but it's about... **what are we working for?**

Adept, contented, satisfied, happy humans doing first what they need - and second, what they want?

or

Being forced into subservient labour forces which creates oppression, misery and waste of resources including the very minutes and hours of our lives?

It is only the collective power of individual actions which will dictate how far we will be pushed by overlords, how much time we give to warlords and bankers, and therefore, how much time is leftover to truly create and exist within a better society. Where inflation has driven up the cost of living by 300% in five years - any thinking person can only want to divest from that system, and create one which is fair.

More Information

<https://anarchy.org.au/directory/> □ <https://jurabooks.au/> □ <http://www.rebelworker.org/>

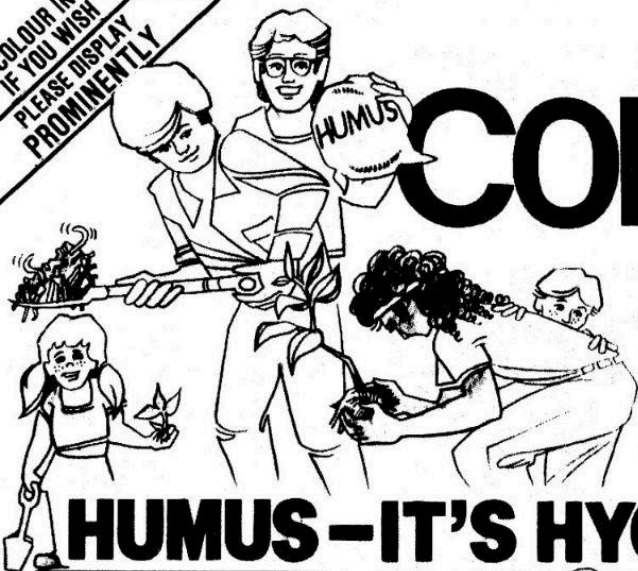
<https://anarchistnews.org/tags/australia> □ <https://anarchism.au/> □ <https://earthrepair.net/>

Philosophical Disclaimer by author Emma Sputnik: Thoughts contained above are my own but distilled from great thoughts and actions of philosophers who have come before me in the twenty six years I have been associated with Anarchism. I have used Anarchy/Anarchism as an umbrella concept, with no concern no deference to subsets of the culture. I have seen too many collectives and individuals crushed by hair splitting and infighting to pay any credence to philosophies which further service to increase conflict and decrease efforts of direct action. Thus all information given within this document is done so freely and with my best intentions for positive growth, I hold no interest in sustaining arguments about the matter where energy and intention is best served to promote the efforts of all those who seek liberation. This information is given freely to those who may benefit it, with the goal of empowering and liberating. Please learn it and share it. ES2024.

COLOUR IN
IF YOU WISH
PLEASE DISPLAY
PROMINENTLY

HOW TO

COMPOST



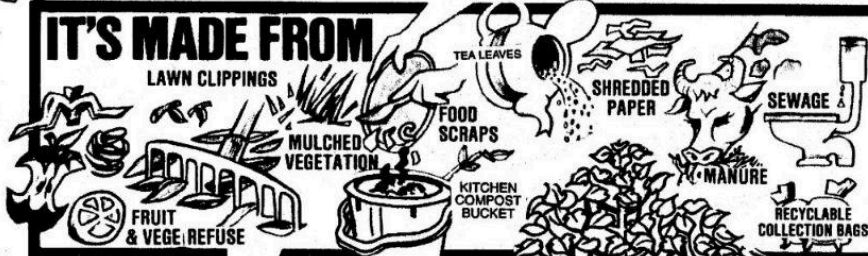
PRESENTLY-WASTED BIO-DEGRADABLE MATERIALS INTO HUMUS TO REVITALISE SOILS AS A GIFT FOR MOTHER NATURE

HUMUS IS PRODUCED BY COMPOSTING DECAYING ORGANIC MATTER. IT'S AN EFFICIENT AND PRACTICAL WAY TO REPAIR THE EARTH BY RESTORING DEGRADED SOILS TO HELP PLANTS GROW.



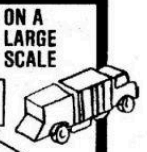
HUMUS-IT'S HYGIENIC-IT'S SIMPLE

IT'S MADE FROM

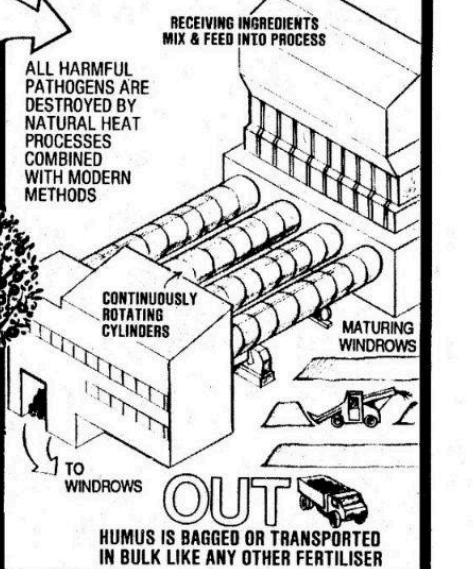


HOW IT'S MADE

BIO-STABILISER MUNICIPAL COMPOSTING PLANT USING GARBAGE AND SEWAGE SLUDGE MIXED WITH FINE GROUND MINERAL ROCK FERTILISERS



ALL HARMFUL PATHOGENS ARE DESTROYED BY NATURAL HEAT PROCESSES COMBINED WITH MODERN METHODS



HOW IT'S MADE IN BACKYARDS

MADE IN SCHOOLS and FARMS

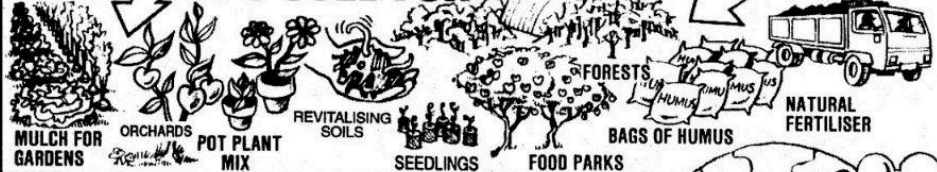


WHAT HAPPENS

Mixed layers of organic materials kept moist and aerated, are decomposed by bacterial activity. The temperature rises to 55%-60°C killing harmful pathogens and weed seeds. Earth worms multiply in these ideal conditions creating humus-rich soil which is optimum fertiliser for any vegetation.

COMPOST DON'T WASTE, MAKE HUMUS SOIL, GROWING FOOD, CAN BE PLAY NOT TOIL.

WHAT IT'S USED FOR



WHAT THE RESULT IS



♪ **WHAT THE WORLD NEEDS NOW IS A SENSE OF HUMUS** ♪

ILLUSTRATIONS CONTRIBUTED BY GLEN CRAIG AND LEILA WEDD



This educational poster shows how to make humus, a natural fertiliser, to revitalise soils and grow healthy crops, trees and gardens.
Produced by the Environment Program of United Nations Association of Australia (NSW) Inc. and the Earth Repair Foundation,
PO Box 150, Hazelbrook, NSW, 2779, Australia. Phone (047) 58 6393, Fax (047) 58 6904.



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