

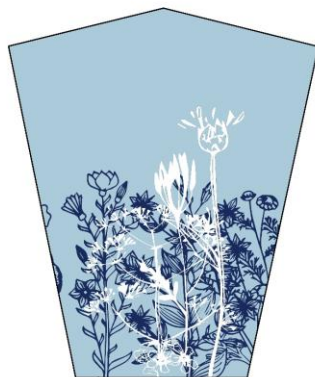
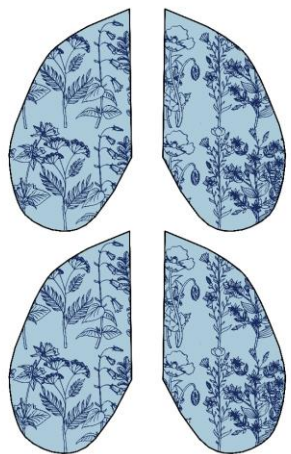
JESSICA THOMAS
1902015
CREATIVE VENTURE
M7X01792
Presentation

Enchanted Forest

by JET Designs

Designed-&-Crafted
Repair and Enjoy





Tamay and me



Collette Kinley



Ellen Tye



OB Wear





Cloth kits

Your budget doesn't cover the cost of your dream garment ?

No worries, why not order a cloth kit and sew it up yourself ?

You will have an active role in the item's production by constructing it at home, cloth kits are a great way for you to try out new skills. They are available in all garments in the collection with custom sizes.



Why not create your own collar to practise ?

Photocopy, print or pull out page 17 to sew your first collar.

You can make this from an old shirt or bed linen until you build your confidence.

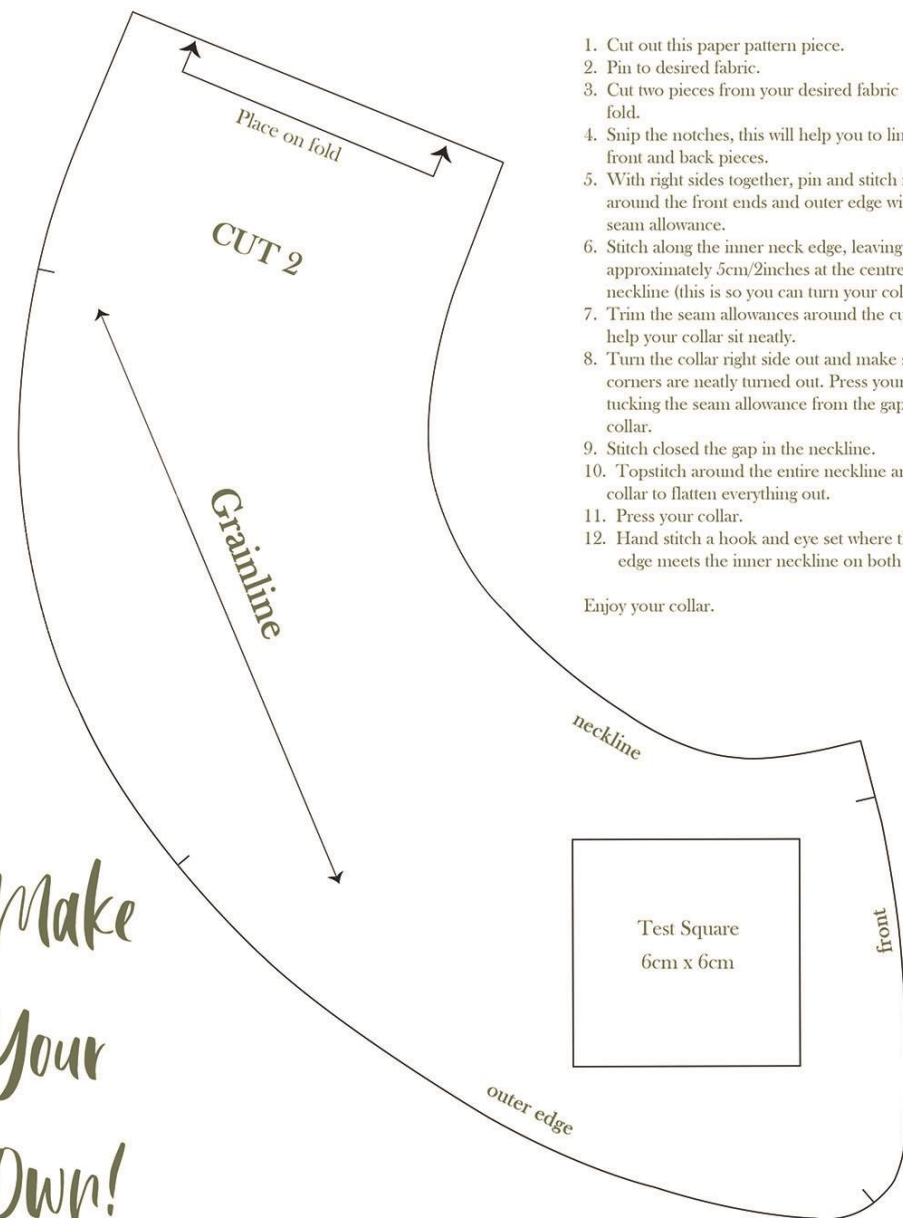
This introduction into pattern construction could develop your skills to produce a full digitally printed cloth kit to construct a garment from the collection yourself. Through the exercise you will experience first-hand the process of slow fashion that encourages a growing appreciation for sustainable clothing production.



Detachable Collar

Designed & Crafted

Repair and Enjoy



1. Cut out this paper pattern piece.
2. Pin to desired fabric.
3. Cut two pieces from your desired fabric on the fold.
4. Snip the notches, this will help you to line up the front and back pieces.
5. With right sides together, pin and stitch in place around the front ends and outer edge with 1cm seam allowance.
6. Stitch along the inner neck edge, leaving a gap of approximately 5cm/2inches at the centre of the neckline (this is so you can turn your collar out).
7. Trim the seam allowances around the curves to help your collar sit neatly.
8. Turn the collar right side out and make sure your corners are neatly turned out. Press your collar, tucking the seam allowance from the gap inside the collar.
9. Stitch closed the gap in the neckline.
10. Topstitch around the entire neckline and outer collar to flatten everything out.
11. Press your collar.
12. Hand stitch a hook and eye set where the front edge meets the inner neckline on both sides.

Enjoy your collar.

Make
Your
Own!

Enchanted Forest
by JET Designs

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Stick and stitch packs

Co-ordinating the kits with 'Stick and Stitch' packs also gives you an opportunity to personalise and repair your garments through hand-embroidery. Each pack contains imagery from the pattern library printed onto self-adhesive water-soluble paper. These motifs can be placed where desired on your garment, embroidered into and washed away leaving you to admire your beautifully crafted stitch-work.

The self-adhesive water-soluble sheets have a clear film that will dissolve completely in cold water. Simply cut this to size, around your desired motif from the set, remove the brown backing paper and press it to the surface of the garment. Use the printed motif as a guide to hand embroider over the film. When finished peel or trim away any excess. Any remaining film can be submerged under cold water or run under a cold tap and it will dissolve away leaving your embroidery in place.

Alternatively, Iron-on Patches are also available. This appliqué technique of applying the motifs to the surface of the garment can be a great way to reinforce or repair well-worn areas of your favourite go-to items.



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Any products made can be shared with #EFslowfashion to build a creative community.

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Natural Healing

When thinking about depictions of foliage and animals in woodland print there is something delightfully magical about it. Even the humble blackberry plant has its mystical qualities in folklore. In the ancient world, Greeks and Romans treated ailments like gout blackberry. The sixteenth century English botanist Nicholas Culpeper was still recommending blackberry for serpent bites among other things. The roots of the plant allegedly broke up kidney stones, while the serrated leaves could be made into a lotion for the mouth. Eventually, the blackberry plant became a cure-all medicine for all with the use of blackberry vinegar for sore throats, coughs, and chest infections (Lawrence, 2020, p.28). Rosemary is also featured in my work, albeit in a subtle way. It is an influential plant in herbal medicine that was also used in the ancient world, becoming a snuffbox staple during times of plague. But the paramount use of rosemary dates back to Shakespeare's Hamlet as Ophelia states "There's rosemary, that's for remembrance". Interestingly enough, modern studies have shown there is some truth in this, so perhaps the tradition of gifting school children with sprigs of rosemary before exams for luck may be scientifically justified due to it aiding and reinforcing memory. Because of this association with memory, along with the poppy, it has developed into a commemorative symbol where the plant grows wild. In Australia and New Zealand, sprigs are wrapped in white paper and worn on ANZAC day to remember troops killed on the Gallipoli peninsula (Lawrence, 2020, p.28) much like Remembrance day in the UK, ANZAC day stems from World War I. As well as its association with war, the small flowered, feathered leaved herb yarrow is often associated with divination, and when placed under a pillow, inducing a dream-like state of the future (Lawrence, 2020, p.54). I hope to envisage an enchanting dream-like imagery upon the viewer within my patterns. In this intense, the 'military herb' to staunch bleeding wounds is instead noted for its alleged phantasmic effects.

One of my favourite plants is the dandelion for its transformative appearance with its sunny yellow lion tooth petals to charming fluffy seed heads. Curiously, separating the wildflower from its playground fantasies, dandelions are often recounted for its fiery bitter taste in salads from Crete to Cairo. A taste that was also popular in Tudor palates. The roots were even used as a replacement for coffee as recently as the second world war, a process popular with North American settlers in the nineteenth century. But most recently, UK households rediscovered old recipes made with the golden lion heads used in homemade wine in the 70s to celebrate St. Georges Day (Lawrence, 2020, p.108).

Ferns are coined to be spiritually and botanically mysterious as they are the most ancient plants on Earth (Lawrence, 2020, p.71). The word 'fern' defines several non-flowering vascular plants that date back 350 million years ago in the Carboniferous Period. Vascular plants contain water conducting tissue and minerals throughout the plant (Plant - Vascular plants, 2021). The fern craze swept Britain across the nineteenth century as botanists could not believe that it was unable to blossom, this led to some hypothesising the flowers are invisible and may even gift with the power of invisibility if a person acquired a specimen in bloom. These 'powers' were exaggerated to the extent that one could communicate with birds and animals, find hidden treasure and gain the strength of 40 men with fern in bloom in one's hand (Lawrence, 2020, p.71). Apart from their perceived extraordinary qualities ferns were also harvested for medical use. Fiddlehead and dioscoride ferns were harvested to prevent toothache, baldness, and dandruff. With bracken, which was previously used in medieval times bedding, but medically for rheumatism, blood, and bladder afflictions. However, in recent years possible connections in causing cancer are gradually becoming apparent in these ancient plants (Wilson et al., 1998, p.1998). Despite this, there is still much yet to discover.

The physic garden is so redolent of the magical powers of natural healing, of foraging in the wilds, of planting and picking, and creating remedies from herbs and flowers, from roots and fungi, from sticks and twigs. However, the notion of swapping a plastic bottle of medication from the chemist with a basket of echinacea, lavender and chamomile or, as 1960s folk duo Simon and Garfunkel sang, parsley, sage, rosemary and thyme harvested from a beautiful medicinal nursery delivers a powerful placebo effect that immediately calms the spirit. Yet behind this romanticism lays the bedrock of modern medicine. In the last 40 years up to 50 percent of approved medicine have directly or indirectly derived from nature (Newman et al., 2020, p.781). The study of natural medicine was largely undocumented until the 16th century when physic gardens began to appear, playing a critical role for modern medicine as they were used to train apothecaries. "Apothecaries needed to be able to identify the herbs they would be purchasing to compound their products and thus avoid adulteration, poisonings or ineffective treatment" (Minter, 2003, p.vii). Modern medicine came into being through regulating the dispensing of plants through training. Before this there was no cohesion, consistency, or confirmation of using the correct substances. The variables were so vast that each mixture would have been different.

The first formal medicinal gardens began to appear in the Italian Renaissance during the 15th and 16th centuries. Even Pope Nicholas V planted healing herbs in the Vatican grounds in 1447 but, it was not until a century later, when Pisa and Padua were constructed in 1543 and 1545, that this ideology of dedicated medicinal gardens for study gained momentum (Oxford University, 2021). Pisa was the first university botanical garden in the world, but Padua's magnificent Unesco-listed Orto Botanico, is the oldest physic garden in the world that is still in its original location fulfilling its original purpose in the same layout 476 years later. This clearly shows how vital and invaluable plant libraries, places where species have been preserved, collections established and knowledge shared. The UK's oldest physic nursery is the Oxford University Botanic Garden, established 162, where the beds are arranged by complaint; cardiology, oncology, infectious diseases with all plants grown because they are stand-alone treatments and can be used in synthetic pharmaceutical production (Oxford Botanic Garden, 2021). Although the most celebrated is London's Chelsea Physic Garden, established 1673, for the best-know medicinal plant spaces in the world (Chelsea Physic Garden, 2021). Many life-extending and life-saving pharmaceuticals have been derived from plants, but it is possible that others may have been lost from deforestation and forest fires. Like many things, nature has given us these precious resources, and they should be cared for.

The study of birds, Ornithology, has been associated with easing the development of dementia and improved cognitive processing. Research was published in 2016 by Natural England called Is it nice outside?, which details the results of consulting with people living with the condition and family carers about their engagement with the natural environment. Twenty five percent of these people said they took part in wildlife watching, especially birdwatching, several times a week or every day (Mapes et al., 2016, p.viii). Additionally, another study in 2017 by the University of Exeter, the British Trust for Ornithology and the University of Queensland published in Bioscience, found a positive correlation between the number of birds, trees and shrubs that people could see and their mental health. Dr Daniel Cox who led the study said "This study starts to unpick the role that some key components of nature play for our mental well-being. Birds around the home, and nature in general, show great promise in preventative health care, making cities healthier, happier places to live" (Cox, 2017). People who can observe wildlife from their homes have a lower risk of depression, stress and anxiety compared to those living in a 'concrete jungle' (Cox et al., 2017, p.153). It is a meditative pursuit that can reduce stress levels and encourage awareness. It can be an enjoyable hobby that stimulates the mind and has significant mental health benefits as well as physical benefits if taken outside. According to the British Ornithologists' Union, there are 619 species of birds in the UK to discover (BOU, 2019, P.267). RSPB and Collins field guides are great references to identify species. Alternatively, the British Bird Lovers app is also a valuable portable resource.



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