

Stitched for Nothing – Onesha Dias

They stitch in silence.

Young fingers, older than their years,
working fast beneath harsh white lights.
Sewing patterns they'll never wear.
Sewing lives we never think about.

Each seam feeds a monster
that never sleeps—
racks rising,
bins overflowing.
Shirts, skirts, jeans,
tags still on.

We don't need more.
But we keep buying.

We call it fashion.
They call it survival.

And me?
I used to scroll for hours.
Tapping "add to cart" like it meant nothing.
Packages felt like presents,
but they never filled what was empty.

It was never just a top.
It was distraction.
A new self, briefly.

But the dye runs red.

Literally.

Into rivers where people drink,

bathe,

pray.

Fields stripped for cotton

that's worn once

and tossed.

And I never thought

that my choices were part of that.

Until I did.

Polyester doesn't die.

I mean that.

It's in the ocean.

It's in the fish.

It's probably in me.

Little threads floating in our lungs—

plastic snow no one asked for.

We breathe it in,

and still think it's worth it

to save a few bucks.

And when clothes don't sell,

they burn.

Piles of it.

Smoke spiralling up—

ugly and invisible.

Toxic.

Like pretending this isn't happening.

This is more than fashion.

It's built on forgetting.

Forgetting who made it.

Forgetting what it cost.

Forgetting the earth can't keep
carrying us like this.

I want to remember.

Now clothes are worn until threadbare,
patched with care, not thrown away.

Old wardrobes are treasure troves,
not time capsules to forget.
Fabric holds stories—
not meant to be discarded after a single scroll.

They are not disposable:
not the cotton,
not the hands that stitched it,
not the earth that bore it.
Imperfect steps, maybe—
but steps that matter.

And that matters more than pretending
none of it is our fault.
Every piece in your closet

is stitched with choice.

Not just style—

but whether you're fuelling harm,

or healing it.

That's not a slogan.

It's just the truth.

And I think it's worth facing.