

# How to do Sashiko (刺し子)

video  
tutorial→

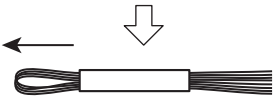


## How to handle Sashiko threads

- Sashiko threads are twisted loosely. Do not loosen them and use them as they are.



2. Wrap the threads in a paper to keep them tidy. Pull one thread at a time from the loop.



## About the pre-printed fabric

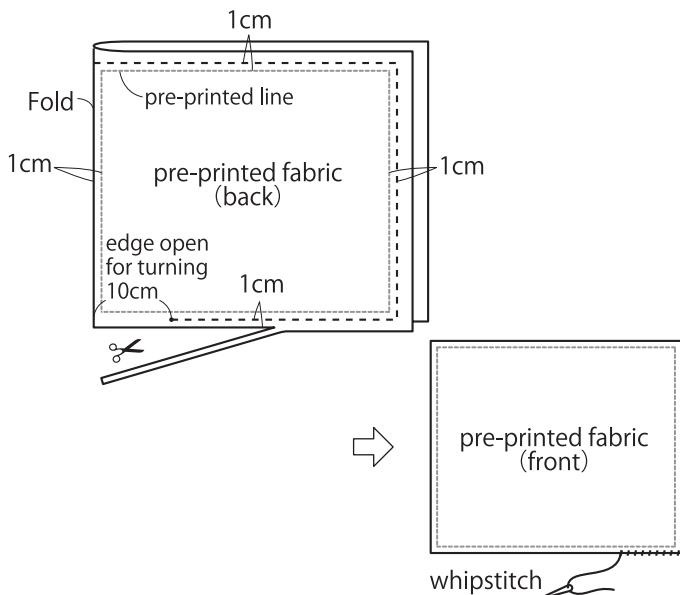
- The lines printed on the cloth are prints that will fade with repeated washing.
- To erase the lines sticking out, rub them gently with a wet cotton swab.
- Because the fabric is the natural fibers (cotton), some knobs might be found on.

## How to handle the finished product

- Use a neutral detergent with a dry-cleaning mark, and wash gently in room temperature water.
- To prevent the color of the thread from fading, do not soak it in water.
- After washing, dehydrate and dry it quickly.

## How to deal with seams

- Fold the pre-printed fabric in half. Sew 1 cm outside of the outline, leaving the edge open for turning. Cut around the outline leaving 1 cm all around it. Turn inside out, and sew the edge.

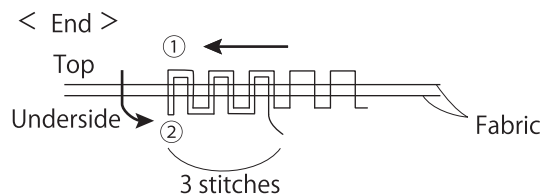
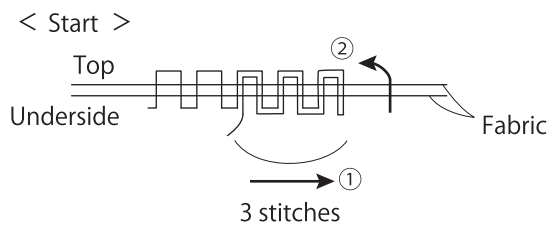


## How to stitch

- If you stitch with 2 threads, pass a thread (a) through the eye of the needle and stitch with 2 threads (a & β).



- Stitch along the pre-printed line.
- Start stitching the outline, and then the pattern inside.
- Stitch over the starting and ending three stitches as indicated in the picture below, and cut the ends of thread close to fabric.



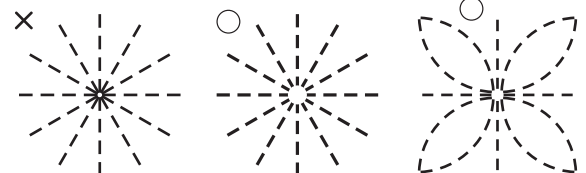
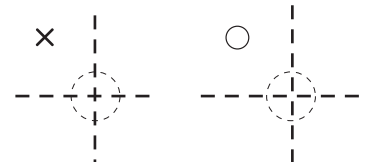
- Pull the fabric taut as you stitch, so that the fabric does not pucker.

## Tips for stitching

- Be sure to run the needle through the corner, to keep the corners sharp.



- On the intersection, avoid crossing over and leave centre open.



- When you cross empty space, pass threads on the back of the fabric, and continue to stitch.

