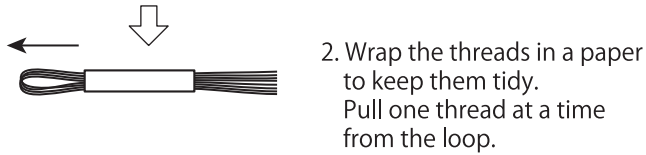


How to do Sashiko (刺し子)

How to handle Sashiko threads

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



About the pre-printed fabric

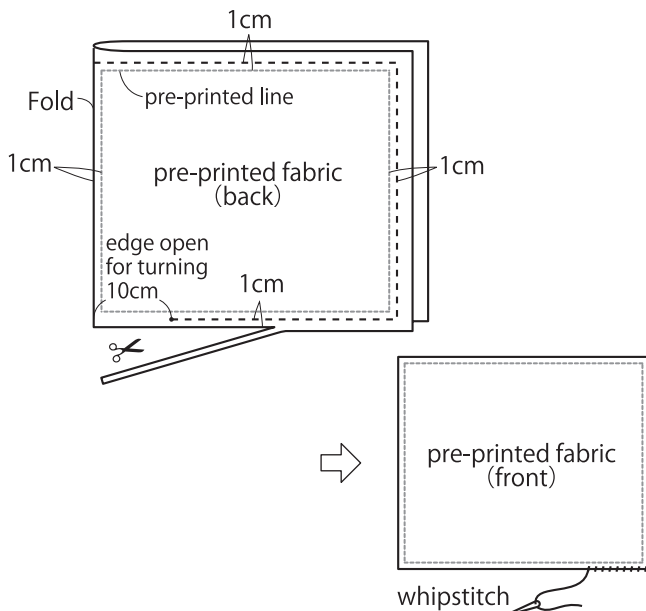
- The pre-printed lines on the fabric would be paled out after washing.
- To erase the lines sticking out, rub them gently with a wet cotton swab.
- Because the fabric is the natural fibers (cotton), some knobs might be found on.

How to handle the finished product

- The coloured fabrics and threads may cause colour staining due to wetting with water.
- When washing, dehydrate and dry it quickly. Never leave it soak in water.

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.

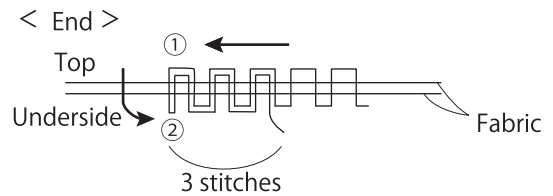
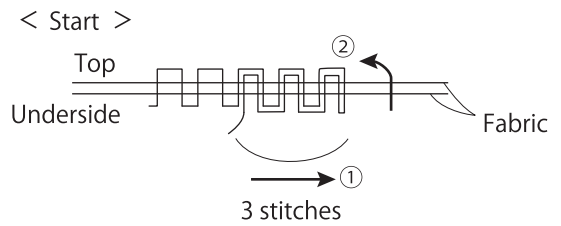


How to stitch

- 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.



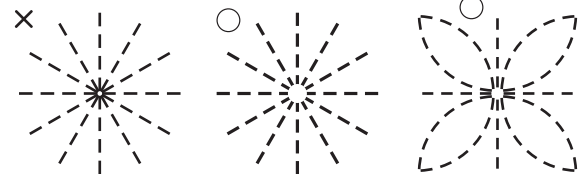
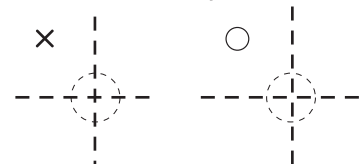
- Pull the fabric taut as you stitch, so that the fabric does not pucker.

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.

