

## Read before starting:

Check the content. Enough thread are included as long as you stitch following the instruction.

The stitching lines printed on the right side of the fabric are washable. After finishing all stitches, wash out the lines following the "Washing instruction".

Usage: Dish towel, 12" pillow

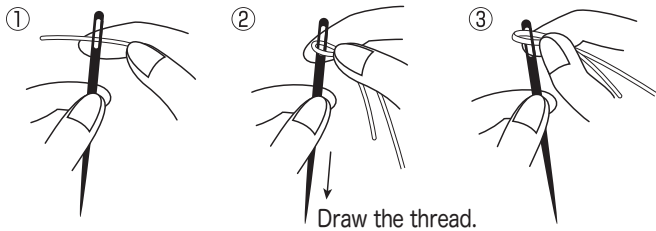


Sashiko stitching is originally intended to strengthen a cloth and so traditionally, stitching in both layers (front and back) together is popular, however, in case you are a beginner or you do not want stitches shown on the back side, stitch only in one (printed) side.

You can make one 12" pillow shown as in the picture.

## How to thread a needle

Make a loop at the thread tail, putting it around the needle. Hold the thread firmly and put the loop into the needle eye.

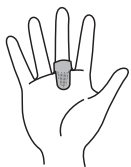


① Make a loop at the thread end.

② Hold the thread with your thumb and the index finger firmly and draw the needle.

③ Put the loop into the needle eye.

## How to use a thimble



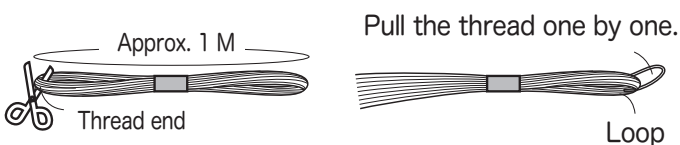
① Put it on your mid finger.



② Put the needle head in the hole on the thimble to settle the needle position.

## How to handle the thread

Look for the extra loop of thread tied around the skein. Cut through all the thread at the knot to make 1-meter threads. Pull individual threads from the skein as needed.

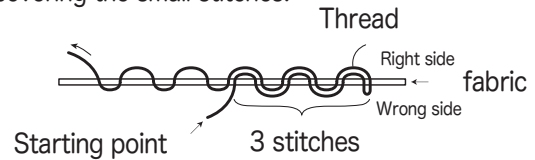


Caution ! This kit includes a needle(needles).

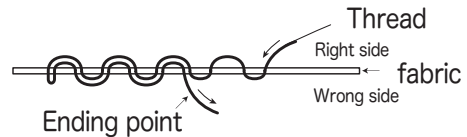
## How to stitch

Pull the thread after every few stitches. This will prevent the twisting of thread. Be careful not to pull the thread too hard, 10 hem stitching the diagonal or circular designs, which could cause the cloth to stretch.

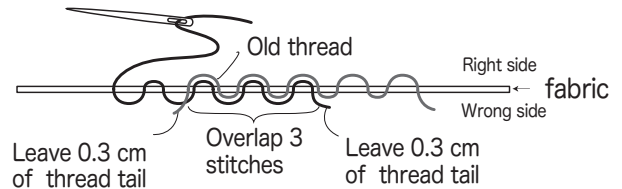
To begin stitching; insert the needle, from the wrong of the fabric, 3 stitches ahead of the starting point. Make 3 small stitches back to the starting point. Begin the regular stitches by covering the small stitches.



To end stitching; at the ending point, bring the needle to the wrong side of the fabric, make 3 stitches backward, being careful not to go over the regular stitches.



To change the thread; when changing the thread in the middle of stitching, use the methods to begin and end stitching, as shown in the below picture.

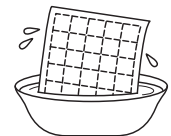


## Washing instruction

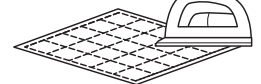
(For finishing)

Be sure you have finished all the stitches, there is no loose thread or too tight stitches.

Rinse the fabric gently in the water. Dry in the shade, when the fabric is slightly wet, press on the back side with iron set at low.



on iron set at low



(For washing)

Hand wash in the warm water using mild detergent. Do not use bleach. Rinse thoroughly. Dry in the shade.

In order not to push down the stitches, fold a bathtowel in half and place on the ironing board. Place the finished item and press on the back with iron set at low.

on iron set at low

