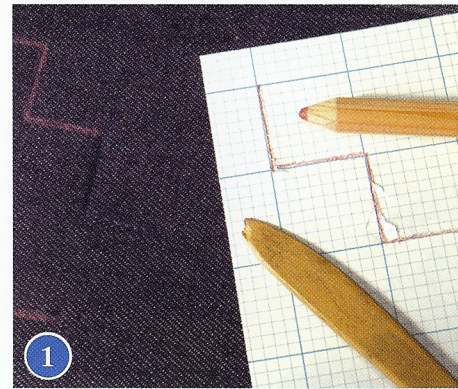


quilting — sashiko

A machine quilting technique that duplicates an original Japanese hand-sewn running-stitch technique used to patch clothing with unique designs.

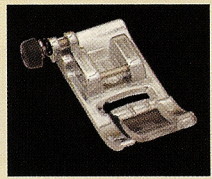
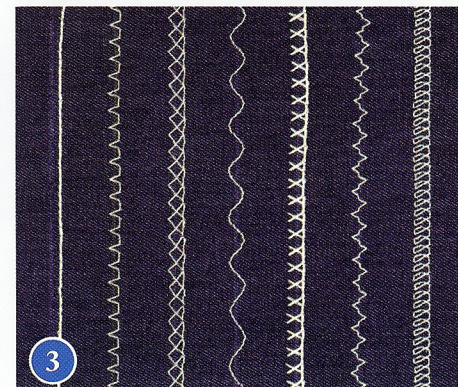
1. For grid-type patterns, draw the pattern first on graph paper. Fuse the interfacing to the wrong side of the denim. Place the graph paper on the right side of the denim and using the hera tool, press firmly to mark the design on the denim. The hera tool is a smooth-edged pressure tool which creates an indentation on the fabric when used. You can use the marking pencil to trace the indentation for more visibility. (#1)



2. Lengthen the stitch and sew following the marking from the right side. Use the hands-free presser foot lifter to pivot at corners. Sew traditional Sashiko designs based on squares, diamonds, and curves. (#2)



3. Additional details can be added to your overall design by sewing all-forward stitches built-in your machine. Lengthen the stitch and sew. (#3)



Standard Foot
and



**Free-motion
Quilting Foot**

Stitch: *Straight*

Width: *Pre-set*

Length: *3.0 - 5.0mm*

Tension: *Pre-set or slightly loosened*

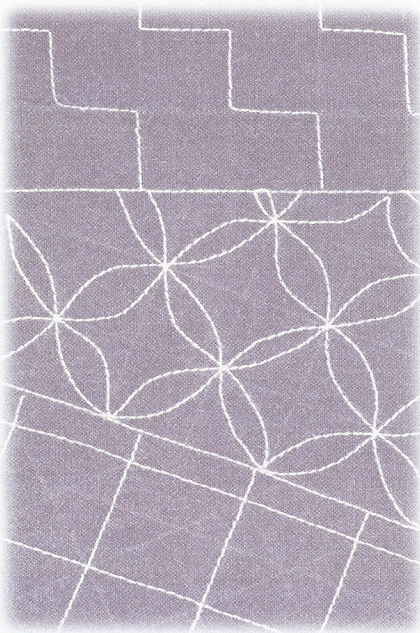
Fabric, needles, notions required:

Denim; denim needle, size 90/14 or 100/16; topstitching or Cordonnet, or Jeans thread for the needle and all-purpose polyester thread for the bobbin; fusible interfacing; hera tool (pressure marking tool); marking pencil; pouncer; seam sealant

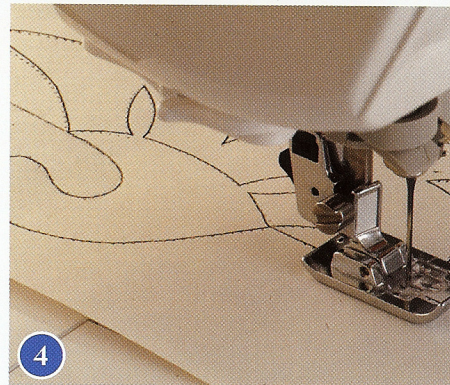
TIP

When sewing Sashiko designs, it is important to sew in a continuous line. Plot your stitching path before you begin to sew. Sew as far as you can without having to stop and trim the threads.

quilting — sashiko — cont.



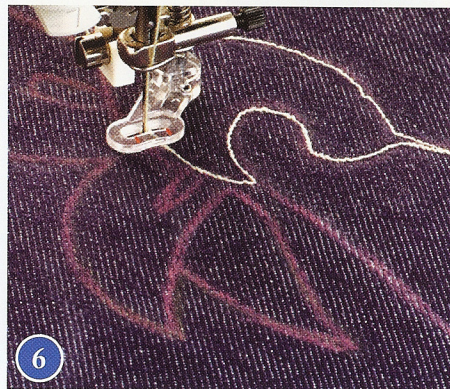
4. Motif designs are also a traditional part of Sashiko stitching. First trace the design on paper. Leaving your machine unthreaded, stitch around the design. (#4)



5. Pounce the design over the pierced pattern onto the right side of the denim. Draw over the design with the marking pencil to avoid it rubbing off. (#5)



6. Attach the free-motion quilting foot and lower the feed dogs. Stitch following the drawn design. Pull all thread to the back and tie. Apply a drop of seam sealant to hold. (#6)



FOOT FACTS

Some Sashiko motif designs can be sewn using the open toe foot. Depending on how intricate the design, choose the foot that works the best for you.

TIP

To make a pouncer, cut a square of fabric. Spoon a small amount of baby powder, corn starch, or even flour, onto the square. Draw the edges up and tie. Pounce or pat the “pouncer” over the pierced pattern to transfer the design to the background fabric.