

# Sashiko Interior Kit SK-0441 "Hitome-zashi/Kuguri-zashi - Zigzag"



Please read this instructions carefully before you start!

\* Please make sure you have all the kit-listed before you start.

\* Note: The lines will not disappear if you iron them before doing Sashiko.

## Materials

Line specification	color number	Color name	Amount
線指定	色番号	色名	糸量
—	116	Sand beige	1かせ
—	123	Green	1かせ
1 skein=20m 1かせ=約20m			

- > Cloth: Sashiko cloth ("Sarashi-momen", cotton)
- > Sashiko threads (cotton)
- > Paperbox panel for display
- > Sashiko needle: 1 piece

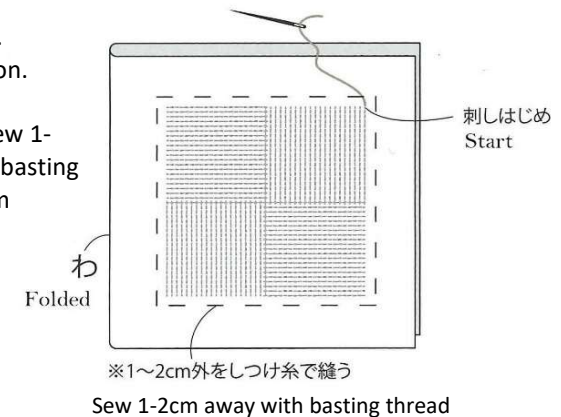
\* If you run out of threads or something, please contact us at [info@emmacreation.com](mailto:info@emmacreation.com).

## How to make

1. Fold the cloth in half.
2. Stack two and stitch them.
3. Wash by hand and then iron.

\* Since it is a double layer, sew 1-2cm outside the design with basting thread to keep the cloth from slipping.

\* Finished size:  
20 cm x 20 cm x 2 cm  
( 8" x 8" x 0.8" )



## What is "Sashiko"?

"Sashiko" is a Japanese traditional embroidery. It is said that Sashiko stitch technique was born in North East of Japan 500 years ago. For the purpose of reinforcing clothes and heat preservation, people stitched in the space between threads of the fabric with white threads to cover the hollows. It is very Running Stitch. Many things in the daily life like animals, flowers, tools and other natural things were incorporated into Sashiko patterns (straight and curved lines). Olympus recreated them on its Sashiko clothes (the pre-printed patterns will disappear after washing).

## What is "Hitome-zashi"?

"Hitome-zashi" is one of Sashiko stitching techniques. Its stitching is made in the order in the same direction as vertical, horizontal, and the diagonal stitches. It makes beautiful symmetric patterns on the fabric as well.

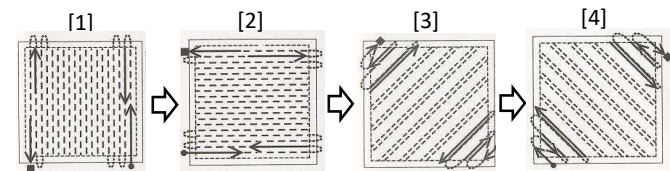
## How to stitch Hitome-zashi

(a) Stitch straight lines in one step direction. There are no curved lines.

For example, if the vertical straight line is stitched first,  
the horizontal straight line stitched, and then the diagonal straight line stitch is made.

(b) When using Olympus pre-printed Sashiko cloth, first, stitch the printed stitches in order.

(c) Stitch faithfully on the pre-printed line. That is important for the next overlapping stitches to overlap neatly.



## At the end

Sashiko & Hitome-zashi is a handicraft that allows you to empty your mind and focus on stitching! You could have time to relax while moving your hands.  
Enjoy a relaxing time with Sashiko.

EmmaCreation Craft Gala Inc.

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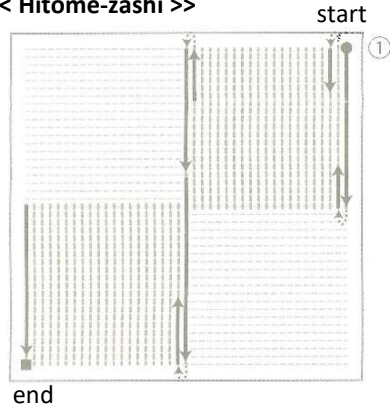
## Stitching Order

- \* The design is not actual size.
- \* Let's stitch along the arrow of the illustration referring to the image of the cover.
- \* The stitching order is a guideline for a beautiful finish.

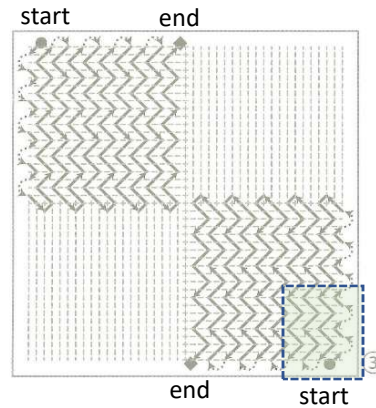
●... 刺しはじめ Start    ■... 刺し終わり End    ↺... 裏側で糸を渡す Pass the thread on the back side.

- ① Stitch <116> Sand beige thread vertically.

<< Hitome-zashi >>

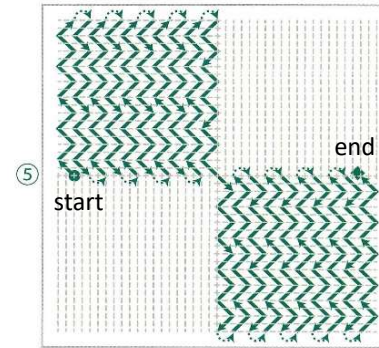


- ③ Weave with <116> Sand beige thread vertically.



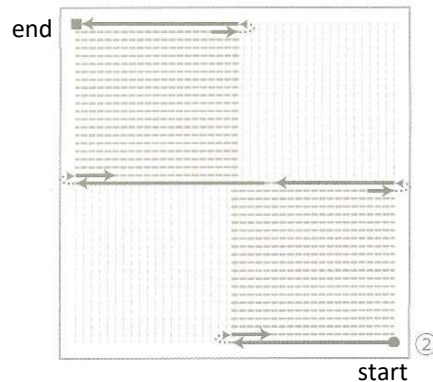
- ⑤ Weave with <123> Green thread vertically.

<< Kuguri-zashi >>



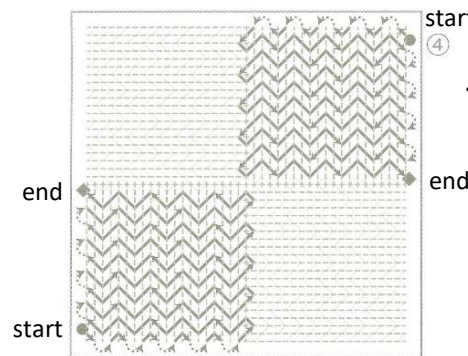
- ② Next, Stitch <116> Sand beige thread horizontally.

<< Hitome-zashi >>



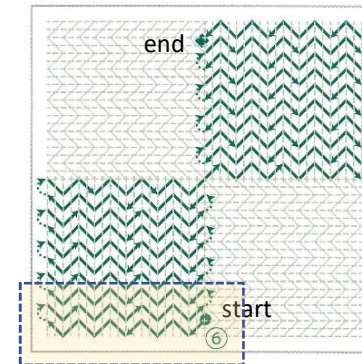
⑥ Pass under <116> thread.  
⑥くぐる (6) Pass under <116> thread.  
⑤入 (5) In  
④くぐる (4) Pass under <116> thread.  
③出 (3) Out  
②入 (2) In  
①出 (1) Out

- ④ Next, Weave with <116> Sand beige thread horizontally.



<< Kuguri-zashi >>

- ⑥ Finally, weave with <123> Green thread horizontally.



④出 (4) Out  
④くぐる (4) Pass under <116> Sand beige thread.  
③入 (3) In  
②くぐる (2) Pass under <116> Sand beige thread.  
①出 (1) Out



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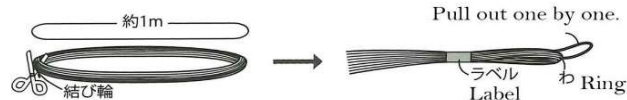


# Sashiko Interior Kit SK-0441 "Hitome-zashi/Kuguri-zashi - Zigzag"

## Basics of Sashiko

### How to handle thread

\*Cut with a knot ring and make it 1m long.



### How to thread a needle

Loop the end of the thread and pass it through the eye of the needle.



① Fold the thread ends in two.

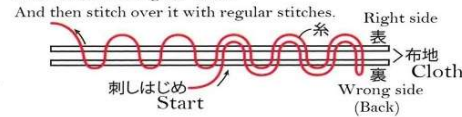
② Press firmly with your thumb and forefinger and pull out the needle.

③ Thread the thread through the eye of the needle.

### Thread processing

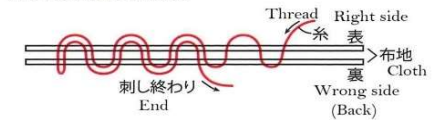
#### ◆ Start stitching (Cover stitch)

Insert the needle from the wrong side of the cloth at 3 stitches to start stitching, and return 3 stitches with a stitch that is smaller than the regular stitch.



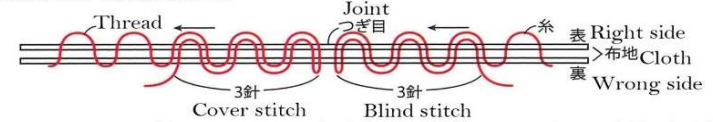
#### ◆ End of stitching (Blind stitch)

Bring the needle out to the back and make 3 stitches back so that it does not go over the already stitched thread with the smaller stitches.



#### ◆ How to connect threads

When connecting the thread in the middle, use a blind stitch to stop the thread and stitch a new thread over it.



\*It will be easier to stitch by squeezing the thread well with each small stitch.

### How to finish

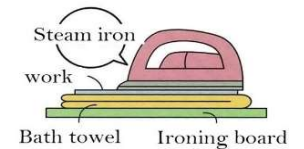
① After finishing the stitching, lightly press and wash by hand to remove the print-ink.

② Wash with lukewarm water.  
Use detergent that does not contain bleach.



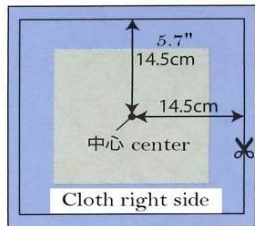
#### ◆ How to Iron

Place a bath-towel on the ironing board and press lightly with a steam iron to prevent the stitches from collapsing.

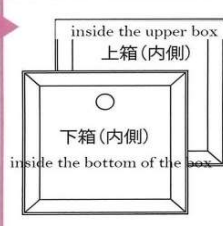


### How to attach the cloth to the Panel.

#### ファブリックパネルの仕立て方



Cut the stitched cloth at 14.5cm from the middle of the design.



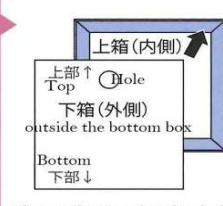
Separate overlapping boxes into upper and bottom boxes.



Stick the double-sided tape you have on hand to the 4 places on the inner side of the upper box.



Place the cut cloth design in the center of the front of the upper box, peel off the paper on the double-sided tape on the upper box, and stick it on the left, top, and bottom so as to wrap the box.



After confirming that the cloth design is centered, fit the bottom box. The one with the hole is the top.



Done!  
完成です。



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