

Make pretty motifs with this beautiful embroidery technique

# Sashiko embroidery

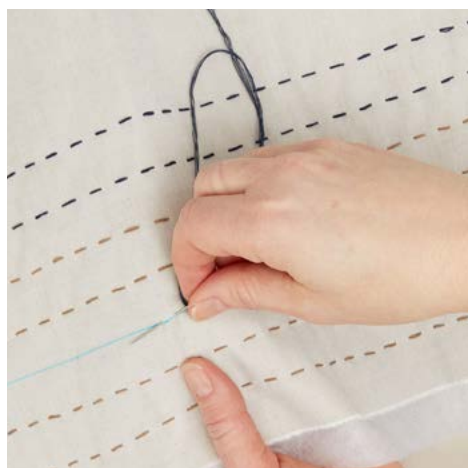
## Materials

- Fabric
- Volume interfacing without adhesive
- Mending yarn, wool or cotton
- Tailor's chalk or marker pen

FREE  
DIY



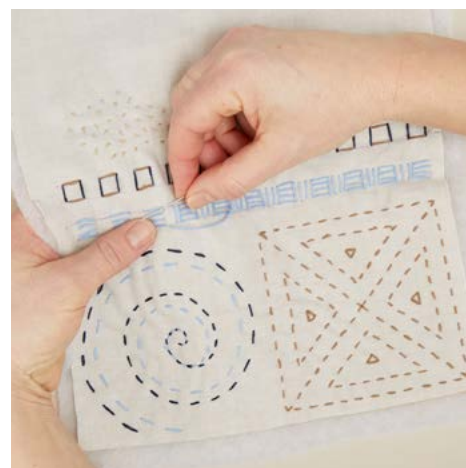
*By the way..! Add style to finished items, such as placemats (free pattern 3046), with Sashiko embroidery. You can also embroider pieces of fabric for later use.*



**1.** Using tailor's chalk or a marker pen, draw sewing lines. You decide for yourself how close to draw the lines. We embroidered parallel lines with 2 cm gaps between them.



**2.** When you embroider on a piece of fabric with volume interfacing on the wrong side, you can secure your thread on the back.



**3.** Vary stitch length as you wish. Long or short, both look good. In photo 1., our stitches are 0.5 cm long. You sew a simple running stitch, sticking the needle up and down through all the layers of fabric. You can sew to form a stitched pattern, or you can stitch around e.g. a printed leaf, circle or squares.

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## EMBROIDERING ON A FINISHED ITEM



**1.** Make a knot at the end of the yarn. Push the needle through all the fabric layers.



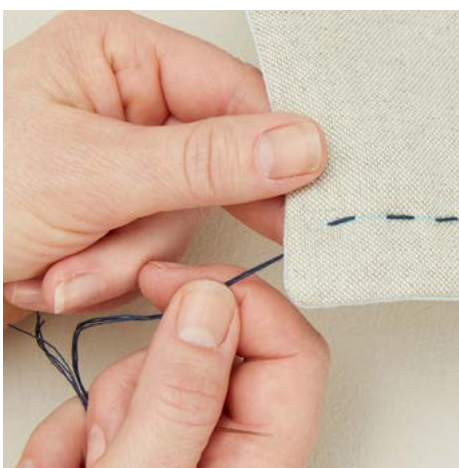
**2.** Pull on the knot until it is concealed between the fabric layers.



**3.** Snip off the yarn tail very close to the fabric.



**4.** When you have completed a line of stitching, make a new knot and stick the needle through all the fabric layers.



**5.** Pull on the knot until it is concealed between the fabric layers.



**6.** Snip off the yarn tail very close to the fabric.