



Shorewood  
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## MATERIALS:

- Material, Thread
- Needle  
(long w/ large eye)
- Straight pins

## INSTRUCTIONS:

1. Thread your needle.  
(I would suggest using 3 strands of the embroidery thread.)
2. Place a patch of material behind the hole. Secure it with pins.
3. Draw the needle up through the back to the front of the fabric, leaving a tail of thread at the back. On your first few stitches, capture that tail under a stitch so as to lock it in place.
4. Stitch however you like!  
(use the examples shown here as a guide.)

## RELATED BOOKS:

**MENDING MATTERS: STITCH, PATCH, AND REPAIR YOUR FAVORITE DENIM & MORE** by Katrina Rodabaugh, Abrams, 2018  
**DARNING: REPAIR, MAKE, MEND** by Hikaru Noguchi Hawthorn Press, 2019

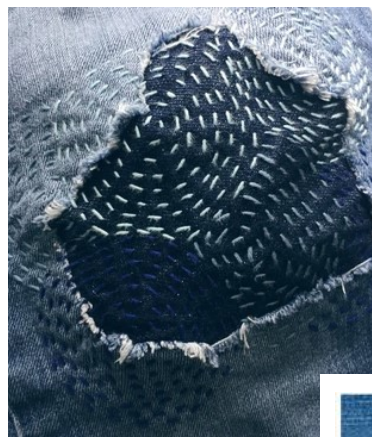
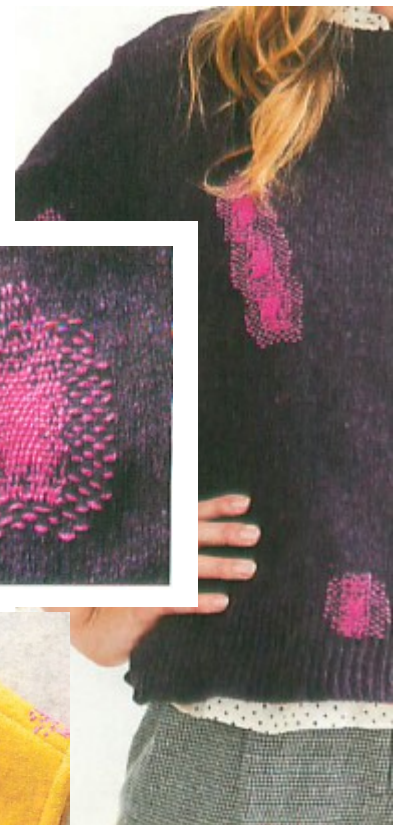
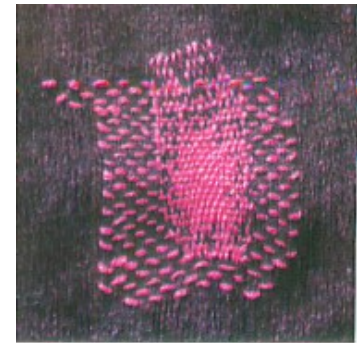
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March 2021

Grown -Up Take & Make

# Sashiko stitch sampler

SASHIKO (*"little stabs"*) is a type of traditional Japanese embroidery that can be used for visible repair of clothing. You can use a simple running stitch to repair a hole and reinforce it with a patch. Stich around and over the patch to create a decorative pattern and give your garment a whole new life. Use this kit as a starter pack and experiment with your own designs. Happy mending!

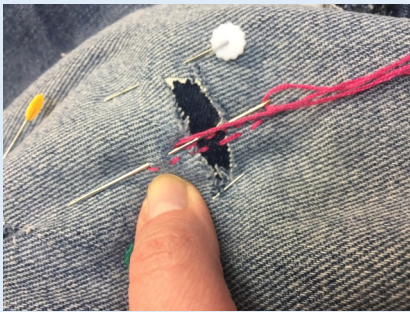




Pin patch in place.



Begin stitching.



Back view

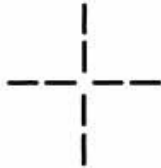


Finished!

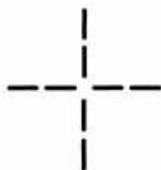
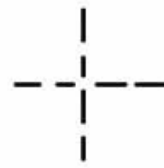
# SASHIKO STITCH AS A PRO

## Pro Stitches

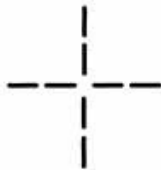
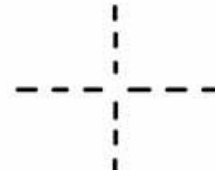
## Can do Better



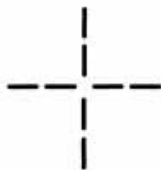
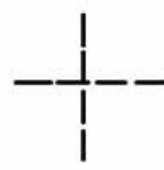
Make your stitches the same length across your work.



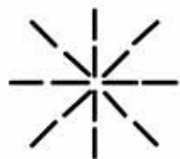
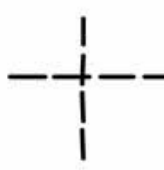
Rule of thumb: make your stitches on the backside about 1/3 of your stitches on the topside.



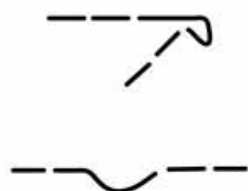
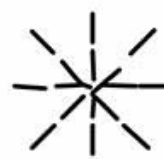
At crossings keep the center open



At crossings avoid crossing over lines



At crossings keep the center open



On the backside of your fabric leave some slack when making corners or crossing a center

