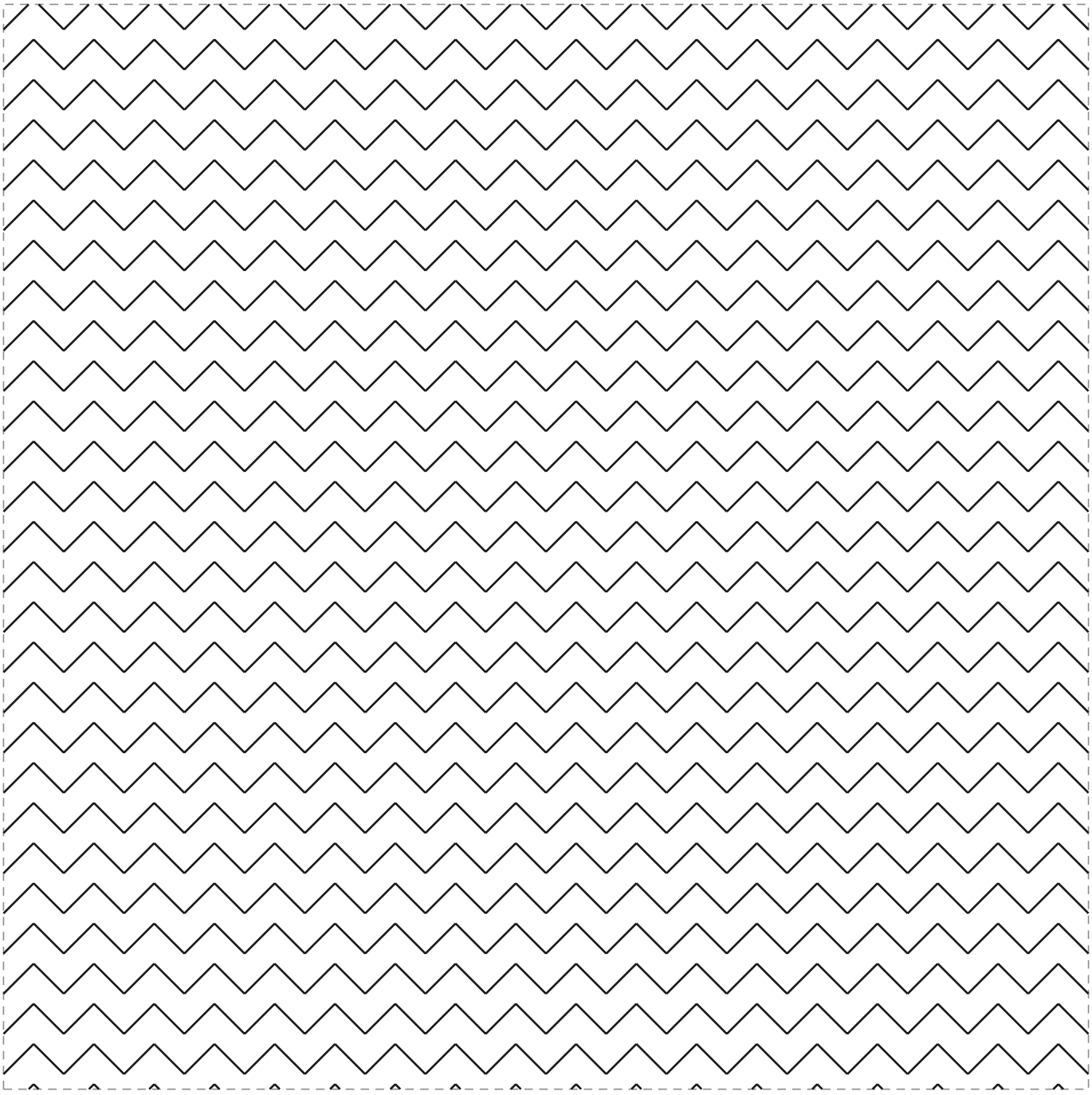
Yamagata (Mountains) - Sashiko Template

Beginner - zigzag pitch 10 mm - panel 18 x 18 cm - A4



<- must measure exactly 5 cm. Print at "Actual size" / 100%, not "Fit to page".

Stitches about 3 mm with 1.5 mm gaps; leave every crossing point open.

About 972 stitches; thread about 8 m (estimate, front + back + 15%).

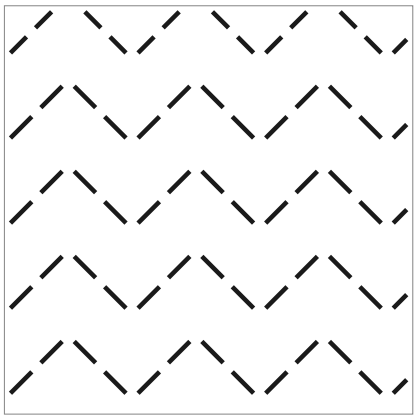
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Yamagata (Mountains) - How to Stitch

Stitching order (diagrams not to scale: trace from page 1) - 10 mm template - A4

Stitching order

1. Trace the template onto the fabric with a light box or a sunny window. On dark fabric such as indigo, use white dressmaker's carbon paper instead.



2. Stitch each zigzag row from left to right, top row first.

Black: the stitches for this step. Grey: stitches already done. Thin grey: lines still to stitch.
3. Keep every crossing point open: stop short of where lines meet and start again just past it.

What you need

- Fabric: a 25 cm (10 in) square of medium-weight cotton or linen with a soft, even weave. That is the 18 cm panel plus room to hold it.
- Thread: about 8 m of sashiko thread for this template, used as a single strand (check the length on your skein). Perle cotton no. 8 works too.
- Needle: a sashiko needle (long, with a large eye), or a long darning needle.
- Marker: a water-soluble fabric pen or a chalk pencil for tracing. Test it on a scrap first.
- Optional: a thimble. Sashiko is usually stitched in the hand, without a hoop, so the needle can take several stitches at once.

<- must measure exactly 5 cm. Print at "Actual size" / 100%, not "Fit to page".

Time: about 1.5-3 hours for this template (our estimate at 5-10 stitches a minute).

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