Japanese Sashiko by Hand and by Machine
Full Day Workshop with Allison Wilbur
Wednesday, September 4, 2019
Supply List

Welcome to the sashiko class! In this class I will be teaching you how to do sashiko by hand and by machine. We will start with the hand sashiko so you can get a feel for the look you are trying to mimic on the machine. Most domestic sewing machines handle the sashiko stitching very well. Of all the classes I have taught, only Pfaff machines have sometimes had tension problems with the 12 weight thread. A walking foot is an important element in getting a high quality stitch so please make sure you have a walking foot and know how to install and use it. You can either purchase a kit from me at the time of the workshop or bring your own supplies.

The kit includes:

- sashiko needle
- 6 x 8 inch rectangle of indigo colored cotton fabric
- Sashiko thread - white
- 1/2 yard fusible Pellon SF 101 fusible cotton interfacing
- 18 inch square of indigo colored cotton fabric
- spool of 12 weight cotton thread - blue
- spool of 12 weight cotton thread - white

Other supplies not included in kit but needed for class:

- Sewing machine in good working order (remember your power cord and foot)
- Sewing Machine Manual (Very important for troubleshooting!)
- Walking Foot
- Free Motion Foot (sometimes called darning or hopping foot)
- Knee Lift (If your machine comes with one - a nice but not necessary feature)
- Flat plastic extension table (if you have one - it gives a nice work surface)
- scissors
- White chalk pencil (I recommend SewLine mechanical pencils)
- small crochet hook (No 1)
- 2 colors fine line sharpie pens
- painters tape
- several empty bobbins
- Clover white iron off marker (available for purchase from teacher)
- seam ripper
- Topstitch needles