



Japanese Sashiko Quilting

Sashiko Snowflake Gift Bag - 3 hour make

Spend a relaxing evening making this plastic free gift bag, which you can use each Xmas filled with sweets and treats under the Xmas tree. Why not make one for each family member, with their name embroidered on the back, and create a new, meaningful & sustainable Xmas tradition in your family?

You can make your bags out of old clothes that would otherwise go to landfill - men's shirts are a great source of fabric!

What you'll need:

For the bag:

1. **A3 size piece of medium weight blue cotton fabric**
2. **A3 size piece of light or medium weight lining fabric, blue or white**
3. **Cotton sewing thread - remember, polyester thread is made of plastic and is not biodegradable**
4. **120cm hemp cord for the ties. Ribbon and pyjama cord are generally made of polyester, which is a plastic and not biodegradable.**
5. **Sewing machine, dressmaking scissors, pins**

For the Sashiko Snowflake Design:

1. **White cotton Sashiko thread, you can also use cotton perle #5**
2. **Sashiko needle, or large eyed darning needle**
3. **Transfer paper (chaco paper, or dressmakers carbon paper) & tracing wheel**

Getting Started

1. Print off the pattern, it will fit onto an A4 sheet. Cut out the pattern, cutting on the "cut here" lines.
2. Pin your pattern to your fabric, and cut out.
3. Trace the Snowflake design onto your fabric - insert the carbon paper under the pattern and trace off using the tracing wheel.
4. Cut out your lining fabric - pin the pattern to the lining fabric and cut out.



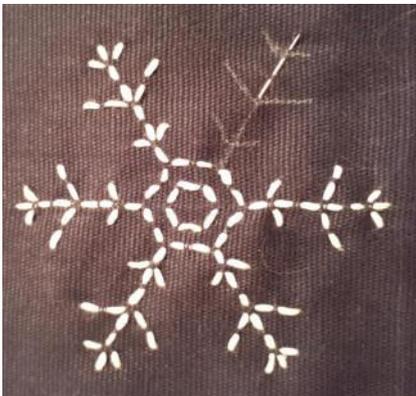
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Sashiko Snowflake Gift Bag

Sashiko Quilting is a traditional Quilting technique, using simple running stitches (in and out stitch) to create elegant geometric designs. It's usually stitched with white thread on a navy blue background. Sashiko thread is strong thread, with a long staple. You can buy it online, or replace it with cotton perle #5.

Stitching the Snowflake:

1.



2.



Start with the arms of the Snowflake. Start at the top end and stitch towards the centre of the snowflake. Leave a small gap at each intersecting line.

Stitch the small branch nearest the centre, 1 stitch each side. Leave the thread slightly loose on the back so that it doesn't pucker.

3.



Jump up to the next arm and stitch 2 stitches each side. Leave the thread slightly loose on the back so that it doesn't pucker. Stitch all 6 arms the same

4.



Stitch the 2 hexagons in the middle. 2 Stitches on each side on the larger hexagon, 1 stitch each side on the smaller one. Here's the back of the work - you can see the loose loops of thread.



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Sashiko Snowflake Gift Bag - Making up the bag:



With Right Sides together stitch one outside panel to one lining piece across the top. Repeat with the other panel.

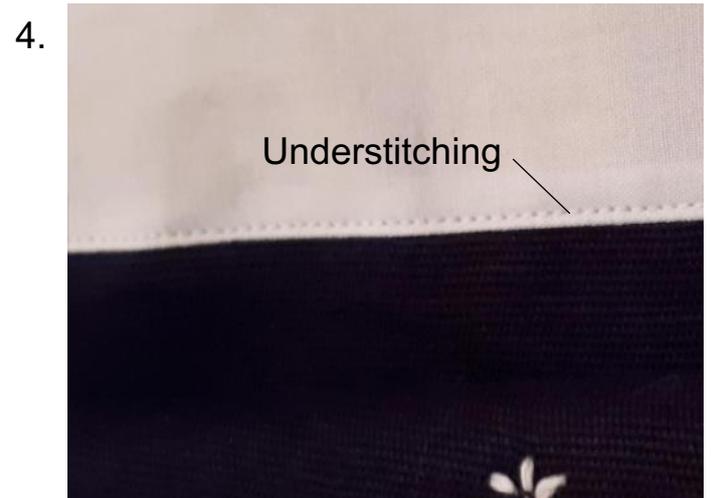


Press the seam allowance towards the lining and **understitch** the seam allowance to the lining to stop the lining rolling forward and showing on the finished bag.



Understitch, means sewing the lining to the seam allowance. Set your needle position to the left, and line up the notch in the foot with the seam. Stitch.

Don't look at the needle!



Press the lining to the inside. The understitching will keep the lining from rolling over onto the right side of the bag.



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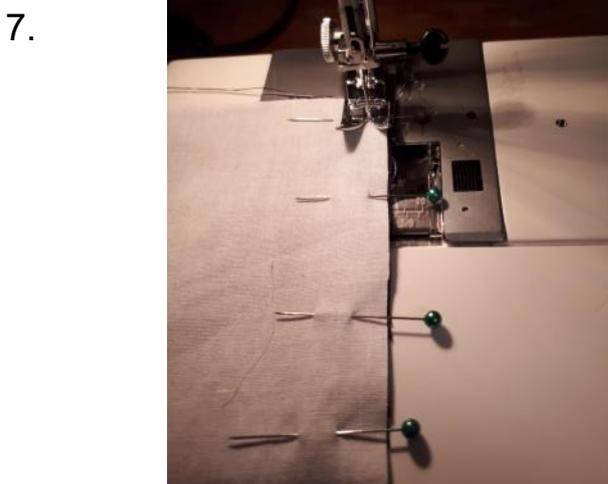
Sashiko Snowflake Gift Bag - Making up the bag:



With Right Sides together ie with the top edge seams on the outside, pin your two panels together. The two lining pieces will be together, and the two outer pieces will be together.



- Make sure you mark the channel for the cord on the main fabric (blue)
- Mark a 3" gap in the bottom of the lining, for turning through.



If you feel confident, you can sew over your pins if they are placed at 90 degrees to the edge of the fabric. Otherwise, tack the pieces together with running stitch & ordinary sewing thread



Using a $\frac{1}{4}$ " seam allowance, sew carefully all around the edge, leaving the 3" gap at the bottom of the lining, and a gap between the channels on the main fabric. Press the seam open.

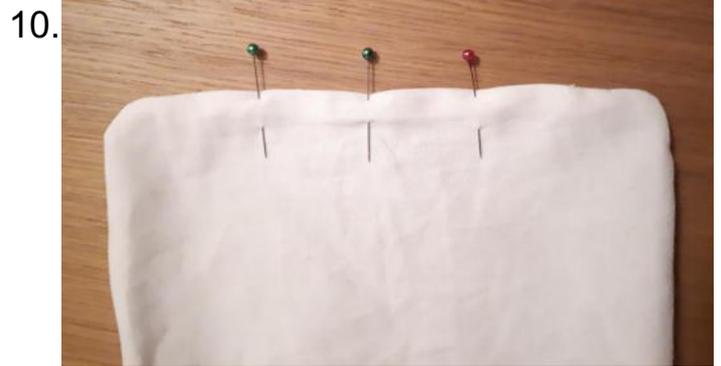


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Sashiko Snowflake Gift Bag - Making up the bag:



Trim the seam allowance around the curves by half. Turn the bag right side out.



Press under the seam allowance in the gap in the lining. Pin and top stitch the lining shut. Push the bag lining down into the bag and press the top edge.



You can see how the understitching rolls the fabric slightly onto the inside of the bag, which means the lining doesn't show on the outside.



Mark two lines across the bag joining up with the gaps left for the drawstring. Pin lining to bag front along this channel and tack.



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Sashiko Snowflake Gift Bag - Making up the bag:

13.



Remove the sewing table from your machine. Place the bag around the sewing arm, and carefully sew along each line marking the channel for the drawstring.

14.



Cut 2 x 60cm (50cm will do too) lengths of cord.

15.



Using a safety pin, and starting from the left, thread one piece of cord through the channel, all the way around & coming out on the left. Knot together.

16.



Knot together.



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Sashiko Snowflake Gift Bag - Making up the bag:

17.



Repeat with the other thread, starting on the right, feed it through the channel, all the way around & coming out on the right. Knot together.

18.



Any left over cord can be used as a cat toy!

19. Finished! Fill with gifts, such as sweets or bath time treats, and place under the Xmas tree!



Cut Here

← stitch here →

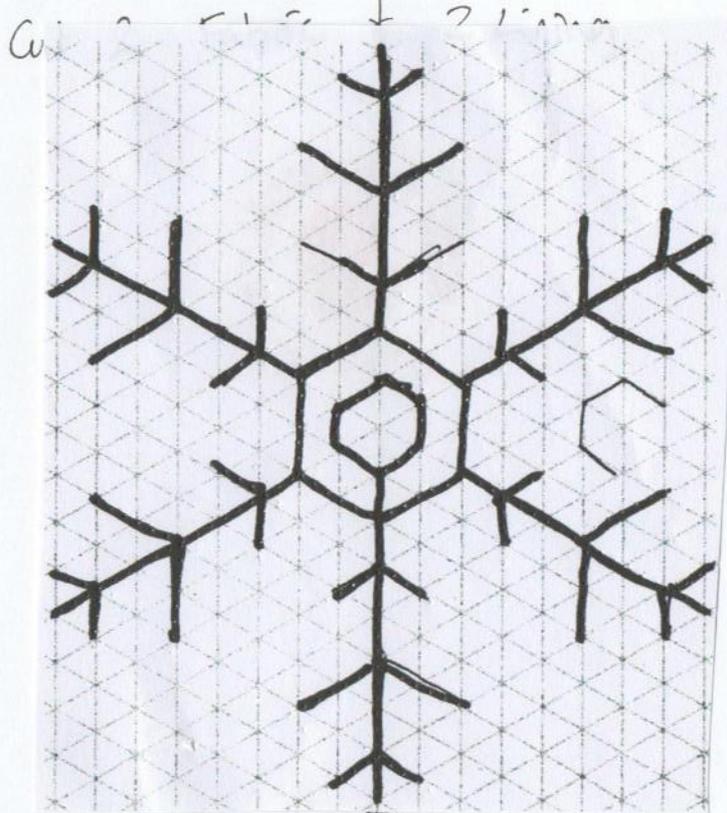
← stitch here →

Cut 2 fabric
Cut 2 Lining



Sashiko Bag Pattern

1/4" Seam Allowance



← Cut here

Cut here

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