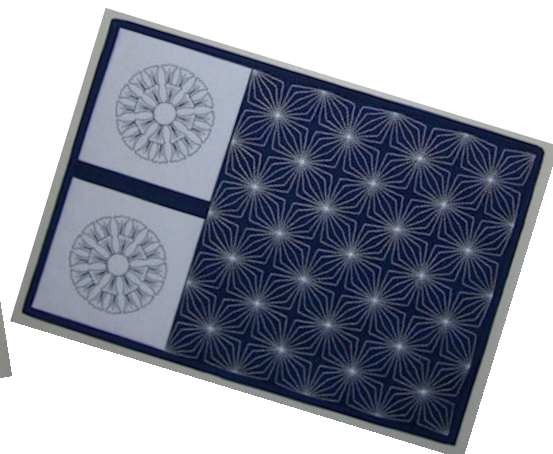


Sashiko Table runner & Placemats

~~~ Made using designs from Sashiko Blocks & Sashiko 2 & 3 ~~~



**Finished Table runner size**

44 x 86cm (17 x 33")

**Finished Placemat size**

30 x 46cm (12 x 18")

### ~~~ Table runner Requirements ~~~

**Fabric** - 100% cotton fabric, all pre-washed - 112cm wide

Navy - 1mtr

White - 40cm

This is an approx amount, it will depend on the width of your fabric and how much you need for hooping.

**Batting** - Many types can be used, I like to use double sided iron-on Pellon. You can use a insul-brite which helps protect your table as this is heat resistant. Enough to cut a piece 18 x 35"

**Stabilizer** - I used a medium weight iron-on interfacing on my fabric before stitching the designs. This way you don't have to remove any stabilizer and take a chance of breaking the stitches.

### ~~~ Embroidery ~~~

2 Sashiko Block designs on navy fabric

2 Sashiko designs 10x10cm (4x4") on white fabric

6 Sashiko Border - Free on white fabric

~~~ Cutting ~~~

(Remember to center the designs when cutting)

Cut the 2 Sashiko Block designs to 12 1/4" square

Cut the 4x4 Sashiko designs to 6 x 6" square

Cut the Sashiko Border – Free strips to 3 x 12 1/4"

Cut from navy fabric

4 squares – 3 x 3" (Corners)

2 strips – 3 x 6" (Strip between border top and bottom)

1 strip – 1 1/4 x 6" (Strip between white squares)

3 strips 2 1/2" wide the width of your fabric (Binding)

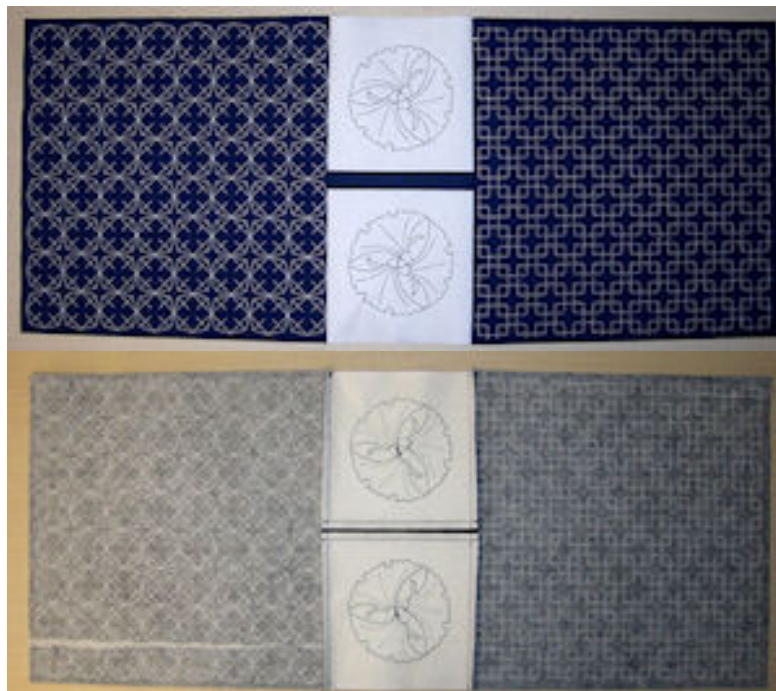
1 piece 18 x 35" (Backing)

~~~ Instructions ~~~

*1/4" seams allowance is used.*



1. Join the 2 Sashiko designs together with the 1 1/4 x 6" navy strip.  
Iron with the seams towards the navy fabric.



2. Join the Sashiko Blocks to either side of the completed center.  
Iron seams towards the navy fabric.



3. Join the border designs to either end.  
Iron seams towards the navy fabric.



4. Join a 3" square on the left side of the border block, then join the 3 x 6" piece to the other end.



5. Join a 3" square on the right side of another border block.



6. Join both pieces together as shown. Repeat  
Iron seams towards the navy fabric.



7. Join a strip to the top and bottom as shown above. Making sure all seams match.  
8. Place the completed panel over the top of your batting and backing fabric.  
Pin and quilt if desired. Trim any excess batting and backing fabric.  
Join the 3 binding strips of fabric and bind.

### ~~~ Placemat Requirements ~~~

The requirements are for making 1 placemat.

Fabric - 100% cotton fabric, all pre-washed - 112cm wide

Navy - 50cm

White - 15cm

This is an approx amount, it will depend on the width of your fabric and how much you need for hooping.

Batting - Many types can be used, I like to use double sided iron-on Pellon. You can use a insul-brite which helps protect your table as this is heat resistant. Enough to cut a piece 14 x 18"

Stabilizer - I used a medium weight iron-on interfacing on my fabric before stitching the designs. This way you don't have to remove any stabilizer and take a chance of breaking the stitches.

### ~~~ Embroidery ~~~

1 Sashiko Block designs on navy fabric

2 Sashiko designs 10x10cm (4x4") on white fabric

### ~~~ Cutting ~~~

(Remember to center the designs when cutting)

Cut the 1 Sashiko Block design to 12 1/4" square

Cut the 4x4 Sashiko designs to 6 x 6" square

### Cut from navy fabric

1 strip - 1 1/4 x 6" (Strip between white squares)

3 strips 2 1/2" wide the width of your fabric (Binding)

1 piece 14 x 18" (Backing)

### ~~~ Instructions ~~~

Follow steps 1 - 2 omitting the 2<sup>nd</sup> Sashiko Block.

Follow steps 8 - 9

Hope you have enjoyed making your table runner and placemats

If you have any problems, please do not hesitate to contact me

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