

### Read before starting:

Check the content. Enough thread are included as long as you stitch following the instruction.

The stitching lines printed on the right side of the fabric are washable. After finishing all stitches, wash out the lines following the "Washing instruction".

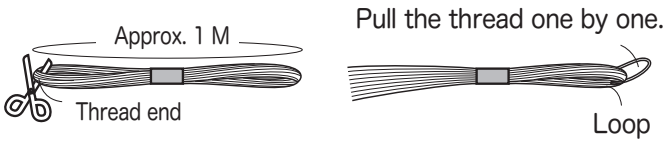
### This kit includes;

- ◆ Half finished bag / Olympus #4500 fabric, Cotton 100%, Navy
- ◆ Olympus Sashiko thread / Thin (Cotton 100%) White 3 skeins / Kit198, 2 Skeins / Kit199
- ◆ Olympus sashiko needle and thimble

### How to handle the thread

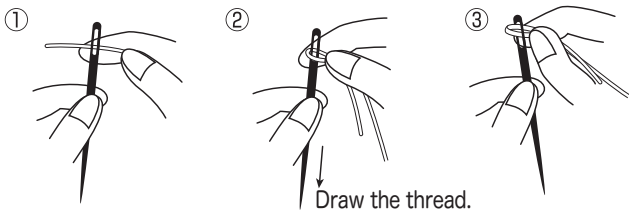
Look for the extra loop of thread tied around the skein. Cut through all the thread at the knot to make 1-meter threads.

Pull individual threads from the skein as needed.



### How to thread a needle

Make a loop at the thread tail, putting it around the needle. Hold the thread firmly and put the loop into the needle eye.

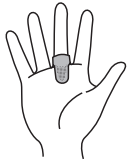


① Make a loop at the thread end.

② Hold the thread with your thumb and the index finger firmly and draw the needle.

③ Put the loop into the needle eye.

### How to use a thimble



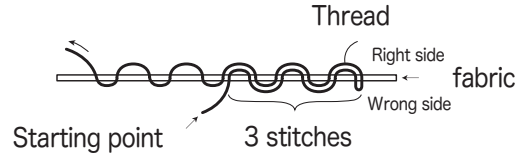
① Put it on your mid finger.



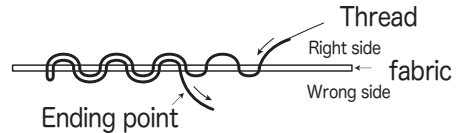
② Put the needle head in the hole on the thimble to settle the needle position.

### How to stitch

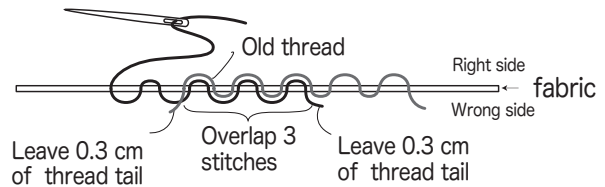
To begin stitching; insert the needle, from the wrong of the fabric, 3 stitches ahead of the starting point. Make 3 small stitches back to the starting point. Begin the regular stitches by covering the small stitches.



To end stitching; at the ending point, bring the needle to the wrong side of the fabric, make 3 stitches backward, being carefull not to go over the regular stitches.

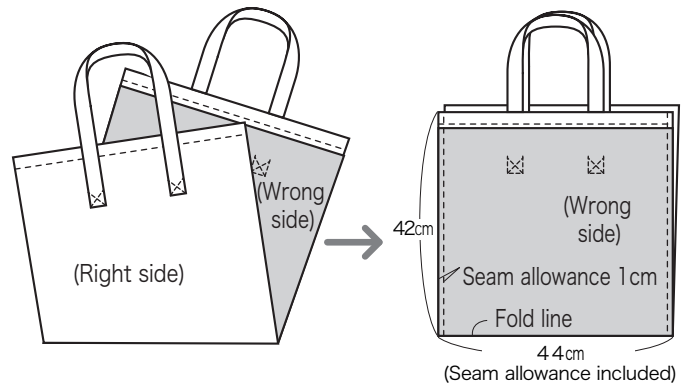


To change the thread; when changing the thread in the middle of stitching, use the methods to begin and end stitching, as shown in the below picture.



### How to finish

Put the right right side together and stitc the side seam.



### ( Washing instruction )

Hand wash in the warm water using mild detergent.

Do not use bleach. Rinse thoroughly. Dry in shade.

In order not to push down the stitches, fold a bath towel in half and place on the ironing board. Place the finished item and press on the back with iron set at low.