

# Using Janome's Sashiko-Style Stitches

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If your Janome machine has the hand-stitch style design capability, you can create the look of Sashiko-style stitches for a unique and creative touch to many sewing projects! Sashiko is a type of Japanese embroidery stitching used for decorative and/or functional reinforcement of fabric and clothing. Sashiko-style stitching replicates the look of big-stitch quilting or straight stitch embellishments by hand and is popular in quilting, crafting, and fashion right now.

There are many Janome sewing machine models with this type of stitch capability. However, I am using the Continental M7 for photos and to demonstrate how to set up your machine to achieve Sashiko-style stitches. I'm excited for you to try it; I think you will enjoy the world of creativity it opens for you to add hand-stitch design stitches to your sewing projects!



**Time:** Varies depending on the project you are embellishing.

**Skill Level:** Beginner/Intermediate.

## Janome Supplies Required:

- Janome sewing machine with a hand-stitch design capability (the Continental M7 is used in this tutorial)
- Optional: use the blue diamond or blue dot bobbin casing (depending on your model). This low-tension bobbin casing can be purchased for your specific machine model  
- *Kimberly's Top Tip: Using this blue dot/diamond bobbin casing is necessary to achieve the prettiest stitches!*
- Decorative Stitch needle plate (typically the one set on the machine)
- F2 Presser Foot (Clear Open Toe Satin Stitch Foot)
- Empty Janome-brand bobbins
- Red-Tip Janome Needle

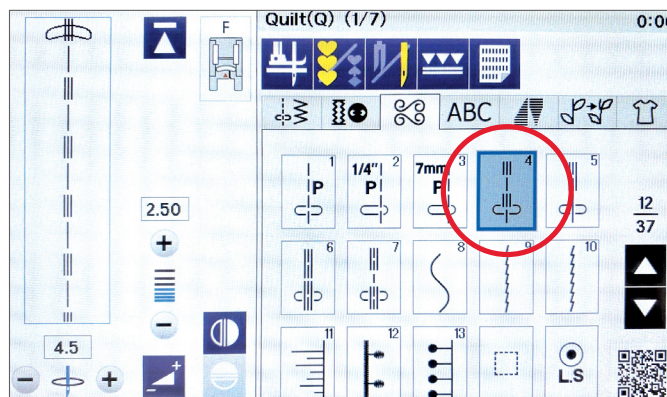
## Fabric and Notions Required:

- The fabric or project you would like to embellish  
- traditional Japanese Sashiko stitching combines indigo fabric with white stitching. Use what works best for your project!
- 60 weight thread in a contrasting color to your fabric, wound on your bobbin

- **Monofilament (invisible) thread**  
- *Kimberly's Top Tip: You can use 100wt. thread in the needle that matches the background fabric in place of monofilament thread.*
- Basic sewing notions and supplies
- Optional: lightweight to mediumweight stabilizer or spray starch

## Setting Up Your Machine

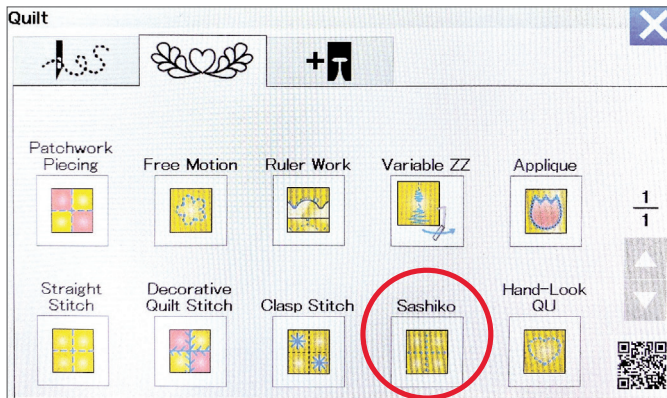
- Be sure your decorative stitch needle plate is installed, this is typically the plate that is set on the machine at purchase.
- I recommend using the F2 Presser Foot (Clear Open Toe Satin Stitch Foot)
- Find a stitch in your stitch menu that looks like stitch #4, as shown by the blue highlight.



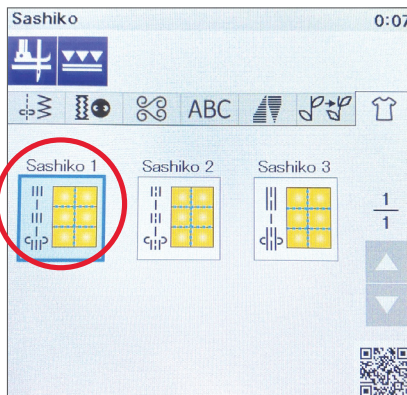
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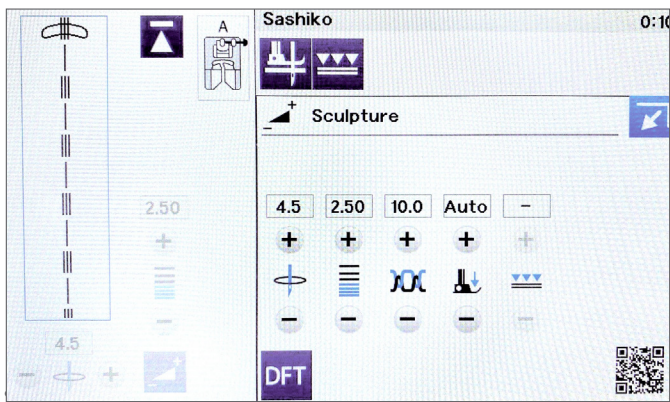
- Or, on the Continental M7, touch the Sewing Applications button (icon that looks like a t-shirt), and then highlight the Quilting Stitches section, as seen below. Select the Sashiko stitch grouping.



- And then select the Sashiko 1 icon.



- Increase the upper thread tension on your machine to the highest setting, shown below, so the needle will pull the bobbin thread up to the top of the fabric.



- Always use stabilizer underneath your fabric or stitch through several layers of fabric.
  - *Kimberly's Top Tip: Adding starch to lightweight fabrics prior to stitching helps produce pretty, even stitches.*
- Don't be afraid to adjust the stitch length to suit your needs.
  - *Kimberly's Top Tip: My personal favorite stitch length setting is for a 5.0 stitch length. This mimics the look of hand sewn Sashiko stitches beautifully!*

**Have fun adding these decorative Sashiko-style stitches to all your projects!**

