

“Sashiko Embroidered Men’s Shirt”



Change a seemingly plain shirt into a shirt with pizzazz using Sashiko Embroidery designs from Designer’s Gallery Interactive Embroidery. This free project will showcase the wonderful Japanese art of Sashiko embroidery.

Skill Level: Easy

Created by: Diane Kron, Software and Embroidery Project Manager

Supplies:

Baby Lock® sewing and embroidery machine

Sashiko Embroidery Interactive Embroidery from Designer's Gallery®

1 Purchased shirt or a shirt from your closet


Baby Lock® Dissolve-Away Mesh Self-Adhesive stabilizer

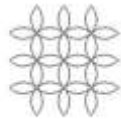
Sewing and embroidery thread


Instructions

At the Computer:

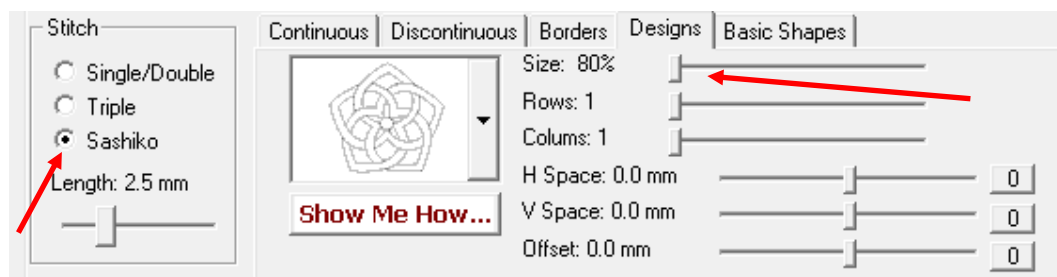



1. Open the program by clicking on the Interactive  icon on the desktop.
2. On the left side of the screen, the individual programs are listed. To select the program, slide the Scroll bar downward and left click on



Sashiko.  If you have more than one program installed, the programs will be listed in alphabetic order.

3. Click on the Designs tab and adjust the settings according to the following steps:
 - Under Stitch, select Sashiko.
 - Set the Size at 80%.
 - Set the Rows to 1.
 - Set the Columns to 1.



4. Click on the Print  icon to print out 4 copies of the actual size of the design.
5. Click on Save and save as a .pes file to the media device that your embroidery machine will read.

At the Embroidery Machine:

1. Hoop the stabilizer. Remove the top layer from the stabilizer by poking the stabilizer with a stick pin, then carefully lift the layer and tear away from the hoop.
2. Pin the template designs down the left side of the shirt front with even spacing between the designs.
3. Place the shirt on the hoop, centering the template in the hoop using the cross marks on the template with the marks on the sides of the hoop. Finger press the shirt smooth. Note: You may need to remove the pinned templates so that they do not interfere during embroidery.
4. With the embroidery machine on, retrieve the design.
5. Move the needle so that it lines up over the center cross marks on the template. The design will be centered.
6. Remove the template from the shirt.
7. Embroider the design using the thread color of your choice.
8. Repeat “At the Embroidery Machine” Steps 1-7 until all of the designs are embroidered.
9. Cut away the stabilizer close to the embroidery designs. The remaining stabilizer can be removed by gently washing it away in the washing machine.



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