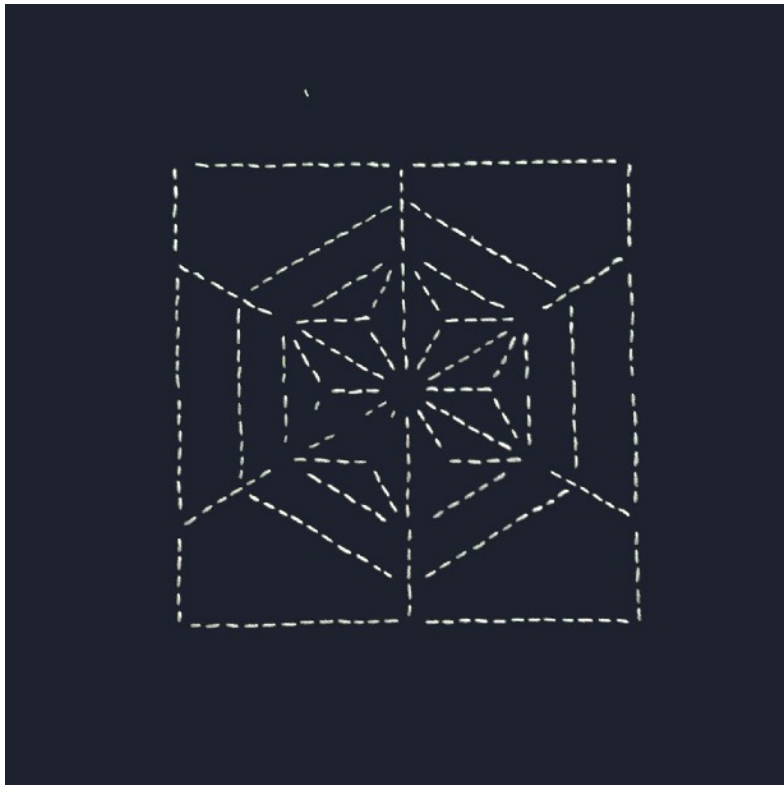


## March Block — Sashiko



You will get an 8 1/2 inch block with a stenciled design.  
Use white Sashiko thread, or two strands of white embroidery floss.  
Use a long, sharp needle. A crewel needle will work.

Make a single knot. Stitch with nice fat running stitches. Traditionally, they are the size of short grain rice. The gaps between stitches should be about half the length of the stitches.

When turning a corner, make the last stitch right into the corner to define the pattern sharply. Leave a little loop on the back for ease.

Where pattern lines cross, leave a slightly larger gap so that stitches do not cross.  
Where pattern lines meet, space the stitches so that they don't touch.

When finished, press your square lightly from the back.