



## Inspiring Techniques with the Baby Lock Sashiko With Chris Tryon



### Inspiring Techniques with the Baby Lock Sashiko

Join Chris as she takes you on a creative journey with the Sashiko! Chris uses pillows as small canvases to try out new techniques with one of her favorite machines. You will be both inspired and amazed with the possibilities she presents!

#### **Skill Level: Intermediate**

Created by Chris Tryon, Creative Director for Baby Lock

#### **Class Notes**

Marking tools

- Chalkoliner
- Frixion Pens
  - Black
  - orange
  - hot pink
  - make sure that the mark will come out
- Threads – prefer cotton 28 weight Aurifil and Wonderfil. The lower the number the thicker the thread
- Use a longer stitch length with a thicker thread. Between a 4-5
- Spacing – like to use a little more spacing, anywhere between 4 and 5 also



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- Cut fabric about 1” bigger all around
- ½” tucks for pillows is preferred
- Mark fabric with 3 lines for each tuck; center for the fold and the line on either side is the stitching line
- Folding up the first tuck
- Ready to stitch
- Start in on your fabric a bit from the edge
- Stitch down the first tuck
- Slow down especially with the thicker threads
- Repeat for second tuck

### Zipper

- Stitched center seam between fabrics using a 4mm stitch length and press open
- Apply wonder tape on top of zipper sides
- Remove paper layer off of the top
- Position the zipper coil with the seam so that it is all lined up with zipper in the center
- Open up zipper by releasing the zipper from the fabric
- This moves zipper pull out of the way
- Stitch down the side of the zipper using the edge of the foot as a guide placing it right on the seam
- Close zipper back up
- Stick the side back down
- To stitch the other side, remove the center stitching and start again the second side of stitching at the top of the zipper and again using the edge of the presser foot as a guide

### Bias strip application (reference YouTube video of cutting bias strip)

- Quick technique to add dimension to your fabric – nice mix of old and new look
- Cut ½” wide strips of silk
- Mark fabric where you want to stitch the strips
- Starch or use knit-fuse to add body to your fabric
- Beginning with first strip, place fabric under the presser foot
- Anchor with a couple of stitches to begin with on fabric background
- Lower needle
- Place bias strip under foot
- Foot and strip should be the same width
- Don’t pull on your fabric
- Center and stitch it down the entire length of the strip
- Stop before the end of the fabric
- Raise the needle and remove fabric , securing thread
- Stitch the second strip the same way
- Talked about sample with cotton velveteen

### Double Fold Bias Binder

- Strip of fabric which covers raw edge



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- Difference between single- and double-fold bias binder
- Showing the stitched samples
- Explanation of the difference between the feet
- Adjustment needed to get the bias binders to work of the Sashiko
- Working with double fold – cut 1 ½” wide – 36 mm
  - Different fabrics will need to be cut to fit – sometimes a variance of 1/8”
- Feed through and pull out with tweezers as needed
- Place on machine with the 2 screw holes
- Test stitching to get perfect alignment for sewing
- Keep fabric butted up against the attachment
- Hold bias strip straight out to the side to assist in perfect application

#### Single Fold Bias Binder

- Explanation of the screws and when and how to adjust
- Feeding fabric and conversation about using tweezers to help feed
- Talk about backing out the screws and making a slight adjustment left to right as needed to get the fabric to roll well.

#### Belt Loop Binder

- Showing sample of the bias binder
- Cut bias 1 5/8” wide
- Starch will help but can cause fabric to shrink
- Feeding fabric through prior to putting on the machine
- Stitching the fabric down on one side
- Reintroduce the fabric to the attachment and place it in the holder so that the other side gets lined up to be stitched

#### **Class suggestions to help you get the most out of your machine:**

- Zip it up! with Pam Damour
- Sewing Trims 1 & 2 with Pam Damour
- Piping – Fundamentals and Beyond with Chris Tryon
- Elegant Pleated Ruffle Pillow
- The Tangled Lattice Pieced Pillow
- Accessory Feet – Heirloom Sewing Feet
- Accessory Feet – Specialty Sewing Feet 1 & 2

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