Journal cover in sashiko waves

6 inch (15 cm) hoop, 3.1 × 4 in (7.9 × 10.2 cm)



Colors by number: page 2.
Fabric: indigo cotton or linen.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of indigo cotton or linen.

Embroidery needles, size 9, and size 5 for 4 strands.

5 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A white pencil, and small scissors.

Onto the fabric

Fabric that lets light through: page 3 on a bright light, the fabric over it; trace with a white pencil.

Other fabric: print page 3 on a sticky wash-away sheet, stick it on, stitch through it and rinse it away.

Or white or yellow carbon paper, colored side down, page 3 on top; trace with a ballpoint and go over a faint line with a white pencil.

Then hoop it, inner ring under, tight as a drum.

How to read it

Floss has six strands: cut 18 inches (45 cm), pull out the number named one at a time, and lay them together.

Start a filling with tiny stitches, a line with a small knot; end under stitches on the back.

Every stitch in pictures: flossfield.com/embroidery/stitches.

New to this: flossfield.com/embroidery/guides/how-to-start.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Stem stitch**, 2 strands, color 3
   Legs

2. **Satin stitch**
   2 strands, colors 1, 2, 3, 4
   Far wing, wing tips, small wing feathers, wing bones, neck, throat, head, bill, crown, body, tail plumes, near wing



3. **Running stitch**, colors 1, 2, 3, 4
   3 strands: waves
   4 strands: sun

4. **Whipped back stitch**
   3 strands, color 4
   Binding

5. **Back stitch**, colors 1, 3, 4
   2 strands: inner frame
   3 strands: lacing
   4 strands: cover edge

6. **French knot**
   1 strand, two wraps, color 5
   Eye



Take out lines that still show, press face down, finish the hoop.

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A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



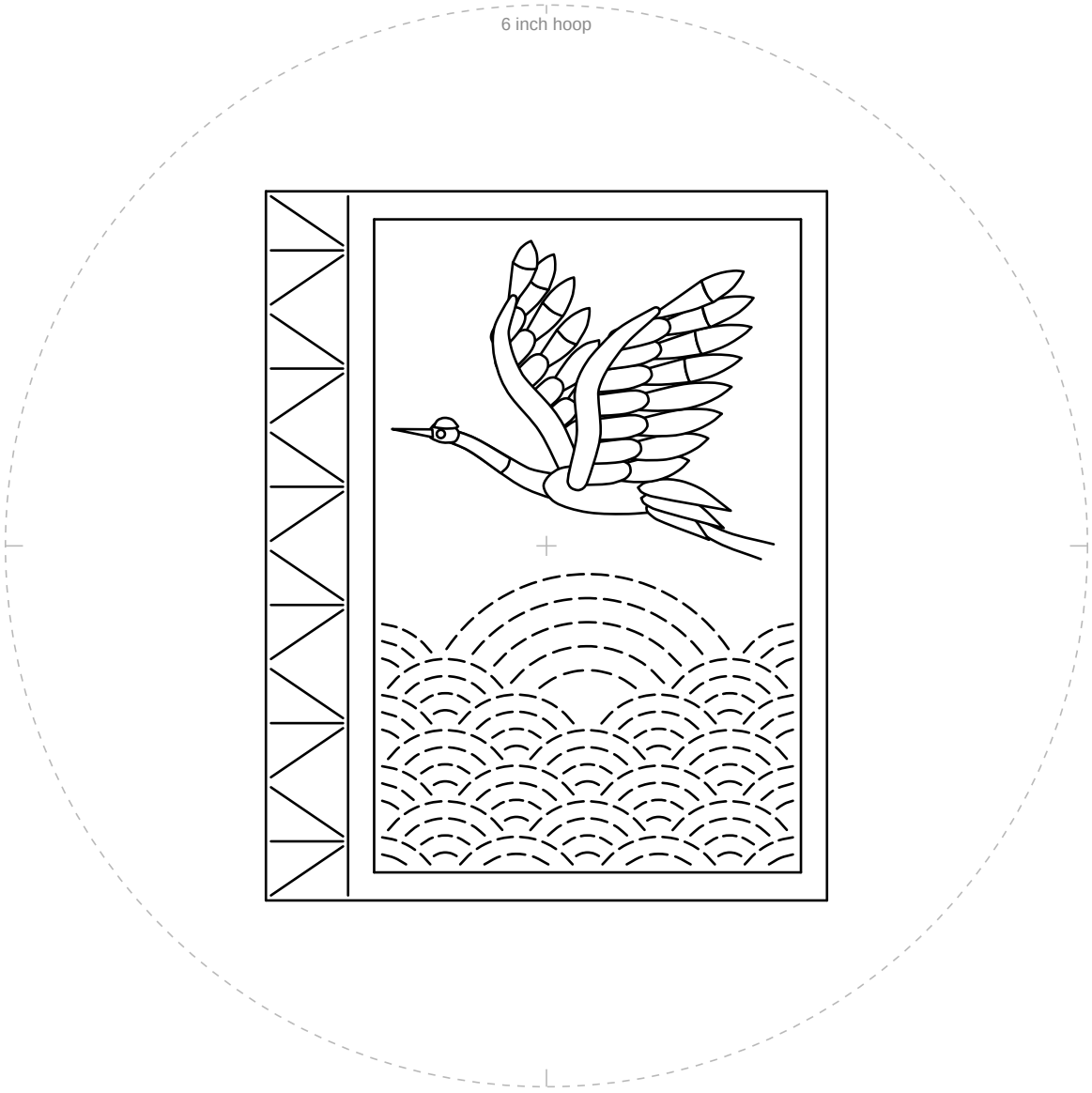
1 DMC 3865 Winter White
2 DMC 3325 Light Baby Blue
3 DMC 334 Medium Baby Blue
4 DMC 349 Dark Coral
5 DMC 939 Very Dark Navy Blue

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6 inch hoop

Print at 100% and measure the square. Trace the black lines only. The gray ring is the hoop: fold the fabric in four and lay the folds on its ticks.
On the drawing a ring is one French knot: mark a dot; a dashed line is running stitch.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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