Sashiko Stitched Monograms with CBTV Live

Chapter 1 - Chapter 1
Sashiko
(upbeat music) (upbeat music continues) (upbeat music continues) - Hi, everybody, it's Faith from Creativebug coming at you live like we do every Tuesday and Thursday. And I have a special guest, Lisa Solomon. - Hello. - And we just finished filming her sashiko class. We've had a lot of fun. Did you have fun? - I did. A little pressure, but it was fine. - It was very exciting for me. - Oh, good. - 'Cause I've always wanted to learn it. We did sashiko stitching and also mending. - We did. - [Faith] But now, we're doing a special technique for our live viewers. - [Lisa] We're doing a technique that's not in the class. - That's not in the class. - Ha, ha. - Tell 'em about it. - (laughs) We're gonna do a monogram with sashiko stitching on the inside. - And you've already set up yours, but you're gonna walk me through setting up mine. - I've set up mine, so you don't have to watch us set up too 'cause that would be really boring. - [Faith] We just have a plain fabric. - [Lisa] Yep. - [Faith] Yours is linen, mine is cotton. - [Lisa] Okay, great. - [Faith] And- - [Lisa] You have a ruler and a marking pen. Quilt pen, water erasable. Spray the water, disappears. I had to use chalk on mine. So this is a quilter's pencil, so it won't erase with water, sadly. But it will erase in the wash, so we're all good. So let's have you measure out your fabric and fold it in half, so you know where the center of it is. - [Faith] Okay. And do I need to make a mark? - [Lisa] Yeah, just push it down. Kinda, yeah, there you go. And fold it the other way too. - Okay. - So you have true center. - [Faith] Okay. - [Lisa] Okay, what initial are you gonna do? - [Faith] I'm gonna do the letter T for my nephew, Theo. - [Lisa] Oh, cute. - [Faith] 'Cause he's the best. - [Lisa] Or you could put it on, like how old is he? - [Faith] He's 2-1/2. - Okay, too old for a bib. But you could put it on like a T-shirt or something. - Oh, sure. - Okay, all right. So just think about how big, I think I did mine like an inch. But you could do it bigger or you could do it smaller. Totally up to you. Think about like where you, how high up you want the T to be and how far down past the middle you want it to be. And then, go ahead and use your ruler. Like do you wanna do an inch wide? - Yeah. - Do you wanna do, okay. So if you wanna do an inch, you want the ruler to be on the half inch mark. - Okay. - Okay. And then, about how tall do you think you want it to be? - [Faith] Well, if it's an inch wide, maybe three inches tall? - [Lisa] Three inches tall total? - [Faith] Yeah. - [Lisa] Okay, so let's do one, two. And then, this is where we'll have the T be. - Yeah. - Okay, and then, so let's just mark this way. Okay, and then let's go this way, so we have an inch. And we'll go like this, right? - [Faith] Uh-hmm. - [Lisa] Okay, and then you wanna get the bottom. - Okay. - And then, I'll let you do the top part. - [Faith] And you did an L. - I did an L. - What's L for? - [Lisa] Me. (Faith chuckling) Loser, it's for loser. (chuckles) - Hey, that's not true. (both chuckling) Okay, I'm finishing off my T. - [Lisa] It's for live, 'cause we're live. (chuckles) - It's for live. Oh, that's a good point. We are live. So if you have any questions, please feel free to write in. - Do it, do it. - Lisa's done a bunch of other classes with us. If you've taken a past class with Lisa, you are welcome to ask questions on those as well. - Uh-oh, you're gonna test my expertise. (chuckles) - So I'm almost done with my T. - [Lisa] Awesome. - [Faith] It's taking a second. And then, I see you already have lines on yours. - [Lisa] Yes, so I set mine up with this diagonal pattern 'cause I'm gonna make little Xs, and I'm not gonna do an outline stitch, so it'll just be like the Xs will make up the letter. How embroidery familiar are you? - [Faith] I'm a baby at embroidery. - Okay, so sashiko is the perfect stitch 'cause it's running. It's really easy. - Okay. - And we're gonna push the needle through the thread, and you're gonna pull it through, so it's gonna go pretty fast. - Okay. - But let's have you outline, and

© CBTV Live and Creativebug Inc., 2026

then maybe, do you wanna do vertical stripes or horizontal stripes? - [Faith] Let's do vertical. - [Lisa] Okay, so then figure out how wide a part you want them. Like a quarter inch might be a good measurement. - Okay. - [Lisa] And then, set yourself up with those stripes, so you have guides to do that. - [Staff] And, Lisa, Mandy was wondering if you could recap the kind of thread that you're using. - Oh, yes. Good question, excellent question. We are using just some crochet thread that was here in the Creativebug stash. There is sashiko thread that you can buy here. I can show you an example. I even have a package. That's still in the package. This is Olympus sashiko thread, which you can buy online in craft stores all over the place. But you can really use any kind of thread that is twisted, not stranded. So you don't want the stuff that you can pull apart because that doesn't work as well. You want something that's gonna stay together and you can use any thickness too. So if you want something like really fine detail, you can use a skinny little thread. If you want something thicker, you can by all means go with a thick thread. I actually was thinking today it might be really fun to even use yarn with this technique. It could look really cool. - Okay. - Okay, you got some stripes. - [Faith] I got my T. - [Lisa] Excellent, it's like Mr. T. - [Faith] (gasps) I haven't started to call him that, but I have to. - I pity the fool. - [Faith] Like why haven't I? - [Lisa] I know. Okay, so let's get you started with a running stitch around the outside. - [Faith] Do I need a knot? - [Lisa] You do. I put a quilter's knot in mine. You can put any kind of knot in. Let's make sure it's not gonna pop through the fabric. - [Faith] Okay, I'll do like a little double knot. - [Lisa] Perfect. You can start anywhere you want. So just pick a corner. Okay, and I'm gonna start on a diagonal. So really, the trick with sashiko is you load up your needle with all the stitches before you pull it through. And you wanna keep them kind of even in size, as even as you can. But I really like it when things are a little bit wonky. I like things to look like they're handmade. So you'll see I have three stitches on the diagonal here, and I'm gonna pull all that thread through. Oops, there we go. - [Faith] And mine is a little bit longer than yours, so do I keep going until I get to that juncture? - [Lisa] Yes, and you wanna get that last stitch. That's great. So that you can start and make a turn. Yeah, and you just go back and forth. So instead of like starting back down here, I'm just gonna start on this corner for mine. And then, yep, you keep going. Speed stitching. - [Faith] And do you always, like so for example, I started stitching going up. And now, I'm stitching going left. Do you turn your work and you're only going in one direction? - [Lisa] Sometimes I do, sometimes I don't. Like this time I did not because it's small and I can hold it in my hand. But if I'm working on something bigger or if I feel like it's uncomfortable, I definitely turn as needed. - [Faith] Okay. - [Lisa] Oh, and I should probably tell you guys we're using sashiko needles, which are a little bit longer than regular needles. You can definitely use a regular needle. You don't need the longer ones, but they make it a little bit easier when you're pushing through lots of fabric. And then, make sure as you're working to take your work and kind of spread it out. Because when you pull hard, it ends up puckering, and you don't want those puckers. - [Staff] So we have a couple people wondering about hoop versus no hoop. - Okay, so sashiko, traditionally no hoop. Because you can't push all the fabric onto the needle if it's taut, right? So in this technique you want to just hold the fabric in your hand. - So we depend on the bunching. - We need the bunching. - We gotta bunch. - [Lisa] It's counterintuitive if you are a traditional embroiderist. Is that even a word? - Sure. - Okay, embroiderist. - Like a barista. - Ooh, like a barista, but an embroider. Huh, how would that work? You order up some embroidery. (chuckles) - [Faith] What was the first sashiko project you made? - [Lisa] Oh my God, I don't remember. I think actually, oh, I just pulled my needle out. I think I just practiced because it takes a while to like feel familiar and get like even stitching. I think I just did lots and lots of scraps. And then, I got a book with lots of patterns, and so then I started working on patterns. - [Faith] What is the most ambitious

© CBTV Live and Creativebug Inc., 2026

sashiko project you've done? - To be perfectly honest, probably the pillow I made for the class. (chuckles) - Really? That was a beautiful pillow. - Yeah. (chuckling) - It was very exciting. And she started an example in the class and I was like, can I please keep going with this? - You can. - And she said, oh, okay, sure. - You should finish it. - But I'm really excited about it. - [Lisa] You should finish it and post it in the gallery. It's like the first. - [Faith] I've seen some really great like denim jackets with it on the back. - Oh. Yeah. - I think of it kinda like a motorcycle gang, but it's like a stitching gang. 'Cause that's the kind of, oh, he's so good. Brian brought this. - [Lisa] There's the pillow. - [Faith] So here it is. And should we show them what's really cool about it? - [Lisa] Sure. - [Faith] So this is one design on a large scale. And it's the same design on this side, but a much smaller scale. - [Lisa] Yeah, I thought it was cute. I like flopping the color around too. So the white on the pink and then the pink on the white. - [Faith] I love it. - [Lisa] Okay, I'm gonna keep working 'cause otherwise it won't finish. - [Faith] Oh wait, we have to show- - [Staff] Thank you for doing that because many people were asking to see examples. - Oh. - That's perfect timing. I have one other question for you from Jen Russo. - Hi, Jen. - [Staff] She wants to know, she says some sashiko needles are curved at the tip. Do you also recommend those and what do I do? - I have not used those curved ones. I've seen them. I don't know if they're easier or harder to use. Personally, I would say give it a try and let me know. I like the straight needles also because when I first started, I didn't buy sashiko needles but I had doll needles. And they were really long, so I just started using those instead. So I can't really answer that question. I'm sorry. - [Faith] I was reluctant to attempt sashiko because I heard reviews that it took a really long time. - [Lisa] No, it's super fast, right? - [Faith] Yeah. - I think it's faster than regular embroidery. - Well, if you're filling in a large area, like that's where I get daunted. - Daunted? - I'm often daunted. - Often, I'm often daunted. - That's my emo band name, Often Daunted. - You need a T-shirt. Ooh, you should go sashiko a T-shirt that says often daunted. - But it's gonna take forever, that's the problem. - No it won't. That's the thing. That's the thing about sashiko. It doesn't really take that long. - [Faith] I trust you. - [Lisa] Look at how far you already are. - You're already almost - I'm almost finished - Around the entire T, right? - With the T. I feel very accomplished. - Yeah. - [Faith] And so once I get to the end, I'm gonna have to ask you about how- - [Lisa] To keep going? - [Faith] Yeah. - [Lisa] No problem. - [Staff] Faith, could you tell our friends about our special two-month offer on Creativebug? - Oh, I love welcoming new people into the family because, obviously, Creativebug is the best and we have so much fun here. And if you've only enjoyed our live shows and haven't participated on our site, get over there. It's creativebug.com/joanne. - [Staff] That's correct. - And you get- - [Staff] You can post the link. - And our lovely moderator, Leanne, is posting a link to it. And for that, you get all access to all, we have over a thousand classes on our website. - Holy smokes. - Lisa's taught a bunch of 'em. - That's, I did not teach a thousand of them. (chuckles) - But a handful of them. And we have everything from hand quilting and sewing and garment making and stitching and quilting, cooking, quilting. We have so many things, beading. I mean if you've been in a craft store and you've thought, "Oh, I wonder how I can use "that material," we probably have it. Or, "What's that tool for?" We've probably used that tool. - Yes. - So please check us out if you haven't. It's the perfect time. Two months for free. You can get a lot of projects done- - Two months for free? Really? - In two months. - [Staff] Uh-hmm. - Yeah. - Scot free? - Yeah. - That's pretty amazing. - I know. It's like how Hulu used to be. - [Lisa] Ooh, in the good old days. - [Faith] So I'm at the very end. - [Lisa] Okay, good. So go ahead and maybe not get yourself all the way to the corner, so that the spacing looks even as you're working around. But put your needle on the other side. - [Faith] So here. Oh, wait, what about this? - You wanna get it straight. So, oops, oh no! Disaster. - [Faith] I'ma thread the needle. -

© CBTV Live and Creativebug Inc., 2026

[Lisa] Don't watch me thread needles. (Faith chuckling) (panting) Okay, I did it. So let's get this over here so that it finalizes your T. - [Faith] Okay. - [Lisa] And then, you're gonna skip ahead to- - [Faith] I went a little rogue. - [Lisa] That's okay, go rogue. There. And then, you can do the same thing. And you can go up, and you can choose to go left or you can choose to go right. And you'll just finish the rest later. - Okay. - See, there's no rules. - [Faith] I mean, that was, oh, but, okay. How about, do I wanna parallel these stitches? - [Lisa] That is up to you. So you could go for the thing where you make them super even and they line up with the stitches that you already have. Or you could go for, you could pull this back. Like you could push it back down if you don't want them to line up and you could go for in between, so that they kind of alternate. - [Faith] What do you think will fill up my T better? - [Lisa] (rolls lips) I don't know. - [Faith] I'll wing it. I'll see what happens. - Okay, go for it. - I'll let the thread tell me what it wants to do. - [Lisa] Ooh, the thread. - [Faith] Yeah, it's saying keep going. - [Lisa] Okay, wait, now, I don't know where I am. - [Faith] I'm so sorry. The thread was too loud. - That's okay. - [Lisa] (sighs) The thread is. - Sometimes it's distracting. - Okay, I'm here. Okay. Oh no, did I unthread my needle? No, I didn't. - [Faith] Also, if this class is making you excited for more, because obviously the film class is chockfull of tips and techniques and projects, you'll be excited to know it comes out in January. - [Lisa] Yes, and we cut out all the boring stuff like threading the needle. Yeah, you don't have to watch that. - [Faith] I mean there's nothing boring about threading needles. It's like putting on socks. You have to do it. - [Lisa] You wanna watch somebody put on socks, Faith? - [Faith] No, I don't. As soon as I said that example, I was like, that's the last thing I want. I don't need to watch anyone putting on socks. It's terrible. Thank you. - See? That's why here at Creativebug, you magically edit out all the putting on the socks. - [Faith] We take out the socks. - Yeah. - It's our new slogan. (both chuckling) - [Staff] So I have another question for you from Letitia. She wants to know, "Is it traditionally done mostly "in white and blue?" - Yes. - Or any color like the pillow example? - Yes, you are correct. So traditionally, sashiko was done in indigo. Usually, either indigo background or indigo thread on white. But traditions, magician, no, I'm kidding. It now comes in all different colors. You can get sashiko thread in every color of the rainbow. You can use crochet thread, which comes in every color of the rainbow, so why not, right? I mean, I don't know. I really like colors. I like interesting color combinations. I do not, I mean I'm all for tradition too, but why not play? Excellent question, though. - [Faith] And at what point do you, oh, this second row. So okay, I listened to the thread and then the thread was like, "Ah!" So I'm gonna tune it out for a second. How do I take out these stitches? - Oh, you wanna go backwards? - Yeah. - [Lisa] Okay, so I would unthread your needle. - [Faith] Okay. - [Lisa] And then, you can use it to kinda get yourself started. And then, you literally just pull it out. This is the beauty of embroidery, right? You make a mistake- - [Faith] Low commitment. - [Lisa] You take it apart. - [Faith] (chuckling) I'm happy to do so. Is that what your thread sounds like? - [Lisa] Yes. (chuckling) My thread has a voice and it sounds like that. - [Staff] And Linda would like to know, "What pattern are you using?" Maybe it's not a pattern at all. - [Lisa] Hi, Linda. No, it's not a pattern. - [Faith] Oh, Linda wants to know what pattern are we using? - Yes, so I'm not using a pattern. I just drew some guidelines on here, and I'm gonna end up with little Xs. We were kinda thinking that this would be a good way for you to practice and make something that's kinda functional at the same time. That's why we threw it in a monogram format. But you can also just make a square and practice with lines in a square. The class has an entire PDF with, I think, nine traditional sashiko patterns, which we'll go over. There are literally hundreds of them, but you can also just draw something and use the technique to fill in your drawing. Okay, so because I'm in this corner here, I'm gonna get to do the fun thing and start doing some Xs, even though I still have

© CBTV Live and Creativebug Inc., 2026

all this stuff over here to do. I'm gonna skip ahead because- - I'm taking my time. - It's my project, and I can do whatever I want, okay. I'm kind of relieved no one is asking me acrylic painting questions. - [Faith] Well, now you've exposed yourself. - Uh-oh. - The other class Lisa's filming with us is acrylic painting. But you know what? You asked those questions last week. We can stick to the thread for now. - [Lisa] Well, yeah, I mean I have the beginning acrylic painting class too. Okay. So see, I'm getting the cute little Xs. - [Faith] How do you, is there a way to ensure that happens or- - [Lisa] Well, I'm just making sure that I go over. - You just pay attention. - [Lisa] Yes, you do have to pay attention. It's really hard since we're talking. Stop talking to me. (both chuckling) - [Staff] That is so pretty. - [Lisa] Did somebody say that? Or are you saying that? - I said that. That is me saying that. - Okay. Awesome, thank you. (staff chuckling) I'll take compliments wherever they come from. You know, I don't care. Non-discriminatory. - [Staff] It's very satisfying. - [Lisa] It is really satisfying. - [Faith] And it's really satisfying to do. - Totally. - It's a lot more meditative. I think there's something about bunching it up in your hands that makes it like a little bit lower commitment - [Lisa] Maybe. I also feel like it's less frightening because it's one stitch. - Yeah. - I mean, when I was trying to learn embroidery stitches, like I would get really frustrated if it was a complicated stitch. Like if anybody's tried to do the turkey stitch, it's really hard. And if you're not paying attention, like you really can mess it up. But this, like I'm talking to you and I'm still sort of functioning. - Yeah. - I mean maybe it's not as perfectly even - It's pretty nice. - [Lisa] As I'd want it to be, but it's working. - [Faith] So I've gotten to my corner. - [Lisa] Awesome. - [Faith] Do I tie off and start anew? - [Lisa] I would. - Okay. - Because otherwise, you're gonna have this big, funky loop on the backside. So yeah, tie a knot. That's one of the cool things about sashiko too is you just kinda go back and forth until you run out of thread. - [Faith] And how much thread would you normally suggest? - So when you use a traditional bundle of floss like the Olympus one, it actually comes tied together, and you're supposed to cut it at the tie. And then, you end up with these lengths that are really nice to work with. But I don't do that. So you, I try to work with, I don't know, maybe two feet wide 'cause that feels pretty comfortable. - Two? That looked like a lot more than two feet. - Was it more than two feet? - It looked like- - I don't know. - Like four feet. - I'm not a good measurer. - You just remember that an arm's length is how tall you are unless you're Michael Phelps. And then, an arm's length is a couple inches taller. - Okay. I'm not Michael Phelps. - That's how he won so many golds. - Huh? - 'Cause he has really long arms. - [Lisa] Aren't there basketball players who have really big wingspans too? - [Faith] I don't know. (Lisa snickering) All right, listen, I'm not an arms man freak. - No. - Just know about when it's relevant. - You seemed like an expert. I was fooled. - [Faith] I was convinced for a while that I had an extra large wingspan. But I don't. I measured it. - You don't? You measured it? - [Faith] Uh-hmm. - [Lisa] Now, you know, I wanna measure mine. - [Faith] I think you should. I think everybody should. - [Lisa] I'm not very tall, though, so it's not super exciting. Wouldn't it be great if like my wingspan was like six feet tall? (chuckling) - [Faith] No, 'cause then you'd knock into things with your arms. - [Lisa] Okay. - [Faith] They're very disruptive. - [Lisa] Hey, so you can see where this is going, right? I don't think we're gonna get to finish because who wants to watch that forever and ever and ever? I mean, how much stitching can you really watch? How far along did you get? Oh, you got pretty far. - [Faith] I'm almost there. - [Staff] I think people will just sit here and watch you stitch all day long. - [Lisa] And then end up like this. - [Faith] I mean, I have been watching you stitch all day long, - I know. - And I'm not done. - You're not bored? - I'm thrilled. I'm so excited. So should we show them how a pro ties it off? - It's the same, it's just a knot. Although, usually, I end up tying it off with the, I try and scoop up some of the thread in the back. But I think, you know, if we had like another, what, 30 minutes, this would be finished. - Oh yeah. -

© CBTV Live and Creativebug Inc., 2026

Right? So that's pretty satisfying. Like whole little project in an hour. (scissors clattering) And you can carry it around. You can put on the bus, you can like do it in front of the TV. - That's another benefit to not having the hoop. - Yes. - Is it's like low profile. Like if you want a stealth craft. - Stealth craft on BART. - I'm always stealth crafting. Thank you so much for joining us. I can't wait - Thanks for having me. - For your class to come out on January. - Yay! - And thanks for joining us as well. We'll see you next week. - Goodbye! (hopeful music) (hopeful music continues) (hopeful music continues)

© CBTV Live and Creativebug Inc., 2026