

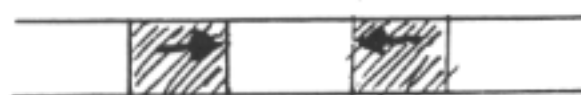
- You will need:
  - 1 1/4 yds black cloth
  - 1/3 yd white cloth used for back of rakusu (see above)
  - 1/2 yd white non-fusible interfacing
  - 1 ring, approx. 1 1/2" inside, 2" outside diameter (see above)
  - 1 length green embroidery thread
- Your rakusu is an intricate and individual piece of work and should be made without rushing. Please allow yourself plenty of time to enjoy making it, particularly if you are not accustomed to sewing. Approximate time to complete is 25-30 hours using a sewing machine. It is very helpful to have a finished rakusu in front of you while you work.
- Read all instructions carefully before you begin. Make pattern using measurements below.
- Lay out the pattern pieces on the wrong side of the cloth accurately before cutting anything. Using a sharp white or lead pencil, mark along the length of the cloth which runs parallel to the selvage edge. However, do not include the selvage in any of the pattern pieces. There are 16 pieces of black cloth, 2 pieces of white cloth, and 2 pieces of interfacing.
- So, using the pattern pieces provided, mark:

<u>Cloth color</u>	<u>Quantity</u>	<u>Pattern no.</u>	<u>Size</u>
Black	✓ 2	A <sup>1</sup> & A <sup>2</sup>	9" x 2"
	✓ 4	B	7" x 1 1/2"
	✓ 2	C	8" x 1"
	✓ 1	D	8" x 3"
	✓ 1	E	36" x 4 1/2"
	✓ 1	F	14 1/2" x 4 1/2"
	✓ 1	G	9" x 2"
	✓ 2	H & J	40" x 4 1/2"
	✓ 1	K	10" x 4 1/2"
	✓ 1	L	9" x 4 1/2"
Interfacing	1	M	15 1/4" x 11 1/2"
	1	N	10" x 4 1/2"
White	1	O	10" x 3 1/2"
	1	P	12 1/2" x 9"

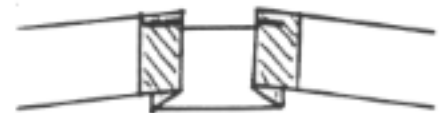
BE CAREFUL TO USE THE STRAIGHT GRAIN OF CLOTH AT ALL TIMES!

- Now cut all these pieces using sharp scissors and very straight clean lines. You will be using the seam allowance as your sewing guide, so please take care.
- Using the pattern provided as a guide, carefully mark the lines on the wrong side of strips A, B, C, and D. You may leave off the top and bottom lines as they are superseded by instruction #9. Tracing paper and wheel (or sharp edged object) with ruler is easiest. If the strip of cloth is longer than the pattern, do not cut it off. Pin the tucks on pieces A, C, and D. Press

Tuck  
shown from  
the back



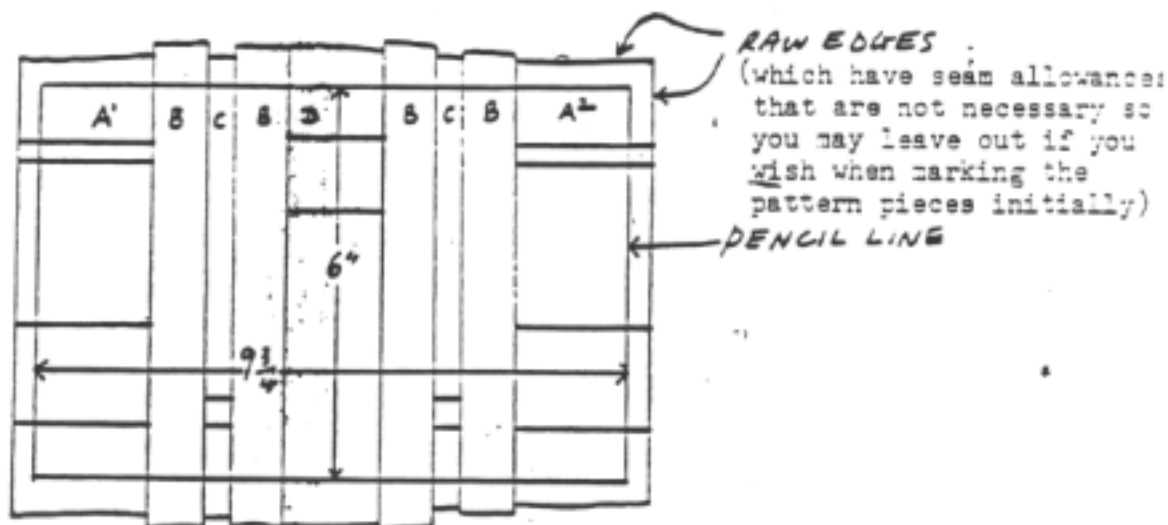
Area shaded on pattern



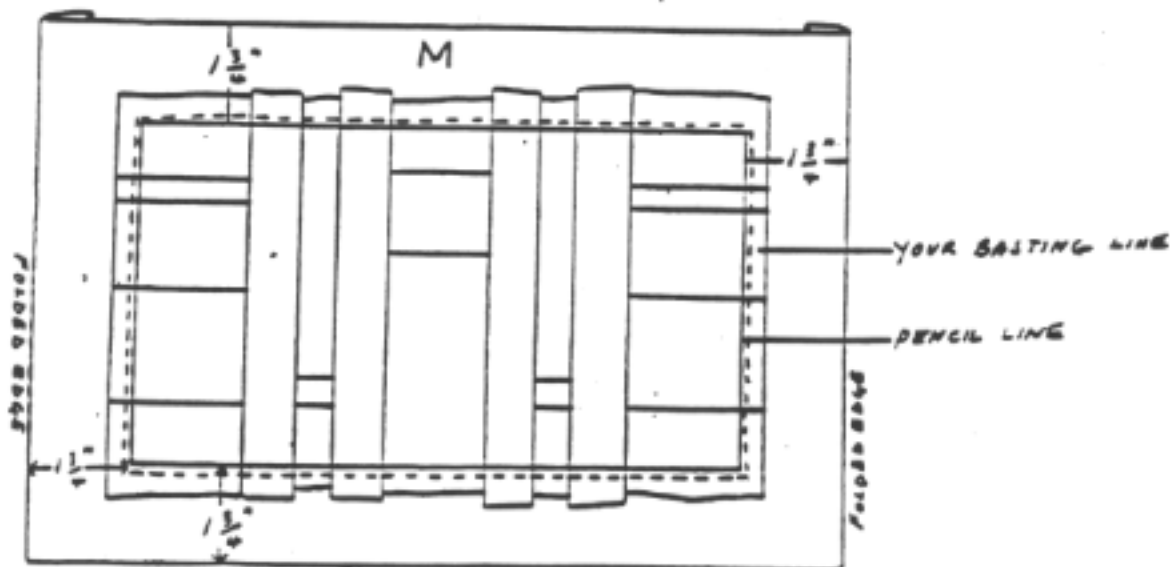
is folded in half

in the direction shown by the arrows on the pattern. Baste. Then stitch them by machine or by hand.

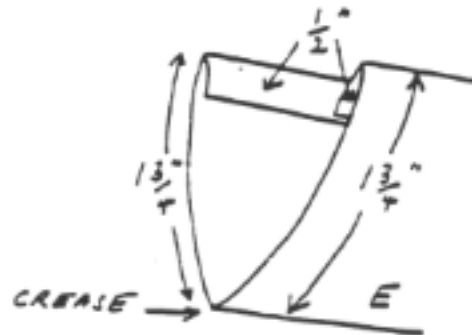
8. Pin pieces A, B, C, and D together, following your seam lines exactly (see diagram page 1). Now check your measurements against the pattern and make any alterations now. When everything measures correctly, sew pieces together either by machine or by hand.
9. Lay sewn piece before you. Measure and mark lightly with a pencil a rectangle  $6" \times 9\frac{3}{4}"$ . There should be  $\frac{1}{4}"$ , at least, left outside the pencil line. Mark the rectangle  $\frac{1}{16}"$  or 1mm wider than this to ensure that pieces E and F cover it.



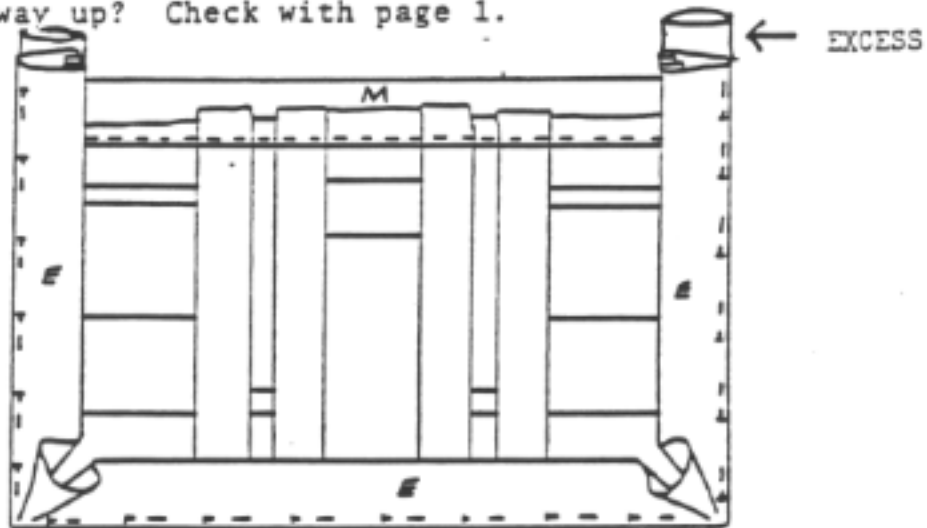
10. On interfacing piece M, pin and press a 1" fold on all 4 sides, so that the cloth measures exactly  $9\frac{1}{2}" \times 13\frac{1}{4}"$  (from each folded edge). With current pattern pieces, the fold will be  $1" +$  on the short end(s).
11. Place the finished center-section (A-D) in the middle of the interfacing piece M, so there is a  $1\frac{1}{4}"$  space between the pencil line and the folded edge. Pin, then baste with small stitches. Press.



12. Now turn piece over and place white cloth piece P in the middle so there is about  $\frac{1}{4}$ " between the raw edges of P and the folded edge of the interfacing. Pin. Baste with small stitches  $\frac{1}{4}$ " from the edge of P. Press.
13. Press border piece E exactly in half lengthways, then press both raw edges inside so that it measures  $1\frac{3}{4}$ " all the way along.

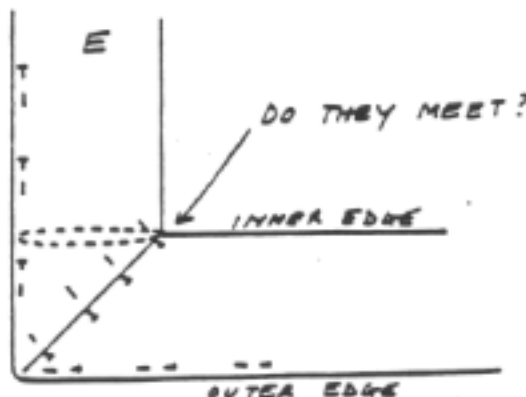


14. Starting at the top left corner, tuck the border around the folded edge of the interfacing, ending at the top right corner. Pin as you go, making sure that the edge of the interfacing fits very snugly into the crease of the border. Do not worry about the corners yet. Just keep the edge and the crease together. The folded edge of the border E should meet your pencil line on the center section exactly. Does it look like this diagram? Is the center section the right way up? Check with page 1.

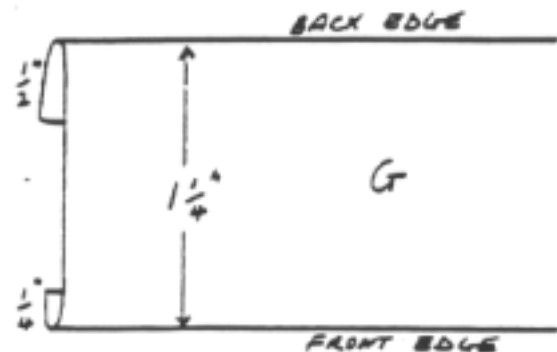


15. Now the corners. On the front, fold the excess cloth inside, under the side edges. You will have to un-pin a little to get the fold to lay neatly, then re-pin. On the back, fold the excess cloth under the bottom edge, to distribute the thickness evenly.

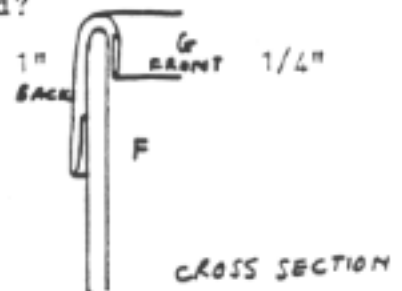
Check: If the interfacing doesn't fit snugly all around, you have probably made the border too long. You may cut off the excess. Try making it tighter at the corners, and re-p'n.



16. Baste inner and outer edges of the border, taking care not to shift the frame edge from the crease of the border.
17. Slip-stitch by hand the inner edge of the border and the corners on the front first. Your stitches should pick up the interfacing but not come through to the back. Then turn it over and stitch the back in the same way. Press carefully. Trim off raw edges of E so that they are in line with the top edge of the Rakusu.
18. Press piece F in the same way as you did E. (see 13) Fold it over the top edge of the Rakusu, again making sure it is a snug fit. Pin. Baste. Tuck the ends of F neatly inside themselves with the excess cloth folded towards the back of the Rakusu. Slip-stitch the front first, then the back.
19. On piece G, press a crease  $\frac{1}{4}$ " from the edge, along the length of the cloth. On the other edge, press a crease  $\frac{1}{4}$ " from the edge.

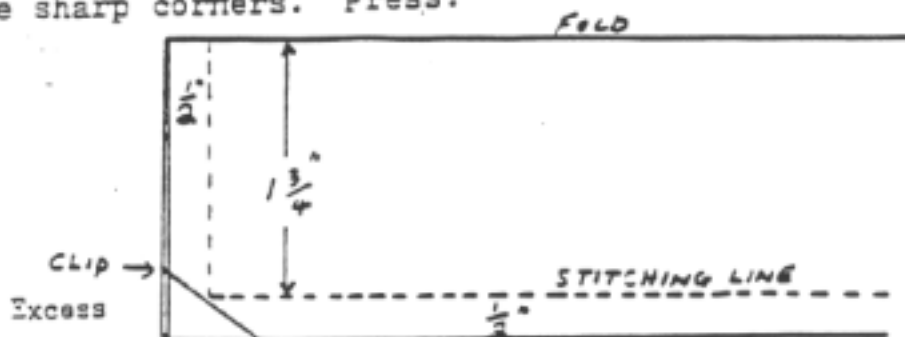


20. Fold G over the top edge of the Rakusu, so that  $\frac{1}{4}$ " shows in front and 1" shows in back. Is it centered?



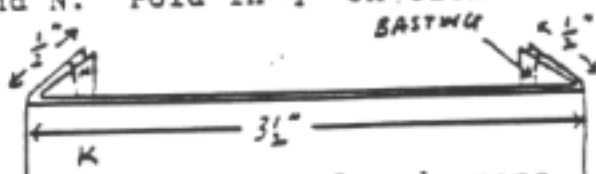
21. Pin G to F, folding in the ends neatly, at a right angle in the front and forming a slant in the back. (see diagram page 1) Press. Baste. Slip-stitch. If you wish, stab-stitch through all layers to give the edge a firm finish.

22. Now the straps. Fold pieces J, H and L lengthwise and pin raw edges together, making sure the underside of the fabric is showing. Machine or handstitch  $\frac{1}{4}$ " from raw edges, leaving one end open on all three pieces. Clip corners and turn through with the aid of a ruler or chopstick. Use a pin to ensure sharp corners. Press.

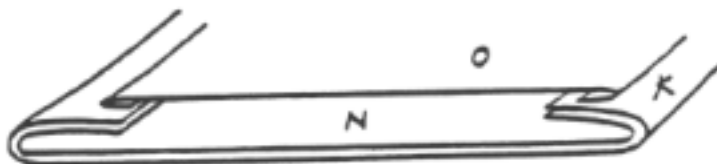


23. Pin K and N together and baste long sides  $\frac{1}{4}$ " from raw edges, allowing K to be a fraction looser than N. This is because K has to fit around N. Fold in  $\frac{1}{4}$ " on each side and press.

\* See Below, 23A



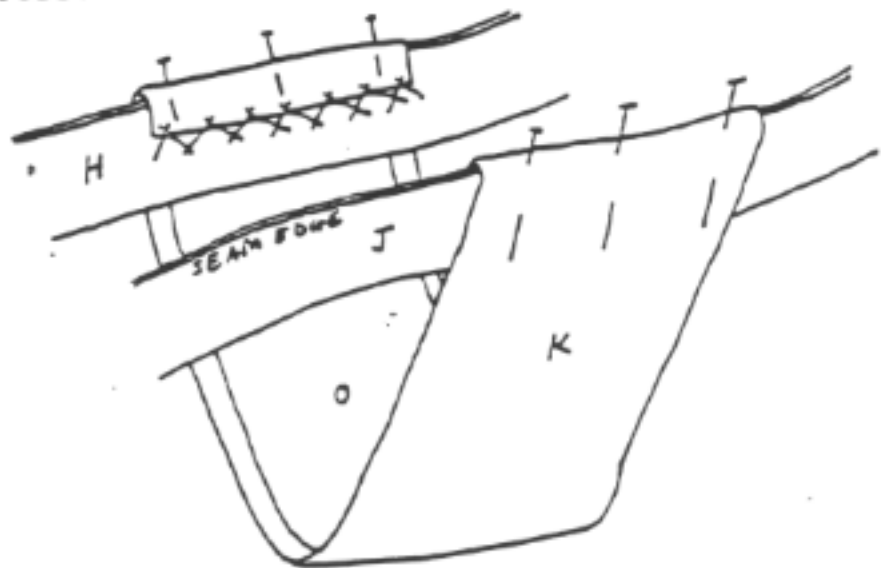
24. Fold in  $\frac{1}{4}$ " on long sides of piece O and press. Pin O to K/N so that  $\frac{1}{4}$ " of K shows either side of O. Baste, then slip-stitch. Fold down raw ends  $\frac{1}{4}$ " and press. Mark center of each side with a pin.



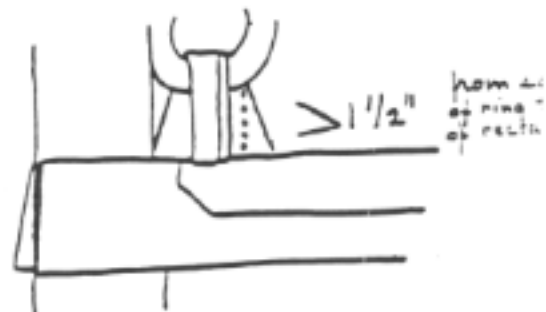
25. Pin the finished ends of J and H to the top edge of the Rakusu, on the left as you look at it. (see diagram page 1) The seamed edge of the strap should be towards the center of the Rakusu. Stitch them securely from the back to the top edge of the Rakusu without coming through to the front. Pin H and L in place on the right, in the same manner.
26. Draw the raw edges of J and L through the Rakusu ring and pin to get an impression of how it will look.

\*23A - It is easier to get these pieces to sit flat if you baste one side, then press seam allowances down, then baste the other side.

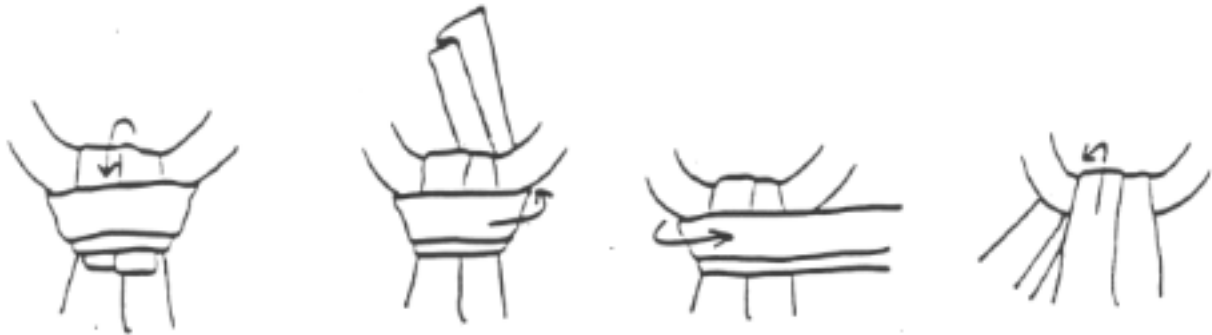
27. Now try it on and check in the mirror. The bottom edge of the Rakusu should come approximately 2" below your navel when you are standing up. If it is too long, shorten the straps on your left side. Place your hands in shashu to help you judge. When you are satisfied, pin straps firmly in place.
28. Fold the Rakusu in half to find the exact center back point of the straps. Mark the center back on both straps with a pencil. Fold the raw edges of K over the straps, lining up the center points and pin. Cross-stitch the raw ends of K to the straps and place both sides together, so the straps are sandwiched inside K. Slip-stitch folded edges together. Press.



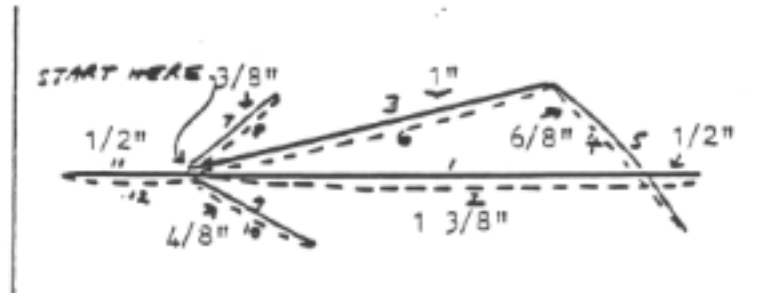
29. Fold the edges of L, one over the other, to the front, and stitch invisibly but firmly through all layers, finishing off the raw end neatly. Press well. Stitch it to the Rakusu. Draw the other end of L through the ring and stitch to the top edge of the Rakusu at the back.



30. Finish raw end of H and sew it on to Rakusu. Finish raw end of J and tie it to the ring. It may take some practice to get the knot to sit at the right length. It will hold itself in place if you pull the strap taut. after tying it. Usually it is not stitched.



31. Lastly, the broken pine-twig. Thread your needle with green thread and practice on a spare piece of cloth. If you like, mark the main points with pencil to guide you. The design should look as pleasing on the back as on the front. The numbers on the diagram indicate in which order to stitch. Press carefully. *Stitch through all layers. . . . .*

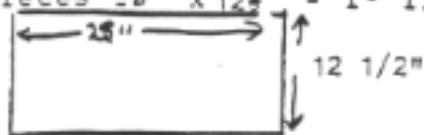


32. You have finished your Rakusu. Gassho.

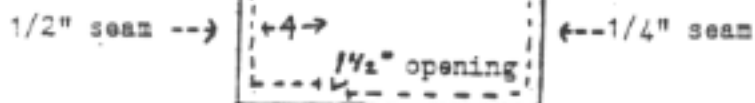
## RAKUSU COVER PATTERN

The purpose of the rakusu cover is obviously to keep the rakusu clean and neat when it is not being used. Usually the outside is made of a good piece of fabric and the lining is made of a slick type of material so that the rakusu can be slid in and out easily, i.e. silk or rayon.

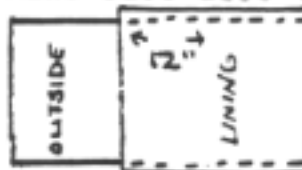
- 1- Cut 2 pieces 28" x 12 1/2" = 1- lining piece + 1- outside piece



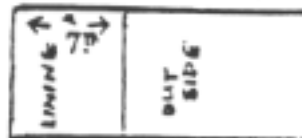
- 2- Pin the right sides of the material together so that inside faces out.  
3- Sew by machine or small stitch by hand 1/4" to 1/2" from the raw edge, all the way around, leaving a 1 1/2" opening on a long side.



- 4- Pull the whole piece through the 1 1/2" opening so that the right side now faces out. Iron piece flat along the sewn edges.  
5- Fold end with the opening up 12" and pin, making sure that the opening edges are tucked in as if sewn. (or you may sew the opening closed first.) Make sure also that the lining is facing the outside.



- 6- Stitch 1/4" down each side of the fold.  
7- Pull pocket rightside out.



- 8- Iron the 7" flap down. Use a snap or just leave folded over.  
9- Now your cover is ready to use!



## STITCHES USED, etc.

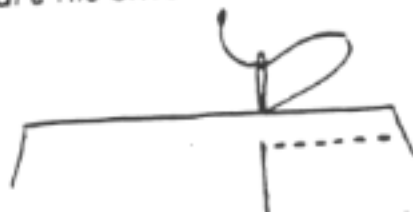
**BASTING** Basting is a temporary stitch that is removed after stitching the permanent stitch. However, in some of the directions, the basting stitch is the permanent stitch. Slide the needle through the fabric, spacing stitches evenly.



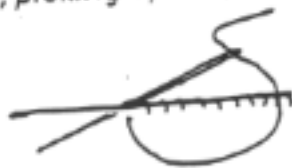
**SLIP-STITCH** Slide the needle through a folded edge, then pick up a thread of underneath fabric.



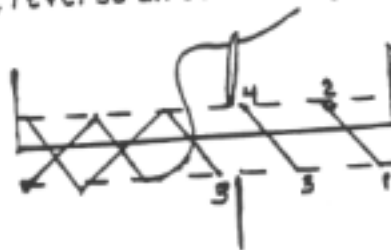
**STAB-STITCH:** Stab the needle through the fabric, from one side to the other, making sure the stitches are of even length on both sides of the fabric.



**WHIP-STITCH (or Overhand-Stitch):** Insert the needle from the back edge through to the front edge, picking up only one or two threads each time.



**CROSS-STITCH:** Bring needle out at 1, cross over and insert needle at 2 coming out at 3; then cross over and insert needle at 4 coming out at 5. Continue to make stitches to produce a diagonal pattern in a row. At the end of the row, reverse direction to go back over the row, to form an X.



**Pattern Care Suggestions:** To get the most use out of these patterns, either laminate originals with clear contact paper, or make additional patterns from these out of poster-board, which would be sturdier for long time use.

## CLEANING

Cleaners will not touch a rakusu. They're afraid the calligraphy will run. It can be carefully washed as follows:

- (1) Dip rakusu in a bowl of cold water, soapy with Woolite.
- (2) Dip up and down without squeezing for 5 minutes or so. Don't soak. You can rub the white surface with a finger if necessary, but avoid touching the calligraphy or red stamp.
- (3) Rinse in the same way in clear water.
- (4) Arrange carefully on a hanger, with the neck-band over the hook, smoothing out all surfaces. Dry out of the sun.

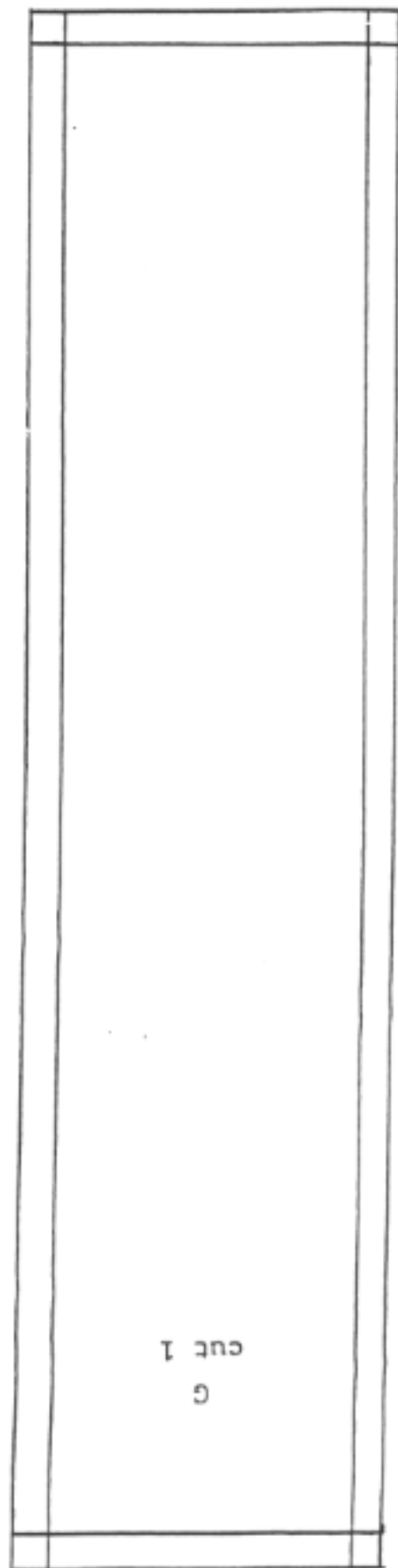
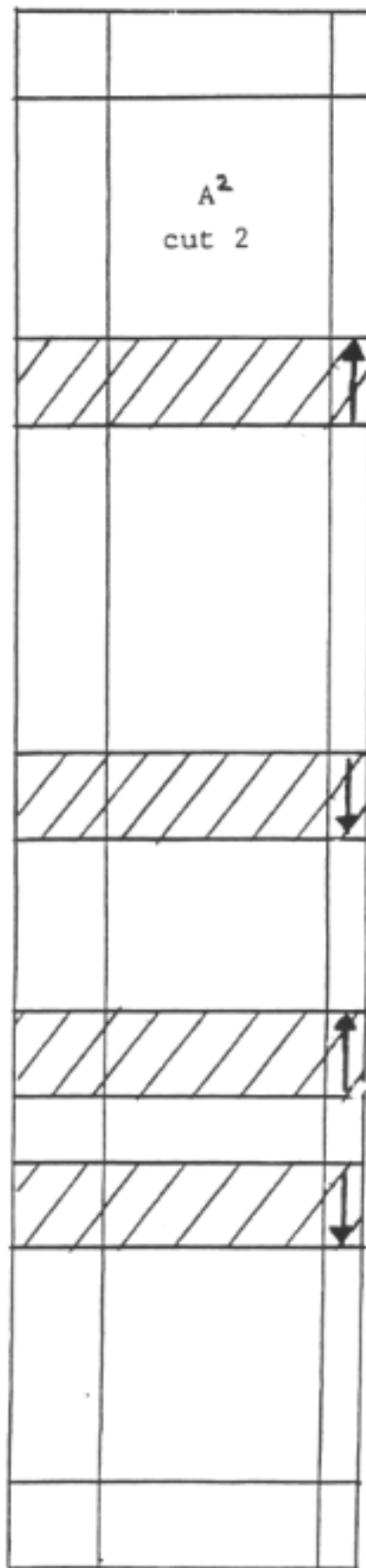
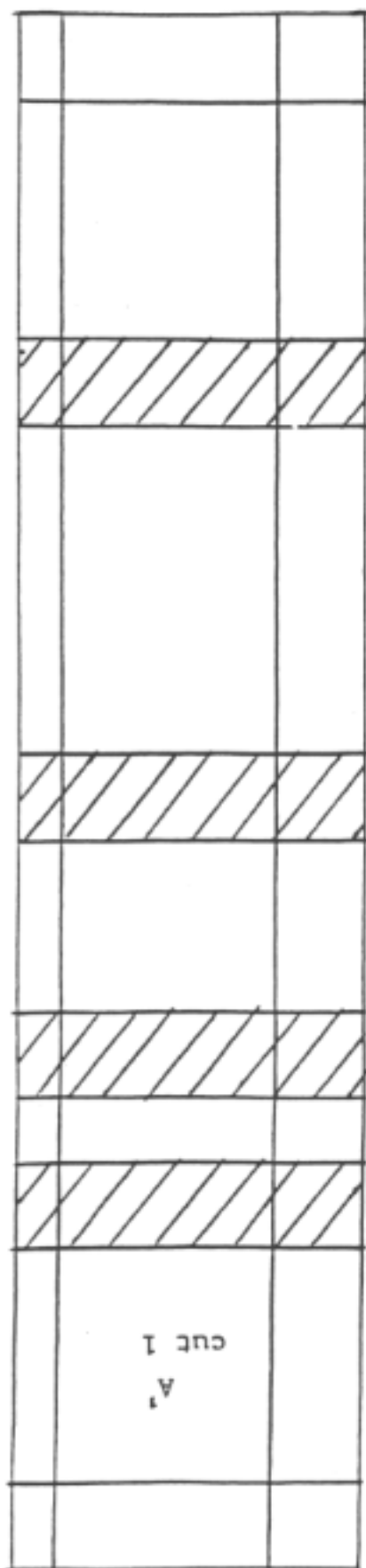
It is best to wash rakusu before it gets too soiled.

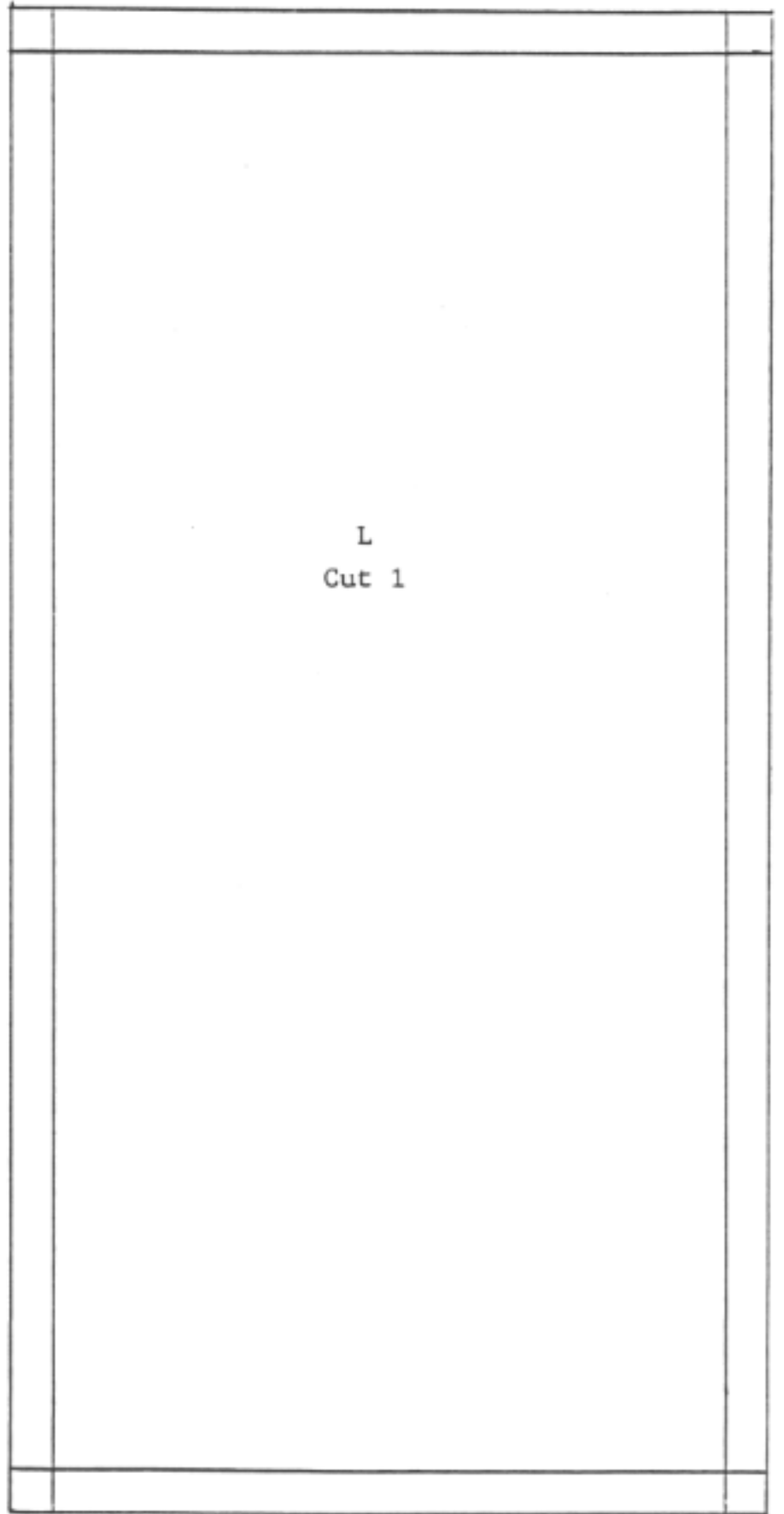
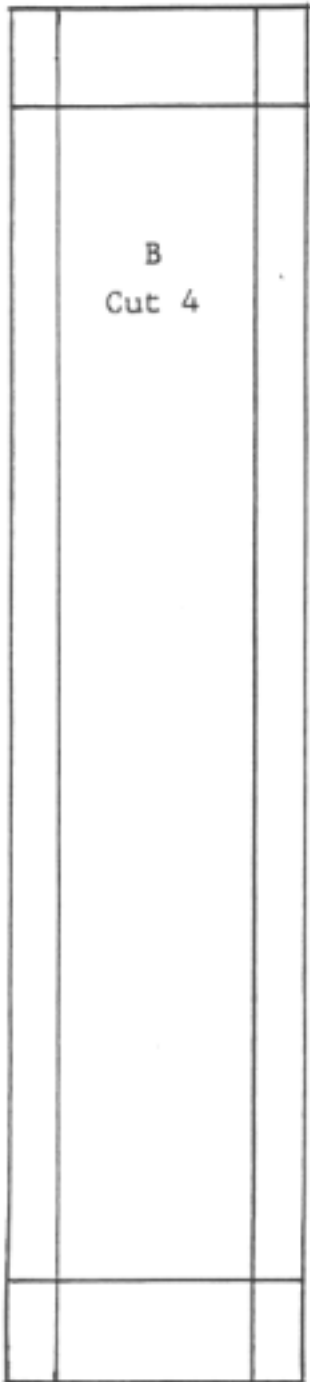
## PATTERN CARE SUGGESTIONS

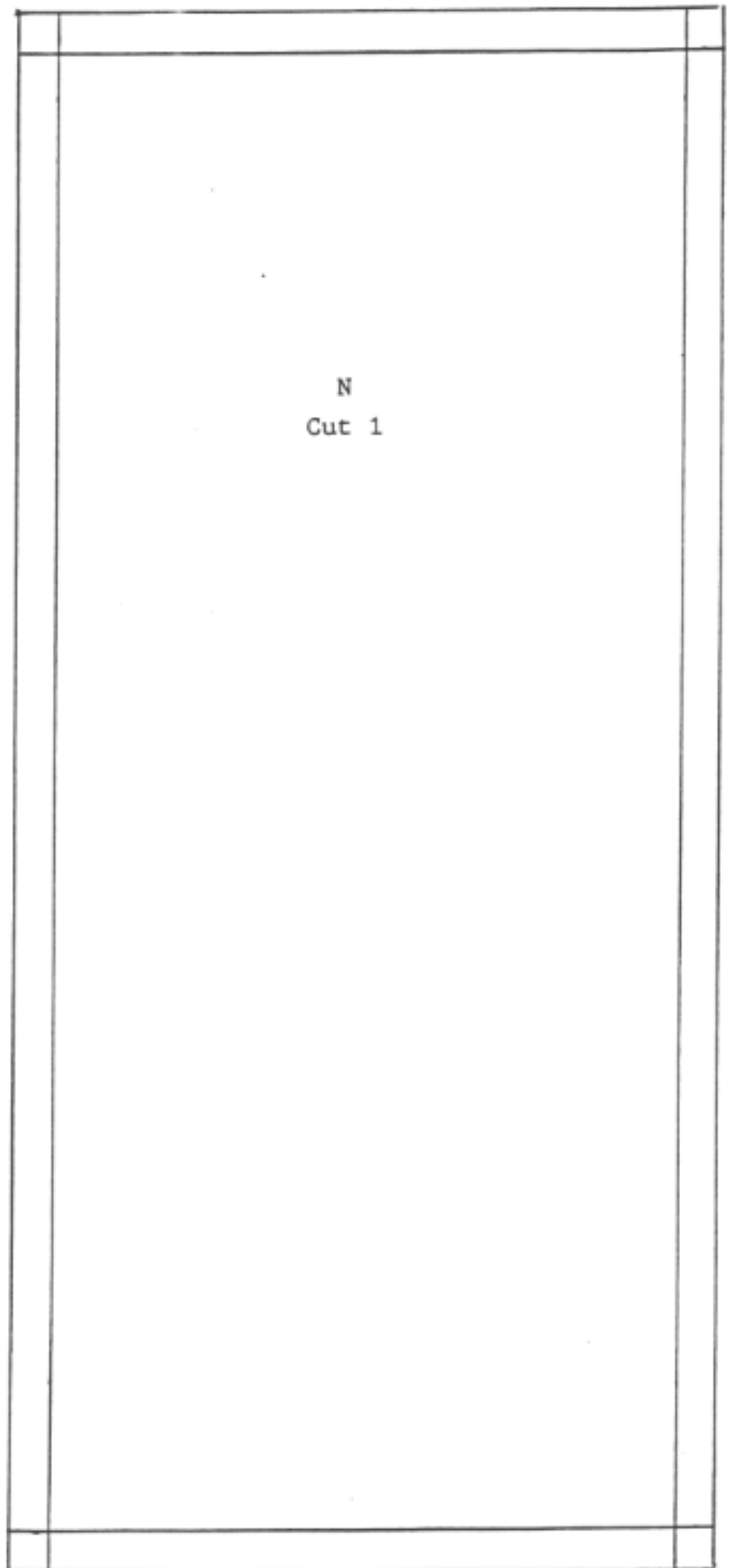
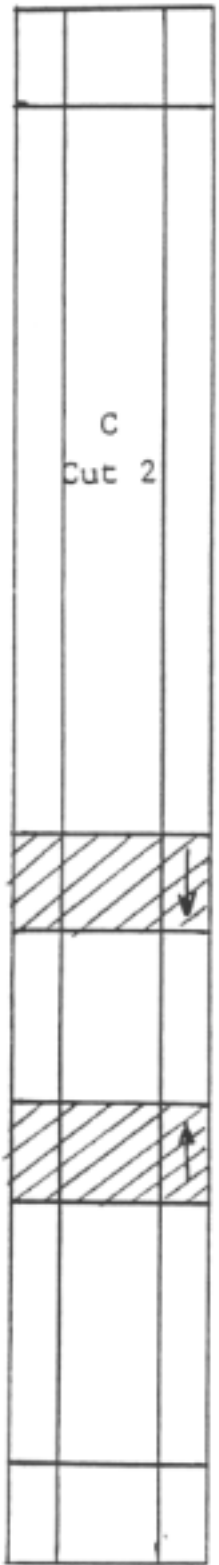
To get the most use out these patterns may we suggest:

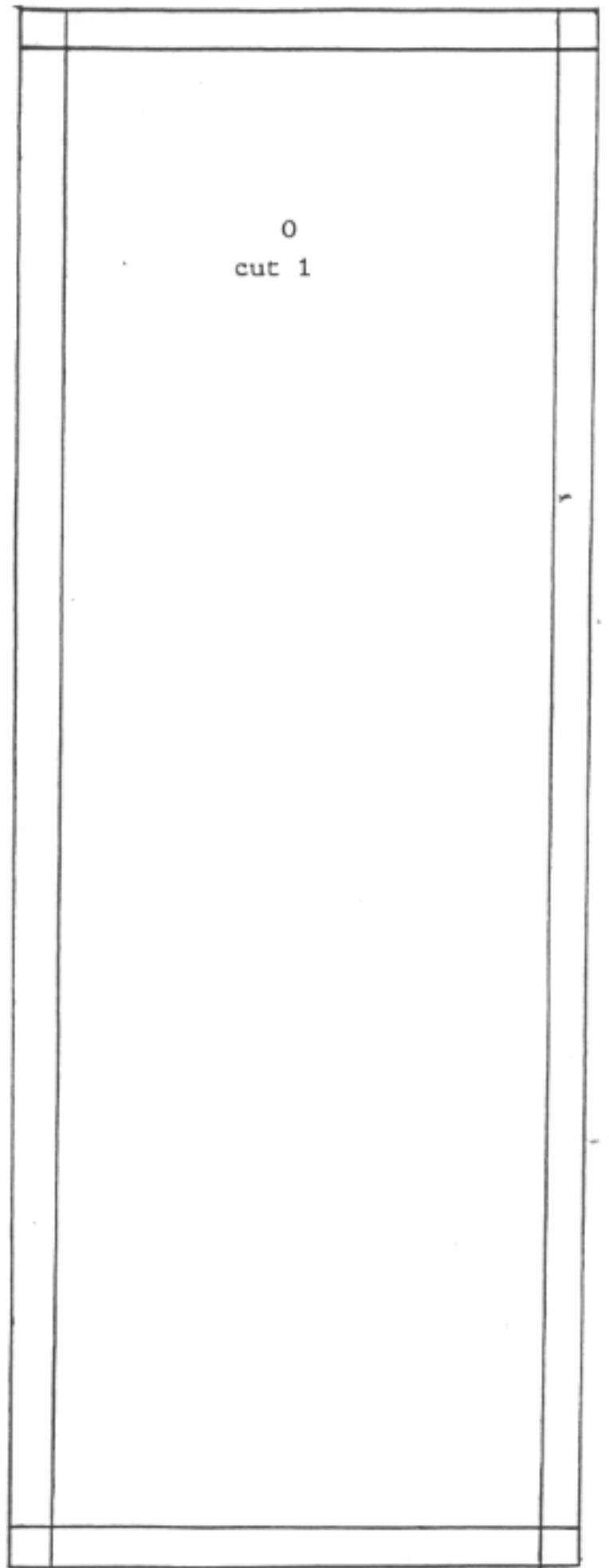
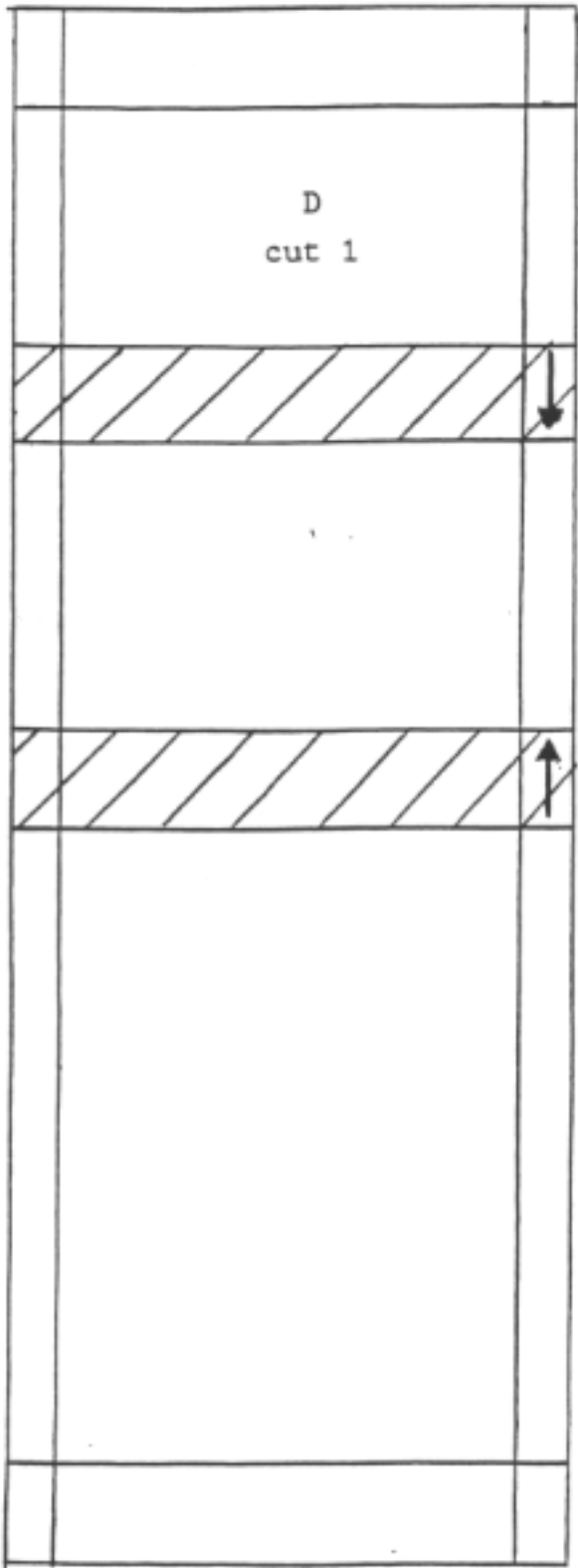
- (1) Either laminate originals with clear contact paper,
- (2) Or make additional patterns, from these, out of poster-board, which would be sturdier for long-term use.

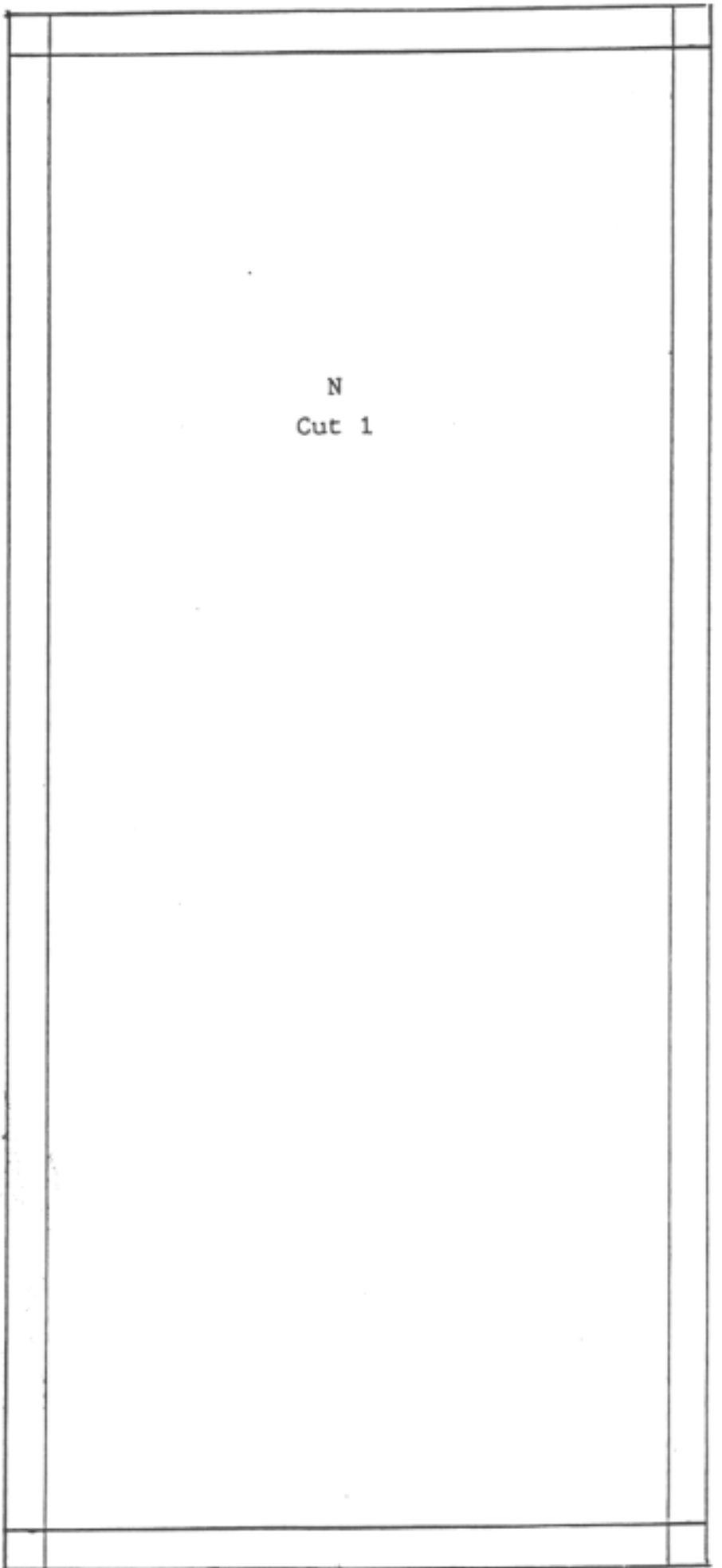
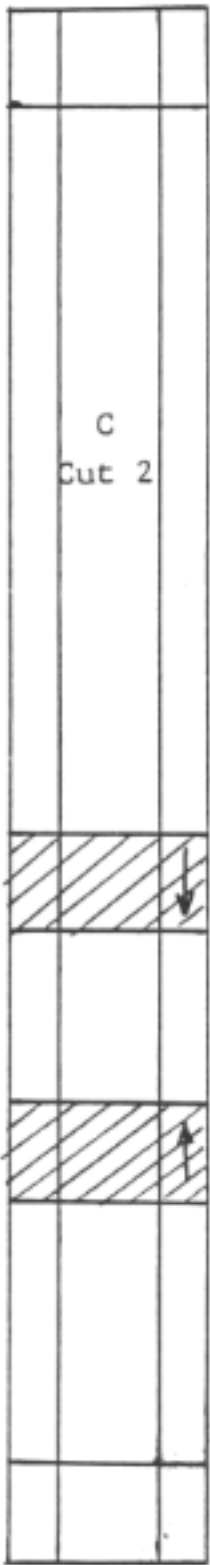
Gassho



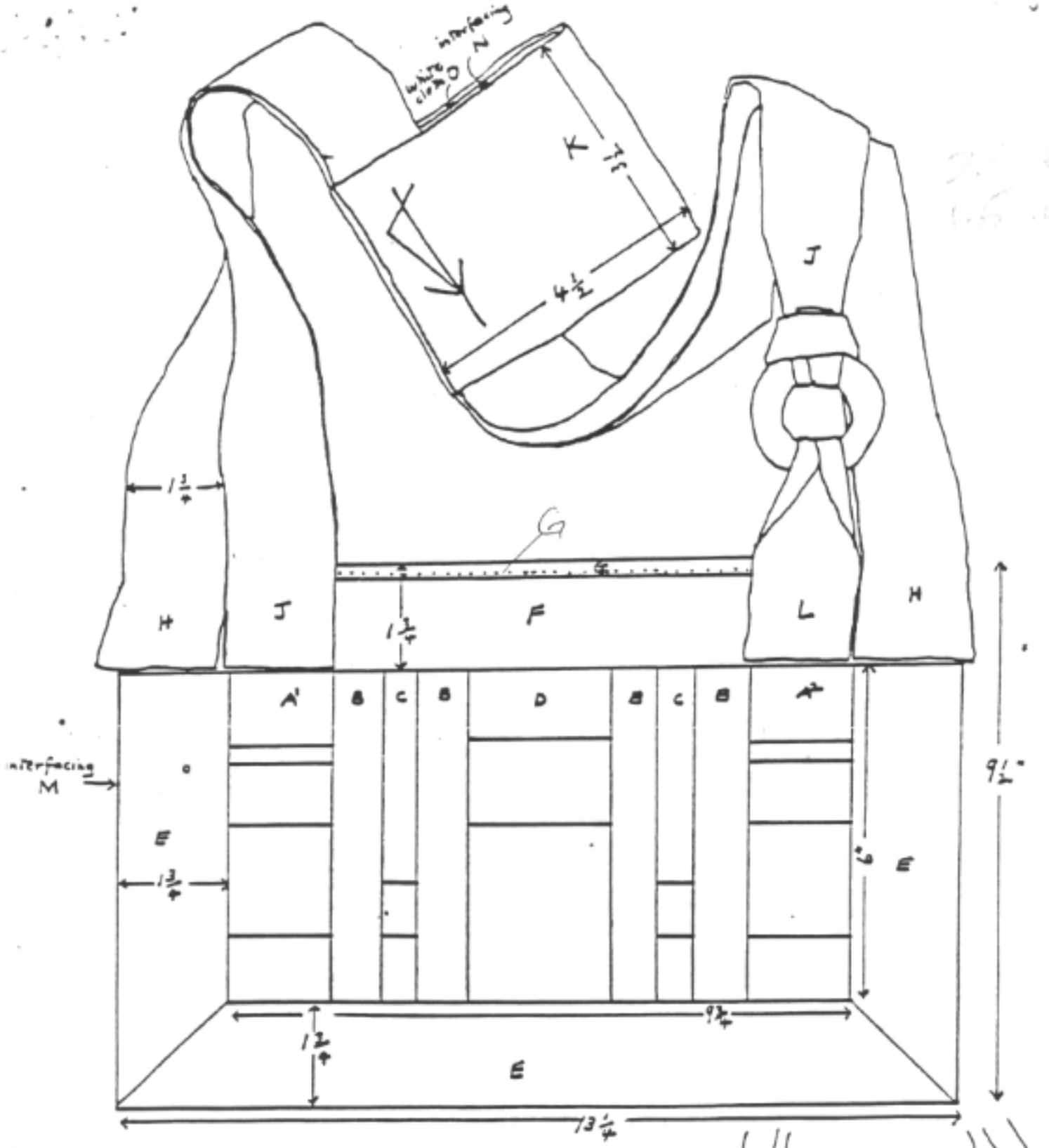








2.5.2017  
1.5.2017



4<sup>th</sup> Saturday  
9:00 - 4:00  
cell No. 255-1755

