

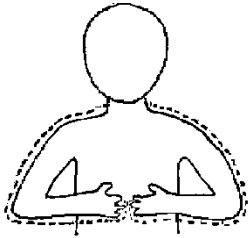
Measurements for the Kesa

The size of your kesa will be based on your own bodily dimensions. Several measurements will be needed to determine the size of the pattern pieces. It's best to get help when taking your measurements. These measurements can then be inserted into the appropriate places in the Excel file which you should receive with this set of instructions. The Excel form will generate the dimensions for the pieces of the kesa fitted to your individual measurements.

1. Fold your fingers and hold a tape measure to the end of your middle finger.

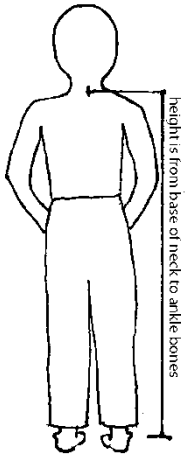


2. Hold your fists to your chest with your elbows stretched out wide. Measure from the tip of one middle finger, across your forearm, around your elbow, over your shoulders and back around to the tip of the other middle finger. This will be your horizontal **Length** measurement.



L _____

3. Measure your height from the base of the neck to your ankle bones. This will be your vertical **Height** measurement.



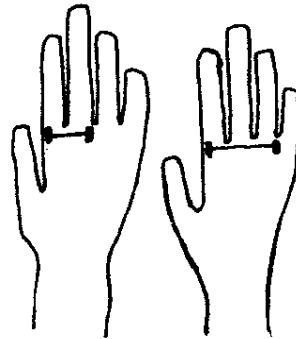
H _____

4. Determine the width of two fingers by measuring at the base of the index and middle finger.

Two Fingers _____

5. Determine the width of three fingers by measuring at the base of the index, middle and ring fingers.

Three Fingers _____



Supplies You Will Need:

Lightweight black cotton or cotton/polyester cloth. A yardage guide will be on your Excel file printout.

Quilting Thread: your choice of color, though not too ostentatious, of course.

A ruler. A see-through plastic "Omnigrid" sewing ruler is helpful.

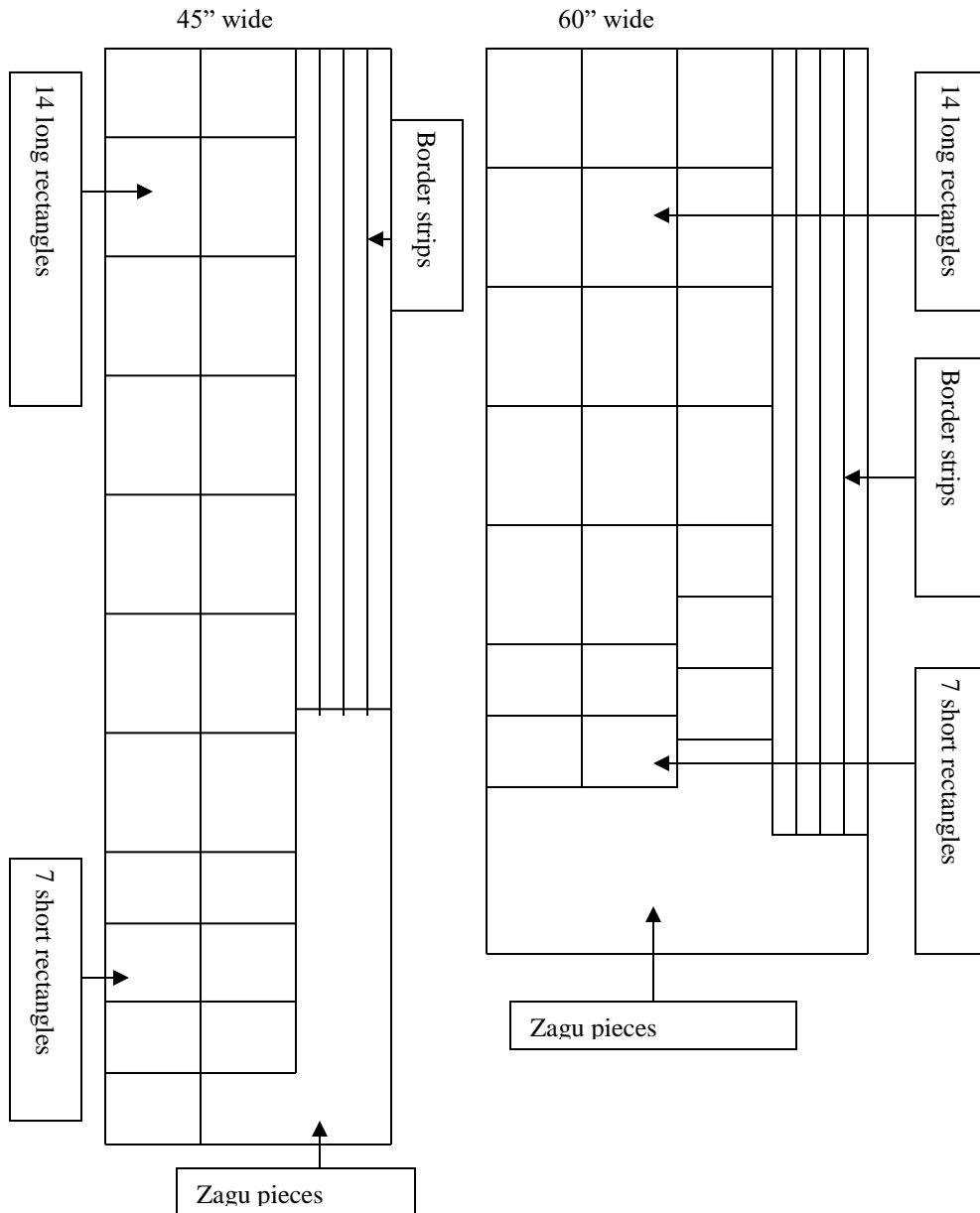
Long straight pins and needles

Erasable chalk or water soluble fabric pencil

Cutting the Fabric

The Excel file printout you receive will specify measurements for the (A) short rectangles, (B) long rectangles, and border (en) widths. The length of two of the border strips should be your horizontal length measurement plus six or seven inches. The other two border strips should be your vertical height measurement plus six or seven inches. The “top mark when stitching at” measurement on the Excel file printout refers to the width of the footpaths (yos), which will be used when marking the overlaps for sewing rectangles together.

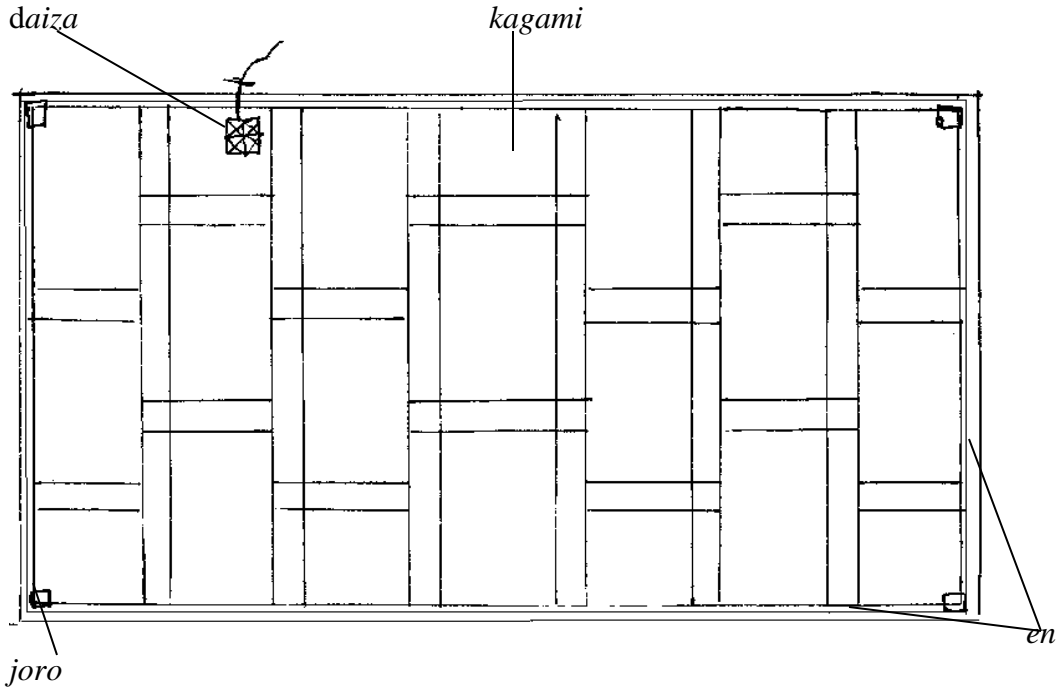
To cut up your cloth, mark the pieces with chalk or erasable fabric pencil. Carefully cut with a sharp pair of scissors. Below are sample maps for marking 45” wide fabric or 60” wide fabric. If your fabric is a different width, draw a cutting map before you begin to cut.



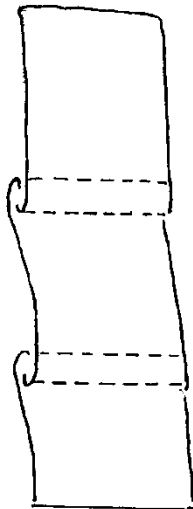
How to sew the seven row kesa

The overview

The kesa is sewn in a patchwork pattern to represent a rice field with footpaths. Study the diagram below. Notice that the main body of the kesa (the kagami) is assembled into seven vertical rows from a total of 14 longer rectangles and 7 shorter rectangles.

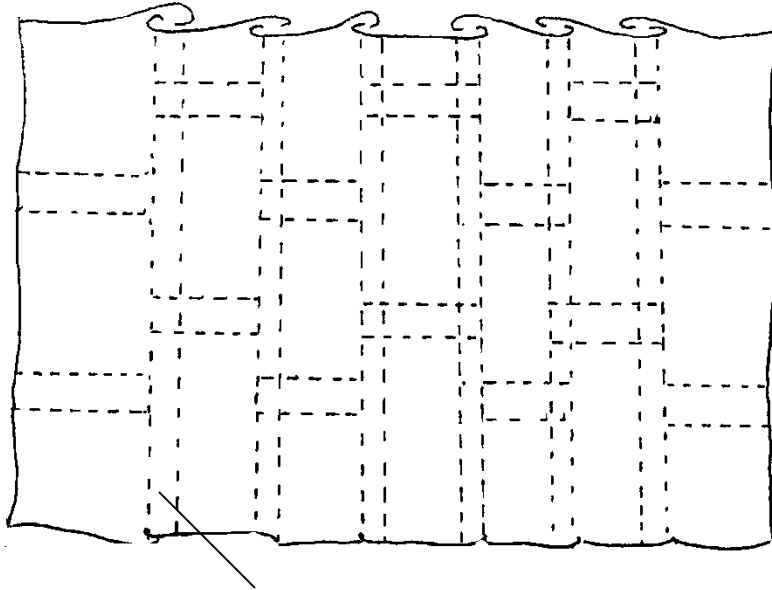


Each of the seven rows has two long and one short rectangle that overlap one another down from the top.



A row of long, long, short is followed by a row of short, long, long.

When the seven rows have been pieced together, the rows are then sewn in the same overlapping manner from the center row out to both sides.



Overlapped areas (the yos) represent the footpaths.

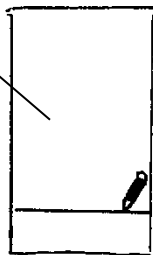
Border strips (the en) are then sewed around the outside of the kagami. Reinforcing corners (the joro) are then applied, followed by two squares (the daiza) one on the front and one on the back that hold the kesa tying straps in place.

How to Form the Overlaps for Piecing together the Kagami

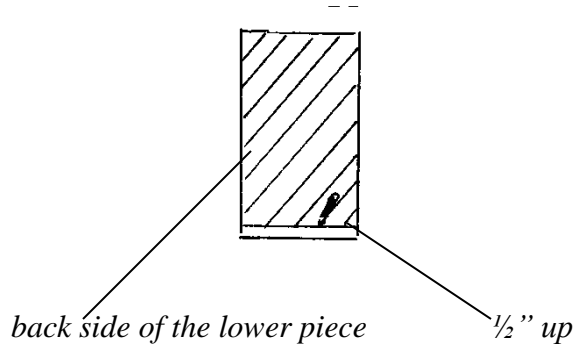
To join two rectangles together in an overlap:

1. Mark the upper, overlapping rectangle with an erasable chalk line at your “footpath” (yo) measurement (this should be your three finger measurement plus a ½” seam allowance.) up from the bottom edge.

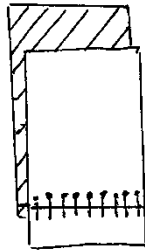
front side of the upper piece



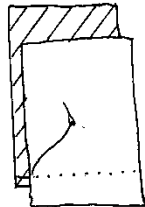
2. Mark the back of the lower piece ½” up from the bottom edge.



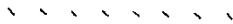
3. Line up the chalk lines on the two pieces and pin them together with straight pins set perpendicular to your chalk line.



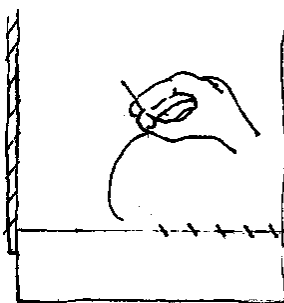
4. Sew from right to left using the chalk line as your guide. Remove pins as you go.



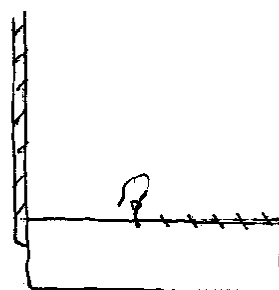
Use small slanted stitches spaced a grain of rice apart. Do not use knots when sewing, simply leave the thread ends free.



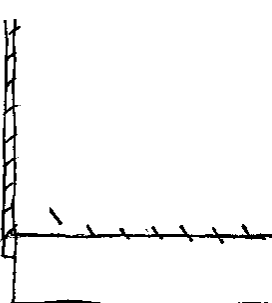
Insert the needle 1. up through the cloths to land above the chalk line. 2. down through the cloths below the chalk line and to the right to form a slanted stitch. 3. up through the cloths (a grain of rice away) to start a second stitch. Chant *Namu Ki Butsu*



Namu

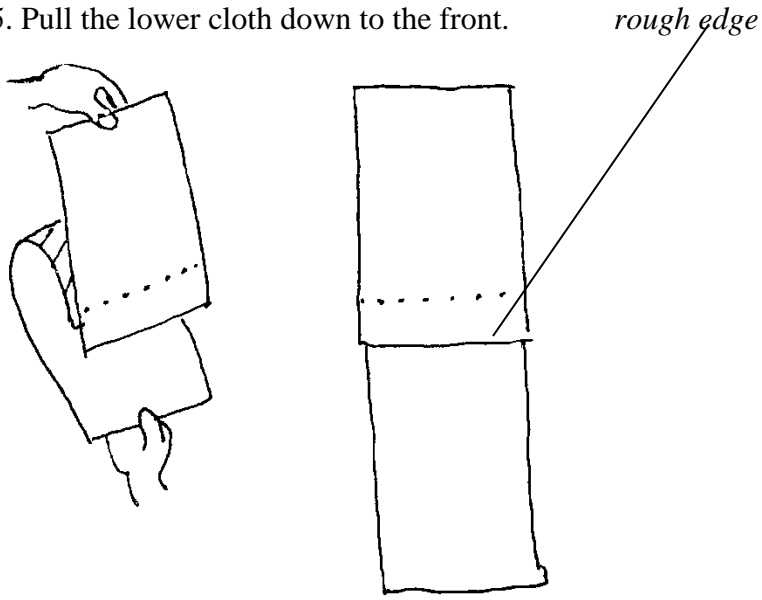


Ki

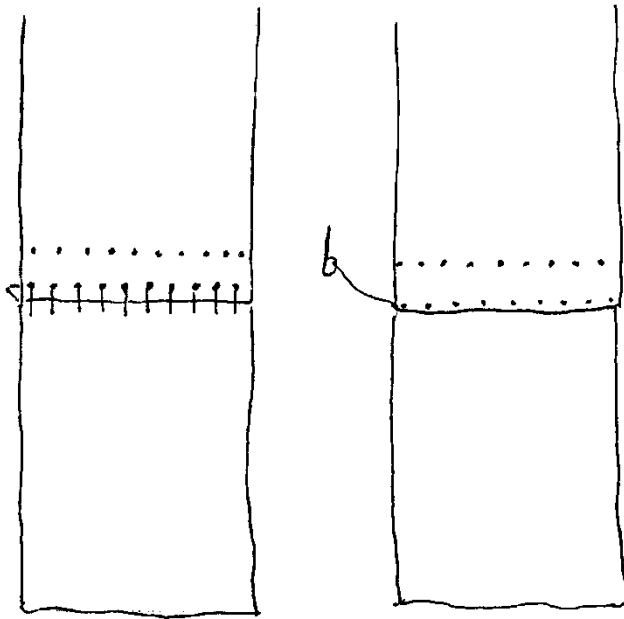


Butsu

5. Pull the lower cloth down to the front.



6. Fold the rough edge of the overlap $\frac{1}{2}$ inch under and crease it between your fingers. Pin. Then sew from right to left just above the fold, using the same stitch as above.

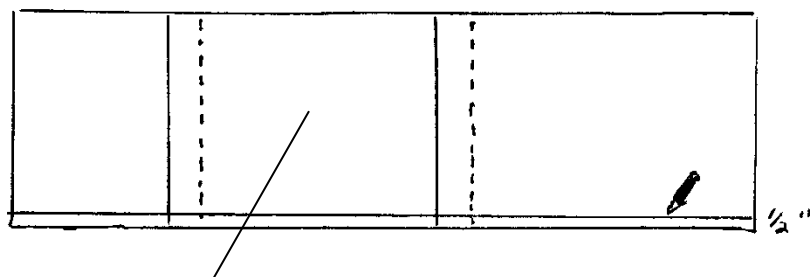
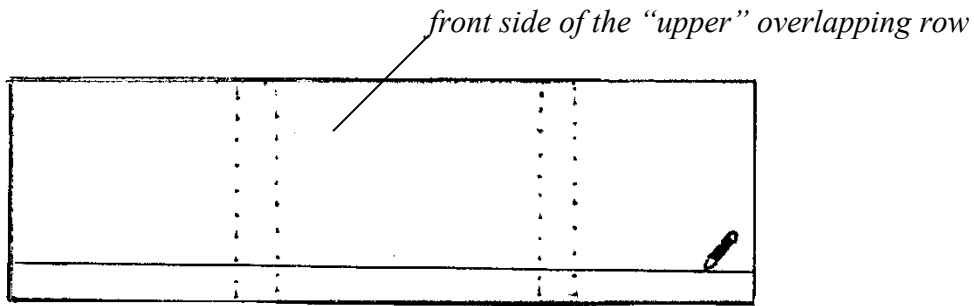


7. Repeat steps one through six to add the third rectangle to the row. After attaching all three rectangles you will have one row completed.

Continue assembling the seven rows of the kesa.

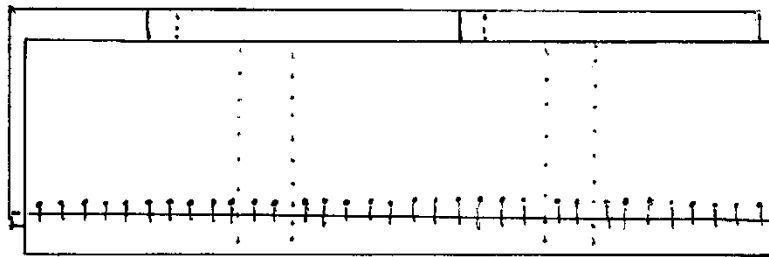
8. When the seven rows are sewn, join them together according to the diagram of the full kesa on page three, overlapping the rows from the center outward. Alternate rows of long, long, short with rows of short, long, long.

9. To join two rows together in an overlap, follow the procedures for piecing together the rectangles, as above. Mark the overlapping row with an erasable chalk line at your "footpath" measurement up from the bottom edge. Mark the back of the overlapped row $\frac{1}{2}$ inch up from the edge.



back side of the "lower" overlapped row

10. Line up the chalk lines on the two rows and pin them together with straight pins.



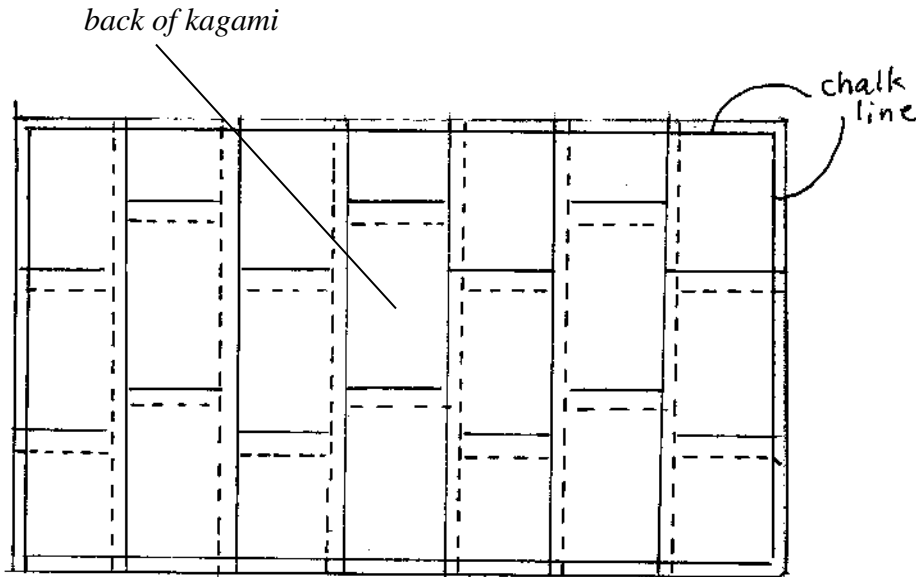
11. Sew across the row using the chalk line as your guide with the same slanted stitches as before. If you run out of thread, leave a few inches of thread free inside the seam and begin a new thread by sewing over your last four or five stitches.

12. Open out the pieces. Fold the rough edge of the overlap up $\frac{1}{2}$ " and crease it between your fingers. Pin and sew to finish off the overlap.

Assemble all the rows together to complete the main body of the kesa (the kagami).

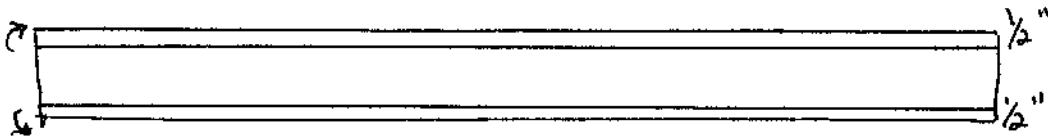
Attaching the Borders (the Ens)

13. Once the kagami is finished, mark straight sewing lines with chalk on the back side around the perimeter of the kagami to even out differences. These lines should be at least $\frac{1}{2}$ " from the edges. If your edges are very uneven, try to save as much height and length as you can.

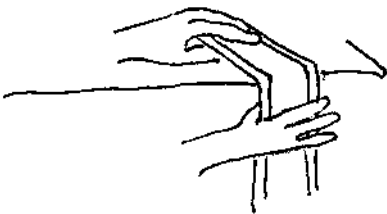


14. The next step is attaching the border strips (the ens) to the kagami. You will need four ens: two for the horizontal edges and two for the vertical edges. Make sure the length of each en is as long as the kagami dimension plus an additional six or seven inches (to make the corners you will need a little extra en length.)

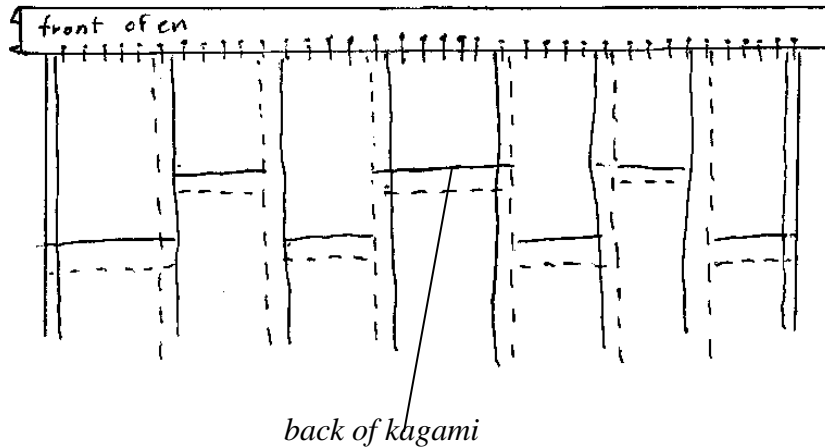
15. Mark each en with chalk lines $\frac{1}{2}$ " up from each edge.



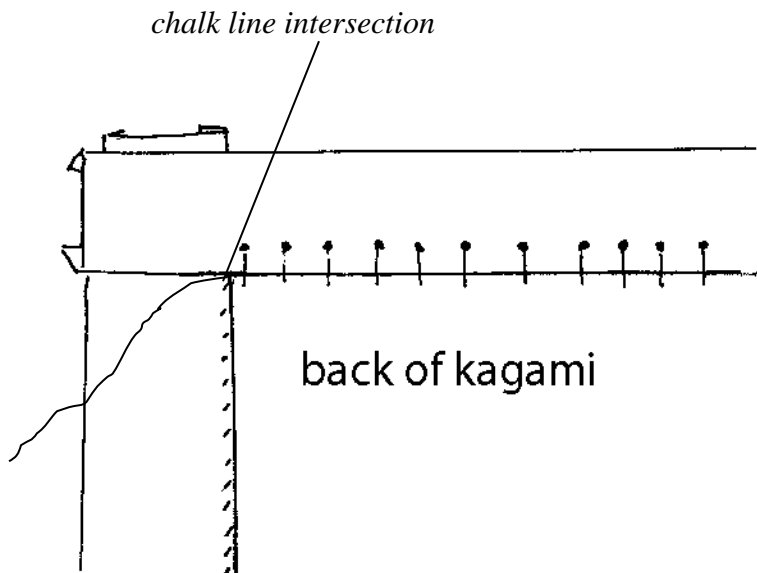
16. Fold on both chalk lines and press the folds with your fingers to form creases, or crease the folds by holding two ends of a section and running it over the edge of a table.



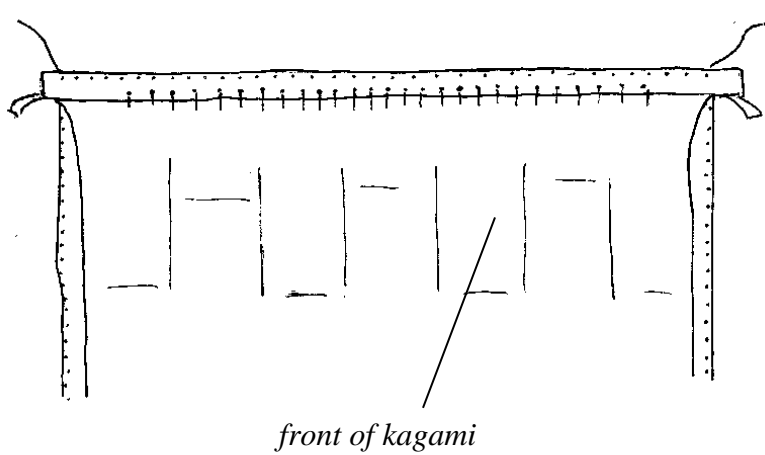
17. To attach an en, smooth out the edge of the kagami that you'll be sewing the en to. Center the folded en over it and line it up on the chalk line. (The kagami should be back side up and marked with chalk lines, the en should be front side up with the folded edges behind.) Place pins first at the outer sides of the en, then gently stretch the kagami and en together and place a few pins in the center, then place pins half way between the center pins and outer pins, then half way between these pins, etc. until filled up with pins.



18. Sew the pinned edge of the en onto the kagami. Stitch close to the fold starting and ending at the points where the chalk lines on the kagami intersect. Use the same kind of stitches as before. Leave long threads (ten or so inches) at the beginning of the run – you will use these threads later to sew the corners. Repeat steps 15 to 18 to attach all 4 ens to the kagami. (Note: When centering the next ens over the kagami allow the extra en lengths to overlap but don't sew past the chalk line intersections.)

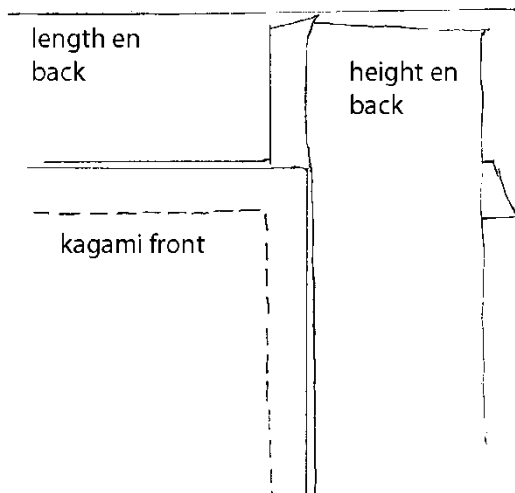


19. After attaching all four ens, turn the kagami over front side up. Fold one en to the front side. You will see your slanted stitches at the very outer edge. Pin the bottom edge of the en smoothly to the kagami. Sew just above the fold. Leave ten inches unsewn at each corner (to allow you to manipulate cloth when finishing the corners.) Pin and sew all four ens to the kagami.

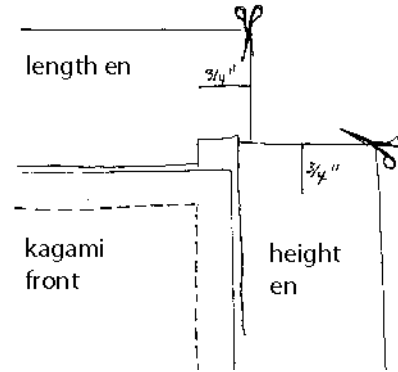


Finishing the En Corners

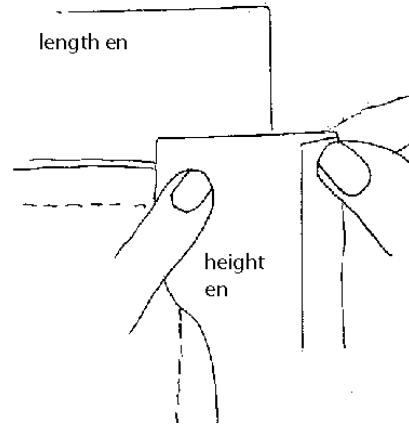
20. Stretch out one of the corners and smooth out the ens until they lie flat.



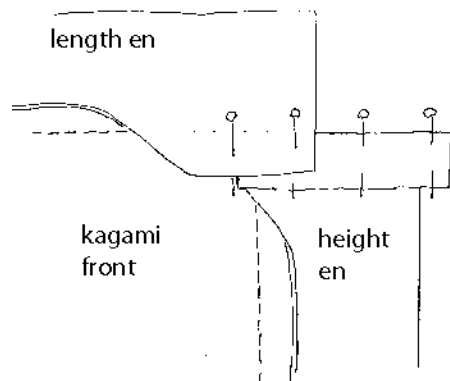
21. Trim each en $\frac{3}{4}$ inch out from your line of stitches.



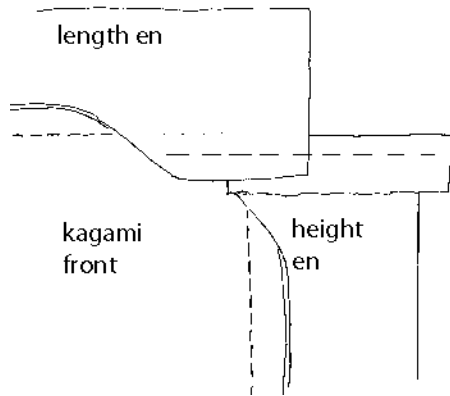
22. Working with the height en, fold the outer edge's seam allowance in and flatten out the inner edge's seam allowance.



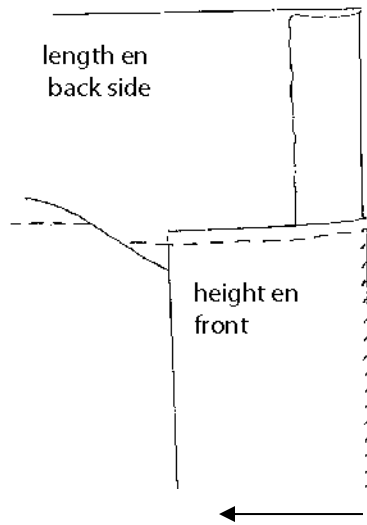
23. Fold over the height en level with the corner of the kagami. Flatten out the seam allowance of the length en. Pin.



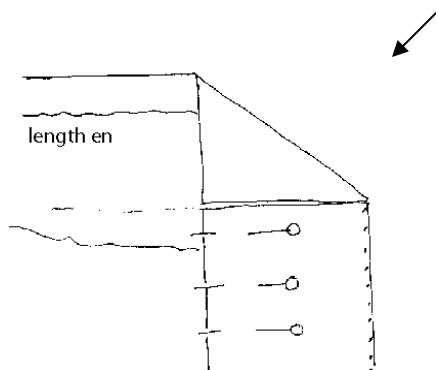
24. Hold your folds with basting stitches.



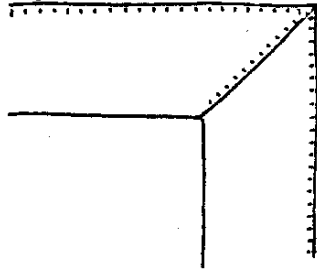
25. Fold the height en to the front side of the kagami. (The end of the length en will fold over as well with this movement.) Smooth out all the pieces of cloth and place some pins in the height en.



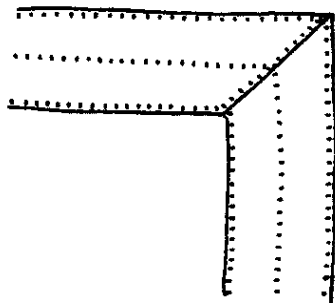
26. Fold the end of the length en at a 45 degree angle. Make sure the seam allowances are neatly tucked inside.



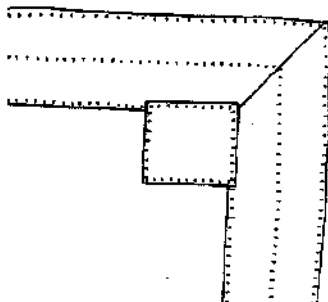
27. Fold the length en to the front side of the kagami. Pin the corner into place. Pin any unsewn stretches around the corner. Sew the corner miter seam using the long thread ends you left earlier. Finish sewing the ens. Remove any basting stitches that show.



28. After all the borders are sewn into place a third centered row of stitches must be sewn around the entire border. First mark the sewing line with chalk down the center of each border, then stitch through.



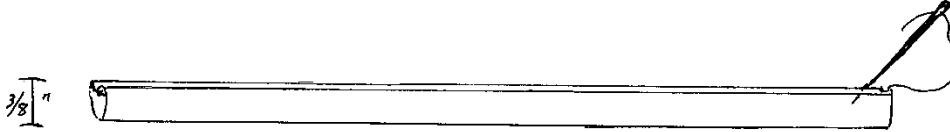
29. Joro Attachment. Mark and baste stitch the joros to their 1½” finished size. Position the joro on the kesa so that they overlap the ens by about 1/8”. Pin and sew all four joro.



Ties

30. You will need three ties for your kesa. To make them, mark and cut three narrow rectangles 21" x 1". (If your fabric is very heavy, cut to 22" x 1½ ".)

31. Fold the rectangles over with the long edges tucked in to measure about $\frac{3}{8}$ inch wide. Sew the length of each tie, hiding your stitches as much as you can.



Tie 1: Leave both ends open.

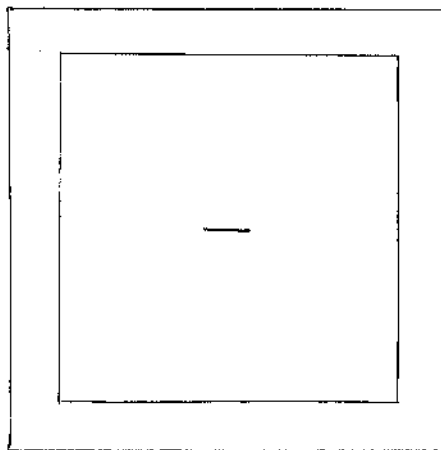
Tie 2: Tuck in both ends and sew them closed.

Tie 3: Leave one end open and one end closed.

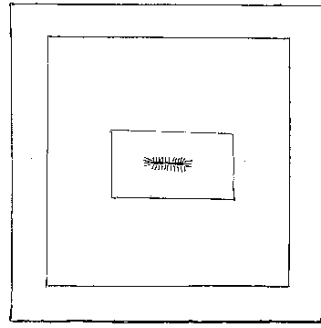
Daiza

You will need two daiza for attaching ties to the kesa, one will be sewn on the front and one on the back.

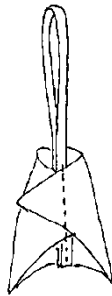
32. To make the two daiza: Cut two squares of cloth $4\frac{3}{4}$ " x $4\frac{3}{4}$ " (the finished size will be $3\frac{3}{4}$ " x $3\frac{3}{4}$ "). Mark a $\frac{1}{2}$ " seam allowance around the perimeter of each. Indicate a cut mark $\frac{3}{8}$ " wide in the center that the ties will eventually go through.



33. On the back side of each daiza baste on a patch about $1\frac{1}{2}$ " x 1" that will help reinforce the tie buttonhole. Cut the slit in each daiza and patch together. Sew neat buttonhole stitches around the cut.



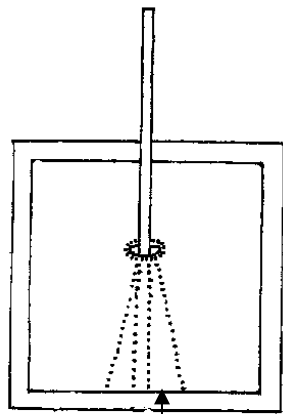
34. Fold tie #1 in half and wrap the ends in a small piece of fabric, about 2" x 2". See the diagram just below. Pin and sew together firmly with close running stitches.



Now wrap just the unfinished end of tie #3 with a 2" x 2" piece of fabric, as above. Pin and sew it.

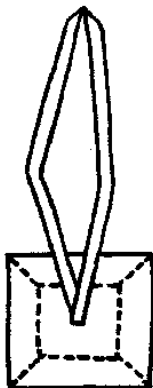
Tie #2 will be attached as an extension to the loop of tie #1. Directions on page 16.

35. Insert the loop of tie #1 through the buttonhole of one of the daiza and sew the tie and wrapping cloth firmly to the daiza as shown below. Then insert the end of tie #3 through the buttonhole in the second daiza and sew the tie and wrapping cloth firmly.



keep the triangle piece and ties above this line.

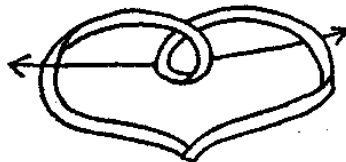
left shoulder side ties



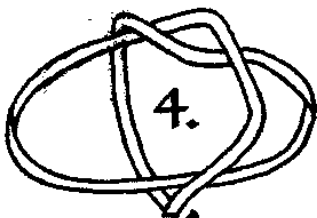
1.



2.



3.



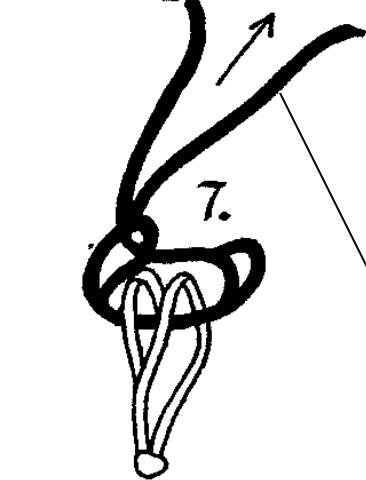
4.



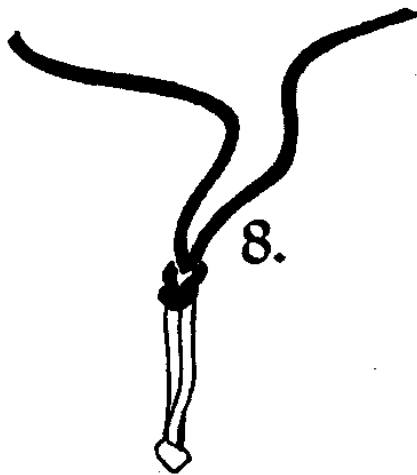
5.



6.



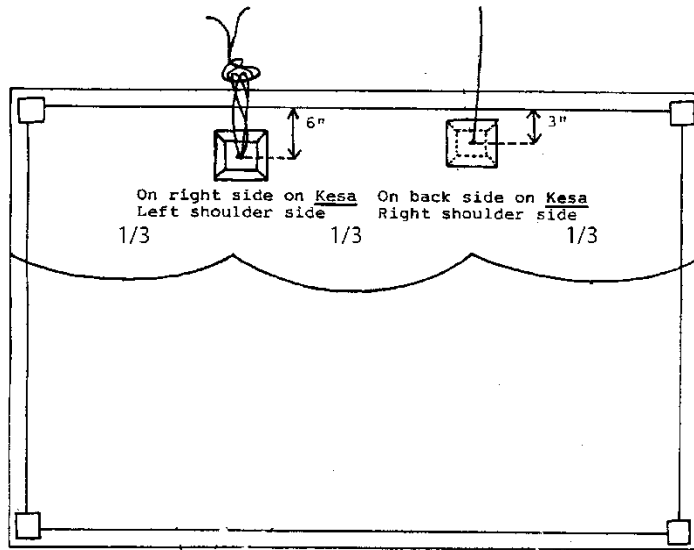
7.



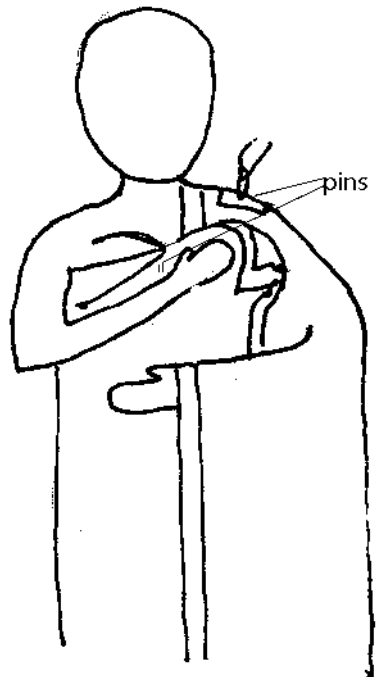
8.

Tie # 2

36. Now it's time to test your daiza locations. Spread out the kesa front side up. Using a few straight pins, attach the loop tie daiza to the front of the kesa about a third of the way over from the edge, and set so that the buttonhole is 6" down from the top edge. With straight pins attach the other daiza (with the straight tie) on the **back side** of the kesa with the buttonhole 3" down from the top edge.

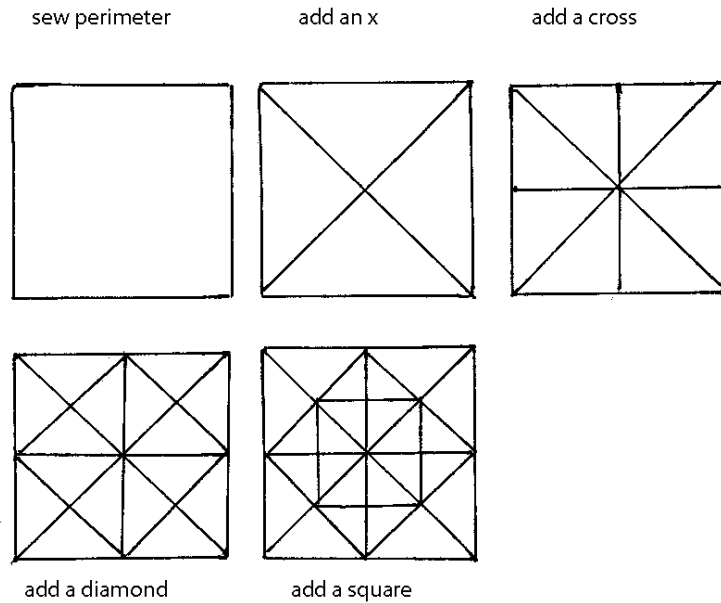


Try it on for size. The left shoulder daiza should lie in the middle of the shoulder. With your left arm bent, the kesa edge should end at your wrist. The other daiza tie should be coming up underneath somewhere midchest.



Tie the straps together. Bring the front corner of the kesa up to lie neatly on the left shoulder. Tuck excess cloth over the ties and evaluate the fit. Adjust placement of the daizas until you are satisfied.

37. Tuck the seam allowances under the daiza. Then sew it firmly to the kesa according to the following diagrams. Use the same stitches you've used for the rest of the kesa.



Attach the second daiza in the same manner.

Wipe off any remaining chalk lines or water soluble pencil lines with a clean, damp rag.

You have now completed your kesa. Congratulations!