Free-Motion Couching

SUPPLIES:

- Blank surface such as wool/polyester felted portfolio or clutch
- Various yarns or cords
- Supreme Slider
- Quilting gloves
- Good Measure Amanda Murphy Circle Rulers
- BERNINA Wavy Ruler from Table Model Ruler Kit
- Stable Tape for back of rulers
- Adjustable Ruler Foot #72
- Couching Inserts
- Echo Quilting Clips
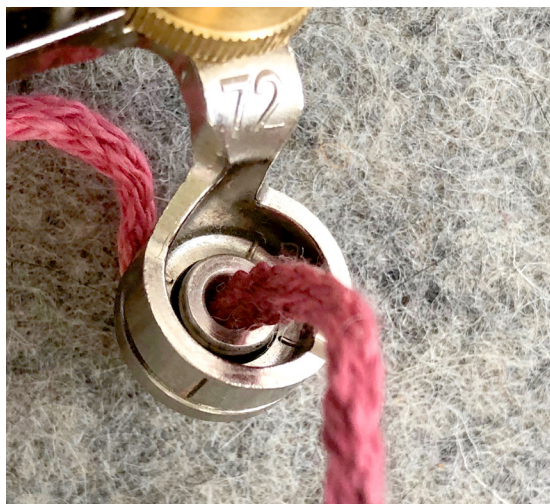- Straight Stitch Needle Plate

INSTRUCTIONS:

Getting Started

- Attach the Straight Stitch Needle Plate to the machine.

- Thread machine with desired thread and lower the feed dog.
- Snap a Couching Insert to the Adjustable Ruler Foot #72.

- Turn the gold dial to raise the sole of the #72 Foot as high as possible.
- Thread the yarn/cord through the Adjustable Ruler Foot #72 and Couching Insert.

Free-Motion Couching

- Place the Ruler Foot on the machine. At this time the sole of the foot may need to be lowered to achieve good stitching. Choose the surface to

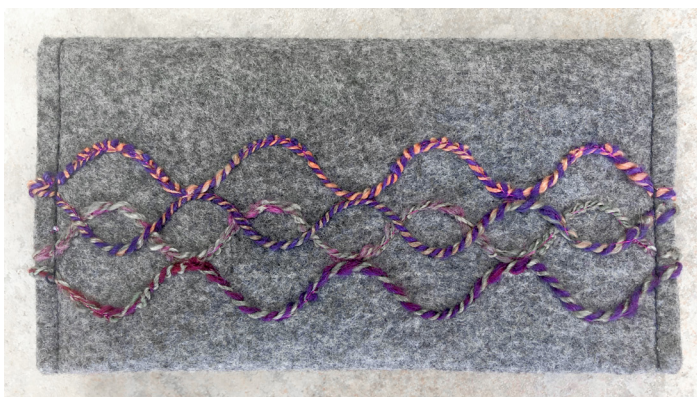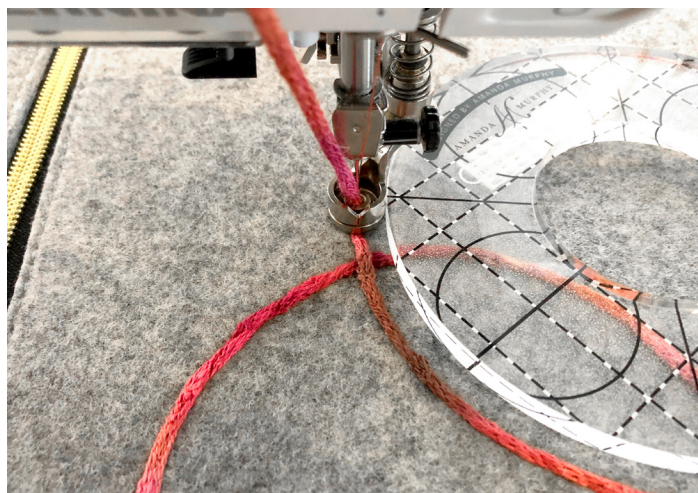be embellished with free-motion couching. If using a blank clutch or portfolio as seen here, open the seams so the project lays flat.

- Pull the bobbin thread up through the surface of the fabric. Begin stitching, either free-motion or with rulers. The yarn should flow freely though the foot.

- The clutch was stitched with the BERNINA Wavy Ruler. The rows may be echoed using the Echo Clips against the edge of the ruler. Try inverting the ruler to get intersecting lines.

- If working on a larger surface, such as a blank portfolio, try stitching circles with the Good Measure Amanda Murphy Rulers. Vary the sizes and stitch the circles so that they intersect.

- Thread a yarn tail through a large eyed needle and run it to the back of the project. Repeat with the second tail. Tie the yarns together on the back of the project.