



# JUST SEW IT!

## Echo Quilting Clips and Couching Inserts: The Versatile Accessories for BERNINA Adjustable Ruler Foot #72

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# ADJUSTABLE RULER FOOT #72

BERNINA has a rulerwork foot that does so much more than just rulerwork! There are Echo Clips that fit around the outside of the foot so that you can echo three different distances away from the foot.

If that weren't enough, the Couching Inserts that are available for the Adjustable Ruler Foot #72 allow for free-motion couching, using couching materials in three different sizes.

## BERNINA ADJUSTABLE RULER FOOT #72

First, let's take a look at the versatile [Adjustable Ruler Foot #72](#), its markings and the mechanics of how it works.



The foot is considered a 1/2" foot, meaning that the circular sole is a 1/2" circle, therefore the edge of the foot is 1/4" from the needle. Because of the shape of the foot and how it sits on the machine, there is 360° access to the foot. This is important for rulerwork.

Edge of foot  
is always 1/4"  
away from the  
needle →



1/2" from side  
to side

## ADJUSTABLE RULER FOOT #72

The circular sole has a tall edge that is 1/4" thick. This is called a fence, and it will keep rulers from slipping over or under the foot as you stitch.



There is a cutout "V" on the front of the foot that aligns with the needle.



Look inside the foot and you will see four markings creating a crosshair. These marks also line up with the needle.



The bottom edge of the circular sole is rounded, allowing the foot to move smoothly and easily over the fabric.

The spring on the side of the foot cushions any contact with the machine's needle bar, and it also allows for the safe use of the machine's needle threader.

The gold dial on the side of the foot raises and lowers the height of the sole to allow for different batting thicknesses. The height range is 0 mm to 4 mm (1/8"). This also makes the foot usable on any BERNINA machine, even those without the Presser Foot Height Adjustment feature.





## ADJUSTABLE RULER FOOT #72

THE ADJUSTABLE RULER FOOT IS A FREE-MOTION FOOT AND WAS DESIGNED FOR DOING RULER WORK ON DOMESTIC MACHINES. HOWEVER, IT DOES FIT THE Q SERIES MACHINES AS WELL.



CLICK THE BUTTON TO WATCH A VIDEO  
FOR MORE INFORMATION ON THE  
ADJUSTABLE RULER FOOT #72



## ECHO-QUILTING CLIPS

### ECHO-QUILTING CLIPS

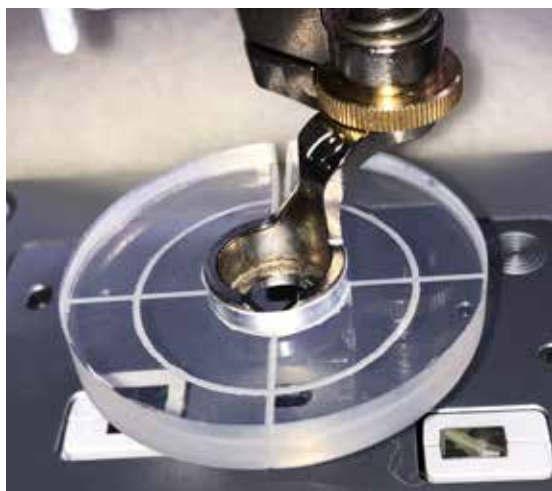
The [Echo-quilting Clips](#) for the Adjustable Ruler Foot #72 come in a set of three sizes. With a clip attached to the foot you will be able to echo  $\frac{1}{2}$ ",  $\frac{3}{4}$ " and 1", whether you are using a ruler or you are stitching free-motion.



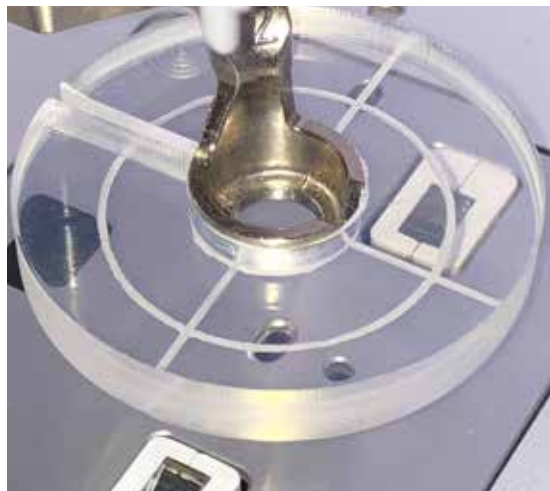
# ECHO-QUILTING CLIPS

## ATTACHING ECHO-QUILTING CLIPS

To attach an Echo-quilting Clip to the foot, leave the foot attached to the machine and push the clip up from the bottom of the foot.

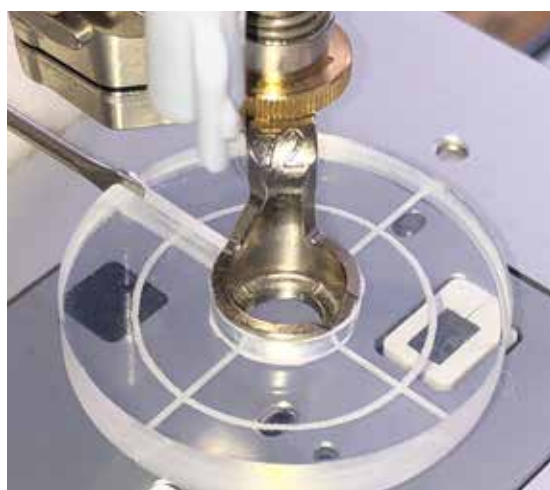
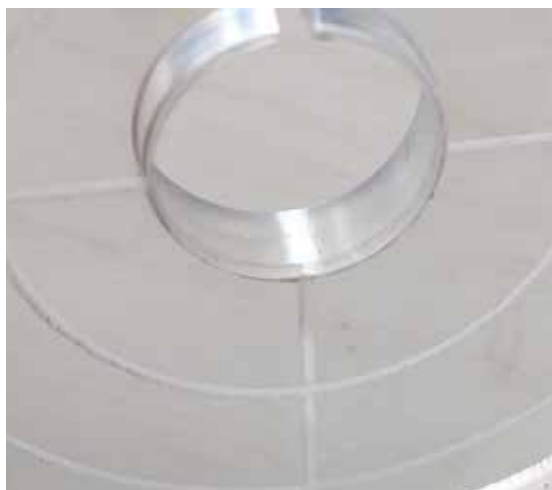


Be sure the etched markings on the foot are facing downward and align the horizontal and vertical markings of the clip with the horizontal and vertical markings on the foot.



There is a small lip along the bottom of the echo clip that will keep it securely in place.

To remove the Echo-quilting Clip, push down. If the Echo-quilting Clip is extremely tight and difficult to remove, place a small screwdriver in the slit on the back of the clip and twist ever so slightly. (Take care—twisting too much will crack the Echo Clip.)



# ECHO-QUILTING CLIPS

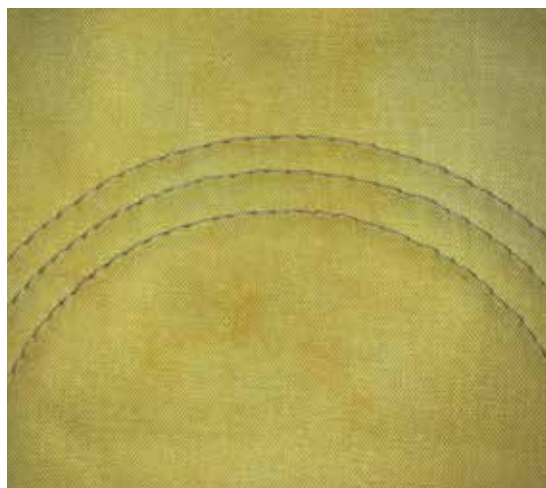
The Echo-quilting Clips may be used to free-motion echo an embroidery design or appliqué. Decide on how far away you would like to echo stitch and attach the appropriate clip.

When attaching the Echo-quilting Clip, let the needle thread run through the slit on the back of the clip so that it does not get caught between the clip and the foot.



When using the Echo Clips against a ruler, begin by lowering the needle where you want to begin stitching. Lower the foot. Then place the clip against the ruler to echo the ruler shape.

Using the Echo clip is the way to echo a perfect arc.



IF YOU ARE WORKING WITH A **BERNINA** LONGARM QUILTING MACHINE, THESE ECHO-QUILTING CLIPS MAY ALSO BE USED WITH **RULER FOOT #96**.



# COUCHING INSERTS

## COUCHING INSERTS

The next accessory for the Adjustable Ruler Foot #72 is the set of [Couching Inserts](#). The set includes three inserts that will accommodate 3 different sizes of yarns or cords. The couching inserts can only be used with the Adjustable Ruler Foot #72. The largest insert has a 2.2 mm opening, the medium has a 1.8 mm opening and the smallest a 1.4 mm opening.



Whatever cord or yarn you are going to be couching must fill the hole of the chosen insert.

It must flow through easily and not get hung up. It will be best to choose a yarn or cord that is smooth rather than one that is thick and thin. When using the inserts, the foot becomes a straight stitch foot, and only a straight stitch should be used.

Place a Straight Stitch Plate on the machine and select the straight stitch from the stitch menu.

Because this is a free-motion technique, the feed dog should be lowered.



# COUCHING INSERTS

## ATTACHING COUCHING INSERT TO THE FOOT

Remove the foot from the machine. The couching inserts are 3.5 mm thick, so they extend beyond the bottom of the foot. Therefore, it is important to use the adjusting dial and raise the sole of the foot as far as it can be raised to get started.



Snap an insert into the bottom of the foot. The size of the insert should be determined by the size of the yarn. You may need to do some testing to find the correct size insert.



Thread the yarn from the top, through the foot and out the bottom. Put the foot back on the machine. Test the height of the foot, making sure it is not too high and that the quilt moves easily under the foot.

Thread the machine with a thread that either matches the yarn or is deliberately a contrast to the yarn.

Pull the bobbin thread to the top of the fabric. Take a few securing stitches.

Move the fabric in the design you want to create, being sure to let the yarn pass thru the foot.

You especially want to watch the yarn so that it does not get pulled tight. The yarn will follow your movement. So whatever design you are stitching, it will be outlined with the yarn.





# ECHO-QUILTING CLIPS

To take care of the ends of the yarn that are on the top of the fabric, thread through a large-eyed needle and pull the tails to the back to tie off.



Try using different sizes of the Couching Inserts with different sizes and types of yarns and cords. This example was using the medium Couching Insert.



Using rulers with the Couching Inserts is certainly fun and adds perfection to your work, but remember these inserts can also be used for free-motion work.

Stitch as you would for any free-motion work and the cord will follow your design.

Be sure the yarn or cord does not get too taut or it will not be caught by the needle.

Use the Echo-quilting Clips by themselves, or the Couching Inserts by themselves. Or use both techniques on a project for a truly unique quilted and embellished work of art.

This is the completed design.



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WEBINAR ON EXPLORING RULERWORK**

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