



# Foot Book Couching

## Couching

*Foundation:* Cut-away stabilizer cut to the size of the finished page.

*Background:* Felt cut to the size of the finished page.

*Techniques:* A patch of felt in contrasting color, with several rows of assorted fibers couched with various decorative stitches.

*Embellishments:* Patch pocket made of scrapbook paper with buttons stitched in a vertical row. Tag (see next page) for pocket showing the various presser feet used on swatch: front = photos; back = descriptions. Couching label (see next page) printed on fabric or paper and stitched to page.

Ribbon borders were topstitched along all four sides of each page.

The word “couching”—from the French—means to lay down and in stitching refers to adding cord, yarn, or fiber to the surface of your work by stitching over it.

## Creating A Couching Sampler

Couching is a versatile embellishment because there are so many ways to do it and so many looks you can get. The tips listed below give you an idea of how you can combine the elements of couching to vary the look of couched fibers.

### *Cord + Fabric + Thread + Stitch*

Match the color of the stitching to the background fabric and the contrasting cord will look as if it is woven into the fabric.

Match the color of the stitching to the cord; it will give the cord a more pronounced look, subtly adding to its thickness.

Match the color of the stitching *and* cord to the background fabric and create subtle texture without calling attention to the cord.

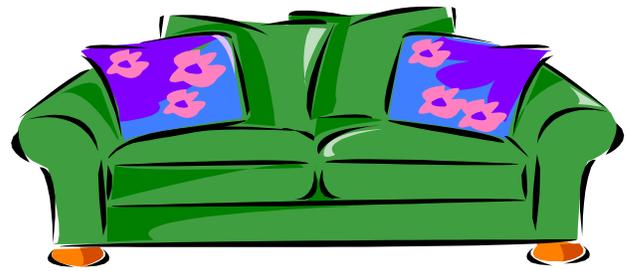
Use invisible thread and a blindstitch to make the cord appear to be floating on the surface of the fabric.



*Spend some time experimenting and trying out various combinations to see which couching combinations work for your project.*

*Tips on Using BERNINA Couching Feet*

**Bulky Overlock Foot #12/12C**  
Is great for couching beads. Use monofilament thread and set the machine for a zigzag stitch wide enough to clear the beads and as long as the bead so the stitches slip between them.

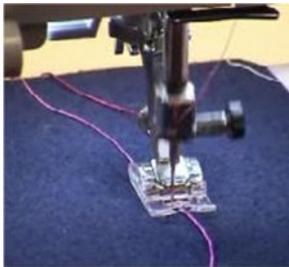


# Couching



Combine several yarns and/or cords and put through the hole in Braiding Foot #21/12C. Twist them to create a spiral design or let them randomly mix together.

Couching very narrow cords such as perle cotton or embroidery floss works best with Clear Embroidery Foot #39/39C, placing the cord in the hole through the center front of the foot.



These are not the only couching BERNINA has but they are all fairly similar in how they work. If you are comfortable with any of these, you'll be able to use all of them.

## Couching Feet

### **BULKY OVERLOCK FOOT #12/12C**

Designed to sew heavy knits; also great for rounded piping, couching cord, & attaching beads. Foot #12C has a hole on top for couching (see Foot #21).

### **BRAIDING FOOT #21**

Has a beveled hole to hold thick yarns, decorative threads, and narrow braids for couching.

### **CORDING FEET #22/25**

Uniquely designed with 3 or 5 grooves to hold & control narrow cords side-by-side for couching.

### **CLEAR EMBROIDERY FOOT #39/39C**

Similar to Embroidery Foot #6 but with a clear sole for better visibility; has a hole for sewing over elastic cord.



*Couching Label:* Print couching image above on paper or fabric and cut it out as a patch. Stitch it onto the page as shown in the photo on previous page.

*Couching Foot Tag:* Cut out the rectangles to the right and glue one to each side of a piece of cardstock (a blank bookmark was used for the sample). Shape the top of the cardstock, punch a hole in the center of the upper edge, and tie fibers (narrow ribbons, cords, and yarns) through the hole. Distress the entire tag by rubbing brown chalk or distressing ink over the surface.