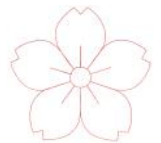


WHAT YOU WILL NEED

Janome Machine (*project made on Continental M17*)
Embroidery Hoop RE46d
Magnetic Clips for hoop RE46d
Couching Foot **PC-2**
Yarn Guide
Sub Thread Guide Stick
Zig Zag Foot **A**
¼ Inch Seam Foot **O**
Overcasting Foot **M**
Standard ZigZag Needleplate
Janome Red Tip Needle #14 (embroidery)
Janome Sharp Needle #12/80 (sewing)
Janome Plastic Bobbin x 2
Thread Scissors/Snips
Dressmaking Pins
Tape Measure
Cutting Mat | Rotary Cutter | Quilting Square & Ruler
Iron and Ironing Board



If you do not own the Janome Continental M17, please download and use this design instead. [Click Here](#) to download the alternative Janome Flower Couching Embroidery Design.



FABRIC & NOTIONS

Plain Cream Quilting Fabric or Homespun 1m x WOF
Patterned Quilting Fabric 0.70m x WOF
1 ball of Acrylic Yarn/wool 12 Ply (firmly twisted)
Medium weight Tear-away stabilizer
Embroidery thread to suit yarn/wool colour
Thread for construction of cushion cover

CUTTING INSTRUCTIONS

Cream Quilting Fabric or Homespun:

Block A: Cut 1 piece 25" x 18" | 63½ x 46 cm
Panel B: Cut 1 piece 10" x 22" | 25½ x 56 cm
Panel C: Cut 1 piece 18" x 22" | 46 x 56 cm

Decorative Quilting Fabric:

Cut 2 strips 22" x 6½" | 56 x 16½ cm

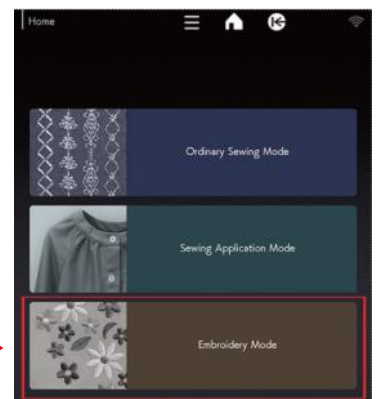
Medium weight Tear-away Stabilizer:

Cut 1 piece 25" x 18" | 63½ x 46 cm

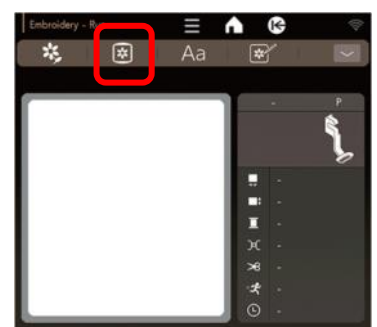
INSTRUCTIONS

Step 1

Select Embroidery Mode



Select EDIT Mode



Step 2

Select the **Hoop Selection** key

Select the **RE46d Hoop**



Select **Design Category** Key

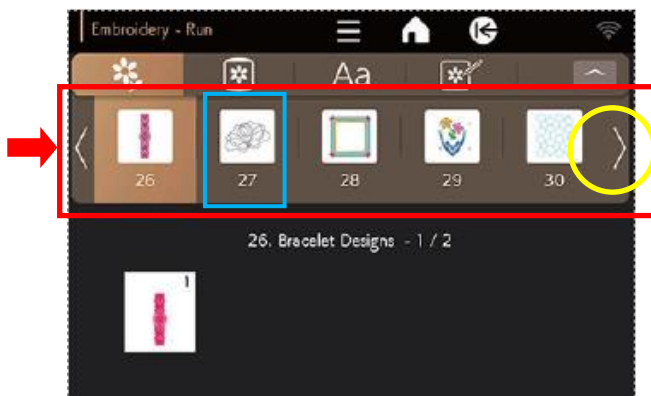


Located at the top left of screen, circled RED above.

Looking at the *embroidery categories*. [Red box below]

Page forward using the right arrow [yellow circle] until you see *Category 27*. [blue outline]

Select #27, and couching designs will open.



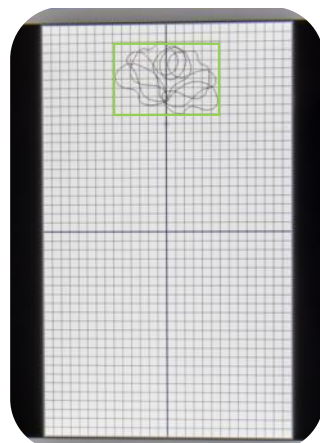
Select Design **COU_1_01**



Using the **jog** keys below the Edit screen, move the design to the top, sitting 2 grid lines from the top.




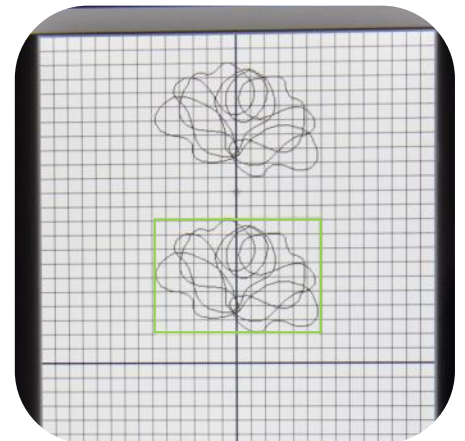
Tip: When the design is imported into Edit, it is centred in the hoop. Use the jog keys to move the design directly up.



With the couching design still selected on screen [it will have a green outline around it], if no green outline, then touch the design to select it.

Press **Duplicate** key once  located under the grid.

Using the **Jog** Keys,  move the duplicated design down, to sit 2 grid lines above the central horizontal crosshair.



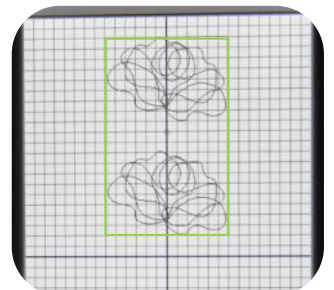
Select the **Group** Key



Then, select the **Group All** Key




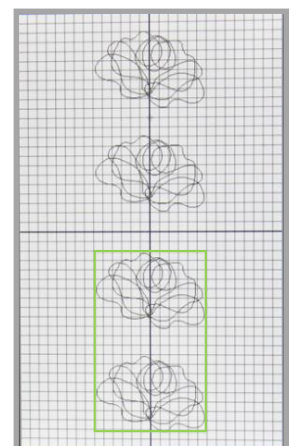
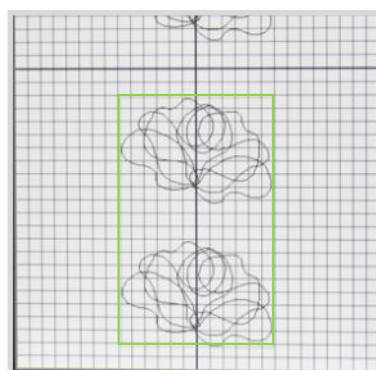
Both couching designs should now have a 2 green outline around them.




Press the **Duplicate** Key once



Use the **Jog** Keys  to move down the duplicated designs to sit in the same position as the top 2 couching designs.



To ungroup the designs, select the **Group Key** again. 

Now, select **OK** key, located at the bottom right. The screen will change to the *Ready to Sew* window.

Step3

Attach the Couching Foot PC-2

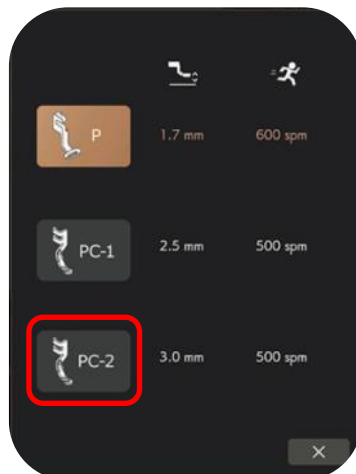
To set the machine to use the Couching Foot, select the **Embroidery Foot Key**.



Embroidery foot selection window will open.

Select Couching **PC-2**

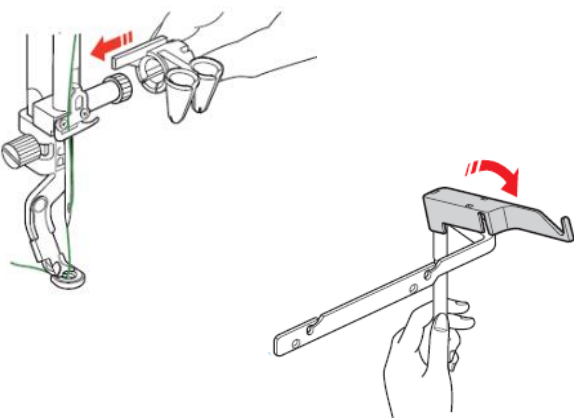
Note: The foot height & sewing speed will be automatically adjusted to suit the selected foot.



Tip: When couching embroidery is complete, set embroidery foot setting back to Embroidery Foot (P)

Attach the Yarn Guide and Sub Thread Guide Stick

Note: Check that the needle clamp screw is tight before sliding on the Yarn Guide.



Step 3

Thread the machine with the embroidery thread to match the yarn/wool and the same thread on the bobbin.

Hoop the cream fabric [Block A] in Hoop 46d including a layer of medium weight tear-away stabilizer.

Use the magnetic hoop clips.



Thread yarn/wool on the machine.

Tip: Instructions on 'how to' are in the CM17 Embroidery Instruction Book on pages 74 & 75.



Stitch the couching design, stopping between each one to cut the yarn.



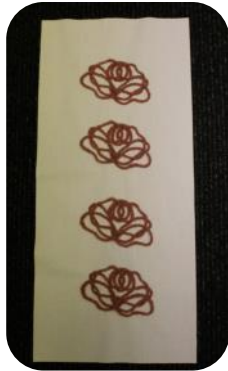
Tip: Unwind the ball of yarn/wool and splay out next to the machine, to ensure smooth feeding without tangling. Continually monitor the yarn/wool as it feeds.

Step 4

When complete, remove the hoop from the machine.

Carefully remove the stabilizer, then press the fabric piece, though do not press the couching.

Trim the fabric to width 10" x length 22" | 25½ x 56cm



Open the **Embroidery Foot** Key and reset back to P Ft. Return the machine to **Ordinary Sewing Mode**.

Step 5

Thread the machine with construction thread and same thread on the bobbin.

Attach the ¼ inch seam foot **O**



Select stitch **Quilt 2**



With right-sides together, pin 1 piece of decorative quilting fabric to the righthand side of the embroidered panel. Stitch together.

Do the same on the other side of the embroidered panel.



Attach the Overcasting Foot **M**



Select stitch **Utility 15**



Stitch down each of the ¼ inch seams to encase the raw edges.

Press each seam towards the outside edge.



Step 6

Attach the Zig Zag Foot **A**



Select stitch **Utility 2**



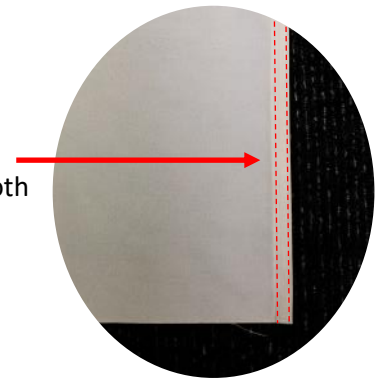
Take both back panels B & C and lay them right-side down.

On one long side [22" | 56cm] of each panel, measure and fold the raw edge in ½" | 12mm and press.

Then, fold over again, the same measurement and press.

Pin the hem.

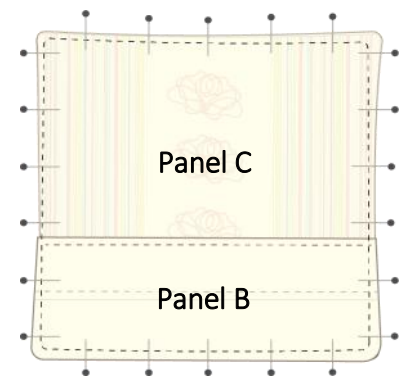
Stitch down each side of the fabric fold, on both panels.



Place the embroidered front, right-side up. Lay **panel C** right-side down at the top of the embroidered panel with the hem on the lower edge, pin in place.

Now, place **panel B** right-side down on the bottom of the embroidered front. Pin into place.

Stitch a seam all the way around the cushion cover, align foot to fabric edge.



Snip access fabric on each corner and turn through to the right-side. Press the seams. Add a 2½" | 6½ cm flange to the cushion, use the needle plate markings, line-up the edge of the cushion cover and stitch through the front and back sections, all the way around the cushion cover.

Add the cushion insert.



FINISH