

COUCHING

Couching is the process of pinning long stitches down so that they do not move and sit straight across the fabric.

To couch, first complete your long stitches and adjust them on the fabric so that they sit how you wish them to be finished. Then, taking a single strand of the same color of floss anchor it into nearby stitching.

Next, look along the length of your long stitch and note places where the floss runs perfectly over stitching holes in the fabric. These are the places you will place your couching.

To place a couching pin, simply put your needle up through the fabric and pull the single strand of floss up on one side of the long stitch. Turn your needle and put it down through the fabric in **the same hole that you came up through, but on the opposite side of the long stitch.**

Repeat this process along the long stitch as many times as you feel is necessary.

