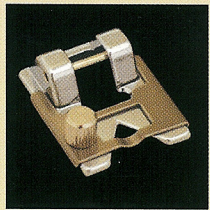
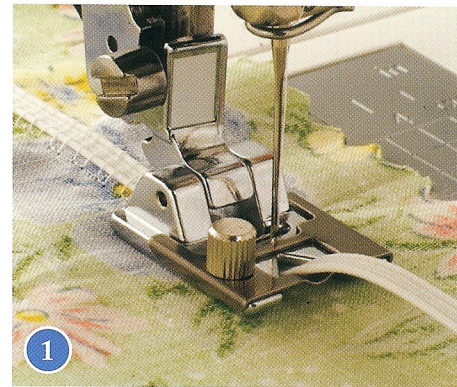


# couching elastic

*Create a thread casing to couch elastic and pull the elastic to gather the fabric.*

1. Thread the elastic through the hole on the braiding foot from the top and under the back of the foot. Move the guide by loosening the screw and snugging it up to the elastic but allowing the elastic to slide through freely. Select the overcast stitch, adjusting the width to cover the elastic. Begin sewing letting the elastic slide through the foot as you sew. (#1)



**Braiding Foot**

**Stitch:** *Patchwork Joining Stitch*

**Width:** *6.5mm*

**Length:** *Pre-set*

**Tension:** *Pre-set*

**Fabric, needles, notions required:**

*Fabric of choice; universal needle, size 80/12; all-purpose polyester thread for needle and bobbin; 1/4"-wide elastic*

2. Pull the elastic up to the degree of gathers as desired. The elastic should slide easily in the thread casing. (#2)



## FOOT FACTS

*Couch the elastic on the right side using a decorative or colorful all-purpose polyester thread. Follow the same procedure as couching on the wrong side. Pull the elastic to gather.*