

# 3 D Blocks

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## Couching

### Required Items

- ★ Preferred foundation for paper piecing – 9 “ square (medium interfacing, foundation paper or thin fabric)
- ★ Five print fabrics
- ★ Four decorative trims
- ★ Complementary threads
- ★ Backing fabric
- ★ Design template for Twisted Square Block

### Couching

☺ Couching is a method of tacking down decorative trims, ribbon, floss or cording using a complementary thread. Stitching maybe a zig zag or a selection of decorative stitches you prefer. Some machines have specialized feet for sewing cording – but an open toed foot is preferable.

### Paper Piecing

☺ Paper piecing requires a foundation to stitch various pieces of fabric to in a particular order. It is like sewing by numbers. Once the template is marked on the selected foundation, cut 2 pieces of fabric large enough to extend beyond the areas marked 1 & 2 on the foundation. Right sides together, an edge lined up – lay the 2 pieces on foundation on the wrong side so the edge is over the line between 1 & 2. Stitch on the line using small stitches that extend the line by a couple of stitches. Trim seam to ¼”. Open and press flat. Select fabric 3 – make sure the piece is large enough extend beyond the space, line up and stitch on the line between 2 & 3...repeat trimming and pressing. Continue to follow the numbers until all areas are filled with fabric. Trim to block size. Often it is best to cut strips of fabric to work with when there are multiple areas using the same fabric.

### Instructions

- ★ Trace or copy design onto the desired foundation.
- ★ Begin with #1, the centre square, and #2 – and complete the paper piecing. Trim block to 8 ½” square.
- ★ Using first trim, lay the trim in the seam line around the centre square. Attach trim using desired decorative stitch.
- ★ Repeat using various trims in each set of seam lines.
- ★ If desired, add a layer of lining to block to hide webbing and tied ends
- ★ Cut 2 – 6 ½ x 8 ½ pieces of dark fabric for backing. Press ½ “ over on one long edge of each piece. Fold again and press to create a finished hem, stitch. Centre the 2 pieces on top of the block, the pieces will overlap like a slip cover for a cushion. Pin on the sides. Trim the top and bottom fabric on block to even it out with backing. Pin top and bottom to secure overlap. Stitch ¼” seam all the way around. Trim corners to reduce bulk. Turn block right side out. Poke corners

square with a corner tool or poking tool. Press block to ensure edges are crisp and line up. Topstitch  $\frac{1}{4}$ " from edge with desired thread.



✓Centre – Silver cording and zig zag stitch in navy

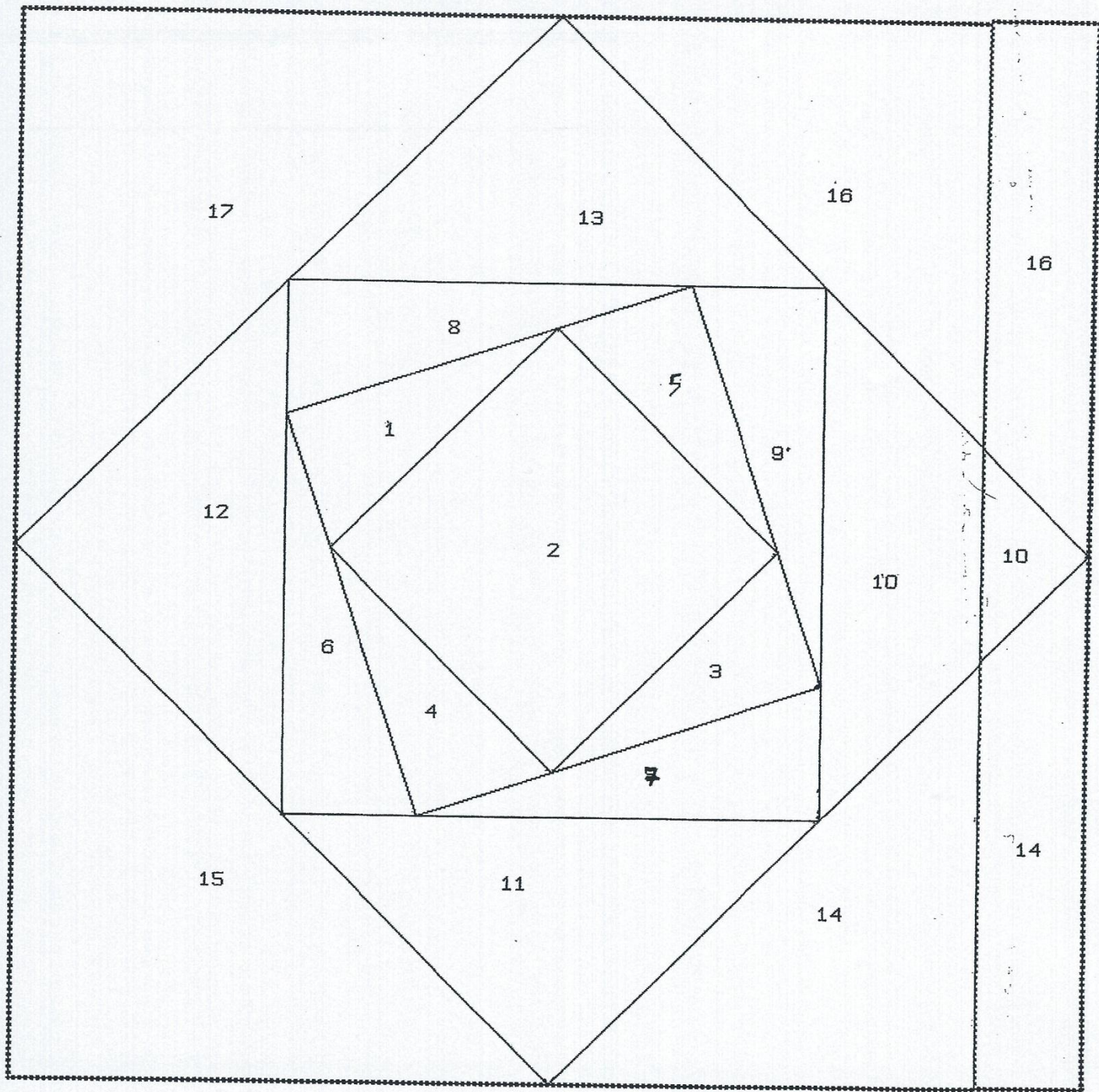
✓2<sup>nd</sup> Round – Light blue rick rack and matching blue zig zag

✓3<sup>rd</sup> Round – Blue & Silver ribbon and light blue zig zag

✓4<sup>th</sup> Round – Peacock blue metallic ribbon and navy zig zag – note this round overlaps the 3<sup>rd</sup> round creating small points in the centres

**Finished Block 8  $\frac{1}{2}$ " x 8  $\frac{1}{2}$ "**

**Original concept from Christie Davidson 2011**



COUCHING