

### Tissue Pouch

3-Way Cording Foot

#### WHAT YOU WILL NEED

Janome Sewing Machine (we used SKYLINE S6)  
Zig Zag Foot **A**  
3-Way Cording Foot **H**  
Satin Stitch Foot **F**  
Janome Sharp Needle Size 12  
2 x Janome Plastic Bobbin  
Thread Snips / Scissor  
Dressmaking Pins or Wonder Clips  
Fabric erasable pen or chalk pen  
Cutting mat / Rotary cutter / Ruler  
Tape measure  
Ironing board and iron

#### FABRIC & NOTIONS

1 x Fat Quarter (*main fabric*)  
1 x Fat Quarter (*binding strips*)  
Tear-away  
2 x Reels decorative thread, different colours, 8Wt  
1 x Reel sewing/embroidery thread for couching  
1 x Reel sewing thread to match binding fabric

#### CUTTING INSTRUCTIONS

##### Main Fabric

Cut 6 pieces 5½" x 7½" (14cm x 19cm)

##### Binding Fabric

Cut 2 strips 1½" x 6" (4cm x 15cm)

Cut 2 strips 1½" x 8½" (4cm x 21½cm)

##### Tear-away

Cut 2 strips 3" x 6" (8cm x 15cm)

Cut 2 strips 1½" x 8½" (4cm x 21½cm)

##### Decorative Thread

Cut 6 x 18" (46cm) of same colour decorative thread

Cut 3 x 18" (46cm) of 2nd colour decorative thread



#### INSTRUCTIONS

##### Step 1

Take the 4 of the 6 main fabric pieces.  
Fold 2 along the length, right side out and Press.  
Fold the other 2 across the width, right side out and Press.

##### Step 2

Thread the machine with the sewing/embroidery thread, same thread on the bobbin.

Select a couching stitch, the most common is the 3-step satin stitch—see image on right.

We used the pictured stitch (Mode 2, Stitch 6)



##### Step 3

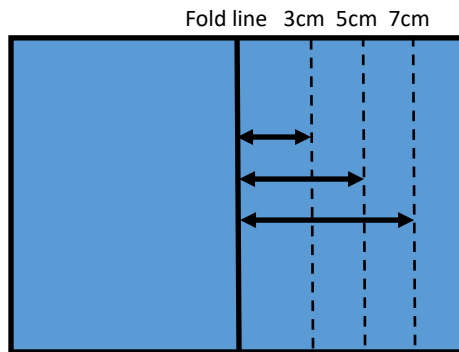
Before attaching the 3-way cording foot to your machine, thread the 3 decorative threads into the guides then through and under the foot, using 2 of one colour on the right and left, the 2nd colour in the centre. Attach the foot to the machine, hold the threads at the back of the foot, to ensure they do not slip out of the guides.

## Step 4 Couching

Select one of the width pressed pieces.

Open out flat, right side up.

Use the fabric chalk pen to mark the below lines, to the right of the fabric centre fold.



## Step 5

Place the 6" (15cm) piece of tear-away under the drawn lines of your fabric.

Place the fabric under the cording foot, make sure you do not unthread the decorative threads.

Start sewing down the first drawn line.

At the end of each line, pull the fabric to the back of the foot and trim the decorative threads, make sure they do not come out of the guides.

*Tip: Start sewing slowly, hold the decorative threads at the back of the foot and ensure the stitch is stitching across and couching all 3 threads. Sew at the slow to medium speed to achieve the best stitching result, stop as needed to adjust the decorative threads, to sit straight at the front of the foot.*

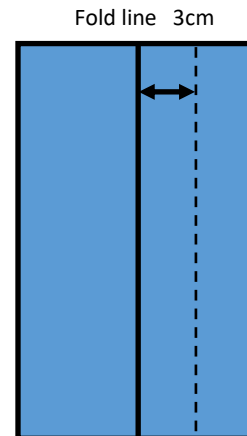


## Step 6

Do the same step with the other fabric piece of the same size.

## Step 7

Take the other 2 fabric pieces which are pressed on the length. Open out flat and mark a line as shown below.



## Step 8

Couch the decorative threads on both fabric pieces.

You should now have 4 fabric pieces as pictured below.



## Step 9 Binding

The binding strips, press them in half as pictured below.



## Step 10

Take a binding strip and corresponding fabric piece, the binding will wrap around the fold of the fabric. Fold the raw edges of the binding into the pressed centre of the strip, then pin the binding along the fold of the fabric piece.

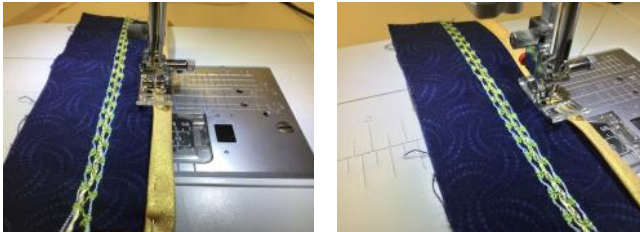
Do the same with the 3 remaining fabric pieces.

Thread the machine with sewing thread, use this thread on the bobbin as well.

Attach the satin stitch foot **F**.

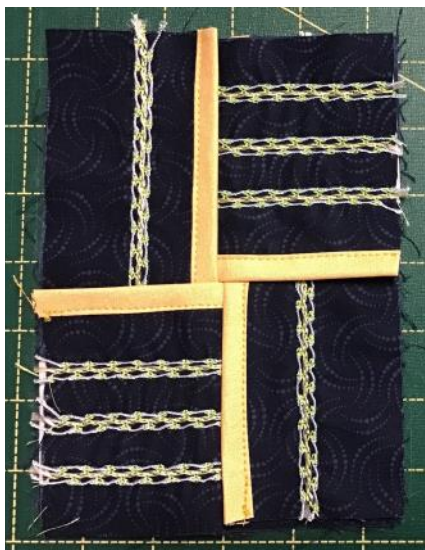
Select a straight stitch in centre needle position, and use the default stitch length setting.

Stitch the binding on each of the 4 fabric pieces, using the edge of the foot as a guide on the binding edge.



## Step 11 Weave pieces

Now, weave the 4 pieces together as pictured below.



## Step 12

Take the 2 remaining unsewn fabric pieces and place them on top of one another, with the right-sides facing out.

Now, place the woven pieces on top and pin all together.



## Step 13

Attach the zig zag foot.

We will use the same stitch.

Stitch around the outer edge, use the edge of the foot as a guide, lining up with the edge of the fabric.

Check that all layers were stitched into the seam.

Turn out to the right-side. Press. Add tissues.



FINISH.