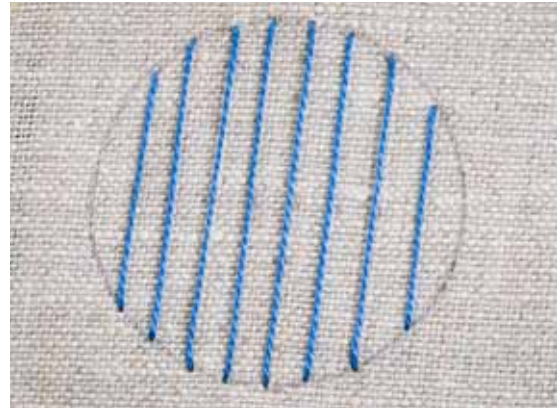


Trellis & square couching

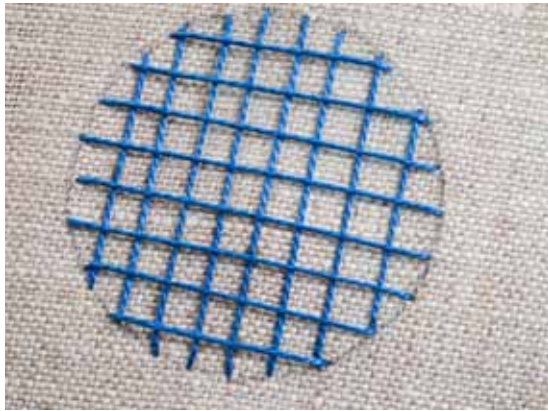
LEFT-HANDED



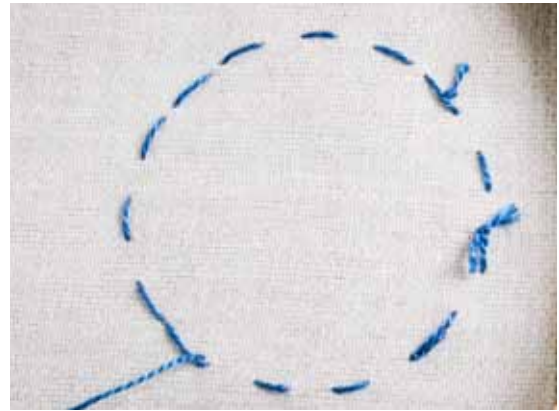
1 Starting with square couching, lay down long straight stitches in one direction, covering a shape you want to fill. Work up and down to conserve thread at the back.



2 You should have parallel lines at reasonably even spacings across the area with short stitches between the lines around the shape at the back.



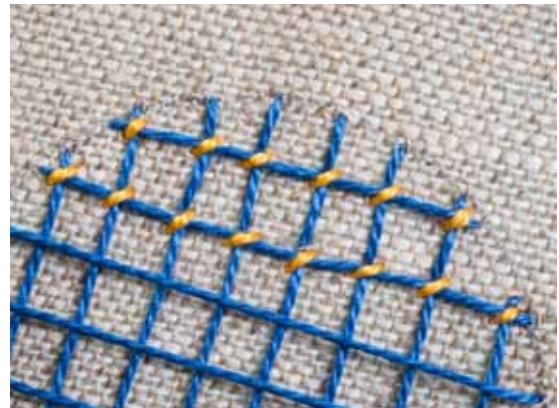
3 To form the grid of squares, lay down a second set of long straight stitches at 90 degrees to the previous lines. Aim to keep the spacing the same to form squares.



4 The wrong side of the work shows the short stitches travelling around the shape. Even conserving thread this way, it will take more than you think (hence the two starts!).



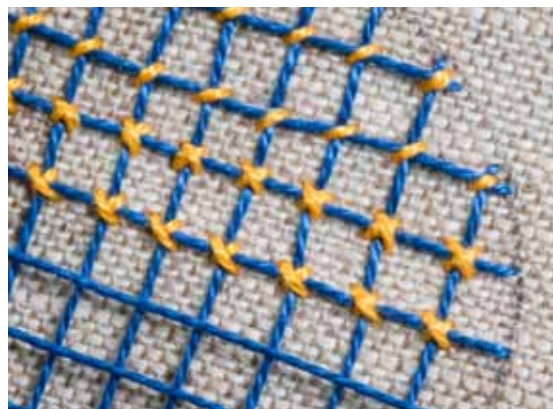
5 To couch the grid of squares in place on the fabric, there are many stitches to choose from. The simplest and most common is a short, slanting stitch over each intersection.



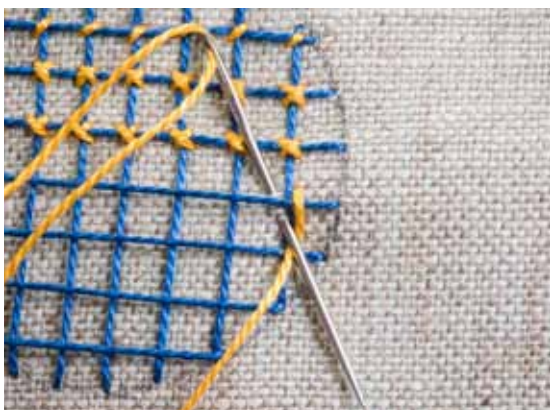
6 Keep the stitches slanting in the same direction as each other, but either way is fine. This type of couching is often worked in thread that matches the grid.



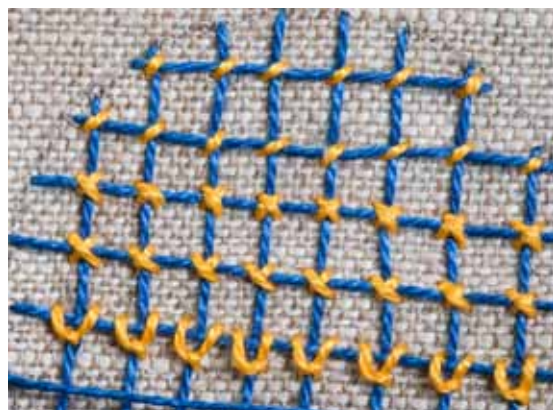
7 A second common way of couching the threads is with cross stitch. As with this stitch worked in other contexts, make sure all the top stitches slant in the same direction.



8 Here we can see a couple of rows of each of these types of couching. The cross-stitch variation is often worked in contrasting thread for a decorative effect.



9 A less usual option is fly stitch with a short holding stitch. Work the upper arms of the stitch either side of a thread and make the holding stitch below the horizontal.



10 When you make the holding stitch, take it over the vertical foundation thread as well as the bottom of the fly stitch.



11 A more decorative option is to fill alternate squares with four-petal daisies in detached chain (lazy-daisy stitch). Form the first petal from the centre towards a corner.



12 Sew the holding stitch over the loop as well as the intersection of two grid threads. Try to keep the grid as square as possible as you make the stitches.



13 The first flower with each of the four petals anchoring an intersection of the foundation grid. Perle 5 thread is used here for clarity, but a finer thread is preferable.



14 Several squares are filled with flowers with empty squares alternating between them. It's easier to keep the squares neat if you use two strands of thread.



15 Trellis (or Jacobean) coupling is also worked on a grid of straight stitches, but this time they are at an oblique angle to form true diamonds, not squares on point.



16 Once the grid is in place, the intersections are traditionally couched with two straight stitches, one longer on the vertical axis with a shorter one across them all.



17 This is a completed classic anchoring method for trellis coupling and it is commonly worked in contrasting thread to the grid of straight stitches.



18 Here you can see several traditionally couched intersections at the top with three at the bottom couched with just a short, horizontal straight stitch.