

# Pieces of the North

Yellowknife Quilters Newsletter

Website: [www.ykquiltersguild.ca](http://www.ykquiltersguild.ca)

January 2021

Issue 165

Pictures taken by Linda Whitford

## Inside This Issue

- ❖ 3 Easy Steps to Perfect Couching..... 2 - 4
- ❖ 2020-21 Quilt Challenge..... 5
- ❖ Recipe Corner..... 6
- ❖ Still Shy about Trying Zoom?..... 7
- ❖ Shop News..... 7, 8
- ❖ Executive..... 8

## Next Meeting

January 14, 2021 at 7:30pm via  
Zoom

*So long 2020,  
Happy New Year*

*Do You Know Quilting Acronyms?  
TGIF = Thank God It's Finished*

## HAPPY NEW YEAR



**May your New Year be filled with  
grand adventures and exciting  
times! Enjoy yourself!**

# 3 easy steps to perfect couching

written by [Jennifer Houlden](#)

September 14, 2015

Source: <https://quiltsocial.com/3-easy-steps-to-perfect-couching/>

## What is Couching?

Couching is a form of embellishment done on the top of a fabric with yarn, cording or ribbon. This material is laid out on top of the fabric it needs to be attached to and then sewn down with either a straight stitch or a zigzag stitch. **It's most often used in art quilts.** It's also very common in embroidery. The couching adds texture and dimension to the fabric as well as the quilt. Let's get started and learn how to create some perfect couching in three easy steps.

## What Yarn to Use

Just about any yarn can be used for couching.

Chunky yarn will give a bit of height and lots of dimension.

Flat yarn will sit right against the fabric. This type of yarn is great for covering raw edges of applique.

Knobby yarn makes for a very interesting texture especially the more knobby it is. This yarn is a bit harder to work with due to the knobs and inconsistent size of the yarn.

Cording can also be used which is more rigid than yarn. Cording gives a very definitive line look.

Heavy weight embroidery floss can also be used such as pearl cotton. This is not as heavy as yarn and gives a more delicate and fine line of couching.

As you see the possibilities are endless since the number of yarns out there are pretty much endless. [DMC](#) has a huge variety of yarns appropriate for couching, as you can see in photo below.



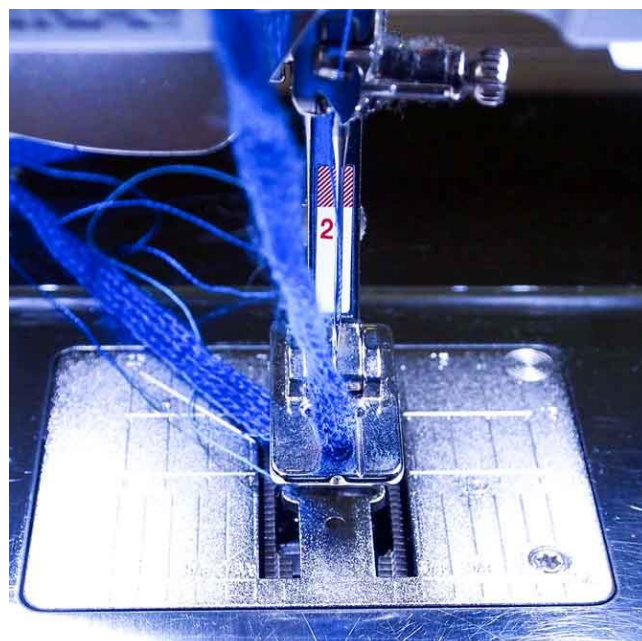
## Step 1: using an appropriate foot for the job

A couching foot, also known as a braiding foot, can usually be purchased as an extra foot for your machine.

The couching foot has a hole for threading the yarn through and allows for even feed of the yarn under the foot of the machine when stitching in place.



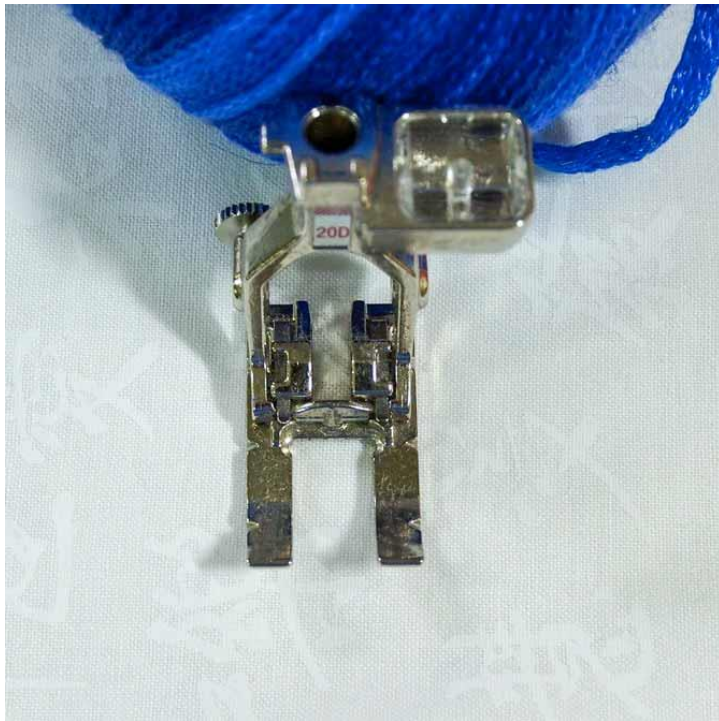
The yarn comes from the back of the machine over the top and through the foot when using a couching foot. There's a bit more control of the yarn when using a couching foot.





**But.....**

an open toed embroidery foot can also be used in place of a couching foot.



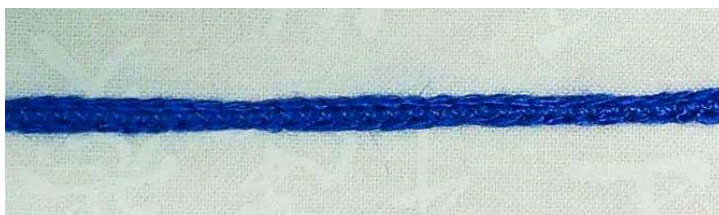
When using this foot the yarn sits in your lap and is thread from the front and under the foot to be stitched in place. Using this type of foot means that you have to guide and control the yarn as it's being stitched to ensure proper placement of the stitching and yarn.

A couching foot is the best option but if not available then the open toed foot will do the job.

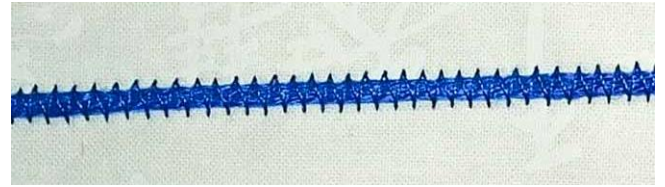
## Step 2: using the appropriate sized zigzag stitch

The zigzag stitch is used to attach the yarn to the quilt. A straight stitch can also be used but I prefer the look of the zigzag stitch as it has a nice clean and smooth finish to it.

If the width of the stitch is too narrow then the yarn will have rolled up edges.



If the width of the stitch is too wide then the stitching will be seen beyond the edges of the yarn.



The key is to have the width of the stitch just at the outside of the edge of the yarn to secure it in place.



## Step 3: using the appropriate thread

I just mentioned that it's the yarn we want to see not the thread so how one accomplishes this. Well, there are a couple of ways.

Use a color of thread that blends in perfectly with the yarn as it's being stitched in place. [Gütermann](#) thread comes in a huge variety of colors which makes it easy to find one that will blend in with the yarn being used. Either cotton or polyester will work for stitching the yarn in place.





Use a 60 weight polyester thread such as [Sulky PolyLite](#). The finer weight thread will blend in very well with the yarn and hardly be seen since it's so fine.



But conversely a rayon or metallic thread can be used to give a bit of shine to the yarn and allow the stitching to stand out slightly. I'm going to use a [Sulky rayon thread](#) for my couching which will add just a touch of shine. These threads are a 30 weight which means they are heavier but because they blend in well with the color of the yarn they won't stand out too much.



I started the couching on my pillow top and am very pleased with how it's turning out. I love the shine from the rayon thread I used for the zigzag stitch.



Who knew it only took 3 easy steps to perfect couching to embellish a cushion! Join me tomorrow, the fun is going to continue as the pillow top is completed. Happy Quilting!

*Note: The author of the above article, Jennifer Houlden, used to live in Yellowknife and was an active member of the Yellowknife Quilt Guild and is a good friend of Donna's.*

*Do You Know Quilting Acronyms?  
MAQ = Mid Arm Quilter*

## Newsletter Submissions

Please send articles, news, favorite quilt websites, tips, and other quilt related items for the newsletter to:

[leslie06thomas@gmail.com](mailto:leslie06thomas@gmail.com)

Deadline for submissions is the 3<sup>rd</sup> Thursday of the month by 7:00 p.m.

# YELLOWKNIFE QUILTERS GUILD

## 2020/21



### CHALLENGE.....

2020 has been quite the year and we could all use a laugh or two, so this year's theme is :  
Make Me Laugh!

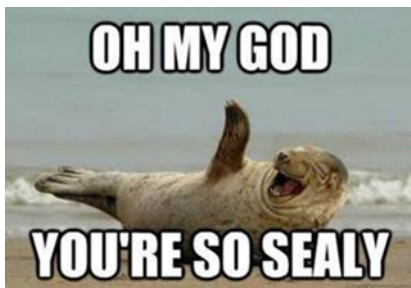


#### The Rules:

Your goal is to make someone laugh when they see your quilt or hear the story behind the quilt.

#### Your Quilt:

1. Can be any shape, but the perimeter must be between 60" – 120"
2. Must be started and completed between December 11 and May 13 Guild Meeting / Reveal
3. Must be Finished
4. Must be Quilted





# Recipe Corner



We all struggle when preparing meals for our families while we have been spending the day quilting. Your problem is solved here in our new QUILTER'S RECIPE CORNER!! Each month we will give you a quick, tasty, and healthy option so you can spend more time working on your projects and not in the kitchen! If you have a recipe that you use that is quick to prepare please send it to us at [leslie06thomas@gmail.com](mailto:leslie06thomas@gmail.com), we would love to use it in our Corner.



## Shrimp Scampi Pasta with Asparagus

Provided by Linda Whitford

*This is a family favorite.... there are never leftovers - I sometimes swap out the pasta and use spaghetti squash which I poke holes in.... soften in microwave then cut in half, remove insides brush with olive oil, sprinkle with salt n pepper then bake upside down on parchment in oven*

### Ingredients:

- ½ lb. spaghetti
- 1 lb. asparagus trimmed and cut into 2" pieces
- 3 Tbsp butter divided
- 3 Tbsp olive oil divided
- 4 cloves garlic minced (about 1 ½ Tbsp)
- 1 lb. large shrimp peeled and deveined (16-20 or 21-25 count)
- 1 ¼ tsp Sea Salt divided, plus more for cooking pasta
- ¼ tsp Black Pepper ground, or to taste
- ¼ cup fresh lemon juice from 1 large or 2 small lemons
- 1/3 cup fresh parsley finely chopped
- 1 Tbsp grated lemon zest
- Grated parmesan to serve

### Directions:

1. Bring a large pot of water to a boil, add 1 Tbsp salt and 1 Tbsp olive oil and cook pasta according to package instructions until al dente, or desired doneness (meanwhile, continue with recipe). Drain pasta, return to pot and cover to keep warm.
2. Place a large, deep pan over medium/high heat and add 1 Tbsp olive oil and 1 Tbsp butter. Add asparagus, season lightly with ¼ tsp salt and 1/8 tsp pepper and cook uncovered for 5 minutes or until crisp tender, stirring occasionally. Remove from pan.
3. In the same hot skillet, add 2 Tbsp oil and 2 Tbsp butter. Once the butter is melted, add minced garlic and sauté, stirring frequently for 1 minute. Add shrimp in a single layer and season with 1 tsp salt and ¼ tsp black pepper. Sauté until shrimp are pink and not translucent (about 2 minutes per side). Be careful not to overcook shrimp.



## The Quilted Raven

[www.thequiltedraven.com](http://www.thequiltedraven.com)  
Email: [thequiltedraven@northwestel.net](mailto:thequiltedraven@northwestel.net)

5005 53<sup>rd</sup> Street  
1-867-920-0303

### STORE HOURS:

OPEN – Tuesday – Saturday  
11 am - 4 pm

CLOSED ON SUNDAY AND MONDAY

Charlene and the Ravenettes!!

### Still Shy About Trying ZOOM?



We've had several online meetings using Zoom and they have been successful. We even have our own Zoom account now, so we don't have to worry about getting shut down part-way through our meeting. We've had door prizes and Mini Mystery Bag giveaways. We even manage to do Show and Tell online!

If you would like to join the online meetings but are just unsure of how to use Zoom, we have someone to help.

Hermina (Minnie) Joldersma has already assisted others with Zoom and is willing to "tutor" people on how to do it. She will do a step by step walk through with you.

This may give you that added confidence to join our monthly guild meeting and any other online meetings/classes you may want to do.

Email Minnie at [joldersm@ucalgary.ca](mailto:joldersm@ucalgary.ca) or give her a call at (867) 446-1683 and she would gladly give you some support.

Christine  
President

# *North of 60 Quilting Services*

[www.northof60quilting.com/](http://www.northof60quilting.com/)

## *North of 60 Quilting Services*

We have options!  
Let us finish your quilt  
OR  
learn to use the longarm  
and finish it YOURSELF



Anita Griffore  
Marilyn McGurran

867.446.0464

[northof60quiltingservices@gmail.com](mailto:northof60quiltingservices@gmail.com)

[www.northof60quilting.com](http://www.northof60quilting.com)



## *Longarm of the North*

Marilyn McGurran

867.446.0464

[marilyn.mcgurran@longarmofthenorth.com](http://marilyn.mcgurran@longarmofthenorth.com)

### **Executive for 2020-21**

[quiltingyk@gmail.com](mailto:quiltingyk@gmail.com)

President

Christine Hoiland

Vice President

Debbie Gillard

Secretary

Teresa Watson

Treasurer

Donna MacDonald

Director

Kathryn Paddock

### **With Help From**

Cindy Taylor, Leslie Bromley, Lisa Fleet, Lesley Singer, and Dawn McInnes



@YKQuilters



Yellowknife Quilters Guild

[www.ykquiltersguild.ca](http://www.ykquiltersguild.ca)

### **ADVERTISING RATES:**

Members for Sale Items FREE

Businesses \$35 full page

\$20 half page

\$10 quarter page

(or equivalent)

