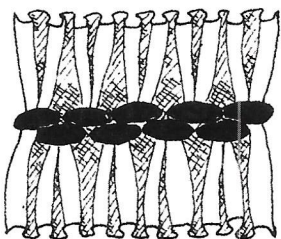


English Smocking

CABLE STITCH



General Instructions

This stitch is worked from left to right. It consists of alternating up and down cables. Start the thread on the left hand side of the pleat pleat to smock.

Take every stitch with the needle running parallel to the gathering line, taking care to keep the needle parallel as you take the stitches.

The needles always "bite the fabric" exactly on top of the gathering row. It may appear that one stitch goes a tiny bit above the gathering thread and one stitch goes a tiny bit below. The up cable (top cable) and down-cable (bottom cable) portions of the stitch gives this appearance. Be sure you keep each stitch exactly on top of the gathering thread.

A down cable is made by stitching into the pleat with the thread below the needle. An up cable is made by stitching into the pleat with the thread above the needle.

Take one cable stitch in every pleat. Throw the thread to the bottom in one stitch, to the top in the next.

NOTE

To make beautiful cable stitches, try this. After taking the stitch, begin to tighten by pulling upward on a down-cable and downward on an up-cable. Before actually pulling the final stitch to the fabric, place your thumbnail next to the stitch and guide the stitch into its exact position.

Directions

Step 1. Bring in the thread on the left hand side of the first pleat.

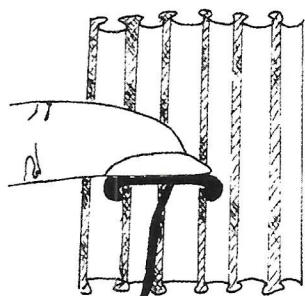
Step 2. Move to the second pleat and take a stitch there with the thread below the needle. This is a down cable (fig. 1).

Step 3. Move to the third pleat and take a stitch with the thread above the needle. This is an up cable (fig. 2).

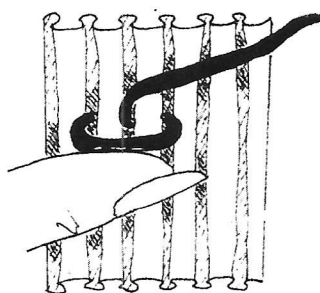
Step 4. Move to the fourth pleat and take a stitch with the thread below the needle. This is another down cable.

Step 5. Move to the fifth pleat and take another stitch with the thread above the needle. This is another up cable.

Step 6. Every two to four stitches, with the needle or a fingernail, push the cable stitches together to be sure the fabric does not show through.

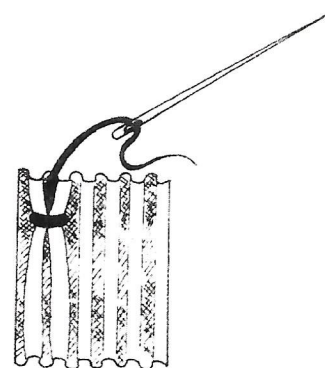
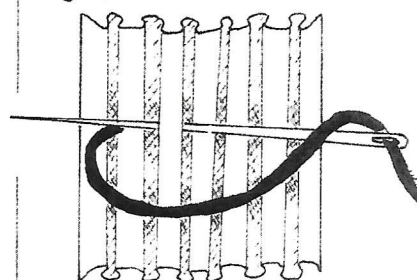


Push Up Cable
Down To Level It



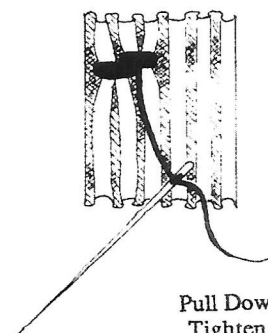
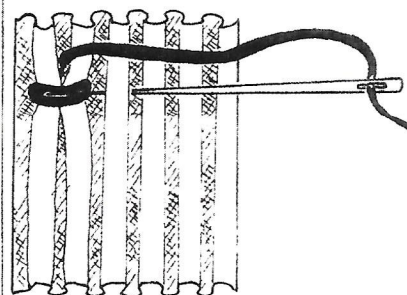
Push Down Cable
Up To Level It

Fig. 1



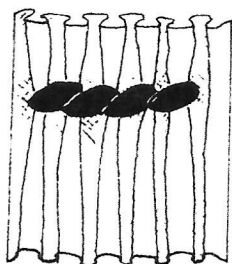
Pull Up To
Tighten Stitch

Fig. 2



Pull Down To
Tighten Stitch

OUTLINE STITCH



Directions

This stitch is worked from left to right.

Step 1. Bring the thread in on the left hand side of the first pleat (Fig. 4).

Step 2. The outline stitch is a continuous row of up cables. The thread is thrown above the needle for every stitch (Fig. 5).

Step 3. Run the needle in parallel to the gathering row, on exactly the top of the gathering row. Tighten each up-cable by pulling down. Always tighten up cables in this manner (Fig. 6).

Step 4. After tightening each stitch, gently pull upward to align the whole row with the gathering row (Fig. 7).

Fig. 4

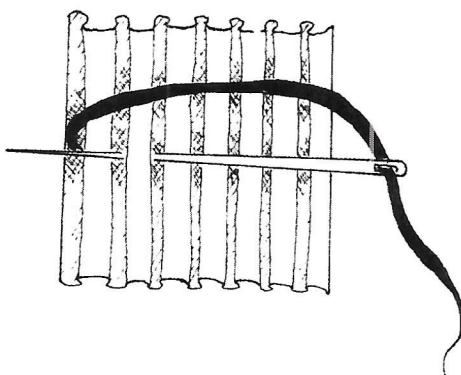


Fig. 5

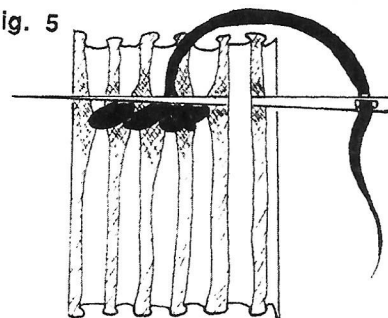


Fig. 6

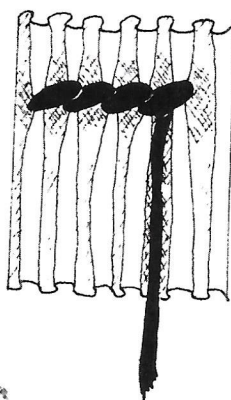
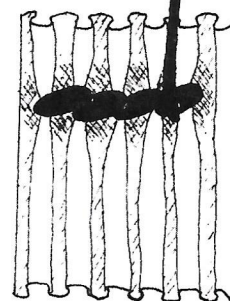
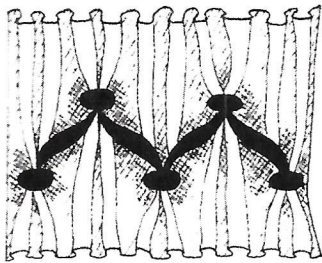


Fig. 7

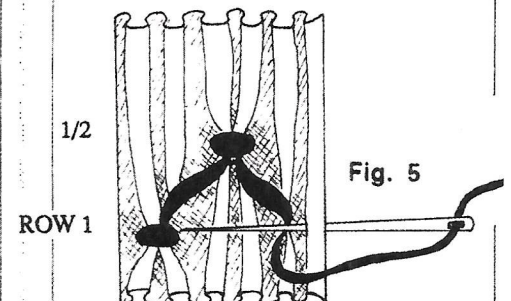
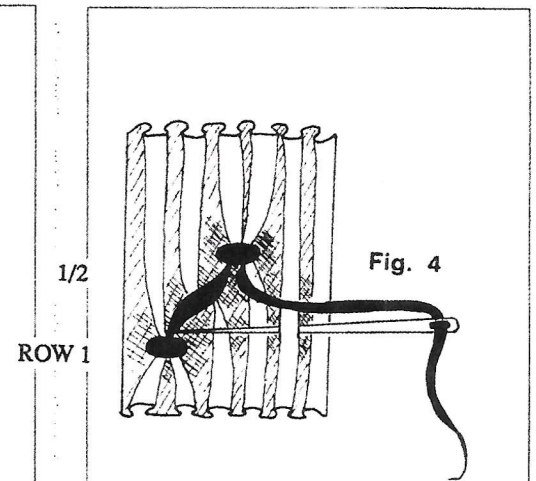
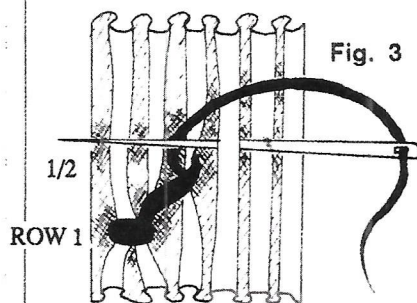
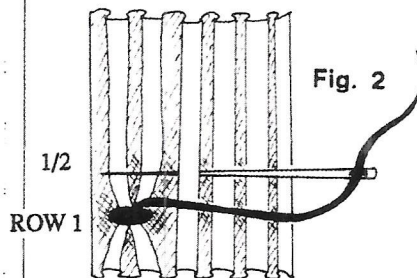
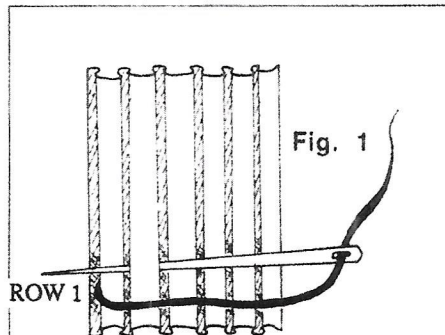


WAVE/CHEVRON STITCH or BABY WAVE

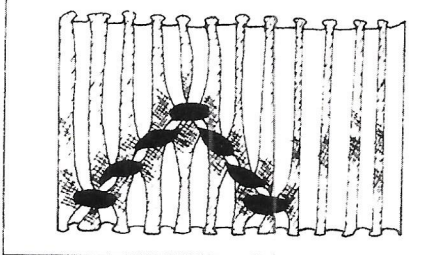


Directions

- Step 1.** Bring the thread in on the left hand side of the first pleat.
- Step 2.** Move to the second pleat and make a down cable (fig. 1).
- Step 3.** Make another down cable at the half-space line (marked with a gathering thread on the Pullen Pleater). Remember the Cat and the Courthouse story. When the cat goes up the courthouse steps, the tail drops down (fig. 2).
- Step 4.** Make an up cable on the half-space line also (fig. 3). It may look as if the second stitch went in between the bottom row and the half-space row. Looks are deceiving. The second bottom cable and the top cable (the turn-around stitch) are placed on exactly the same line - the half-space line.
- Step 5.** Now move back down to the whole line. Make a top-cable at the starting line (fig. 4). Remember the Cat and the Courthouse tale.
- Step 6.** At the same bottom row, make another down-cable. This is the turn-around stitch (fig. 5).



TWO-STEP WAVE (TRELLIS)



Directions

This is worked from left to right. Move over one pleat at a time as you move up and down between the rows.

A two-step wave can have various heights, depending on your design. **Example:** A two-step wave which goes from row 1 to row 1/2 above it (technically called a half-space, two-step wave) is done like this:

Step 1. Bring the needle in on the left side of the first pleat. Begin with a down-cable on Row 1 (fig. 1).

Step 2. Move up halfway between row 1 and row 1/2 (a 1/4 space) for the next stitch, a down cable (fig. 2).

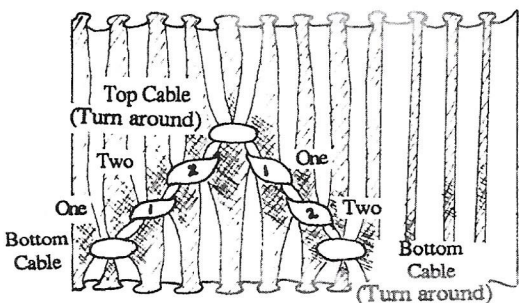
Step 3. Move up to the half-space for the next stitch, another down cable (fig. 3).

Step 4. At this same half-space point, move over one pleat and do a top cable (turn-around stitch) (fig. 4).

Step 5. Move down 1/4 space, do a top cable.

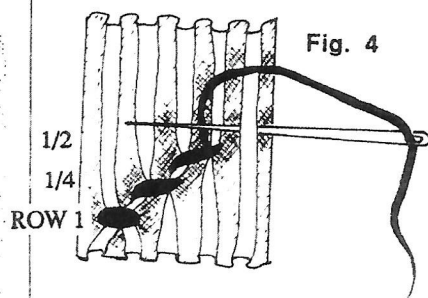
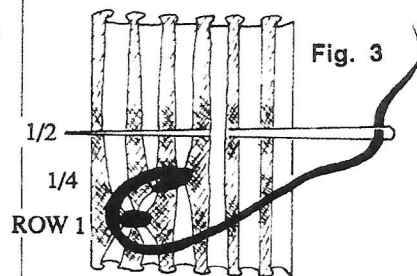
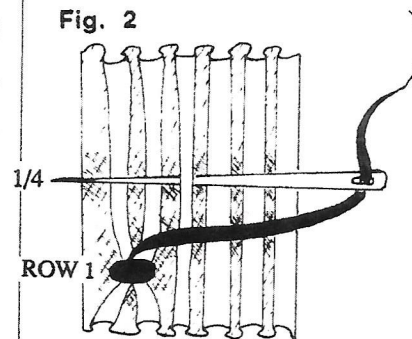
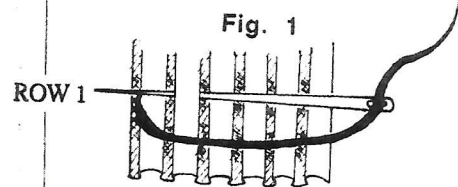
Step 6. Move down to row 1 and do another top cable.

Step 7. Complete the stitch sequence with another turn-around stitch (a bottom cable).

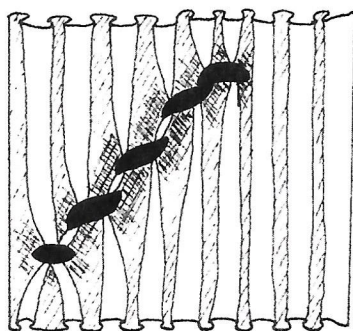


Correct Way To Count a Two-Step Wave

"Now, there is a common misunderstanding concerning 2 step waves. I will try to clear this up. Look at the illustration showing a completed 2 step wave. It appears that the two middle steps are stitched on the 1/3 and 2/3 points between the bottom cable and the top cable. That is only its appearance! In reality the two stitches are taken at the 1/4 point and at the 1/2 space itself. Look at figures 16 - 19."



THREE-STEP WAVE (TRELLIS)



Directions

This is worked from left to right. Move over, one pleat at a time, as you move up and down between the rows.

A three-step wave can have various heights, depending on your design. **Example:** A three-step wave, which goes from one major gathering row to the next, for a distance of $\frac{3}{8}$ inch (the usual distance between gathering rows on a pleater) is done like this:

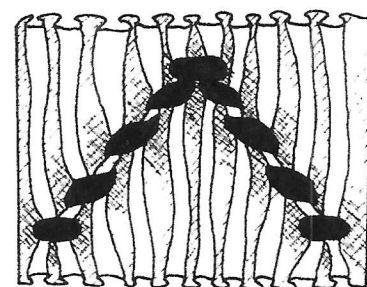
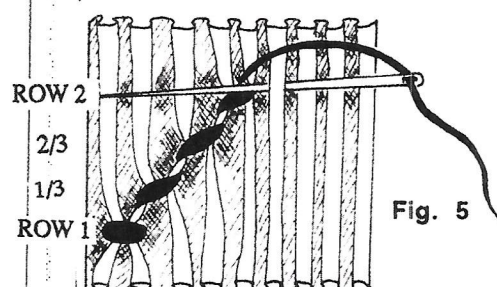
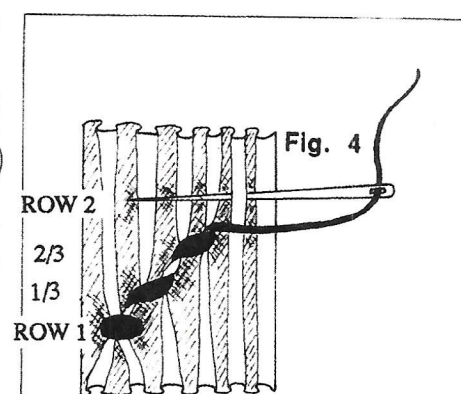
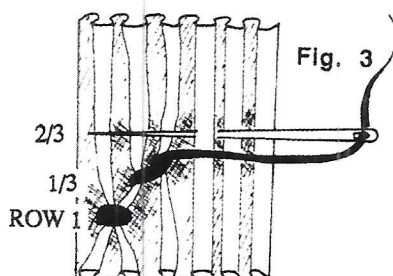
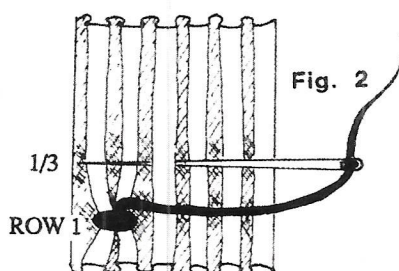
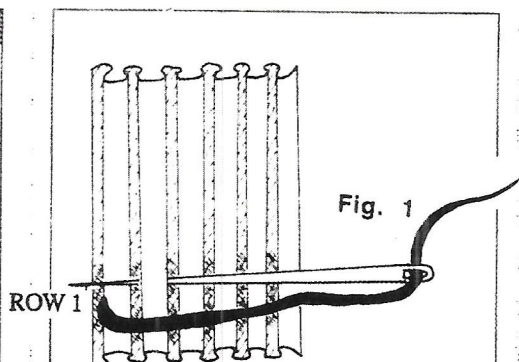
Step 1. Row 1 begins with a down-cable on the gathering row (fig. 1).

Step 2. The second stitch, a down cable, will be placed $\frac{1}{3}$ of the way up (fig. 2).

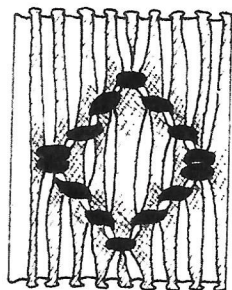
Step 3. The third stitch, a down cable, will be placed $\frac{2}{3}$ of the way up (fig. 3).

Step 4. Row 2 is the fourth stitch, a down cable, placed on the next gathering row line (fig. 4).

Step 5. The fifth stitch, up cable, will be placed on the same gathering row (Row 2) as stitch number four (fig. 5). Look at the finished work. The fourth and fifth stitches will appear to be at different levels, with the fourth stitch slightly below the gathering row. However, the last down cable moving up the row is placed at the same level as the turn-around stitch, the up-cable at the top.



DOUBLE WAVE or DIAMOND STITCH



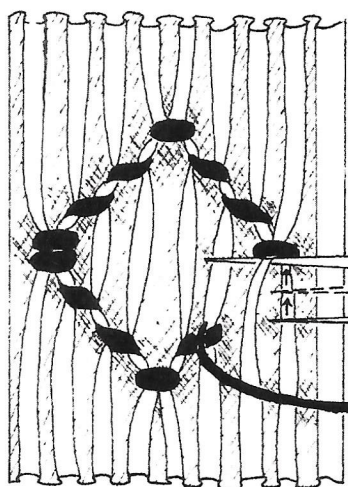
Directions

A double wave means that the second wave is worked in the opposite direction the first, making a diamond shape.

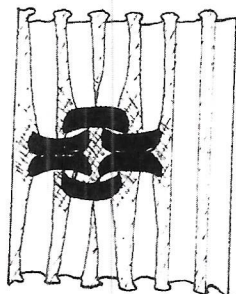
Step 1. The top portion of the diamond wave (one-, two-, three-, four- wave) begins with a down-cable, and moves upward.

Step 2. The bottom portion of the diamond wave begins with a top cable and moves downward.

Step 3. Stack the cables that meet in the middle. A trick to matching the cables perfectly is to slip your needle between the pleats and slide it up. This will enable you to stitch very close to the first pleat.



SIX-STEP FLOWERETTE



Directions

Work from left to right.

Step 1. Bring the needle up on the left side of pleat 1 or the left side of the first pleat to be involved in the flowerette.

Step 2. With the thread below the needle, insert the needle on the right side of pleat 2, picking up only pleat 2 (fig. 1).

Step 3. With the thread above the needle, insert the needle on the right side of pleat 3, picking up only pleat

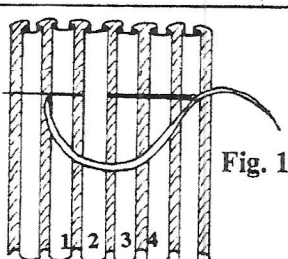


Fig. 1

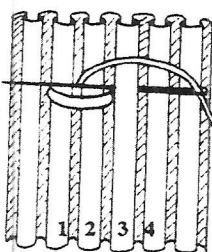


Fig. 2

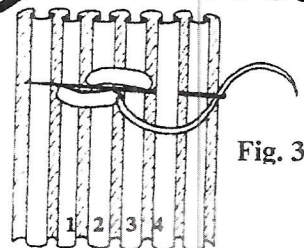


Fig. 3

3 (fig. 2).

Step 4. With the thread below the needle, insert the needle on the right side of pleat 4, picking up only pleat 4 (fig. 3).

Step 5. Carry the thread to the back of the fabric between the last two pleats (pleats 3 and 4). Turn the work, as well as the illustration, upside down.

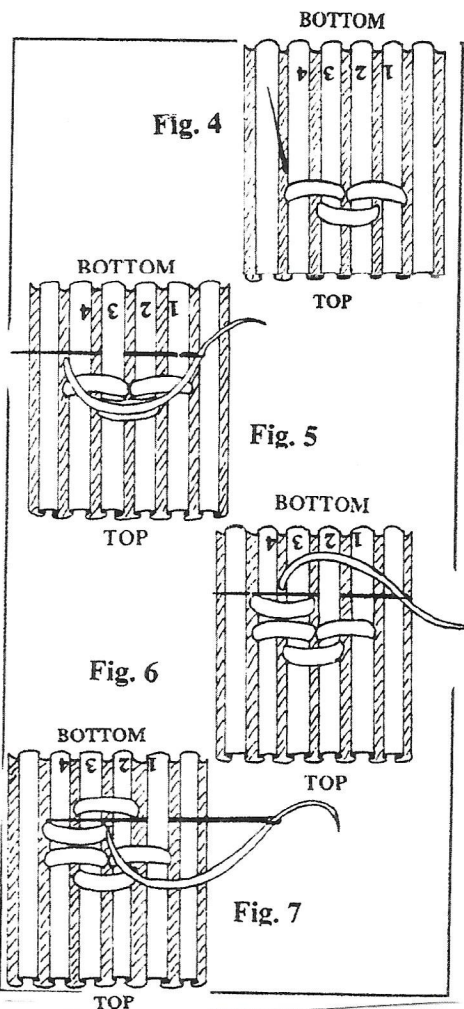
Step 6. Bring the needle out on the left side of pleat 4, below the last down cable made (fig. 4).

Step 7. With the thread below the needle, insert the needle on the right side of pleat 3, picking up only pleat 3 (fig. 5).

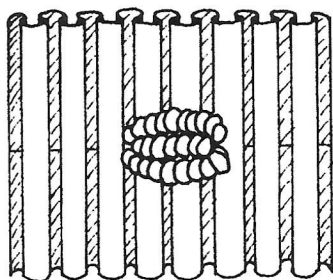
Step 8. With the thread above the needle, insert the needle on the right side of pleat 2, picking up only pleat 2 (fig. 6).

Step 9. With the thread below the needle, insert the needle on the right side of pleat 1, picking up only pleat 1 (fig. 7).

Step 10. Carry the thread to the wrong side of the fabric by inserting in between the last two pleats used, (pleats 1 and 2), and tie off.



BULLION ROSE



Directions

This stitch is the one stitch that frightens smockers the most; when, in fact, it is one of the easiest. It is frequently used to make bullion flowers and for surface embellishments in smocking. The key to a good bullion is using a long needle that is slightly tapered such as an 8 crewel. The wraps forming the bullion rose are made on the pointed end of the needle. The needle is then pulled through the wraps forming the bullion. If the needle tapers too much, it is extremely difficult to pull the needle through the wraps and will oftentimes distort the stitch. Another needle you can use is a 7 long darning.

The number of threads used in making a bullion rose is determined by the type of thread used. For a thick bullion rose use two to three strands of embroidery floss. If you are using pearl cotton, use only one strand.

Step 1. Bring the needle up in the center or top of pleat 1 (fig. 1).

Step 2. With the thread below the needle, insert the needle into the center or top of pleat 4.

Step 3. Insert the needle through pleats 3 and 2, making sure that you come up on the center of pleat 1 directly beside the previous stitch (fig. 2).

Step 4. Wrap the thread around the needle as many wraps as desired (fig. 3). Keep the wraps close together and hold them taut.

Step 5. Hold the wraps and carefully pull the needle through the wraps (fig. 4). It is important that you maintain pressure on the wraps until they are snugly against the fabric.

Step 6. Once you have your bullion stitch in place and have no need to make changes, insert the needle again in pleat 4 and carry it through to the back (fig. 5).

Step 7. If another bullion stitch is needed, simply refer to the previous steps. When finished, tie off on the back with a knot.

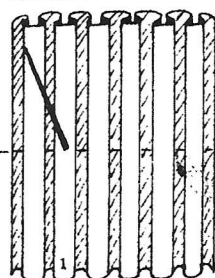


Fig. 1

Row 1

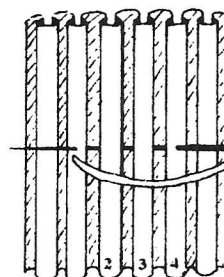


Fig. 2

Row 1

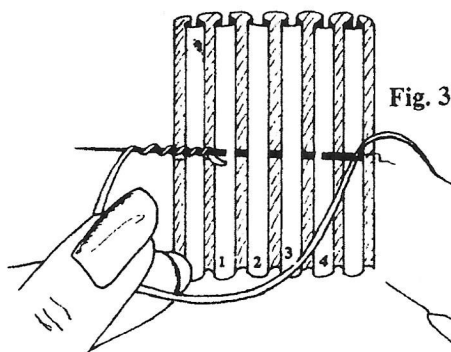


Fig. 3

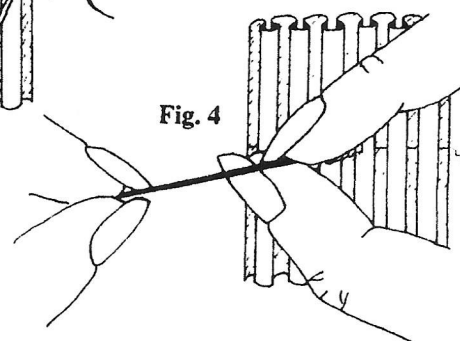


Fig. 4

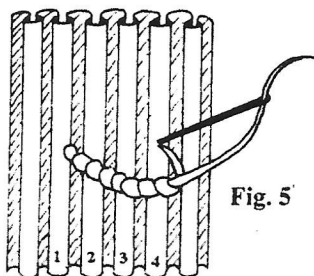
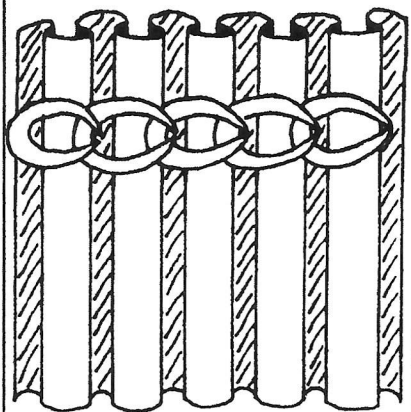


Fig. 5

CHAIN STITCH



Directions

The chain stitch is frequently used in embroidery. In smocking it is used to free-form vines, trees, and other surface embellishments. This stitch does not stretch; therefore, be sure the pleated fabric is blocked to size.

Step 1. Chain stitch is worked from right to left. The pleats, therefore, are numbered from right to left. Bringing the needle up on the right side of pleat 1, carry the thread in front of the needle forming a large loop.

Step 2. Keeping the needle straight with the gathering rows, pull the needle through pleat 1 (fig. 1).

Step 3. Stitch 2 is formed by bringing the needle through the first loop and into the right side of pleat 2. Carrying the thread in front of the needle forming a loop, and gently pull the needle through pleat 2 (fig. 2).

Step 4. Continue across the row

keeping the tension as even as possible (fig. 3). Tension is one of the most important factors in the chain stitch. It determines whether or not the chains are all the same size.

Note: This stitch can be made over sets of two pleats as shown in fig. 4.

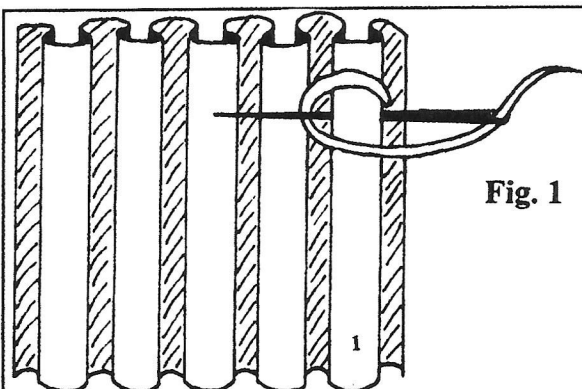


Fig. 1

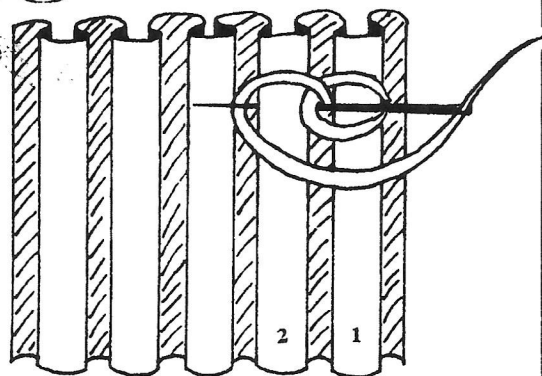


Fig. 2

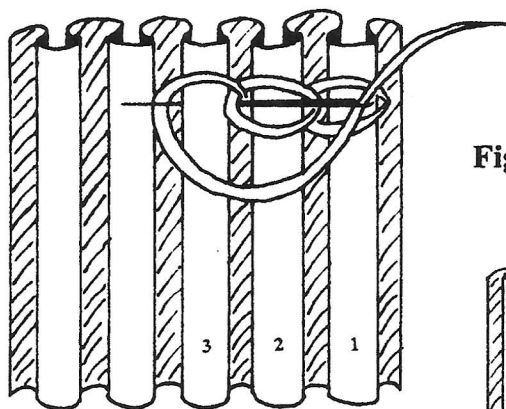


Fig. 3

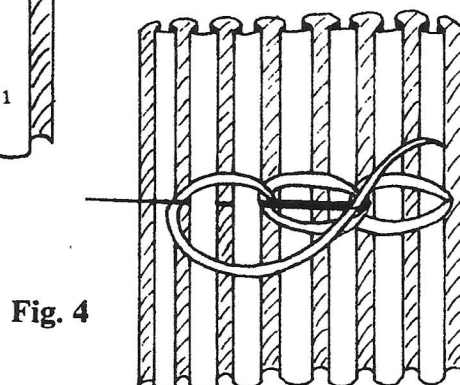


Fig. 4

This stitch can be made over sets of two pleats.

Instructions for Smocked Bonnet:

This geometric design is worked with three strands of floss and the leaves are worked with two strands of floss. Remember, row 1 is a stabilizer row and will be used as a stitching guide in garment construction.

DIRECTIONS

Step 1. Pleat 6 rows for the **smocked bonnet** on a strip of fabric 45 inches wide. Tie off the gathering threads,

Step 2. Row 1 is worked with a cable stitch and begins with an up cable. It should be smocked in floss the same color as the fabric. This row will be used as a stitching guide line in garment construction.

Step 3. On row 2-1/2, begin with a down cable. Traveling up to row 2, work 1/2 step wave, 3 cable combination across the row.

Step 4. On row 2-1/2, begin with an up cable. Traveling down to row 3, work a 2-step wave across

the row.

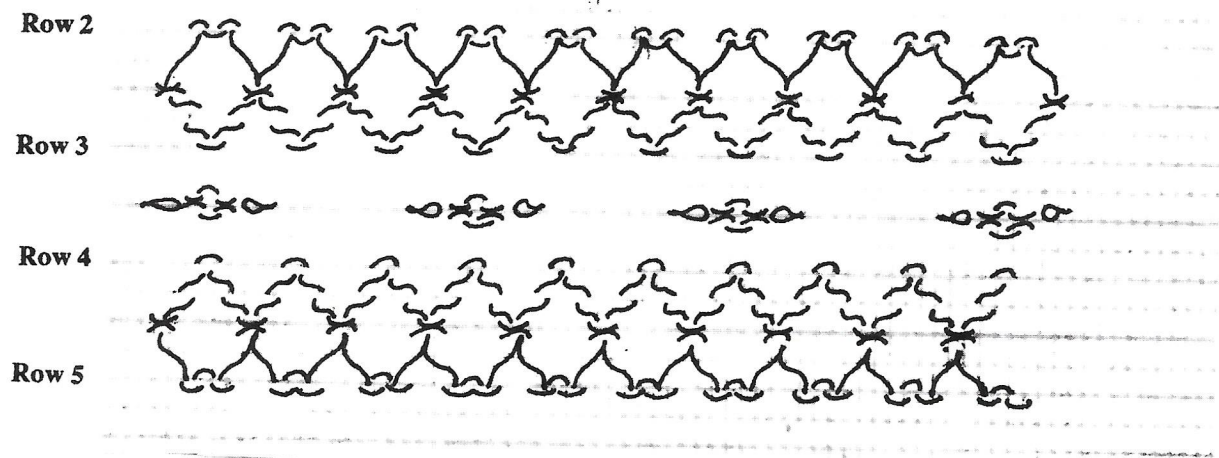
Step 5. On row 3-1/2 evenly space 6-step flowerettes.

Step 6. Beginning on row 4-1/2, begin with a down cable. Traveling up to row 4, work a 2-step wave.

Step 7. Beginning on row 4-1/2 with an up cable, work a 1/2 step wave 3 cable combination down to row 5.

To finish:

You will need to purchase 1/2 yards of 1/2" ribbon, 1 yd. of 1" ribbon and 1 1/3 yd. of lace, if desired. After smocking is completed, Finish front edge of bonnet with a scalloped edge or lace. Turn under 3/4" twice on the back edge of bonnet and stitch, making a casing for your color choice of ribbon. Thread ribbon through casing and tie in a bow. Take remaining 1" ribbon and cut in half and sew at the sides of the bonnet to use as ties.



English Smocking Resources:

Children's Corner: <http://www.childrencornerstore.com/>

Children's Corner is the original store for English Smocking Resources. Their patterns are my favorite and are often multi-sized. They also carry hundreds of plates, books, DVDs, kits, fabrics and have an online store.

Creative Smocking: <http://www.smocking.com>

Offers many patterns, plates etc. They will give a discount to teachers on Read Pleaters, should you decide that you want one.

Ellen McCarn: <http://www.ellenmccarn.com>

This company said they would give a 30% discount on their books to teachers from the conference.

Martha Pullen: <http://www.marthapullen.com/>

On this website you can find French laces, swiss batiste, other hard to find items as well as pre-pleated kits for those who just want to smock. Also a great resource for books, plates, pleaters, etc. She used to publish Sew Beautiful Magazine but sold her company to a publishing company last year. Sew Beautiful is no longer available as a subscription magazine but past issues are available on CD.

Also check:

Amazon.com: I buy a lot of used smocking books at a considerable savings☺

Pinterest: <https://www.pinterest.com/explore/smocking-tutorial/>

Pinterest smocking plates (some are free):

<https://www.pinterest.com/kayrhett/smocking-plates>

Pinterest: Smocking patterns: see examples of finished projects:

<https://www.pinterest.com/juliah/smocking>

Other retail websites:

<https://www.chadwickheirlooms.com>

<https://www.smockingbooks.com>

<http://www.smockingshop.com>

<http://delicatestitches.com>

Happy Smocking☺

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