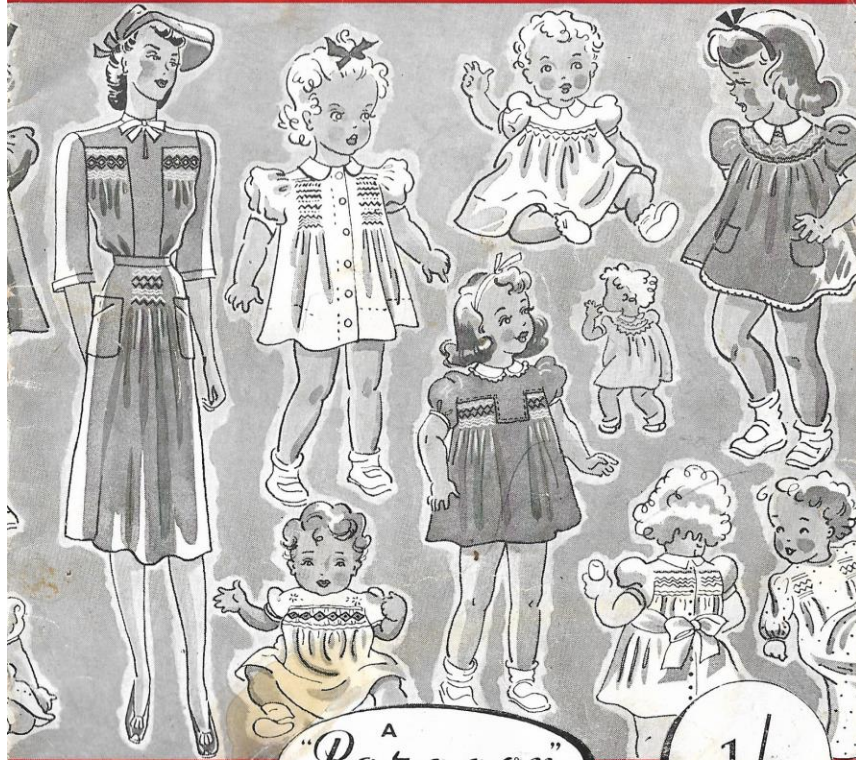


SMOCKING SIMPLIFIED



A
"Paragon"
PUBLICATION

1/-

Concise, Easy-To-Understand Directions.

Fully Illustrated.



Smocking

OLD ENGLISH ORIGIN

SMOCKING, so popular to-day, dates back to Saxon times. The English peasants, the men who worked in the fields and the villages, have worn smocks for centuries past. At first plain, loose-fitting garments, they were gradually embroidered with the dainty work we know to-day as smocking.

Some of the patterns yet in use have their origin in designs which denoted the occupations of the English peasant people. Carters wore smocks with emblems of wheels; shepherds had crooks, hurdles, and hearts; and those of the woodmen were decorated with smocking which represented leaves.

Smocking is Simple

BECAUSE a smocked garment looks so effective, many people believe it to be complicated work. Actually the stitches are quite simple.

If you carefully follow the clear and concise directions in this book you will be able to produce smocking which will give endless delight and which can add beauty and value to the plainest dress.

The Advantages of Smocking

IN addition to its beauty, smocking has the practical purpose of controlling the width of a garment. It becomes graceful and well-fitting, regardless of the width of the hem, if the waist or yoke is smocked.

What to Smock

SMÖCKING can be used to advantage on dresses of all kinds. It is particularly useful for babies' and children's garments because it gives elasticity and freedom for expansion and growth.

In addition, smocking has a distinctive daintiness very becoming to young people. However, there is no limit to the uses to which smocking can be put, and of all types of embroidery work, smocking makes the special appeal of not only adding dainty decoration, but shape and style as well. It is suitable also for nightdresses, pyjamas, blouses, and all types of underwear.

Materials

ALMOST any material, plain or printed, can be smocked. You can use silk, cotton, linen, wool or velvet. The working thread should be the same texture as the material—that is, Linen, cotton, mercerised or silk.

Colours

YOU can use any colours you wish. A good guide to follow, however, is to select for use with pattern materials the dominating colour on the print.

Equally effective is to use a white or natural coloured garment and work the smocking in a matching thread.

Good smocking looks very attractive in contrasting colours, but the beginner would be wise to leave these until later, starting with a matching thread in which any irregularities are not easily detected.



First Steps

As in all dressmaking and embroidery, good results depend greatly on careful work. The instructions here are clearly set out step by step. If you follow them you will not make mistakes. When you are in doubt refer back to them.

THE width of material required for smocking is approximately three times the width of the finished piece of work. (For thicker fabrics you could use a little less, and for very fine fabrics a little more, but the multiple of three is a good average.) All smocking should be worked before the garment or article is made up.

Preparation

USE a smocking transfer, which consists of little dots, evenly spaced in rows. For average materials use a $\frac{1}{4}$ -inch transfer, a $\frac{3}{8}$ -inch spacing for heavier fabrics, and a $\frac{3}{16}$ -inch for fine materials.

Having cut out the garment, stamp the material on the *wrong* side. Use a warm iron to stamp on the transfer, and care should be taken to keep the material straight. Remember to lay the material on the ironing board with the right side down.

NOW THE WORK IS READY TO COMMENCE

The Foundation Threads

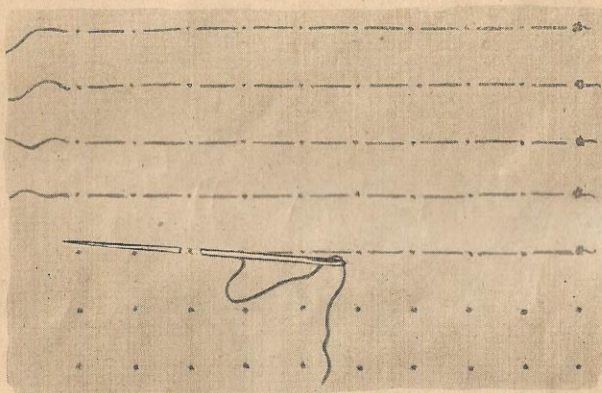


ILLUSTRATION No. 1.

THE first process is to work several rows of evenly-spaced stitches. The success of the work depends on the careful preparation of these stitches.

Thread the needle with sufficient thread for one row. Tie a good sized knot at the end to prevent the thread from slipping through the material as it is gathered up. Beginning at the right, pick up a small portion of material under each dot.

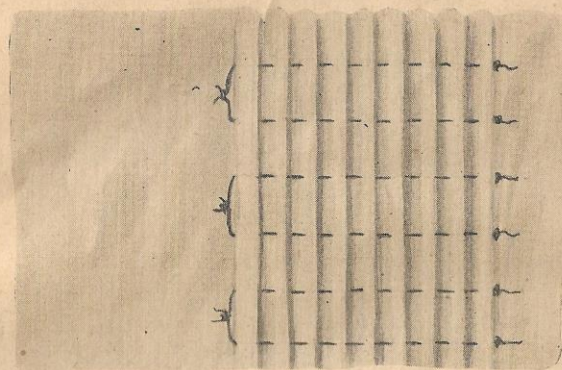


ILLUSTRATION No. 2.

As each row is completed, unthread the needle, leaving the end lying loose. When the required number of rows are completed, draw the material up into folds to the required finished width. Tie the long ends firmly together in pairs close to the last gathering fold. This will prevent them slipping out of position. In illustration No. 2 you will see the work at this stage.

Now the work is ready to commence the actual smocking. There are several stitches to use, each explained here in detail and illustrated for convenient and clear reference.

Stitches

The Outline Stitch

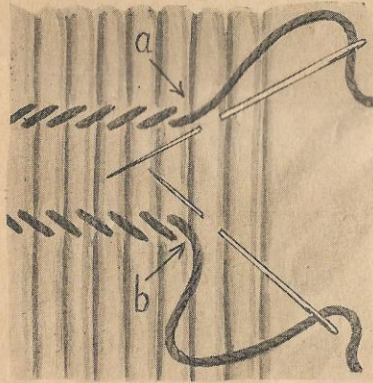


ILLUSTRATION No. 3.

produces the same effect, but twisted in the opposite direction. Either single lines or groups may be used in this stitch.

Be careful to keep each stitch directly over the foundation thread.

The Cable Stitch

THIS is similar to the Outline Stitch, but the needle is inserted horizontally and the stitches are worked alternatively, first above and then below. In illustration No. 4 the arrows "A" and "B" show the stitch being worked. In the centre portion (arrow "C") two rows are shown stitched closely together to give the effect of a double cable.

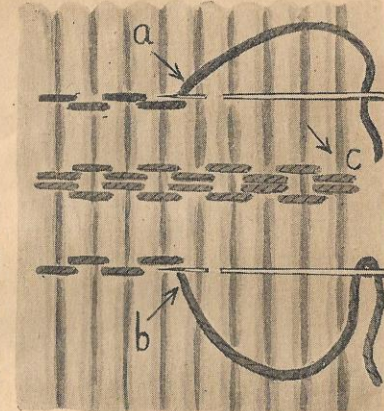


ILLUSTRATION No. 4.

The Chevron Stitch

THIS stitch is a development of both the Outline and Cable Stitches. In it they are grouped together, first upwards and then downwards. The thread is kept above the needle in descending and below the needle in ascending. In illustration No. 5 both movements are shown at "A" and "B." At "C" the two lines are combined in a contrary direction.

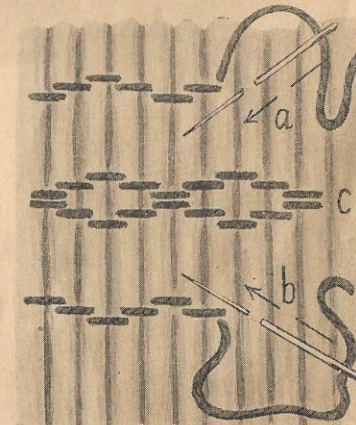


ILLUSTRATION No. 5.

With the Chevron Stitch, however, you are not tied to one pattern. Simply by grouping the stitches and lines in different relationship to each other you can achieve many delightful combinations.

The Single Wave Stitch

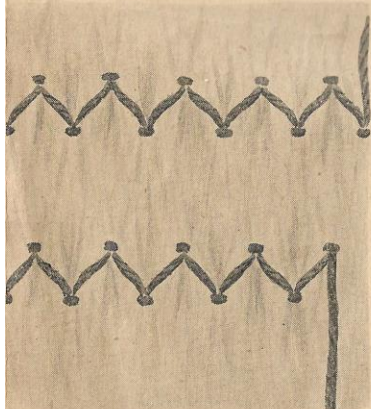


ILLUSTRATION No. 6.

KEEPING the thread above the needle, insert the needle through the first flute, pick up the thread, and draw together. Still with the thread above the needle, pick up the flute to the right in the line below. Now with the thread below the needle, pick up the next flute on the same line. Draw together. Keep the thread below the needle, pick up the flute to the right in the line above. Continue until the row is completed and work the succeeding rows in the same way.

The Double-Wave Stitch

THIS is a variation of the Single Wave Stitch, but instead of ascending or descending between the foundation threads with one stitch only, a series of two or three stitches are used, taking one flute with each stitch. Several rows of Double Wave Stitches can be worked closely together.



ILLUSTRATION No. 7.

Honeycombing

THIS work is similar to smocking. The preparation is exactly the same. Carry out the Foundation Threads and work the first stitches as shown in the illustrations Nos. 1 and 2. Bring the needle through the top of the flutes level with the gathering threads. Then pick up a small piece of material from the second and first flutes as shown at arrow "A" in illustration No. 8. Draw this stitch firmly together. Above it make a second stitch and also draw this firmly. Then insert the needle as shown at arrow "B," and slip it downwards through the back of the flute into the next

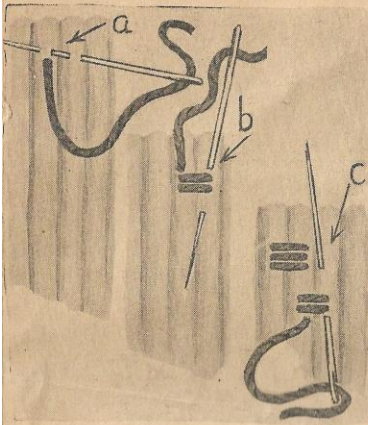


ILLUSTRATION No. 3.

gathering thread below. Now work two similar stitches over the second and third flutes and back again to the upper line as shown by arrow "C," but this time gather the third and fourth flutes together. Continue the work in this way, first above and then below, using the preliminary lines of the Foundation Threads as a guide throughout.

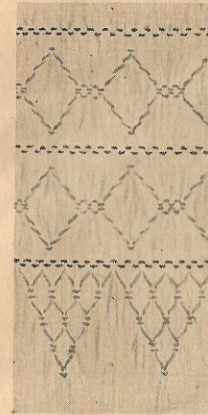
Honeycombing can be worked in any widths. It can finish with a straight edge or in points.

Finishing Off

It is not absolutely necessary to press smocking or honeycombing, but if you wish to do so, place the right side of the smocking face down on the ironing board and press the BACK of the work lightly with a hot iron over a damp cloth. All that remains now is to remove the gathering threads and make up the garment.

Throughout the following 8 Smocking Patterns "Line" denotes the lines of gathering threads, and "Row" means the row of stitching being worked.

PATTERN No. 1



Transfer on 13 lines of smocking dots.

ROW 1—Cable stitch.

ROW 2—Commencing on line 3, work five cable stitches followed by three step wave ascending to halfway between lines 1 and 2, then three step wave descending to line 3.

ROW 3—Repeat Row 2, reversing the order of stitches to form diamonds connected by cable.

ROW 4—Cable stitch worked on line 5.

ROWS 5, 6 and 7—Repeat Rows 2, 3 and 4, commencing on line 7.

ROWS 8, 9, 10 and 11—Single wave decreasing to form points.

PATTERN No. 2

Transfer on 13 lines of smocking dots.

ROW 1—Single wave worked between lines 1 and 2.

ROWS 2 and 3—Repeat Row 1 each one line lower.

ROW 4—Three step wave commencing halfway between lines 6 and 7 and ascending to line 5.

ROW 5—Repeat Row 4 half a line lower.

ROW 6—Three step wave commencing on line 7 and descending to halfway between lines 8 and 9.

ROW 7—Repeat Row 6 half a line lower.

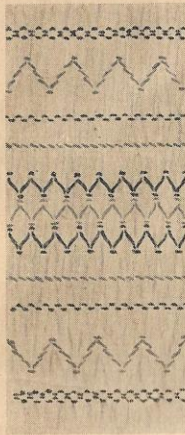
ROW 8—Single wave worked between lines 10 and 11.

ROWS 9 and 10—Repeat Row 8 each one line lower.



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PATTERN No. 3



- Transfer on 14 lines of smocking dots.
- ROW 1—Double cable.
- ROW 2—Three step wave commencing on line 3 and ascending to line 2.
- ROW 3—Cable.
- ROW 4—Outline stitch worked on line 5.
- ROW 5—Single wave worked between lines 6 and 7.
- ROW 6—Single wave worked between lines 7 and 8, reversing the order to form diamonds.
- ROW 7—Repeat Row 5 worked between lines 8 and 9.
- ROW 8—Outline stitch worked on line 10.
- ROW 9—Cable stitch worked on line 11.
- ROW 10—Three step wave worked between lines 12 and 13.
- ROW 11—Double cable.

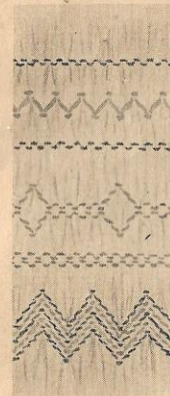
PATTERN No. 4

- Transfer on 11 lines of smocking dots.
- ROW 1—Outline stitch.
- ROW 2—Two step wave worked between lines 3 and 2.
- ROW 3—Repeat Row 2 one line lower.
- ROW 4—Repeat Row 3 one line lower.
- ROW 5—Outline stitch worked on line 6.
- ROW 6—Single wave worked between lines 7 and 6.
- ROWS 7, 8, 9 and 10—Single wave decreasing to form points.



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PATTERN No. 5



- Transfer on 11 lines of smocking dots.
- ROW 1—Cable stitch.
- ROW 2—Single wave worked between lines 3 and 2.
- ROW 3—Cable stitch.
- ROW 4—Commencing on line 6, work seven cable stitches followed by two step wave ascending to line 5, then two step wave descending to line 6.
- ROW 5—Repeat Row 4, reversing the two step wave to form diamonds.
- ROW 6—Double cable worked on line 8.
- ROW 7—Four step wave commencing on line 10 and ascending to line 9.
- ROWS 8, 9, 10 and 11—Repeat Row 7 each row immediately under the preceding row.

PATTERN No. 6

- Transfer on 10 lines of smocking dots.
- ROW 1—Outline stitch.
- ROW 2—Double cable.
- ROW 3—Single wave worked between lines 3 and 4.
- ROW 4—Single wave worked between lines 4 and 5, reversing the order to form diamonds.
- ROW 5—Double cable worked on line 6.
- ROW 6—Three step wave worked between lines 8 and 7.
- ROWS 7, 8, 9 and 10—Repeat Row 6 each half a line lower.

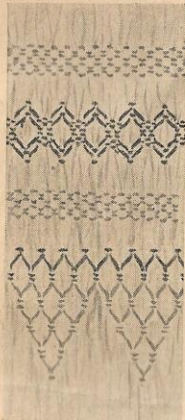


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PATTERN No. 7

Transfer on 13 lines of smocking dots.

- ROW 1—Four rows of cable stitch worked between lines 1 and 2, each row in contrary motion.
- ROW 2—Commencing on line 4, work three cable stitches followed by one step wave ascending to line 3, then descending to line 4 with one step wave.
- ROW 3—Repeat Row 2 immediately below.
- ROW 4—Repeat Row 2 immediately under the preceding row, reversing the order of stitches to form diamonds.
- ROW 5—Repeat Row 4 immediately under the preceding row.
- ROW 6—Repeat Row 1 worked between lines 6 and 7.
- ROW 7—Single wave worked on lines 8 and 9.
- ROWS 8, 9, 10 and 11—Single wave decreasing to form points.



PATTERN No. 8

Transfer on 16 lines of smocking dots.

- ROW 1—Four step wave commencing on line 3 and ascending to line 1.
- ROW 2—Repeat Row 1 half a line lower.
- ROW 3—Repeat Row 2 half a line lower.
- ROW 4—Double cable worked on line 5.
- ROW 5—Three step wave commencing on line 7 and ascending to line 6.
- ROWS 6, 7, 8 and 9—Repeat Row 5 each half a line lower.
- ROW 10—Three step wave commencing on line 9 and descending to line 10.
- ROWS 11, 12, 13 and 14—Repeat Row 10 each half a line lower.
- ROW 15—Double cable worked on line 13.
- ROW 16—Four step wave commencing on line 16 and ascending to line 14.
- ROW 17—Repeat Row 16 immediately below.

