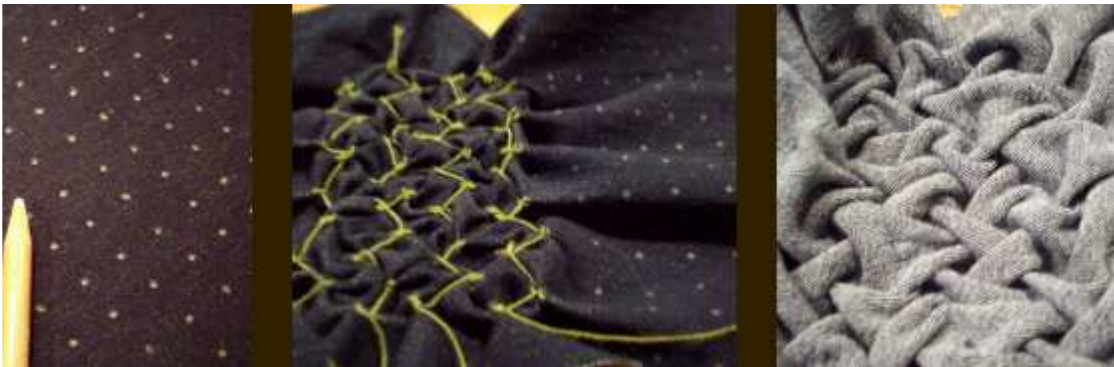


## Instructions for Lattice Smocking

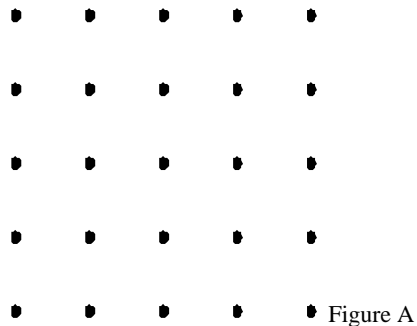


This project is rated **Intermediate**. It isn't entirely difficult, and once you get the hang of it, this becomes an **Easy** project. Time allotment for the smocking should be determined by the size of your individual project.

## Lattice Smocking

Lattice Smocking is really all about dots and zig zags. Once you get the hang of stitching your dots together in a zig zag fashion, you will find that lattice smocking is an easy project to do.... With beautiful results! Just remember two things... that the closer your dots, the more detail your smocking will have, and ALWAYS do your marking and your stitching on the backside of your fabric.

1. Cut your fabric to size – approximately 3 times (length and width) of the required finished size.
2. Using a chalk pencil, or washable fabric marker, mark a grid of dots onto the back of your fabric. Each dot should be either ½ centimetre to 2 centimetres apart depending your project and the detail desired as in Figure A.



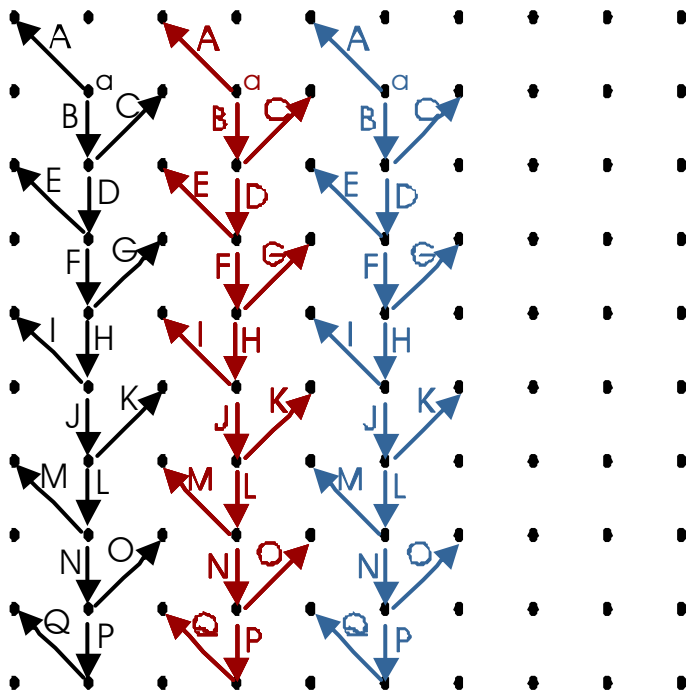
3. Follow Figure B below. Using a threaded needle, knotted at the end, place a knot at point a. With your needle, pick up the fabric on the dot to the right diagonally, or follow line A. Pull your string tight, so that both spots are together. Tie a knot.

Leaving the thread a little slack, follow line B and pick up the fabric on the dot directly under dot a. From this dot, repeat the previous stitch (as you did along line A), but this time, following line C shown in Figure B.

4. Continue in this fashion, following the lines in Figure B. A definite zig zag pattern will appear.
5. At the end of your row, double knot and tie off. Begin the next row as shown in the red, Figure B.
6. Continue until your entire fabric is stitched.

Note – if you do not wish your stitches or your thread to be visible on the front side of your work, use matching thread, and ensure that your stitches are tiny.

Happy Stitching!!!



● Figure B