Back Smocking & Cable Stitch Mechanics
for Left-Handed Stitchers

Back smocking—If you are new to smocking, check out the document “How to read a smocking graph.”

- Using a cable stitch and 1 strand of floss to match the fabric, back smock across each row on the wrong side. **Take just a tiny bite of fabric to keep the pleats in place and remember to keep your knots on the wrong side!**

Cable Stitch Mechanics---The cable stitch is really just a series of backstitches.

- Backstitch through pleat 1 (the first pleat to the right) and pull the thread through.

- Next, backstitch through pleat 2 (the pleat to the left of pleat 1). Pull tightly enough to bring the pleats together gently, but don’t crush them.

- If you keep the thread loop below the needle, the stitch will be a **down cable.**
If the loop is above the needle, the stitch will be an **up cable**.

Alternate up and down cables working from right to left across the row. Each stitch will move over 1 pleat, and the thread will cover 2 pleats.

**One last thing**

- Turn your work to the right side.
- If you used the “no-holes” pleating method, you may have trouble seeing the guide threads. If so, lightly mark the rows on the right side using a ruler and your favorite marking tool.

**You’re ready for picture smocking!**