

TABLE of CONTENTS

- 11 INTRODUCTION
- 18 FORWARD

Part 1 1-SECTION SEWINGS

- | | |
|--|--|
| 16 3-Hole PAMPHLET STITCH SEWING | 29 DOUBLE DASH <i>Alternating Exits</i> |
| 20 DASH SEWING | 30 THE TWIST <i>Exit Backward and Link</i> |
| 21 THE LACED DASH | 34 PEARL DASH |
| 22 FIGURE 8 | 35 BOW TIE <i>Running Stitch Sewing with Pearl</i> |
| 24 DOT-DASH SEWING <i>(machine stitch)</i> | 36 THE HITCH <i>Exit Backward, Lap and Loop</i> |
| 26 THE TWIST <i>Exit Backward</i> | 38 ALTERNATING HITCH |
| 28 THE TWIST <i>Exit Forward</i> | 42 SEWN CHAINS <i>(linking to form a chain)</i> |

Part 2 2-SECTION SEWINGS

- | | |
|---------------------------------|---|
| 50 2-SECTION SEWINGS | 83 ALTERNATING X's |
| 52 PARALLEL BARS | 84 2-SECTION TWISTED X |
| 54 THE DASH | 86 TWISTED X WITH BARS |
| 56 DOT-DASH | 88 LINKED X |
| 57 DASH & BARS | 90 SOFT K |
| 59 DIAGONALS & BARS | 92 TIED BOW |
| 60 ALTERNATING DIAGONALS & BARS | 94 BARBER POLE |
| 62 BARS & ARROWS | 97 DESCENDING X's |
| 65 STANDING Z's OR LYING N's | 102 ALPHA <i>Alternating Loops</i> |
| 68 BROKEN Z's | 104 THE WATERFALL <i>Twin Link Stitch Sewing</i> |
| 70 ZIGZAG | 107 CROSSED SNOWSHOES <i>Intersecting Chain Stitch Sewing</i> |
| 71 LIGHTNING BOLT | 110 THREAD EYE <i>A Link Stitch Sewing</i> |
| 73 PINKING SHEARS | 113 THREAD EYE WITH X's <i>A Link Stitch Sewing</i> |
| 74 PINKING SHEARS WITH BARS | 116 2-SECTION RUNNING STITCH SEWING |
| 76 CARETS | |
| 78 SETS OF DIAGONAL BARS | |
| 80 LATTICE | |
| 82 X's | |

Part 3 3-SECTION SEWINGS

132 MULTIPLE SECTION PAMPHLET SEWING	204 BROKEN HERRINGBONE
134 MULTIPLE SECTION FIGURE 8 SEWING <i>1-Needle Sewing</i>	206 FOLDING <i>V's</i>
135 MULTIPLE SECTION FIGURE 8 SEWING <i>2-Needle Sewing</i>	208 <i>V's</i>
138 MULTIPLE SECTION, MULTIPLE FIGURE 8 SEWINGS <i>1-Needle Sewing</i>	208 <i>V's II</i>
140 TRIPLE DASH	210 TOUCHING ARROWS
142 TRIPLE DASH VARIATION	212 AEROS <i>Arrows</i>
145 MULTI-SECTION ON TAPES LACED INTO PAPER COVER	214 ISOLATED DIAMONDS
150 TANGENT BARS	216 TOUCHING DIAMONDS
154 UNEVEN BARS	218 PISCES
156 ALTERNATING BARS	220 TIRE TRACKS
158 ALTERNATING LOOPED BARS	222 ASSEMBLY LINE <i>Z's</i>
159 THE ROPE	224 STAIR-STEPS
162 TRIPLE PARQUET	226 SAW BLADES
164 PARQUETRY	228 OPEN BOOK
165 <i>G's</i>	230 ARROWHEAD
168 <i>H's</i>	232 DIAGONAL <i>T's</i>
170 BROKEN <i>H's</i>	234 <i>+s</i>
172 DOVE TAIL	236 <i>+s</i> & <i>X's</i>
174 VERTICAL <i>T's</i>	238 CONTIGUOUS <i>X's</i> (even number)
177 FALLING DIAGONALS	240 ISOLATED <i>X's</i>
178 DASHES & DIAGONALS	242 CONTIGUOUS <i>X's</i> (odd number)
180 PAIRED DIAGONALS	244 DOS ESQUIS
182 STAGGERED DIAGONALS	245 HURRICANE FENCE
184 STAGGERED DIAGONALS VARIATION	246 DIAMOND X
186 TRIDENT	248 3-SECTION TWISTED X
188 ALTERNATING TRIDENTS I	250 TIED CROSS
189 ALTERNATING TRIDENTS II	254 BOW TIED
190 <i>S's</i>	258 HORSESHOES
191 DOUBLE DIAMONDS	260 LOOP THE LOOP
192 HEXAGONALS	262 PINCHED <i>P's</i>
193 ROCKET	264 BOBBIN
194 LEAVES	268 SIDE BOW
196 HOUND'S-TOOTH CHECK	270 COILED LINE
198 <i>K's</i>	274 TRIPLE CHAIN
200 BRACKETS	279 WOVEN CHAIN
202 SEVEN <i>7's</i>	283 LINKED STAR
	286 BUTTERFLY STROKE
	290 SHOOTING STAR
	294 SPINE BRAID
	296 THE COIL SPRING

Part 4 REFERENCE

301 CONCLUSION	313 PHOTO CREDITS
303 GLOSSARY	316 Other Books-On-Books by Smith
313 REFERENCE of PHOTOGRAPHIC ILLUSTRATIONS	320 COLOPHON