

# FIT TO FLATTER

WITH LINDSEY RAE



The Fit to Flatter workshop runs over two days and explores the proper techniques of measuring, tracing, fitting, and finishing a handmade garment. This is a fast paced class designed to give you a frame work that you can follow to achieve better fitting clothes when working with standard sewing patterns. Below are two patterns that you can choose from. Both are perfect for confident beginners looking to grow their skills.

Use this guide to choose your pattern and gather up your materials before coming to class. Can't wait to see you there!

## CHOOSE A PATTERN/STYLE:

### LANTI SWING DRESS

### BONDI TOP



TOP



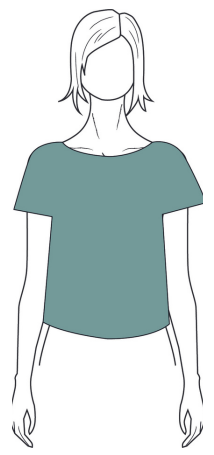
A-LINE DRESS



SMOCK DRESS



3/4 SLEEVE OPTION



BEGINNER FRIENDLY

**Look at corresponding handout to determine fabric amount needed and any additional supplies needed for your particular pattern.**

## SUPPLIES:

- Measuring Tape (Self Measuring Tape)
- Something to mark with. (Chalk wheel, Styla Sewline Pen, etc.)
- French Curve ( I recommend the long French Curve with the hip curve included and my Fashion Multi Tool)
- Seam Gauge
- Scissors
- Flower Head Pins
- 2 Meters of tracing interfacing (Pattern Ease, Vilene)
- Coordinating Thread
- New needles ( Microtex 80 or Universal 80)
- Pen/Pencil
- Notebook to take notes
- Sewing Machine in good working order. (Must know how to thread yourself)
- Overlocker: (Optional on second day)
- Cheap plain fabric (no print) to make your mock up. Could be homespun, Calico, or other similar medium weight fabric. (Get the same amount as you get for your main garment.
- 1/2 Meter of Soft Stretch fusible interfacing. or a light weight woven interfacing.



## FABRIC:

- Choose a fabric that is appropriate for the garment you are making for best results.
- Also keep in mind your skill level. The class is built around fitting, so you don't want to waste time with aligning prints, stressing about directional prints, or fussing with challenging fabrics.
- I suggest choosing structured medium woven fabric like: Quilting Cotton, Voile, Lawn, Linen, or Linen blends. Stay away from rayon, polyester, knit or anything that is challenging to work with.