

Fit To Flatter Workshop

With Lindsey Rae of Sew To Grow

1. Choose A Pattern

Sweet Summertime Dress



Fremantle Frock



Bondi Top or Dress



2. Gather Supplies

- Measuring Tape
- Marking pen (Water Soluble or Chalk)
- Fashion Multi Tool by Sew To Grow
Long Frech Curve (optional)
- Seam Gauge
- Regular Scissors and Fabric Scissors
- Glass Head and Flower Head Pins
- Sewing Pattern of Choice
- 2 Meters of muslin/calico fabric to test fit.
(plain color medium weight cotton fabric)
- 2 Meters of tracing paper/interfacing for tracing design
(AKA: Pattern Ease, Vieline Tracing Interfacing)
- Measuring Tape
- Coordinating Thread (Rasant/Guetermann)
- Pins (Flat Head and Glass Head)
- Sewing Machine in good working order.
Optional: Bring Overlocker/Serger on Day 2

3. Choose a Fabric

- Voile, Rayon, Medium Weight Cotton, and other light weight materials

Please do not bring slinky or inappropriate fabric from home. This is a fast pace class, so to ensure proper fit and success of your first garment, please purchase from your retailer that is supporting this class

4. Purchase Fabric for Final Garment

Based on 44' (110cm) Fabric.

Allow extra for more length if desired

Garment:

Fabric Requirements:

Additional Requirements:

Sweet Summertime Dress:

	XS-L	XL-4XL
Peplum	1.5 Yd/M	2.25 Yd/M
Dress	2.75 Yd/M	3.75 Yd/M

- 1yd (1mt) Premade 1 1/2" Single Fold Bias Binding for Neck Facing
- 9" Invisible zipper
- 1 Hook and Eye
- Invisible zipper foot

Fremantle Frock:

	XS-L	XL-4XL
Dress	3 Yd/M	3 Yd/M

- 1 yd (1 mt) Pre-made 1 1/2" Single Fold Bias Binding for Neck Facing

Bondi Top:

	XS-L	XL-4XL
Top	1.5 Yd/M	2 Meters
Contrast	.25 Meters	.25 Meters

- 1 yd (1 mt) Pre-made 1 1/2" Single Fold Bias Binding for Neck Facing
- Add 1 yd/m to your fabric requirement if extending to a tunic or dress.

Visit: www.fittoflatterworkshop.com for more details about your upcoming class!