

# 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

- Self Measuring Tape (or normal measuring tape)
- Marking utensil (Water Soluble or Chalk)
- Fashion Multi Tool by Sew To Grow  
Long Frech Curve (highly recommended)
- Seam Gauge (optional if you have Multi Tool)
- Regular Scissors and Fabric Scissors
- Flower Head Pins and normal 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, Vielene Tracing Interfacing)
- Coordinating Thread (Rasant/Guetermann)
- Sewing Machine in good working order.  
Optional: Bring Overlocker/Serger on Day 2
- 1/2m (yd) extra fabric to make bias in class  
or purchase 1yd/m of 25mm wide bias.

## 3. Choose a 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 waist time with aligning prints, stressing about directional prints, or fussing with challenging fabrics. 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:

#### **Sweet Summertime Dress:**

Use medium to light weight woven fabric.

### Fabric Requirements:

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

### Additional Requirements:

- 9" Invisible zipper
- 1 Hook and Eye
- Invisible zipper foot

#### **Fremantle Frock:**

Linen and other medium weight woven fabrics.

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

#### **Bondi Top:**

Medium weight Cotton, Lawn, Voile or similar light to medium woven fabrics.

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

- Add 1 yd/m to your fabric requirement if extending to a tunic or dress.

Visit: [www.fittoflatterworkshop.com](http://www.fittoflatterworkshop.com) for more details about your upcoming class!