

2-Day Fit Workshop: Blouse – Supply List



An intensive 2-day fit workshop will teach you how to fit this classic blouse to your body. Kirsten Wolff and Sandy Larson, both Palmer/Pletsch certified instructors, take you through the step-by-step process of tissue fitting, a proven method of customizing patterns for all shapes and sizes.

After altering the pattern on the first day, we move on to the fabric, cutting, pin-fitting and tweaking the final fit. Time permitting, you may even start to sew the blouse together.

You will soon have a custom-fit blouse to be proud of!

If you have any questions prior to class, email Kirsten at kirsten@alohavacnsew.com

Wear the Following:

- Comfortable clothes that are easy to change out of. Layers are nice so you can adjust to heat and air conditioning. Be sure your sleeves won't interfere.
- Your best fitting bra and any other foundations you might wear with this blouse. You should wear the **same bra** every day of class.
- A lightweight, close-fitting camisole or sleeveless tank, depending on your modesty. You may want to bring a lightweight robe or cardigan, so you don't have to keep getting dressed.
- Chain necklace (to assist in the fitting process).
- Bring your lunch each day, and maybe snacks.

Supply List (for pattern fitting):

1. Pattern: McCall's #6750 by Palmer/Pletsch
2. The Palmer/Pletsch *Complete Guide to Fitting* book
3. 1 package of Palmer/Pletsch Perfect Pattern Paper
4. 2 boxes of ½" Scotch Brand Magic tape in weighted dispenser. **Do not bring ¾" tape.**
5. A soft lead pencil and eraser
6. Red and green ball point pens. You can bring additional colors too.
7. 12-inch and/or 18-inch clear gridded ruler
8. Fabric measuring tape
9. 6-inch seam gauge
10. Paper scissors (good quality)
11. Glass head pins (lots!)
12. Magnetic pin holder
13. Large zip top bag for the altered pattern
14. ¼" elastic to tie around your waist
15. Note pad

Be sure to label your supplies with your name before coming to class.

Supply List (sewing):

1. Fabric*: Woven Cotton, lightweight Linen, Chambray, Shirting: we suggest - solid color or non-directional print - enough yardage for your size. Please no fabrics that are slippery, very loosely woven, or knit.
2. Matching thread
3. Appropriate weight interfacing
4. Buttons

Tools:

1. Fabric shears
2. Small scissors or thread snips
3. Fabric marking pen or pencils
4. Seam ripper
5. Pinking shears (optional)
6. Machine needles (just in case)

*Due to potential fabric shrinkage and excess dye or starch applied during manufacture, it's important that fabric is washed and dried before coming to class. Fabrics can shrink up to 25%. Sizing or starch can change the hand of the fabric considerably. Launder the fabric in the same way you plan to launder the finished garment. Be careful to wash with similar colors in case the dye bleeds!