

# EDITORS' CHOICE: FIGURE TYPE SELECTIONS

*In the pages ahead, we've chosen new designs from Vogue, Butterick, and McCall's pattern books to complement and camouflage each figure type. Refer to our figure type symbols for your guide to your best fashion.*

*Choose a pattern that suits your figure type, incorporating fabrics that reflect your own personal style, and colors that flatter your eyes, hair, and skin coloring because they blend with them.*

*McCall's Palmer/Pletsch patterns may be ordered on the pattern page of our website at [www.palmerpletsch.com](http://www.palmerpletsch.com).*

*Remember, patterns have to be created for a standard figure shape. Our own shape sometimes seems to be anything but standard. Learning to adapt patterns so they fit our unique bodies will result in clothes that make us look good. Fit for "real" people has always been Pati Palmer's specialty. Visit our website to find books, DVDs, and workshops that will make sewing easier and your clothes more you!*



## LOOK FOR THESE SYMBOLS:

HOURGLASS



Your weight is evenly distributed on top and bottom **with some or a definite waistline.**

RECTANGLE



Your weight is evenly distributed **with little or no waistline.**

TRIANGLE



Your weight is carried in your upper body. You have broad shoulders and may have a large bust. Your hips are narrow.

INVERTED TRIANGLE



Your body is larger below the waist. You are smaller on top and may have a small bustline and small waistline.

"O"



You carry most of your weight in the middle of your body. Your waist is larger than your bust or hips.

*Get help in dressing to flatter and cleaning out your closet with this **Looking Good, Live!** DVD.*

# EDITORS' CHOICE *for* ALL FIGURE TYPES

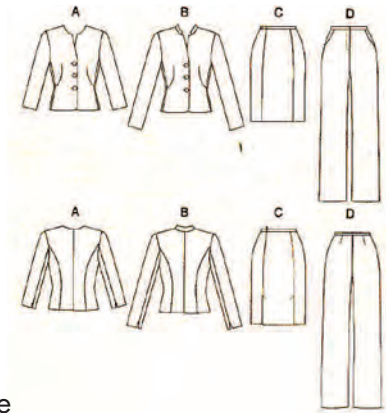
Most Wearable Pattern Selections



## McCall's Pattern M6042: Palmer/Pletsch Classic Fit – The Perfect Suit

### Misses' Lined Jackets, Skirt and Pants

#### Sizes 8-22



A slimming cardigan jacket is the key to this wonderful three-piece wardrobe for spring. Choose the angled "notch" collar or the soft "V" neckline that most flatters your facial features. The single line of buttons, the princess seaming, and set-in sleeves visually slim the body. The finished length of the jacket should just cover your tummy. Wear all one color for a longer, slimmer look or mix up your suit and choose a wonderful print for your new spring jacket.

*To see Pati's and Marta's versions of this pattern and their tips for fitting and sewing it, go to Part 3A, pages 18-22.*



# EDITORS' CHOICE *for* MOST FIGURE TYPES



## McCall's Pattern M6028: Palmer/Pletsch Classic Fit — The Perfect Sheath

### Misses' Dresses Sizes 8-22

The sheath dress is a wardrobe must-have for spring! Choose the slimming look of two-toned panels, a great bright color, a pastel or a print. This classic style can be worn anywhere, with any combination of accessories, from day to evening.



# EDITORS' CHOICE *for* ALL FIGURE TYPES

## McCall's Pattern M6076: Palmer/Pletsch Classic Fit – The Perfect Shirt Misses' Shirts Sizes 8-22

We love this new shirt pattern. It looks wonderful on everyone! The princess seams allow for a perfect fit that will skim over your body and finish just below your tummy. Choose solid colors or prints.

*For more about this blouse pattern, see pages 31-32 in Part 3B.*



### The Perfect Shirt

#### LEARN TO FIT A FULL BUST

- Shoulder Princess Seam
- Armhole Princess Seam with and without Bust Dart
- Alteration Made Easy with Adjustment Lines
- Step-by-Step Fitting Instructions on Guide Sheet

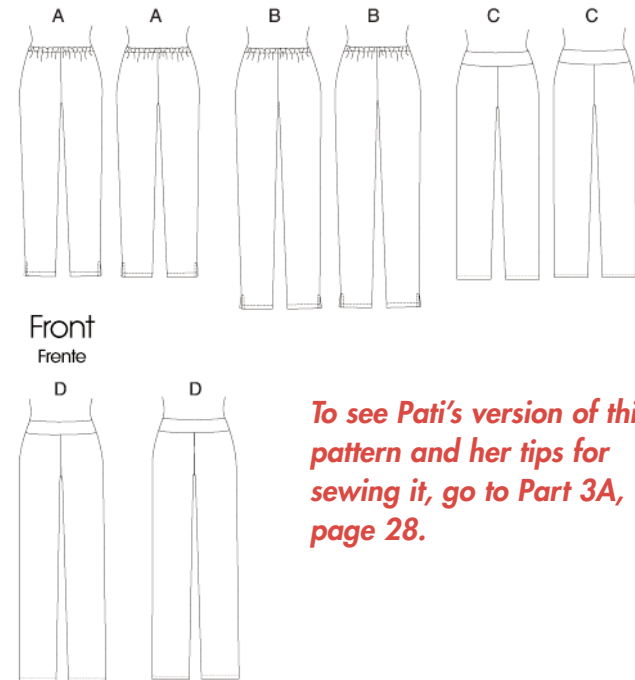
# EDITORS' CHOICE *for* ALL FIGURE TYPES



## McCall's Pattern M6082: Palmer/Pletsch Classic Fit — The Perfect Pull-on Pants

### Misses' Pants in two lengths Sizes 8-2

We love the ease and comfort of these new pull-on pants! Choose the slightly low-rise waistband or the elastic waist style in full length or cropped styling. Learn a clever new contour yoke elastic technique. See page 28.



*To see Pati's version of this pattern and her tips for sewing it, go to Part 3A, page 28.*

# THE SEASON'S PATTERN PICKS

On the next several pages you'll find our picks for each figure type:

*hourglass*



*rectangle*



*triangle*



*the "O" shape*

*inverted triangle*



# THE SEASON'S PATTERN PICKS


*hourglass*


**Butterick Pattern B5428:  
Lifestyle Wardrobe  
Misses' Jacket, Dress, Skirt,  
and Pants**

**Sizes 6-20**

Enhance your hourglass figure and define your waistline with this wonderful four-piece wardrobe. We love the soft details of the jacket. Choose silk or lightweight wool gabardine for this "special occasion" design. Go for the chic look of an all-white outfit or mix a solid color jacket with a high-impact floral print dress or skirt.

Also suitable for:

 **Triangle** – Use a lighter, brighter color for your jacket to enhance your shoulders and a darker, more subdued color for the dress, skirt and pants to diminish the size of your lower body.

 **Inverted Triangle** – Choose a darker, more subdued color for the jacket and a lighter skirt or pant to balance your figure. A sleeveless dress will make your shoulders appear narrow and give the illusion that your hips and shoulders are the same width.



*Your goal in dressing is to choose design lines and silhouettes that skim your body and enhance the curve of your waistline.*





# THE SEASON'S PATTERN PICKS

*Your goal in dressing is to enhance your angular body shape with straight or semifitted silhouettes.*

## rectangle

**McCall's Pattern M6043:  
Misses' Lined Jacket, Shorts, and Pant**

**Sizes 6-20**

The straight lines and bold shoulders of the "Slouchy Suit" are perfect for the rectangular body shape. Stick with lightweight fabrics for the jacket and combining pieces so as not to add volume. Combine a chambray button-down shirt, navy blazer, and embellished skinny jeans worn with flat shoes or add a soft pant to the casually loose jacket, lingerie camisole, and your new caged sandals. Add a silk shirtdress and short-shorts to this urban wardrobe.

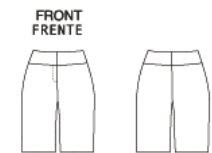
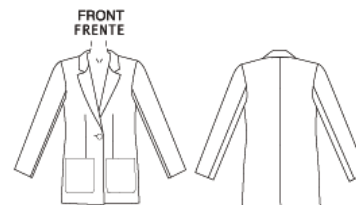
Also suitable for:



**Hourglass** – Throw the loose jacket open and show off your waistline with a midriff-hugging top. Try fitting the jacket in at the waist to complement your hourglass curves.



**Triangle:** The width of the broad-shouldered jacket will visually slim your hips.



# THE SEASON'S PATTERN PICKS

## *triangle*



**Your goal in dressing is to balance your body shape by visually diminishing the width of your hips while adding width to your upper body. You will appear slimmer if you accentuate your waistline with fitted or semifitted silhouettes.**

### **Vogue Pattern V8567: Five Easy Pieces Misses' Jacket, Top, Skirt and Pants Sizes 8-22**

Choose a soft rayon blend, linen or lightweight crepe in romantic, blush pastels for this feminine five-piece wardrobe. Add metallic accessories and a kitten-heeled shoe or a sparkly cardigan to give your outfit a little more glam.

The soft A-line of the dress skims over large hips, while the horizontal line under the bust accentuates your bustline and flatters your midriff. Make sure the jacket length finishes above or below the fullest part of your hipline. You may want to choose a darker, more subdued color for the dress, pant and skirt to diminish the size of your lower body.

Also suitable for:



**Hourglass** – You may want to fit the dress, top and jacket to enhance your curves.



**Inverted Triangle** – The deep V neckline of the jacket, top and dress and set-in sleeves visually slim the width of your shoulders. The wider hemline of the skirt and dress balance the width of your shoulders.



# THE SEASON'S PATTERN PICKS

## *the "O" shape*

*Your goal in dressing is to slim and minimize your torso and create the illusion of a waistline.*

### **Vogue Pattern V8641: Five Easy Pieces Jacket, Top, and Pants    Sizes 8-24**

Choose silk jersey, matte jersey, or cotton-knit stretch fabrics for this easy-to-wear five-piece wardrobe. Avoid heavy or bulky knit fabric. A darker, more subdued color for the top will visually diminish the size of your middle body. When wearing a lighter or brighter top, always wear the jacket over it to create a "thin" line of color to catch the eye and make your middle appear slimmer.

We like the new neutral colors for spring! From classic cocoa to camel to beige, combine the rich look of colors that reflect your hair colors and add nature-inspired oversized necklaces, rough-hewn drop earrings, and leather strappy sandals for a great look! Or....add the bold look of gold accessories.

Also suitable for:

**Rectangle** – The soft cut of these separates will skim over your body shape.

**Inverted Triangle** – If you do not have a defined waistline, these separates will be perfect for you. The raglan sleeve of the top will soften and narrow your broad shoulders. Choose a darker, more subdued color for the top and a lighter, brighter color for the bottom to visually bring balance to your body shape. Wearing a jacket and pants in the same color visually makes you appear taller and slimmer. Flare-legged pants bring balance to your figure.



# THE SEASON'S PATTERN PICKS



*Your goal in dressing is to visually diminish the size of your upper body and enhance the slimness of your lower body.*

## **Vogue Pattern V1143: Guy Laroche Misses' Jacket and Pants**

**Sizes 4-18**

The "edgy elegance" of this sharp, angled suit gives us a fresh take on powerful dressing.

The appearance of a defined waistline gives your body shape definition. The princess lines from the shoulder visually add length to your upper body and narrow the width of your shoulders. The deep V neckline will slim your upper body.

You are the woman who actually benefits from a pattern with hip detail and emphasis! The flounce of this jacket adds shape to your small hips. The flared pants add balance to your figure.

Choose the bold look of black and white for this fabulous suit. Think about using a striped fabric for the jacket or a geometric print in black and white.



Also suitable for:

**Rectangle** – The defined waistline and flounce of the jacket will add shape to your angular body shape.



**Hourglass** – This pattern works well for your body shape.

