

HAPPY SUMMER!

Yes, it's still summer, at least here in Oregon. Gorgeous warm/hot weather.

I hope you read the newsletter that was available last March. It had a lot of fun ideas and tips to help us all grow our businesses. I also shared ideas for a new pant fit pattern. I always enjoy your input. If you are teaching pants, the pattern needs to work for you too. So if you haven't read it, you can open it at this link: www.palmerpletsch.com/teachers_newsletter.htm

Check out page 6 for info on new slides to add to your PowerPoint Pant Seminar. I've also put together a new *Learn to Fit the Perfect Shirt* slide seminar for you.

*Happy Sewing,
Pati Palmer*

News from Palmer/Pletsch

June Pant Workshop

This was a great learning experience. The ladies made pants out of anything and everything, from silk chiffon to bias heavy denim. There was even a no-side-seam pant out of chiffon as you can see here. Suzie Wood from DeSoto, Kansas, made a black knit separate no-side-seam pant (M6571) to wear under it.



Suzie visualizes wearing a tank and cardigan with the pants.

Marta fits Barbara. Her green stretch

green stretch wool hung so well and fit beautifully the first fabric fitting.

Barbara's gray cotton didn't hang as nicely, but that is the way cotton behaves and we all need cotton pants. The gray cotton just showed everything. We decided to ADD a seam down the back to get the cotton to be more fitted and since it was a stretch cotton, it worked well. I forgot to take a photo of the finished pants, but they fit very well—but a lot more work than the wool.

So after the workshop, I sewed a silk crepe-de-chine pant. It is wonderful.

Then I sewed a pant in heavy cotton twill in McCall's 6440 with the back seams (same as the green wool above). I tried it on, tweaking the fit, unstitching, re-stitching about 25 times. It just showed every lump and bump. But every time I tried it on again, it "felt" better, a clue I was making progress. I found that when I fitted the back seam under my derriere, I came back out too fast to the original 5/8" seam and it pulled at the curve at the back of the knee. So I took in the seam all the way to just below the knee. The taupe stretch wool pant I made from the same pattern was a breeze to sew and hangs perfectly!! What a difference fabrics make!!



Tips for the No-Side-Seam Pant

Slides are available by request.

This pattern has darts, but the easiest pant is one that is made as a pull-on. Below, Helen Bartley who taught with us at the knit workshop, is wearing the wider leg View C.

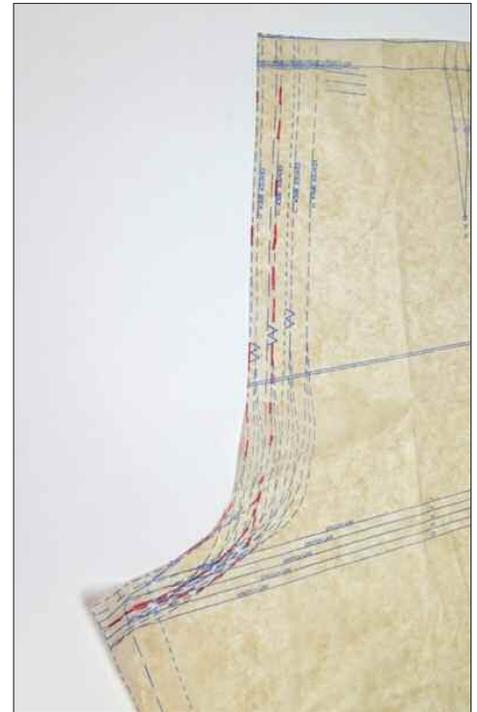


Measure your hip and select the size that measures the same or 1" larger for knits. You can always take a tuck in the tissue and re-cut your fabric if it seems large for a knit. Most knits don't need ease. If the tissue is too large, take a tuck at the side seam. If too small,

add Pattern Paper at the side seam. Read the guide for more fit tips.

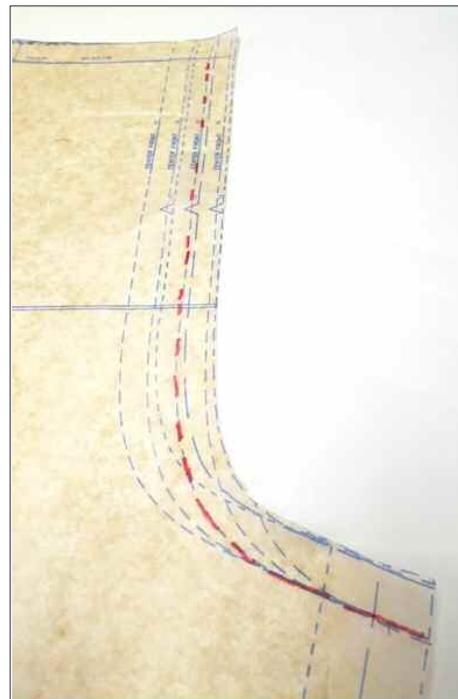
Mark the front crotch for your size and tape inside the stitching line.

Draw the lower crotch about 1/2" lower if you have a low derriere.



Try on. For this pattern, we have found that we like to do the tissue-fitting over the waist elastic. That way you can mark the bottom of the elastic on the tissue. That will be either the sewing line for the casing added above it, or if you want the top of the pants to stop there, just add the width of the elastic, serge elastic to top of pant on the inside and turn to inside and stitch in the ditch at all seams to hold elastic in place.

In the photo below, we decided to use a dart at the side seam, but pinned it to be at her side seam.



Then mark the back. McCall's knows I always want the crotch stitching line marked on the tissue, so they accommodated me! But with the grading all done in the crotch seam it is a bit confusing, especially the stitching line for lowering the crotch in the back. So first, find and mark the stitching line for the back.



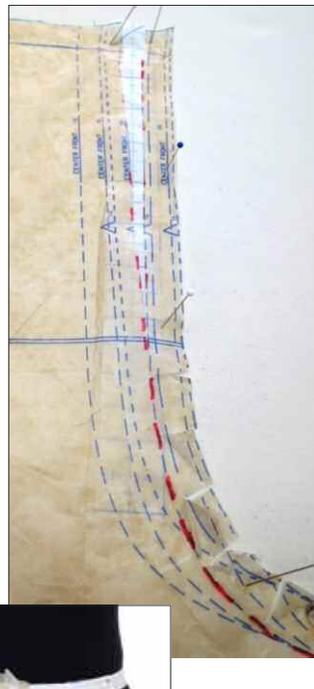
It was too far forward. This photo shows how we took a tuck out of the back. That brought the side dart back farther to the right spot for this person.



If the front crotch seam is touching you, but the back needs to come up higher in order for the pants to hang straight, then you will need to lower the back crotch even more. Draw it lower and retape and clip.



If your waistline needs more room, straighten the front by cutting on the stitching line and pivoting the seam allowance by 1/2".



The crotch on a knit may get a little longer in fabric. Mark your actual waistline after sewing the inseam and crotch. Then leave what you need for a casing.

Be sure the pants are hanging properly before marking.

The photo to the right is NOT how you try on and judge fit.

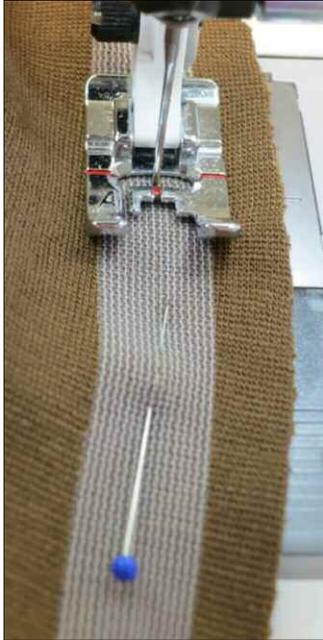


This photo shows you are now ready to judge fit.

The bottom photo shows marking casing stitching line.



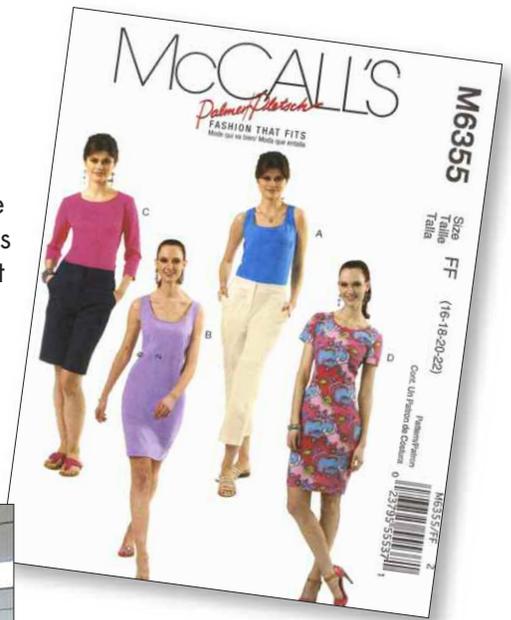
I taped the crotch in my wool double knit brown pants, since wool will continue to grow with body heat versus Sue's polyester knit. I sewed through Stay Tape. I could see original crotch seam through the tape and sewed right on top of it.



The New Knit Workshop in July

Everyone started out with our tank top pattern M6355. The reason the binding is cut on the bias is that it is for knits and wovens. You can cut it on the crosswise grain in knits.

Sue Neall from Australia taught with us. Here she fits Janice Aston. Janet used the "twisted" binding technique.



Here Sue is giving a demo on using fold-over elastic to finish edges on knits. She brought a ton of creative knit garments to show.



A NOTE ABOUT THE NOVEMBER 7-11, 2013 "LEARN TO SEW A JACKET" WORKSHOP:

This will be the last jacket workshop taught by Marta Alto, and we can take a few more students. Future jacket workshops will be offered at our Seattle satellite workshop location, taught by Nancy Seifert. But if you've been wanting to take it here in Portland, sign up soon!

Kathy used a deeper "twisted" binding. (By the way, the instructions will be in our knit book out in 2014!)



above: knit workshop instructors Marta Alto, Sue Neall, Pati Palmer, and Helen Bartley.



JUST IN FROM HELEN BARTLEY

Pati,
Just thought you might like to see how this dress turned out. I love it! I stabilized the opening of the contrast square and the neckline with SewkeysE woven staytape. Left the sleeves long, but tapered them quite a bit so I can push up and wear like 3/4. I used the facing pattern for the neckline, but topstitched and trimmed it close, like a binding. Looks good. Steam-a-seam for sleeve and bottom hems.

Helen Bartley
www.seamdivas.com
helen@seamdivas.com

McCall's
Palmer/Pletsch
6792 in jersey
knits. Wow!!
What a great
rendition
Helen!

Pati



New Pant Seminar Slides

Slide 75 has been bugging me since it was cut off at the top. It is of Sue at the end of her trouser fitting. You can put this new one into PowerPoint to replace the cut-off one.



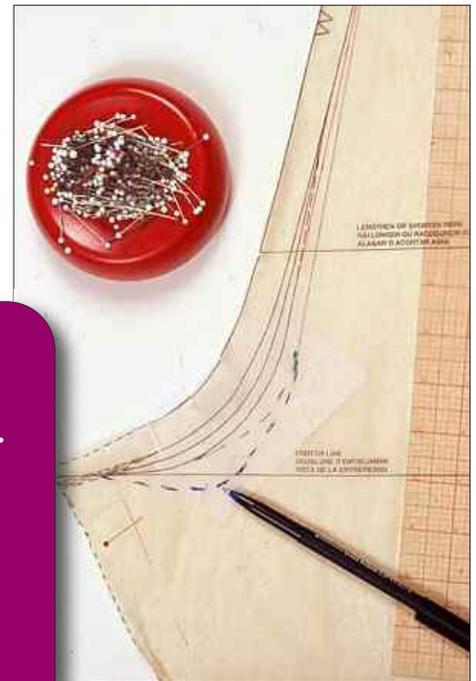
The right image in the **Slide 24** at the right is one I just took to show how to straighten the back crotch.

Add it and use this copy:

24. Take pants off. Unpin front from back. Tape in a vertical tuck down the back. Try on.

If there is still a little extra fullness across the back, straighten the back crotch on the inside of the seam-line. Slanted crotch seams are for people with a small waist and a large derriere.

You could also add this tissue-marking image to Slide 24. New copy: *Straighten AND lower crotch.*



Teachers who already have the Pant Seminar PowerPoint program can update their seminar with the slides above. Download them from the Teachers' Resource Page on our website.

I have decided to offer you the new Learn to Fit the Perfect Shirt slide seminar as a free download, or a \$10 CD. Order or download from the Teachers' Resource Page.

A New Fit Seminar Based on McCall's 6750 3-Hour Perfect Shirt

This pattern is similar to the "Oprah" blouse, but with darts. Use this blouse pattern seminar in place of the basic dress M2718 if you want to offer an easier class for teaching fit. The road map class should be more expensive since it is the ultimate, but this is a great option. The script and a low-rez PDF of the slide show can be viewed on the website so you can check it out. If you are not using slides, just use the idea for a hands-on class. For a small class you could run through the process on a laptop. There is info on your teacher CD about using PowerPoint.



NEWS FROM YOU!

FROM CLAUDIA PARKER-HUGHES, New Bern, NC

Hi Pati,

I thought you would like to see how my flyer turned out. I am pleased to announce that I will begin my Palmer/Pletsch career on July 20th.

I have made two blouses and am working on the third one, M6750. They are included in an attachment for you to see. The pattern is very easy to fit and make. The finished blouse is so flattering. I love wearing it.

The dress form is My Double that I made with Pamela Leggett in her Personalized Dress Form class.

I find it very helpful to put my garment on it to be assured of sewing it correctly. If something is wrong, I will usually see it immediately. I hope to offer the class myself in the near future.

Also, may I remind you that I would like to be the contact person in Eastern NC, SC and VA for the Interfacing Seminar?

I'll be heading back to Philadelphia next week for the Pants Fit/Sew workshop with Pamela Leggett. I pinch myself that I will also be shopping in NYC!!

But, before all that, I will be watching my daughter get married on Saturday, June 1st. It will be beautiful. And, oh yes. I made my mother-of-the-bride's dress, M6028 in a chartreuse stretch brocade.

Take Care,
Claudia



(I took the Pant Class and Teacher training in 2012). The student will buy your Panting Fitting book from me (I have inventory) and will schedule one on one session for questions and critique. Based on the fact I am just gearing up on teaching and have not taught pant fitting yet could you suggest how I charge? I remember you said to try for \$50 an hour but I think that was in a workshop setting. For one on one is \$25/hr valid? If you have input that would be great to help me calibrate my rates.

Thanks. See you in September.
Lois Gase

FROM LOIS GASE, Stoneham, MA

Hi Pati - I have been contacted by a second student via your website. She is interested in pant fitting.

ANSWER FROM PATI

I think \$25 would be more acceptable. One of our teachers offers a block of time that 1-3 students can come in for help. If you had 3 at \$15 per hour, you'd do better. I think it takes some time to work out what works! But you have to start somewhere. Another thought is to let her fit and sew a pant with you for say \$100- \$150. If you can do your own sewing while she is with you, you'd add some value to your own time as well. FYI, \$95 is an average for a 4-week 2-3 hours per week class with 3-6 students for a comparison. Write me about your experience for the teacher newsletter. Pati

AND FROM LOIS AGAIN

I wanted to share with other CSIs my initial experience as a "newbie CSI." Before I had begun to promote my own teaching and fitting classes I was contacted by a student who found me via the Palmer/Pletsch website. Although an accomplished

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Please Make Checks To Claudia P. Hughes

sew-ist, she said she had trouble fitting herself. She had read *Fit for Real People* and was familiar with the Palmer/ Pletsch approach but wanted a hands-on session. We agreed she would prepare a simple blouse pattern before meeting at my home, and our plan was to go through the fitting steps together. I encouraged her to pick the McCall's basic fitting shell or another pattern with simple lines and darts for this first fitting session. Based on my Palmer/ Pletsch training and my own experience I felt very confident we would have a successful fitting session.

My student arrived but had not used the recommended pattern. Her chosen pattern was more complicated and that totally "threw" me! I didn't have total recall on how to fit that style (princess seams with a back closure) so my suggestion was to walk through the *Fit for Real People* book together as we fit her pattern. My rationale was for the student to make notes in the book for future reference, and at the same time it helped me to refresh my memory! During our session we got through several steps and I stumbled through the pin fit. However our time ran out and she told me she'd work on the pattern at home. The plan was for her to call me when she was ready to follow up and move further.

After she left I felt a little disappointed that I hadn't been better prepared, but I was caught off guard with a different style pattern. I wasn't certain we had a successful session. Later, I got good positive feedback from Pati via email when I reached out to critique this first teaching session. Pati reminded me I knew more than the student and not to be so hard on myself. In retrospect, I realized I had indeed taught the student some things she didn't know and I was sure we'd get together again.

Some time passed, and the student didn't call. My self-doubts cropped up again and I was suspecting my student was disappointed in the session. I decided to let some time pass and then reach out. I finally sent an email asking how she was doing, and I received a fast, enthusiastic reply! Due to job demands, my student had put sewing and fitting on the back burner and had just begun to revisit the blouse project.

Further, she said she knew her choice in pattern had been too complicated to begin with, and next time would use one of the recommended fitting shell patterns. And also she offered to meet at a local coffee shop to chat about sewing, and it was her treat! I was on Cloud 9 with the positive reinforcement! My own internal doubts were unfounded.

It was a good learning experience to trust my experience and my knowledge; keep a calm head and let time run its course.

The end of the story.....this lovely student and I are planning future sessions and she even invited me to speak to her local sewing group!

Thanks again.
Lois

FROM MANDY BENGEYFIELD, UK

After being made redundant from my previous teaching job two years ago, I sulked for a little while feeling sorry for myself. Then I attended the Jeans Workshop and got really fired up. I got to thinking how great it would be to combine my love for sewing with my enjoyment of teaching.

I developed a website and figured out how I could use our formal dining room as a sewing school. I started out offering one-day beginners Fit classes using just the bodice and sleeve from the

McCalls shell pattern. It was pretty slow to start with, getting one or two students at a time (I've only got room for 3!), but it was all teaching experience.

I was reluctant to teach sewing because fit is my real passion, but I was getting lots of enquiries about sewing classes. Then one of my first students (herself a sewing teacher!) asked me to collaborate with her on a course. A little while later she told me that she'd landed a job as the technical sewing advisor on a new TV show in production called *The Great British Sewing Bee*.

It was like the universe was trying to tell me something! So I put together some sewing workshops (including a 2-day Pants class) and advertised them on my website.

When the show aired in April this year interest in my sewing and fit classes blossomed. So many enquiries came from ladies who used to sew years ago but stopped when they couldn't get patterns to fit. They were so pleased to have found me (many via the PP website—thank you!) so they could learn how to make clothes for themselves again.

The icing on the cake is that I've just landed a job teaching adults on an accredited City & Guilds Fashion course! It's only a few hours a week, but it's a regular income.

My CSI certification really helped get me the job because, although I have 40 years' experience, it is my only formal sewing qualification.

So Pati, I just wanted to say a great big thanks to you and Marta for being my inspiration and helping me grow from a sulky ex Science teacher into a happy Fit & Sew teacher with a thriving business!

(The only down-side is finding the time to come to Portland again!)

Mandy



FROM STEWART TITLE IN SPOKANE, WA— VERY SAD NEWS

June 6, 2013

Yesterday Stewart Title of Spokane lost an incredible friend, co-worker, and employee—Verna Day. Please join us in prayers for the Day family as we remember Verna and mourn her passing. Thanks so much.

Verna is on the cover of our pant book. She has taken many workshops and I enjoyed her so much. Evidently she fell in the company parking lot and got a concussion that she didn't survive. I know many of you were in a class with Verna. She lived in Kalispell, Montana, before relocating to Spokane.

FROM APRIL BUTNER Port Coquitlam, BC

A lovely in-store display to promote the jacket class for fall.

