



Seam Divas Sewing Lounge Bring-to-Class List

Go to the head of the class by being prepared. Fun certain to ensue!

FIT

- Fabric scissors
- Paper scissors
- Tape measure
- Preferred marking tools (chalk wheel, tracing paper etc.)
- **Pattern: Palmer/Pletsch for McCall's # 6750 or 7575 (or other pre-approved blouse/shirt pattern)** in the size grouping that includes yours! Measure your bust snugly at the **high bust** measurement, under arms and around back at about the bra line. **DO NOT TRIM PATTERN UNTIL WE MEASURE YOU IN CLASS!**
- Fabric for your project. I recommend a nice woven cotton or rayon for the blouse. Avoid heavy stretch cotton (darts pucker!) and slippery synthetics. Be sure to prewash for shrinkage.
- 1 package Perfect Pattern Paper (available here or at palmerpletsch.com)
- 1 roll 1/2" Scotch Magic Tape in the green box (no substitutes!) in a weighted dispenser. (available here or at Office Depot).
- 1 box of 1 3/8" extra fine (.5mm) glass head pins (Dritz, Clover) Magnetic pin holders rock!
- Fat "my first pencil". The soft lead won't tear the pattern tissue. (available at Fred Meyer or Office Depot)
- Fine tip permanent marker. I like the fine tip sharpy)
- 2" flexible clear plastic ruler (recommended, but not mandatory)
- **Book: *The Palmer/Pletsch Complete Guide to Fitting*** (available at palmerpletsch.com)
- If your lesson is scheduled over the noon hour, please bring a snack or lunch and we will break briefly to recharge.
- Water or any beverage in a covered container



No sewing in this class! You will learn the Palmer/Pletsch Tissue Fitting Method of pattern fitting and altering. You will then cut the pattern from fabric and pin-fit it. Sew it up at home.

Prepare your [Palmer/Pletsch Perfect Pattern Paper](http://palmerpletsch.com). Cut strips the full length of the sheet in several widths: 1", 1.5", 2", 3". Press flat. Wrap them around a section of a "pool floaty" or pipe insulation and secure with a pin. This is a HUGE time and space saver. You'll have your altering paper at your fingertips and you won't have to press it again.