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# The Complete Photo Guide To Perfect Fitting



## Synopsis

Here is the ultimate reference for fitting test garments and transferring accurate adjustments to patterns! No matter what size or shape you are, wearing garments that fit perfectly makes you look and feel better. Rather than making commonly accepted changes to a commercial pattern, the method presented in this guide focuses on the way a test garment fits the body. The fabric is manipulated to improve the fit, and then those specific changes are made to the pattern. The result: patterns that fit perfectly! With *The Complete Photo Guide to Perfect Fitting*, you'll learn:

- The importance of a fitting axis and how to use it during a fitting
- How to recognize fitting issues, such as drag lines and folds
- How to manipulate fabric to solve common and unusual fitting problems
- How to transfer the fitting changes to your pattern easily
- Basic pattern-making skills to ensure accurate alterations

See the fitting process from start to finish on basic garments, fitted on real people. Then follow fitting solutions on different body types. The lessons you learn will help you fit any body.

## Book Information

Series: Complete Photo Guide

Paperback: 224 pages

Publisher: Creative Publishing int'l; 45461st edition (January 1, 2012)

Language: English

ISBN-10: 1589236084

ISBN-13: 978-1589236080

Product Dimensions: 8.2 x 0.5 x 10.8 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 257 customer reviews

Best Sellers Rank: #16,477 in Books (See Top 100 in Books) #4 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Needlecrafts & Textile Crafts > Fashion #8 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Needlecrafts & Textile Crafts > Sewing

## Customer Reviews

Sarah Veblen is a custom fashion designer who focuses on creating clothing for her clientele and on teaching and writing to promote the craft of garment-making. For more than twenty-five years, Sarah has been designing and making clothing for her private clientele, specializing in fit, innovative pattern design, and quality construction. Her focus is on helping women create a wardrobe that is comfortable and compatible with their lifestyle.Â Dedicated to promoting sewing at all levels, Sarah

enjoys immersing herself into her students' learning process. She teaches in her studio and other classroom venues, as well as online through PatternReview.com. She is also a frequent guest lecturer and regularly holds workshops for sewing groups and organizations across the country. Sarah has authored many articles and publications on sewing and design, including her book, *The Complete Photo Guide to Perfect Fitting*, and writes her own blog. She has also made a series of instructional fitting DVDs, produced by Threads magazine, on skirt and bodice fitting and on making stylistic changes to a pattern. Sarah has a Certificate in Fashion Design from Baltimore City Community College and a BA from Stanford University. She is an active member of both the Association of Sewing and Design Professionals (ASDP) and the American Sewing Guild (ASG). She lives in Sparks, Maryland. See more of her work at <http://sarahveblen.com>

Sarah Veblen has written an extraordinary book that's light years beyond any of the other fitting books in your bookcase. I just finished reading *The Complete Photo Guide to Perfect Fitting* yesterday, and it's excellent in every respect -- clearly written, comprehensive and systematic with hundred of detailed photos that show every step of the way for a variety of basic pattern styles and figures. In my five years of sewing clothes, I've picked up a fair number of fitting techniques. But like many people, I use an improvised, hit and miss approach that kind of, sort of works but doesn't give the best possible fit. In contrast, *Perfect Fitting* outlines the steps we need to take in an orderly way. The process relies on sewing a series of test muslins which are revised on the body by: establishing the all-important Horizontal Balance Line (a new term for me); releasing tight seams by opening them; clipping tight necklines and armholes; remarking shoulder seams and waistlines; and pinning tucks, darts, and open and close wedges. Then in pattern work, the muslin changes are transferred back to the pattern, the revised pattern is walked and trued, and if necessary a second muslin is sewn for further fitting improvements. *Perfect Fitting* concentrates on the bodice and includes all four basic styles: shoulder princess, armhole princess, side panel and darted. All the common bodice adjustments are explained and illustrated: full and small bust adjustments, forward shoulders, rounded back, sway back, etc. Armholes, set in and raglan sleeves, and skirts are also covered, again in a high level of detail. The book does include a section on basic pants fitting, though it is relatively brief. It's quite obvious that Sarah Veblen's ability to teach rivals her ability to sew because this book conveys not just how to do something but why it needs to be done, and that leads to a deeper understanding. Sarah also stresses the importance of aesthetics in pattern fitting so the fitting changes will enhance the garment's style and the appearance of the figure. Before *Perfect Fitting* was published, I read the sample pages that are posted here on , and I urge you to read

them, too. I was so impressed with the book, I not only bought it, I also signed up for Sarah's online Bodice/Sleeve Fitting class that starts on the [patternreview.com](http://patternreview.com) website next week. If you'd like to improve the fit of your garments and have the Tried and True patterns we all strive for -- the ones that skim our bodies and flatter our figures as only custom made garments can do -- I highly recommend *The Complete Photo Guide to Perfect Fit*.

Incredibly helpful! I read it from cover to cover when I was working on fitting a dress. Fitting never really made sense to me until reading this book. I think I just needed to embrace the idea of creating multiple muslins. After two muslins, I created a very flattering dress. I have a number of fitting issues, and this book helped me address them all. The photos really made a difference in helping me understand. For anyone who is serious about fit, I recommend this book.

No fitting guide is ever going to be totally complete, especially if it has pictures, without being the size of a set of encyclopedias, but this one is really good for most things. I prefer to correct as many fit issues as possible on the pattern before I even do a muslin, and that is not how this book is intended to be used, but I think that a moderately experienced seamstress could still translate a lot of what the pictures show into pattern alterations. I love that this has photographs instead of drawings because it's much easier to see what indicators of fit problems look like in real life instead of in cartoons, which I think can give a false impression of how easy drag lines, etc., can be to see. Also, it includes pants. So many books skim over pants. Also, this is really meant to be used by someone fitting a muslin to someone else, but I don't really find that problematic, either, since it still shows me what fitting problems look like and what I need to do to correct them. Since I can see them on myself in the mirror almost as well as I can see them on somebody else, the information is still good. I checked this out from the library initially but then bought my own copy, and I think I will end up using it a lot.

I want to buy this book for all of my sewing friends! Fitting is the thing that separates the homemade from the custom. Some of my friends are good technical sewers, in that they cut and sew neatly, but they are at a loss for how to fit, so their garments look amateur. Fitting is not intuitive to many, and that is where Sarah Veblen is going to change their world. Sure, the book is not encyclopedic, it doesn't cover every twist and turn of anatomy. But the basics are there to help someone who wants to improve their garments. And, if you pay attention to the techniques you will be able to figure how to apply them to sway backs or other complications. Sure, every technique of pattern manipulation

isn't demonstrated. But this book covers a good range of common manipulations clearly, and emphasizes the need to look at each problem creatively. Sure, every style element isn't covered, but some basic elements are included to guide choices for different body types. This book may be too elementary for those who have been custom drafting and designing for years. It may be too advanced and daunting for the true beginner. But it will be a godsend for those seeking knowledge beyond a commercial pattern. Ms. Veblen also had some excellent tips for putting people at ease during the fitting process. I mostly sew for friends, but occasionally I fit people I don't know well. I say cheap at twice the price!

Nice clear visuals and descriptions on solving fitting problems in garment making.

This really is the best book on altering sewing patterns. Plenty of photos of people of stuff gone wrong, and loads of photos and drawings of how to adjust/fix/make good. Specific "why do I get that wrinkle here" to general matters of line and style. It's the mostest with the bestest. Another great title in this publisher's series. Someone there is a good editor!

when you use a visual tool like this, it would be good if the photos could point to where the fabric pulls or really get close as well. I can see this book being an excellent candidate for an enhanced e-book version

Too difficult to go through, at least for a beginner like me.

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