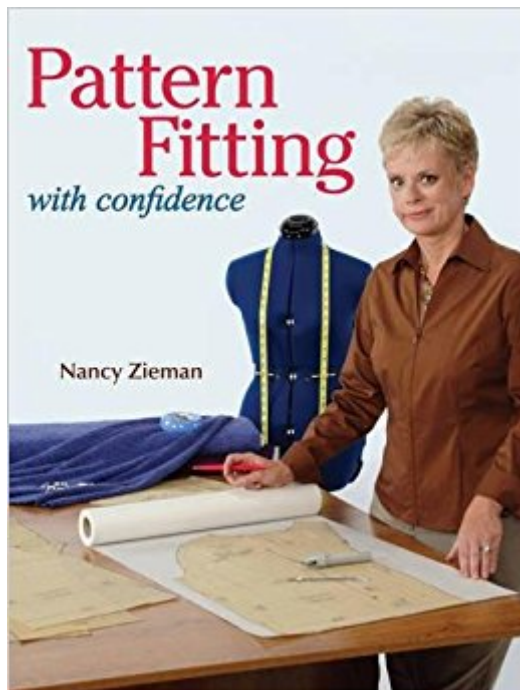


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# Pattern Fitting With Confidence



## Synopsis

Nancy Zieman's pattern fitting approach is easy - no cutting, slashing, tucking or pinching--just logical and easy pivot-and-slide techniques, providing a painless method to follow that results in a garment that is comfortable and attractive. Once you learn Nancy's techniques for fitting, you will find it easy to make every garment you sew fit your size and shape. Multiple fitting charts are included in the book, as well as an index for locating technical information at a glance.

## Book Information

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## Customer Reviews

THE most useful book and pattern adjusting information I have laid my hands on in years. I thought I would give it a try since I have been sewing for years. This is an excellent "Beginners" book for those just starting out. Simple and easy to understand. Thank you Nancy Zieman.

I absolutely love this book and method. It clarified the adjustment process to use on patterns to make clothes fit me better. I've since used the pivot method on a blouse and it fits me beautifully! I also used her slide method, in conjunction changes advised from with "Pants for Real People," on a pair of shorts that made the pattern adjustment easy and flawless. I would highly recommend purchasing this book if you have a body shape that is not the "standard" shape. I can't wait to make more beautiful clothes that actually fit me comfortably!

Nancy presents a very logical and easy to understand way to fit your patterns to your body. Her approach differs from the tissue fitting method and seems easier to do. This book is well illustrated

and well organized.

Anything by Nancy Zieman is out of the park great. This is my continuous go-to book. I have this in hard copy, but as I am trying to streamline everything, I am giving up my hard copy and going digital. I have learned a lot from her over the years, and anything she has is worth it!

It was a very good book for some basic changes. It doesn't adequately cover the multiple changes I would consider common. Hard to make all the adjustments needed for our small frames, large cup sizes, sway back etc. I know you can't have every scenario, but I felt it was a little abbreviated for the multiple adjustments.

So you've seen the DVD and thought "ugh!" Well the book will surprise. It has a lot more to offer. Some of the altering techniques are not new while others need a little Math to accomplish. The diagrams are very clear and the reading format is relatively simple to follow. Time is short, who has time to read through anything these days that's why I really like this book. The concepts can be read through in one day and if you are a beginner maybe two. Of course with a few of her methods there is a limit on the pattern size to which they can be applied. But get the book and add it to your sewing library I promise it will not collect dust.

Nancy's method frees you from several common pattern altering restraints. One, you don't have to cut up your "master pattern" and secondly she advances an alternative size-selection method based on your width across the high bust, not hip and full bust. Using her chart you select a new size which (for most people) falls within the range of almost all patterns. For example, I would choose a size 18 pattern instead of a 32W. Also she redefines the choice of Misses, Womens and Junior based on neck to waist back length. Then she offers clear and easy to follow instructions for making various changes for redrawing the pattern anew, including combinations where pattern pieces must be altered in tandem. The reason I did not give this book 5 stars is that she ignores everything going on below the waist. For example, tilted waist is such a common problem. Her suggestion that the front crotch seam be lengthened to match any increase in the seat is disastrous for tilted waist people, who would end up with the crotch sagging half-way to their knees. I would make a suggestion much in keeping with the other measurement/size principles introduced here, that pants size be selected based on the traditional seated crotch depth measurement and not on the circumference at the hip.

Nancy illustrates a simple and effective way of fitting patterns - I have been sewing for over 30 years so wanted something that would work quickly and effectively. This is the first book that made sense to me and it really is simple and easy to follow. Highly recommend this method for fitting commercial patterns.

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