



The Complete Photo Guide to Perfect Fitting

Sarah Veblen

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The Complete Photo Guide to Perfect Fitting 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**. Hundreds of **large color photos** illustrate the techniques and concepts in simple step-by-step instructions. With these lessons, you will get the perfect fit for any body.

The Complete Photo Guide to Perfect Fitting Details

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From Reader Review The Complete Photo Guide to Perfect Fitting for online ebook

Alaina says

This is a fantastic book. Even as a professional sewer and fitter, I learned a great deal from Veblen.

Marnie says

This book is absolutely overflowing with information. It should be noted that this is primarily about fitting someone else and many of the techniques will be less effective on a dress form and nearly impossible to perform on yourself, but it's still really great information and I'd recommend it to anyone who is interested in understanding how to fit a garment.

The method outlined has you work from a standard pattern, make a muslin, and drape in your changes. Then you transfer your changes to the pattern pieces and make a new muslin if needed, until you are happy with the fit. The book is broken up into a general knowledge section, and then discusses fitting different parts of the body with different types of patterns. She works with a variety of women, with different fitting issues and it's a real revelation to see the muslins go from ill-fitting sacks to flattering silhouettes.

At each point, with each incremental change to the muslin, the author points out how she recognizes a fitting issue (drag lines, skewed balance lines, etc) and then she discusses how she fixes it and you watch, step by step as she does just that.

I'm not at a point where I can expect to be able to fit a garment as thoroughly as outlined in the book, but I've definitely started to get a feel for how to recognize fitting problems that I've never even considered, after a life of wearing off the rack clothing. I'm definitely excited to start improving the fit of the clothing I make.

heidi says

Sometimes it really is true that a picture is worth a thousand words. This book is the perfect example of how you can read something over and over and not understand it the way you can from seeing a clear full-color photo.

I've read fitting tips in pretty much every garment making book and website and pattern out there, but this was, bar none, the one that made me understand it the best. The idea of a horizontal balance line to change where you do your alterations is the kind of simple and elegant idea that is absolutely radical in how you interpret things.

There is a whole section on what pull and crumple lines look like in fitting, and how to alter them. It's true that this is the kind of thing that would be easier to see and adjust if you were fitting someone else, but I still think it's very valid information for someone who fits themselves -- I know I take a lot of cell phone pictures to see how things are fitting across the back or arms.

It's also really nice to see a breadth of body types and "fit problems" that may be what you're facing, without seeming at all judgemental. Some people have lower or higher breasts, some people have bellies or asses or narrow shoulders or ... it's just a thing you can solve with fitting, not a moral issue.

I highly recommend this book to anyone who is doing fitting for themselves. It's a great companion to the Fit for Real People book, which was my introduction into how to alter patterns for size and fit. I'd read both of them -- Fit for Real People had a better description of how to do a Full Bust Adjustment, but this book had pictures about how and why it would work. I recommend you buy the paper copy of this book -- I still buy my craft books in paper -- and then go ahead and upgrade to the digital for another couple bucks. It's worthwhile to have both of them.

Read if: You do fitting for yourself. You are interested in understanding why things don't fit.

Skip if: You don't do your own sewing.

Also read: Fit for Real People.

Tiffany says

A really good book on fitting without tons of math or specialized tissue fitting. Photos really help and lots of examples to help understand the concepts the author introduces.

Anna says

A great guide for its intended purposes.

Good photos, good details about how to get the fit right. And good examples of real life, non-model sizes that have common problems with standard size patterns.

I would love to be able to use the skills I could learn from this - but it leaves me a bit scared. I can only do basic stuff with a sewing machine, and I'm uncomfortable with anyone touching me. And most of these fittings you can't do on only yourself.

But some day... I would love to get back to this book, acquire some skills, make some test patterns, and get some really amazingly tailored stuff made by myself.

Margy Houtz says

Outstanding reference book with lots of pictures!

Maer says

There is a lot to learn from her - the two pieces I made using her techniques came out very well - I like her emphasis on the non-normal figures - the "Non-Barbies"! I think the lay-seamstress would find this extremely helpful as she explains all terms that pros use - it was an excellent refresher from undergrad.

Shannan says

Checked this out from the library first to determine whether it was useful to me. I found it to be quite comprehensive although according to the pictures, you have to have someone else do the adjustments on you. I think it would hard to do most of the adjustments solo. The full bust adjustment method described was the easiest I've found and I used it recently

Beverly says

I borrowed this from the library to decide if it is worth purchasing. Yes! The visuals are large and helpful, and reading it made me feel more confident that, with the book by my side, I can learn to fit any pattern.

Dixie Diamond says

Somewhere between four and five, really.

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 at least some 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, 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.

Mary Kay says

I was familiar with Sarah Vebien from PatternReview.com, so when I saw her book on the New Release section of the library, I decided to check it out.

Nicely done- lots of pictures, and loads of examples on fitting. If there is a downside to this book, it is probably that you will spend the rest of the day mentally altering other people's clothes in your mind. ("Those folds mean those slacks are too wide", "That diagonal means the torso is too short", etc.)

Very well written, and includes enough specifics for people past the beginning stage to make it worthwhile.

If you are already familiar with how she teaches her classes, you will find it familiar and educating at the same time.

Marie Z. Johansen says

My rating, if it was possible would be 4.5 stars and in reality I am not sure why I wouldn't just rate it at 5 stars...because

I have finally found a book this great on clothes fitting! The language is clear and concise with in depth explanations that offer not too much and not too little? The best part, for me at any rate, are the photographs: large, quality, images that increase my understanding so much!

I now consider this book to be one of my best apparel sewing investments and I am much more likely to want to take Sarah Veblen's classes that are offered on Sewing Pattern Review (which is an amazing website that anyone who sees should check out imho.

Lynette Caulkins says

Really nice addition to my fitting aids arsenal.

Michael says

It is a little difficult for me to review this book, because I received online instruction from the author, both in terms of a video course at PatternReview.com, and also via direct email consultation.

That said, this book is the best resource on fitting that I have found. Most books on pattern fitting work around a very simple principle: identify a fitting issue (such as a wrinkle, gap or pull) and then show you the change you need to make to the pattern to fix it. This can work in some instances but doesn't give you a conceptual framework to operate from, so that you can reason through fitting problems yourself.

Sarah Veblen's book, in the course of many photos, shows how to develop your own mental toolbox for solving fitting issues. At the core of her approach is a test garment, with horizontal and vertical lines placed on it so you can objectively see how the garment hangs on the body. She shows you how to evaluate the garment on the subject, alter the garment while on the subject, then transfer your alterations back to the paper pattern.

The first part of the book is a comprehensive tutorial in flat pattern work, explaining how to alter patterns, use the french curve, true seams and darts, and walk seams to make sure adjoining pattern pieces match each other.

Pants fitting is a very tricky subject, and is covered by a separate chapter in the book. I could wish for more coverage here, having worked one-on-one with the author and knowing that she has more to offer than what

is covered in the book. But what is in the book is solid.

Highly recommended for anybody who wishes to master the art of fitting.
