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The Whole Scoop
~Multi-Method Pants Fitting

In The Whole Scoop ~ Multi-Method Pants Fitting Class, we start with the basic framework of Top Down, Center Out (described by R. Collins in Threads magazine #218) by creating a fitted non-stretch waistband **(prior to class)** that is used to fit a single-leg muslin. I'll show you how to work with "sticky pins" to help manage the fabric around your waistline & make drape fitting a snap. After smoothing the wrinkles we'll finish with some traditional pants fitting techniques to achieve the fit you're looking for.

One of the things that may need to be adjusted is the position of the crotch curve, I'll show you how to get it in the right spot using a fit adjustment that does not affect other vertical dimensions of the pattern like pulling it up at the waist or pleating out excess vertical length. Did you know that some of the "fitting" is hidden in the center front/center back seams? I'll share how to take advantage of these edges to create pattern pieces that agree with your curves and allow the fabric to hang properly. You can also play with the ease along the leg, by adjusting both the side and inseams. Then I'll show you how to transfer these adjustments to your pattern pieces before cutting out the second leg and sewing a whole pair of pants. The best part is, you'll leave class with a pattern that's ready to sew pants with & the skills to solo pants fit yourself!

Supplies (In addition to making your non stretch fitting waistband before class. Supplies and Instructions to make the waistband are on the next page.)
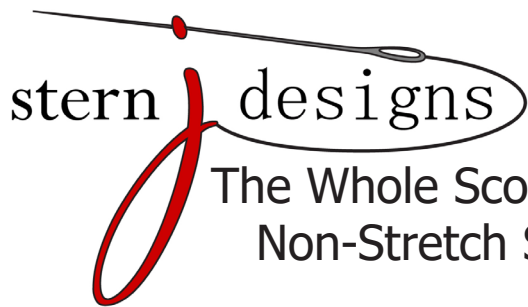
For Pattern Work:
- Pattern paper
- 18" clear grid ruler
- French curve
- Paper scissors
- Scotch tape in a weighted dispenser
- Pencil and colored pencils to keep track of pattern adjustments

For Muslin Construction:
- Completed Non-Stretch Waistband
- Basic Sewing Supplies (Scissors, pins, seam ripper, tape measure)
- All Purpose Thread

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The Whole Scoop ~Multi-Method Pants Fitting
Non-Stretch Straight Fitting Waistband Kit

Supplies
- 1/4 Yard Heavy Weight Muslin for Straight Waistband and Waistband Facing
- 2 Yards 1" Ban Roll Interfacing for Straight Waistband (You need the length of your waistband)
- 3" pieces of 1 1/2" Wide Velcro
- 2 Yards 1/2" Wide Velcro (You need the length of your waistband + 3" to add to the center back)
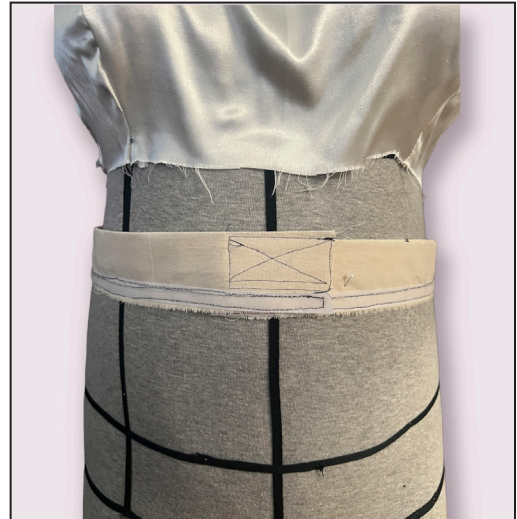
If you would like to purchase a kit to make a Straight Non-Stretch Waistband:
https://jsterndesigns.com/product/straight-non-stretch-fitting-waistbands-kit/

If you would like to watch a video tutorial showing how to make the waistband
https://youtu.be/r_RSf5KD_MA

Straight Waistband - Cut 2 Strips of Heavy Weight Muslin that are 1" wider than the finished width and 3" longer than your waistline.

Put the waistband & facing together and sew along one long edge using a 1/2" seam allowance.

Press seam allowances toward one side. Tuck the Ban Rol under the seam allowance so that it's butted up against the seam. Understitch through the seam allowances, Ban Rol and muslin.

Seam Allowances   Ban Rol   Understitching
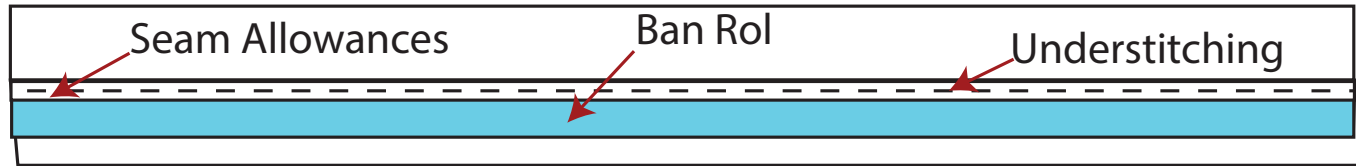
Press the waistband and facing so the wrong sides are together.   Baste the layers together along the lower edge using a 1/2" seam allowance.

Understitching

Basting
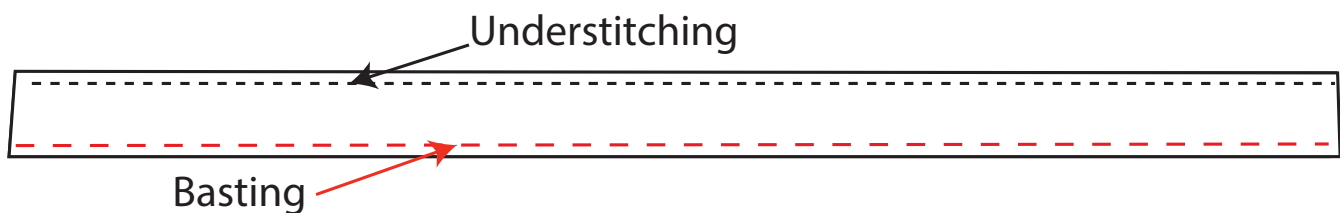
Cut a piece of the hook side of 1/2" wide Velcro that's the same length as the waistband. Sew it to the bottom edge of the waistband on the RIGHT side. This 1/2" wide Velcro represents the seam allowance for the waistband.

1/2" Wide Hook Side of Velcro (The Scratchy Side)

Bring the Soft Side of the Velcro with you to class...
We will be using in your fit muslin

Fold waistband in half. Mark along the fold. This is the center back of your waistband.   Sew a piece of 1/2" wide Velcro on both sides of the line. This is where you will attach the center back seam allowance of the one-leg muslin. Putting Velcro on both sides of the center back line will allow you to work with a right or left leg muslin.)

Center Back

Use the 3" piece of Velcro to create the closure. Put the soft side of the Velcro on the right side of the waistband and the hook side of the Velcro on the inside of the waistband. You can customize the fit of your waistband by adjusting how you stick the Velcro together.

Center Back

Here's what the finished Fitting Waistband looks like