

# Embroidery TECHNIQUES WITH *Marta Alto*

McCall's 3254 Shirtdress

This fabric is a cotton/poly blend, maroon with black plaid lines. The leaf embroidery design is Viking Classic Fashion Embroidery #114 for the Mega Hoop. Design #5,

Apply Perfect Sew™ liquid stabilizer to the skirt areas of the dress. You can sew the side seams if you wish to place the designs around the bottom. Embroider two motifs on each panel (left front, right front, left back, right back) about 1" from the hemline.

Apply Perfect Sew to a large piece of fabric for the collar if you also wish to embroider the ends of the collar. This is the mega hoop so the piece needs to be big enough to hoop. Trace the collar on the fabric. I only embroidered the first three leaves of the motif on each end of the collar. Remember to mirror the image for the second end. It is necessary to watch it stitch so you do not go farther than the 3rd leaf. Wash the fabric to remove the Perfect Sew



*For more information on Perfect Sew, or to order, see our website at [www.palmerpletsch.com](http://www.palmerpletsch.com).*



# Embroidery TECHNIQUES WITH *Marta Alto*

McCall's 4079

Even though the bolt said to dry clean this white rayon broadcloth, Marta washed the fabric so she could wash the finished shirt. It was fine.

The embroidery design is Viking Fantasy Flowers # 45, design # 28, stitched totally in white. However, Marta clipped threads when the machine indicated color change, so there was less over stitching on thread carries.

Cut enough fabric to make both fronts and the yoke. Apply Perfect Sew liquid stabilizer on the whole left front area and on the bottom of the right front area, as well as the yoke area. After the Perfect Sew dries, press with an iron to smooth it. The first motif is placed about 2" from the right shoulder seam, about 1" from the armhole. Stagger two more motifs so the bottom one is about 4" from the hem and close to the center front. Place one more motif on the left front close to the hem. Embroider one motif on each side of the yoke close to the front shoulder seam. Marta then serged around the whole piece of embroidered fabric, and ran it thru the washer and dryer to remove the stabilizer.



# Embroidery TECHNIQUES WITH *Marta Alto*



McCall's 4394 is made from brown wool gabardine jacket and trousers. The pattern is designed to lap, but there are no buttons, so Marta cut some from the fronts of the jacket so they just meet in the center front.

The embroidery design is Viking Flower Romance #15, design # 31. Marta used Totally Stable by Sulky for stabilizer. She prefers to embroider the right front because the car shoulder strap goes over the left shoulder, and it's where she carries her shoulder bag. This way the embroidery does not get abraded as much. Trace the right front. The design is placed 2" below the shoulder seam and about 1" from the armhole. After embroidering carefully tear away the stabilizer. Fuse Perfect Fuse Tailor interfacing to the fronts.



McCall's #4394

# Embroidery TECHNIQUES WITH *Marta Alto*



Marta made this McCall's 4232 suit from green wool crepe. The embroidery design is Viking Funky Flowers #125, design #4. This is a great card. Lots of stylized flowers. Use Totally Stable by Sulky for stabilizer on the wool. Trace the outline of the collars onto the fabric.

Embroider both flowers, remembering to mirror the image for the second collar. Carefully tear away the stabilizer from the design. Fuse Perfect Fuse Light to stabilize both upper and under collars.



# Embroidery TECHNIQUES WITH *Marta Alto*



McCall's 3931  
Palmer/Pletsch  
Classic Fit  
The Perfect  
Coordinate -  
Lined Jacket

Sizes 8-24

For this cardigan  
jacket, featured in  
the *Pants for Real  
People* book, Marta  
embroidered the  
wool flannel using  
Sulky's Totally  
Stable, also  
described on  
pages 20 and 21.



# Take A Sewing Vacation!

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\*if paid in full 60 days before the workshop.  
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Maryhill Museum/Théâtre de la Mode Tour: \$75  
Image Make-Over/Photo Day: \$85  
for Color Analysis & Make-up Lesson  
contact Ethel Harms directly at  
503-665-5318

## June 2004

### Intermediate Sewing

June 18-21 (CANCELLED)

## July 2004

### Fit

July 8 2-day Teacher Training/  
Image Makeover day at Pati's

July 9-12 4-Day Workshop

July 13 Shop 'til You Drop

July 14 Teacher Training Day 2

### Sewing Camp

July 15 Shop 'til You Drop

July 16-20 5-Day Sewing Camp  
Workshop \$750

### Pant

July 22 2-Day Teacher Training/  
Image Makeover day at Pati's

July 23-26 4-day Workshop

July 27 Shop 'til You Drop

July 28 Teacher Training Day 2

### Couture

July 29 Maryhill Tour

July 30-Aug.3 5-Day Workshop

No shopping trip

## August 2004

### Beginning Quilting Teacher Training

August 20-23

August 24 Shopping

## September 2004

### Beginning Sewing Teacher Training

Sept 23 Optional photo/  
makeover day at Pati's

Sept 24-27 4-day Workshop

Sept. 28 Shop 'til You Drop

## October 2004

### Beginning Quilting Teacher Training

Oct. 15-18

Oct. 19 Shopping

## November 2004

### Pant

Nov. 4 2-Day Teacher Training/Image  
Makeover day at Pati's

Nov. 5-8 4-day Workshop

Nov. 9 Shop 'til You Drop

Nov. 10 Teacher Training Day 2

### Tailoring

Nov. 11-15 5-day Workshop

Nov. 16 1-Day Teacher Training

No shopping

Complete details and on-line reservations are available on our website at [www.palmerpletsch.com](http://www.palmerpletsch.com)

## January 2005

### Beginning Sewing Teacher Training

January 14-17, 2005  
Shopping 18

June 24-27, 2005  
Shopping 28

## April 2005

### Ultrasuede

April 8-11 5-Day Workshop  
April 12 Shopping

### Fit

April 21 Teacher Training Day 1  
April 22-25 4-Day Workshop  
April 26 Shopping  
April 27 Teacher Training Day 2

July 21 Teacher Training Day 1  
July 22-25 4-Day Workshop  
July 26 Shopping  
July 27 Teacher Training Day 2

Nov 3 Teacher Training Day 1  
November 4-7 4-Day Workshop  
November 8 Shopping  
Nov 9 Teacher Training Day 2

## July 2005

### Pant

July 7 Teacher Training Day 1  
July 8-11 4-Day Workshop  
July 12 Shopping  
July 13 Teacher Training Day 2

### Sewing Camp

July 14-18 5-Day Sewing Camp  
July 19 Shopping

### Couture

July 29-August 1 4-Day Workshop  
July 28 Maryhill Excursion

## September 2005

### Beginning Quilting Teacher Training

September 16-19 4-Day Workshop  
September 20 Shopping

### Embroidery Camp

September 16-19, 2005  
September 20 Shopping

## October 2005

### Pant

October 6 Teacher Training Day 1  
October 7-10 4-Day Workshop  
October 11 Shopping  
October 12 Teacher Training Day 2

## November 2005

### Tailoring

November 10-14, 5-Day Workshop  
Nov 15 1-Day Teacher Training

## WHAT YOU'LL NEED TO KNOW

**WORKSHOP LOCATION** — Our 3,000 square foot classroom is in the **The Fabric Depot**, a wonderful fabric store! They offer you a discount, allow you to run a "tab" which means no waiting in lines for purchases, and they will ship what home your purchase. (Some attendees ship their laundry and pack their fabrics!)

**HOTEL** — The Monarch Hotel provides airport transportation, breakfast, transportation to and from the workshop and is close to restaurants and shopping. Call 1-800-492-8700 to make your reservations. Be sure to ask for the special \$79 "**Palmer/Pletsch Rate**," a savings of \$41/night.

**LUNCHES** — included

**DINNERS** — a **graduation dinner** is held the last day of class. All other dinners are on your own. There is every type of restaurant close to the hotel. Also, if you want to sew after class at night, there are several restaurants near Fabric Depot.

**BRING LIST** — After you register, we will send you a list of what to bring. If you have the Palmer/Pletsch book that could be used as a reference for the workshop, do bring it. We recommend the spiral version, and Fabric Depot does carry them.

### FOR MORE INFORMATION & TO REGISTER

visit **www.palmerpletsch.com** to register, or print out our registration form and fax to 503-699-8878 or mail with a check or credit card number to 1801 N.W. Upshur, Portland, OR 97209

Or call Marta Alto, Workshop Coordinator,  
at 503-297-1519

*"I've been sewing for almost 50 years and have attended many courses in the U.S., London, and Paris, but this workshop was by far the most valuable for solving a personal fit problem."*

Pat Christensen, Poulsbo, WA  
Pant Fitting & Sewing Workshop attendee

# about the editors/authors and designer...

**Ethel Harms**, co-editor and author of *Fashion For Real People*, is an Image and Fashion consultant who has worked with Palmer/Pletsch teachers from all over the world to define their best image. Certified as an Image Consultant in 1981 following a 21-year modeling career, Ethel is well known as a makeup artist for fashion and commercial work, an expert on illusion dressing, as well as a guest speaker for beauty and image programs. Ethel was the makeup artist and stylist for the *Looking Good* book published by Palmer/Pletsch, and contributed to the makeup and image chapters of *Beauty, More than Skin Deep*.

Ethel can be reached at [eharms@msn.com](mailto:eharms@msn.com)



**Pati Palmer**, co-editor and author of *Fashion For Real People*, is president of Palmer/Pletsch, a leading sewing book publishing company. She is the publisher of 30 books and videos on sewing, home decorating and wardrobe planning, and the author of six, including *Fit for Real People*. She designed for Vogue Patterns from 1975-1980 and then for The McCall Pattern Company since 1980. Pati is McCall's "Fit Expert," traveling to New York with design ideas and following up by writing detailed instruction sheets. Her 1980, 8-hour blazer pattern sold one million copies in its first year and was featured in *Family Circle Magazine* and in an exhibit on fashion history at F.I.T. in New York. Pati traveled teaching sewing and fashion 26 weeks a year for 15 years. Today people from all over the world attend her workshops at the Palmer/Pletsch International School of Sewing in Portland, Oregon.

Pati can be reached at [patipalmer@aol.com](mailto:patipalmer@aol.com)

The Palmer/Pletsch web site can be viewed at <http://www.palmerpletsch.com>

**Linda Wisner**, Designer and Art Director of *Fashion For Real People*, is Design Director for Palmer/Pletsch and the person responsible for the look of all Palmer/Pletsch books and printed materials. Her background is in graphic, interior and urban design, but fashion and sewing have always been part of her life, from sewing for her Barbie doll in the early '60s to working for a fashion designer in '69 and as the Design Director for Stretch & Sew in the late '70s. As owner of her own award-winning design studio and advertising agency, Linda began working with Palmer/Pletsch in 1980. She also co-authored the *Instant Interiors* booklets with partner Gail Brown, co-authored and designed the award-winning *Creative Serging for the Home* with Lynette Ranney Black, and has worked with many other clients in the home sewing industry.

Linda can be reached at [wizbiz@wisnercreative.com](mailto:wizbiz@wisnercreative.com)

