

Lutterloh Patterns Newsletter

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May your bobbin always be full!

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ALL ABOUT PANTS

No matter what is happening in fashion or what season were approaching, there is one particular item that always causes the most headaches. It also provokes the most urgently questions? "Slim or full? Low or high waist? Pleats or no pleats? – and what about cuffs?"

Because it's a garment that deals with all of the danger zones below the waist, so much can go wrong, but if one gets it all right, there is NOTHING that will look better. I'm talking of the pants.

You need to consider three things when choosing clothes: Colour, design, and appropriateness. Age is not relevant. Colour is the first thing that people notice, after that it's your figure – the design of your clothes should highlight your positive features and minimize perceived imperfections. Finally have you achieved the right look for the occasion, or for your lifestyle?

Feeling comfortable in your own skin is crucial to looking good. "Women who are content have an incredible beauty about them, they're not striving to be something they're not and they're not constantly comparing themselves to others".

Thought I would give some pointers on figure shapes and designs suited for them. Choose your pattern to your shape and your lifestyle!

Body Type:

(1) Pear shape - How to balance a pear

Select top-half styles and shapes that widen the appearance of your upper body and attract the eye. Select the bottom-half styles and shapes that recede and don't draw attention to your widest areas. Tightly woven fabrics are best for your lower half.

Best Pants – Look for simple styles with a low waist (about 2,5cm (1") below your navel), flat front and a straight but full leg. For jeans, straight or boot-cut styles in darker denim – no bleached or stressed areas. Look for zips that fasten at the side or back.

(2) Inverted triangle or Fuller Bust – How to balance an inverted triangle

Find balance by choosing shapes that create a longer-looking

middle. Your strong shoulder line, narrow hips and flat bottom are fashion friendly, allowing you to select from many styles.

Best Pants – The world of pants is yours to enjoy. Explore the
(3)Rectangle (Thick Waisted) – How to balance a rectangle

You need to define your waist and elongate the upper torso area, especially if you're short-waisted. Overall, try to emphasize your shoulder line and create curves through the waist and hip area. As an alternative, you can opt for drapery loose tops worn with skinny pants.

Best Pants – You can wear most styles, but only choose wide palazzo pants if you're reasonable tall. If you have a short waist or fuller middle, avoid high-waisted styles. Long lean styles – cropped or full length – are best teamed with monochromatic or tonal top. Accentuate your waist with shaped waistbands and belts.

(4)Short – How to balance a short body

As the aim is to elongate your body keeping to one colour or tone is important. Another smart strategy is the use of vertical lines (zips, piping, braid, contrast stitching) – one or two down the centre or side of a garment. The vertical line trick is made even more effective by an accessory item high on the body, to draw the eye up. Remember that low-positioned focal points diminish height.

Best Pants – Look for straight leg or tapered pants with no cuffs worn as long as possible and accompanied by medium heels. Pants with centre front leg creases provide useful vertical lines.

(5)Pregnant - How to balance a pregnant body

The pregnant figure looks best when you show there is a beginning and an end to the belly. For most women a collection of co-ordinating separates is the best strategy.

Best Pants – Black pants is most versatile! A wide-leg pant looks best on the pregnant figure because it balance our tummy and you want to create balance. Choose a Capri style if you have slim legs. Khaki or Denim Pants is great for smart-casual or relaxing around the house.

GUIDELINES FOR PANTS

Here are some guidelines on some pant shapes and how to wear them:

SLIM -

Don't be put off by the concept if your figure is not quite 'model-esque' as there are actually quite a few ways of sporting slim legs without showing too much. A chic Trench or similar lightweight cover-up is one of the best ideas as it forgivingly skims over your hips and thighs, leaving only slim pant legs on display. A structured, tailored cut for the pant in a substantial fabric such as heavy stretch cotton or denim offers more support and flattering sleekness than those nowhere-to-hide stretch leggings, while a solid belt offers some definition to your shape to balance out the contrasting proportions.

#173 Supp 269:

#244 Supp 268 (Slim Jeans Pattern);

#257 Supp 268;

#258 Supp 268 (Fuller Figure - Slim Legs)

#129 Supp 267 (Fuller Figure - Slim Jeans Pattern)

STRAIGHT –

Flares, for the moment, have been put on the side in favour of a longer, straighter look. This is one of the most universally flattering shapes if you get the proportions right. The pant legs should skim over yours in a straight (not tight) line, and should fall to the top of your instep for leg-lengthening look. The waist should hit slightly below the natural waistline for a better fit. What you wear with it also matters. A higher solid heel also helps to lengthen legs, while a cropped swing jacket could create an interesting silhouette. Another great option on top; a long split-hem tunic or shirt that falls to about mid-thigh.

#152 Supp 267:

#273 Supp 268:

#1 Supp 265 (Fuller Figure Pattern);

WIDE –

Whatever season it is in your parts of the world, they make a strong comeback this season. Don't confuse wide-leg with sloppy, however. Again proportion and scale is everything. The legs shouldn't be too wide or floppy. Waistlines are inching upward again and are perfect partner to wide legs as they elongate your torso. A cropped vest and crisp, fitted shirt keep the proportions on top sleek enough to balance any fullness below, while a chunky high heel also visually lengthens those full pants.

#169 Supp 269 (Wide Jeans Pattern);

#191 Supp 269:

#207 Supp 266;

#169 Supp 269 (Wide Jeans Pattern);

44 Supp 264;

*I have met with Ann Reinten from TAIC last year in Melbourne Australia and was introduced and tried her **PERSONAL STYLE PORTFOLIO**. It is excellent and working for me because some styles just suit me better. I can fully recommend it.*

*One can order it from the Internet and it is available in a Hard Copy and Electronic Version (cheaper). **Please try the FREE SAMPLER first!!!***

*For more information and to download the **FREE SAMPLER** just **PRESS HERE** and enjoy.*

SUPPLEMENT # 269 (Summer edition)

The most recent Supplement # 269 (Summer) has arrived. In there, you will find the following interesting patterns:

Fuller figure – Patterns galore for you!

- Pheasant blouse with fitted vest and Gathered skirt.
- Fitted sexy top and dress with added full circle hipline. Fitted slim cropped trousers
- Shift dress and Empire dress- which give you your 4-gore look in the princess lines.
- Straight trousers with semi fitted blouse and tunic with split side seams.

Men:

Shirt with long or short sleeves and good casual pants with drawstring in hem.

Skirts:

- High waisted pencil skirt - contoured waistband with belt loops.
- Contoured shaped waistband Denim Skirt –yoke at back and shaped pocket in front button closure.

Trousers:

- High waist - contoured waistband with boot legs.
- Denim – below waistline waist with wide leg width with side pocket, yoke at back with back pockets..
- Jodhpurs and smart shorts with a cuff

Dresses- Galore:

- Dresses are still a big favour, with more choice than ever before. Two of the most ageless styles are also the two most versatile – the shift and the shirt or trench dress. Safari-style can easily be obtained.
- Yoke above bust - with soft gathered dress, which will be a very comfy maternity dress
- Empire dress with cross-over yoke top with soft drapey skirt.

Tops: - All sorts

- Softly drapey tops tucked in or loose tucked with big belt over leggings or slim pants. Square neckline, V-neckline or round, turtle or bow tied to choose from
- T-shirt cross-over, sleeves or sleeveless.

The 40 patterns are available at US\$21 plus shipment. You can also subscribe for a full year and receive 4 supplements of 40 patterns each for US\$63 plus shipment. To order please go to the [ORDER](#) link and follow the instructions on our SECURE website.

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