



Saskatchewan Stitches Conference

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Haus of Stitches & JANOME

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Supply List

KNIT TO FIT AND FLATTER

Instructor: Sally Melville

Homework

It is essential that this exercise be completed. You will be disappointed if you don't do this! Please read this carefully including the **NOTE** at the bottom.

1. Dress in something close fitting. (We need to see your real silhouette. You may wear only lingerie, or you may add a bodysuit, a leotard, or tights. But do wear supportive lingerie.)
2. Stand straight, with arms only slightly away from your side and feet together, have someone take a straight-on, full body (head-to-toe) photo of you. Have the photo fill the screen as much as possible.
3. Print the photo onto plain paper, enlarging it to 8-10" tall
4. Trace your *outline only* with heavy black pen. You may bring more than one copy of your outline to class.

Supplies to Bring

- A couple of pages in at least 2 colours of light-weight (20lb or lighter but NOT tracing paper)
- Light-weight coloured paper that you can trace your outline through
- Scissors
- Measuring tape
- Pencil
- Eraser

NOTE TO PARTICIPANTS Common homework and supplies errors are the following: arms too far from sides, feet not together, head not included, paper too heavy or too light (tracing paper does not work), photo brought instead of just silhouette, silhouette not outlined or not outlined heavily enough.

- ✓ **Optional: your own chair and/or cushion to sit on, light**
- ✓ **Please put your name on all your supplies**
- ✓ **If you do not have access to any listed supplies please phone or email your order to us ahead of time to ensure your supplies will be waiting for you when you arrive at the conference at our on-site store**