

Sew Be It. com Newsletter

COMPLIMENTARY ISSUE

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COUTURE

- *Design Control*
- *Precise Fit*
- *Sewing without compromise*

CONTINUOUS EDUCATION

As promised, my support to you will be:

- ✓ To provide sewing skills that I have learned from everybody and use in my LaCourse Couture sewing business.
- ✓ To share tips and techniques in pattern making using The Lutterloh System® International "The Golden Rule" (Lutterloh) – to help you become experts in pattern making. IT WORKS!
- ✓ To share home-based business start-up information. YOU WILL NEED IT!

All this and more when you subscribe to the Sew Be It .com Newsletter.

PRICE TAG

Some years ago, a woman asked a famous millinery designer to design a hat for her. He placed a canvas form on her head, and in eight minutes created a beautiful hat before her eyes with a single piece of ribbon.

The matron was delighted! "How much will that be," she asked.

"Fifty dollars," he replied.

Why, that's outrageous, it's only a piece of ribbon," she protested.

The milliner quickly unraveled the ribbon and handing it to her, said, "Why Madam, the ribbon is free."

Author unknown

Sew Be It.com

Home-Based Business Order Form

Nancy Kanaval, Owner

Email: Nanc@sewbeit.com 859.885.9250

<http://www.sewbeit.com>

2001 ORDER FORM:

	PRICE	S/H/I	EMAIL
<input type="checkbox"/> Price List A – Alterations – Ready-to-Wear Camera Ready	\$10.00	1.50	___
<input type="checkbox"/> Price List B – Alterations – Bridal and Formal Attire Camera Ready	\$10.00	1.50	___
<input type="checkbox"/> Order Both Price List A & B above and save \$5.00	\$15.00	1.50	___
<input type="checkbox"/> Unit Pricing Book by Karen Howland	\$10.00	3.00	N/A
<input type="checkbox"/> Excel Unit Pricing Formatted (must purchase book)	\$10.00	Emailed	___
<input type="checkbox"/> Record Keeping Tips & Techniques	\$3.00	1.50	___
<input type="checkbox"/> Bridal & Formal Wear Alterations Worksheet/Contract (NEW)	\$15.00	1.50	___
<input type="checkbox"/> "Getting Started" Home-based Alteration Business	\$3.00	1.50	___
<input type="checkbox"/> Home-Based Sewing Business Plan Useable Format w/sample	\$50.00	5.00	___
<input type="checkbox"/> Video – Pattern Drafting and Fitting Techniques (2- hours and 33 minutes by Evelyn Langston)	\$20.00	3.50	N/A
<input type="checkbox"/> Ozark Craft Catalog by Evelyn Langston (Includes \$3.00 off coupon inside catalog for first order)	3.00	1.00	N/A
<input type="checkbox"/> Doily Fast permanent bond when dry from Ozark Crafts	5.99	1.50	N/A
<input type="checkbox"/> SEW BE IT COMPLIMENTARY NEWSLETTER – MAILED OR, DOWNLOAD FREE FROM WEBSITE www.sewbeit.com	NO CHARGE	2.00	___
<input type="checkbox"/> Sewbeit-talk group - Sign up from www.sewbeit.com	FREE		

SEW BE IT NEWSLETTER VOLUME 1, ISSUE 1, 2, 3, 4			
<input type="checkbox"/> Sew Be It Newsletter Subscription	15.00	5.00	
<input type="checkbox"/> Sew Be It Newsletter Subscription – Email	15.00		___
SEW BE IT NEWSLETTER VOLUME 2, ISSUE 5, 6, 7, 8			
<input type="checkbox"/> Sew Be It Newsletter Subscription	15.00	5.00	
<input type="checkbox"/> Sew Be It Newsletter Subscription – Email	15.00		___

No Shipping/Handling/Insurance fees for items emailed

Merchandise Sub Total _____

Sales Tax (Add 6% Kentucky and 5% Indiana) _____

Shipping/Handling/Insurance _____

Outside the Continental U.S. add \$10.00 SH&I Fees _____

TOTAL AMOUNT DUE: \$ _____

SHIP TO: Remember Street Address for UPS Delivery

NAME: _____ SIGNATURE: _____
Print Required on all orders

ADDRESS: _____
Street City State Zip

EMAIL ADDRESS: _____ PHONE NUMBER: _____

BUSINESS NAME: _____ WEBSITE: _____

Money Order, Check, Credit Card Accepted – payable to: Nancy Kanaval
Mail Signed Order Form to: Sew Be It.com, 112 Robert Road, Suite A, Nicholasville, KY 40356

Credit Card Account #: _____ Expiration: Month: _____ YEAR: _____

THANK YOU FOR BEING A CUSTOMER – SEW BE IT! Nanc

Referred By:	
Print Name _____	Email Address _____
Mailing Address	
Street or P.O. Box _____	City State Zip _____

Sew Be It.com
PATTERN MAKING PRICE LIST
Nancy Kanaval, Authorized Distributor/Instructor
Lutterloh System® International "The Golden rule"
nanc@sewbeit.com 859.885.9250 <http://www.sewbeit.com>

2001 Order Form

	Price		SH&I
<input type="checkbox"/> Pattern Making Manual "The Golden Rule" (Tool kit, Instructions and 280 Models & pattern designs)	140.00	_____	7.00 _____
<input type="checkbox"/> 2001 Quarterly Fashion Supplement (40 models & pattern designs) Pick one: Spring - Summer - Fall - Winter	18.00	_____	1.50 _____
<input type="checkbox"/> 2001 Subscription 4 Quarterly Supplements Spring #240, Summer #241, Fall #242, Winter #243	55.00	_____	5.00 _____
<input type="checkbox"/> Binder – holds 4 years of Supplements & Special Editions	12.50	_____	4.50 _____
<input type="checkbox"/> Full Figure Special Edition No. 23 (90 models & pattern designs)	28.00	_____	1.50 _____
<input type="checkbox"/> Classic Special Edition No. 26 (100 models & pattern designs)	28.00	_____	1.50 _____
<input type="checkbox"/> Men's (New) Special Edition No. 27 (63 models & pattern-designs)	28.00	_____	1.50 _____
<input type="checkbox"/> Children's (New) Special Edition No. 28 (100 models & pattern designs)	28.00	_____	1.50 _____
<input type="checkbox"/> Plus Size Manual (New) with sizing scale (NEW)	80.00	_____	4.00 _____
<input type="checkbox"/> Tailors Curve (French Curve)	18.00	_____	2.50 _____
<input type="checkbox"/> Design Curve (Hip Curve – skirts & trousers)	15.00	_____	2.50 _____
<input type="checkbox"/> Video – Pattern Drafting and Fitting Techniques 2 hour and 33 minutes (by Evelyn Langston)	20.00	_____	3.50 _____
<input type="checkbox"/> SEW BE IT COMPLIMENTARY NEWSLETTER - mailed OR DOWNLOAD FREE FROM WEBSITE www.sewbeit.com		No Charge	2.00 _____

SEW BE IT NEWSLETTER VOLUME 1, ISSUE 1, 2, 3, 4			
<input type="checkbox"/> Sew Be It Newsletter Subscription	15.00	_____	5.00 _____
<input type="checkbox"/> Sew Be It Newsletter Subscription - Email	15.00	_____	No Charge
SEW BE IT NEWSLETTER VOLUME 2, ISSUE 5, 6, 7, 8			
<input type="checkbox"/> Sew Be It Newsletter Subscription	15.00	_____	5.00 _____
<input type="checkbox"/> Sew Be It Newsletter Subscription - Email	15.00	_____	No Charge

Merchandise Sub Total \$ _____

Sales Tax (Add 6% Kentucky and 5% Indiana) _____

Shipping/Handling/Insurance _____

Outside the Continental U.S. add \$10.00 SH&I Fees _____

TOTAL AMOUNT DUE: \$ _____

SHIP TO: Remember Street Address for UPS Delivery

NAME: _____ SIGNATURE: _____
Print Required on all orders

ADDRESS: _____
Street City State Zip

EMAIL ADDRESS: _____ PHONE NUMBER: _____

BUSINESS NAME: _____ WEBSITE: _____

Money Order, Check, Credit Card Accepted - payable to: Nancy Kanaval
 Mail Signed Order Form to: Sew Be It.com, 112 Robert Road, Suite A, Nicholasville, KY 40356

Credit Card Account #: _____ Expiration: Month: _____ YEAR: _____

THANK YOU FOR BEING A CUSTOMER – SEW BE IT! Nanc

Referred By:	_____		
Print Name	Email Address	_____	
Mailing Address	_____	_____	_____
	Street or P.O. Box	City	State Zip

BASIC LUTTERLOH CONSTRUCTION

For those of you that need step-by-step sewing instructions, I recommend that you look through some of your basic sewing books or commercial patterns for general instructions – linings, facings etc. The Singer Sewing Reference Library is a must to own. Additional continuous education will be referenced in the Sew Be It.com Newsletter subscription. Below I have included the art of construction based on information purchased with my 10-year old Lutterloh manual that is out of print. I hope this helps to get you started.

NOTE: Everything in brackets is optional.

BLOUSES/DRESSES/TOPS/ JACKETS/COATS

- Sew darts and shoulder seams first
- Finish neckline (collar and lapel)
- Sleeves with high caps are finished before they are sewn into the garment.
- Close side seams. (Pockets)
- (Sleeves with flat caps are sewn into the garment after the shoulder seam is closed. Then sleeves and side seams are sewn together in one step.
- (Sew in lining)
- Finish hem. (Make button holes)

Select the way **you** would like the seams finished, open, overlocked edge finish, top stitched, or a French seam. Then add seam and hem allowance according to your seam finish.

PANTS

- Sew darts and close pleats.
- (Make side pockets, leave left pocket open, for pocket opening)
- Sew side seams.
- Sew inseam.
- Sew Crotch seam.
- (Zipper)
- Attach waistband.
- Finish hem
- (Pocket opening is only possible on pants with front gathers or front pleats).

SKIRTS

- Sew darts and close pleats.
- Sew center front/back.
- (Slit, pleat, zipper).
- (Make side pockets, leave left pocket open for pocket opening).
- Sew side seam.
- (Sew in Lining).
- Attach waistband
- Finish hem.
- (Pocket opening is only possible on skirts with fronts gathers or front pleats)

Learn how to make perfect fitting pants, skirts, dresses, tops, coats along with tips and techniques for facings, linings, sleeves and much more through various issues when you subscribe to the Sew Be It.com Newsletter.

TIPS AND TECHNIQUES

Anytime you see ONE center cross (pivot point) and two arrows – this is your key to make two pieces out of it after you draft it to your size. Refer to my favorite purple suite #123 (or any pattern in your system (usually a sleeve or jacket that will show two arrows and one center cross).

Draft sleeve as normal (remember above the waist is based on bust measurement)

Place tissue paper (tracing paper) over your new pattern you created from the template. Redraw your pattern but make two (2) pattern pieces from the sleeve. Add seam and hem allowance accordingly. Sew sleeves together!

NOTIONS

Have you tried Pattern Ease™ Check your local fabric stores. JoAnn Fabric stores has this in stock. Buy it by the bolt! It is great to draft your Lutterloh Patterns.

You now have a muslin sample to fit you or your customer. Mark changes right on the Pattern Ease™. Now you can draft without seam allowance and cut out and use masking tape to butt ends together or add seams allowance accordingly and sew it up for fittings.

Fabric Width Conversion Chart

90 cm	35/36"
115cm	44/45"
140cm	55"
150cm	59"

Metric to Yards

5cm	2"
10cm	4"
20cm	8"
30cm	12"
40cm	16"
50cm	20"
100cm	1-1/8 yards
200cm	2-1/4 yards
300cm	3-3/8 yards
400cm	4-1/2 yards
500cm	5-5/8 yards
600cm	6-3/4 yards

PATTERN MAKING CLASS

Listed below are the Lutterloh SYMBOLS that apply to the three FREE Lutterloh pattern designs that you received for attending the **Learn Pattern-Making in minutes Demo**.

A = Front

B = Back

E = Sleeve

G = Collar

H = Waistband

K = Pocket

NN = Blouse

V = Front Sleeve

Z = Trousers

VM = Center Front

HM = Center Back

----- (Dashes) = Place on folder (no seam)

Arrow = grainline

//// (Slashes) = Facing

Note: The center cross can be outside the pattern template. The collar is referred to as G. You will place your Lutterloh Sizing Scale in the Center Cross pivot point. Line up your measuring tape to the radiating black line on the collar accordingly and place a dot. When you see two numbers on the same radiating line, make two dots – one dot at each number. Continue making dots around the collar. Connect the dots using your Lutterloh Tailors Curve. Use your Lutterloh Designer Curve to draw the collar band (see dashes on template).

**SEW BE IT.COM NEWSLETTER
VOLUME 1 ISSUE 1**
HOME-BASED BUSINESS

- Pricing Process
- Sole Proprietorship

PATTERN MAKING

- Drafting Perfect Fitting Pants

TIPS AND TECHNIQUES

- Elastic Waistband

SIZING SCALE & MUCH MORE

[See Page 6 for Order Form](#)

**SEW BE IT.com Newsletter
Volume 1 Issue 2**
CONTINUOUS EDUCATION

- Reference Books

HOME-BASED BUSINESS

- Cancellation Process
- Profit Margins

PATTERN MAKING

- Facings/Interfacing & Linings

TIPS AND TECHNIQUES

- French Bias Facing
- Blouse with Shoulder Pleats

And much more!

**SEW BE IT.com Newsletter
Volume 1 Issue 3**
CONTINUOUS EDUCATION

- . Sewing & Craft Expos

HOME-Based BUSINESSES

- . More about AHBA
American Home-Based Business
Association

PATTERN MAKING

- . Drafting skirts
- . Sleeves
- . Collars
- . Pockets
- . Waistbands

TIPS AND TECHNIQUES

- . Stretch Fabrics

NANC'S CORNER

This certainly has been an incredible bridal season for my business and the sewbeit.com has been a blessing. Not only do I have a lot of customers but more importantly lots of new sewing friends. God Bless you all for your loyalty.

www.sewbeit.com has been updated. You may want to print it out so you can view the changes. Come back in September for more updates! Don't forget to print the Complimentary - this gets updated as well.

Order forms have been updated again to include some new products from Lutterloh and new order forms from Sew Be It.com Home-Based Business Products.

The Sew Be It.com Newsletter Volume 1 and Volume 2 are still in demand and well received. Thanks for all your kind words and support. I am here for you so keep coming back! I am working on Issue 7 and 8 so we will get these out on time!

Sewbeit-talk group - WOW! Thank you so much for signing up and being a part of this group. This is really growing and I do plan to make this more of a priority.

We had an opportunity to keep my 5-year old grandson Adrian for ONE MONTH! My daughter, Stacy and Son-in-Law, Damien have done an incredible job with this child. My husband made a scrapbook of Adrian's stay with us and it will be something he will remember for ever. When Stacy was getting married she gave me the following laminated on parchment paper for me to keep. I want to share this with you now.

*One hundred years from now,
it will not matter what kind
of car I drove, what kind of
house I lived in, how much
I had in the bank, nor what
my clothes looked like. But
the world may be a little better
because I was important in
the life of a child.*

Sew Be It! Nanc

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**SEW BE IT.com Newsletter
Volume 1 Issue 4**

CONTINUOUS EDUCATION

- . Book Reviews – 2 more!

HOME-BASED BUSINESSES

- . More on Business Plans

PATTERN MAKING

- . Lutterloh Basic Pattern
- . Adjust Commercial Patterns

AND MUCH MORE!

**SEW BE IT.com Newsletter
Volume 2 Issue 5**

CONTINUOUS EDUCATION

- . Book Reviews
- . Sewing and Craft Expos

HOME-BASED BUSINESSES

- . Spare Room Strategies
- . Business Plan Example Work Sheet
- . Business Plan Blank Work Sheet

PATTERN MAKING

- . The Basic Vest

TIPS AND TECHNIQUES

- . 5 Tips on the Vest
- . 5 Drawings

**SEW BE IT.com Newsletter
Volume 2 Issue 6**

CONTINUOUS EDUCATION

- . Book Reviews
- . Patterns from the Ozarks

HOME-BASED BUSINESSES

- . Business Planning
- . Setting up the Office
- . The Right Office Equipment/Supplies

PATTERN MAKING

- . Interchangeability – Vest to Dress
- . Interchangeability – Dress to Vest

TIPS AND TECHNIQUES

- . Magnetic Calendars
- . Straw