



HOW TO FIT A *Changing* FIGURE

Record Measurements

Measure the front and back, each from side seam to side seam.

Bust Front: _____ inches Back: _____ inches

Waist Front: _____ inches Back: _____ inches

Full hip Front: _____ inches Back: _____ inches

Across front (with arms down, at armscye notch) _____ inches

Across back (with arms down, at armscye notch) _____ inches

Shoulder/sleeve length _____ inches

Understand Garment Ease

Ease is the amount added to your body measurements to make a garment wearable.

There are three types:

- Fitting ease
 - Designer ease
 - “You have an opinion” ease
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Minimum ease needed

Bust: 2½ inches

Waist: 1 inch to 1½ inches

Hips (fullest part): 2 inches to 3 inches

Crotch depth (Cutting Line Designs pants): 0 inches

Crotch depth (other patterns): ½ inch to ¾ inch

Memorize your half-measurements

Once you know these measurements, you can measure ready-to-wear garments from side seam to side seam flat on a table or hanging from a hanger. For example: If your hip circumference is 40 inches and you like 4 inches of ease, your half-measurement is 22 inches. From side seam to side seam, the garment should measure 22 inches.

That’s the measurement you need even if the fabric has stretch. Spandex in a fabric helps it retain its shape. It won’t enable you to use a smaller pattern size.

When working with patterns, you can refine the fit to get the correct measurement (body measurement + ease) in the pattern front and back.

Always carry a measuring tape

Know your finished pant length, from waist to hem at the side seam.

Set-in sleeves or drop shoulders can vary. The total measurement from neck to wrist over your shoulder and bent elbow is an easy and accurate measurement.

A less sloped shoulder makes you look erect; shoulder pads help give the illusion of a squarer shoulder.