

FIT CLINIC PART 1

CHARM
ARTIST
COLLECTIVE

PICKING A SIZE AND MAKING PRELIMINARY PATTERN ADJUSTMENTS

I'm so excited to be launching our fit series! Here is a handy cheat sheet for our very first Fit Clinic video. This month's episode will show you how to alter your patterns for that customized fit! I can't wait to continue this series with more advanced fit topics as well as additional fit models to represent a variety of body types. Follow along with this month's video so we have a shared foundation of knowledge and techniques.

xoxo, *Gertie*

THE FIVE-PART FITTING PROCESS

We follow a standard process for fitting here at Charm Patterns:

1. Select a size based on body measurements
2. Make any initial fit changes to the paper pattern
3. Sew a muslin
4. Try on the muslin and diagnose any fit issues
5. Transfer those changes back to the paper pattern

Repeat steps 3-5 as needed! It's important to remember that adjusting a pattern can take multiple rounds; try not to get frustrated with the process. The great thing about taking the time to adjust your pattern now is that you'll have a customized pattern you can use again and again! In this month's video, we focus on steps 1 and 2. Come back next episode to learn about making a muslin and diagnosing fit issues!

SIZE CHARTS

At Charm Patterns, we always include two size charts. First is the Charm Patterns size chart, which reflects body measurements and determines which size you should make. This chart never changes. The second chart is the finished garment measurement chart, which reflects the measurements of the garment itself. These finished measurements change from design to design, depending on how much ease the garment was intended to have. Having both charts means that you have the ability to adjust your size up or down depending on how you like your clothes to fit!

The most important two measurements for picking a size are **high bust** and **full bust**. Think of your high bust as your frame size. Full bust determines your cup size. Those two measurements are enough to determine what dress size and cup size you will be making. Next, we measure the waist and hip and make any preliminary adjustments to the pattern before making a muslin.

BASIC PATTERN ADJUSTMENTS

WIDTH ADJUSTMENTS

- **To add to waist:** after determining the amount needed to add, divide that number by 4. For example, if you need to add 2 inches, divide by 4 to get 1/2 inch to add to each side seam. We recommend adding at the side seams only (if possible) to balance the added width.

- **To remove width from waist:** remove that 1/2 inch from waist rather than adding.
- After making width adjustments, don't forget to adjust notches so they are on your new cutting line!
- If there is a dart, close dart before drawing new side seam. This will make sure that you keep the integrity of the side seam intact.

TRUING A DART

This is the process of reconnecting dart lines where broken after making adjustments. Close your dart first, folding it as it is sewn. True the dart by rolling the spiky tracking wheel over the new side seam. When you open the dart, you will see perforations to connect y pencil. Alternatively, close the dart and cut the pattern on the side seam to quickly true the dart.

SLASH AND SPREAD/OVERLAP

This refers to adding length or width to your pattern piece by cutting through the center and spreading. (Conversely, you can slash and overlap to remove length or width.)

LENGTH ADJUSTMENTS

- To **lengthen or shorten** a bodice: find a point between bust and waist and draw a horizontal line that is perpendicular to grainline/foldline.
- You can use the **Slash and Spread/Overlap** method to either add length or remove length. In the case of adding length, you'll want to add paper to your pattern. In the case of removing length, you'll want to overlap your pattern.
- There are different ways you might need to add/remove length, depending on your body's needs. In an **even adjustment**, simply cut along the horizontal line you made and either add or subtract length across the entire pattern piece as needed. For an **uneven adjustment**, you can overlap one side more than the other (as in a sway back, which we'll talk about in an upcoming episode!).

LENGTH ADJUSTMENTS FOR PANTS

- At hem of full length pant, you can usually remove length from the bottom of the pant.
- For a shaped hem like on the Audrey Cigarette Capri Pant, remove/add length above the shaped hem by slashing and overlapping/spreading, so that the intended shape of the hem is left intact.

CROTCH LENGTH ADJUSTMENTS

- We'll get more into crotch adjustments in an upcoming episode! For now, know that any "smiles/frowns" and tightness/bagginess in the seat almost always requires a crotch length adjustment.
- If your pattern doesn't have a crotch length adjustment line, you can add it yourself by creating a horizontal line across the hip area, making sure to avoid the curved part of your crotch seam.
- Be sure to make the adjustment on front and back pieces!

SUPPLIES

There are some basic supplies that will make it much easier for you to adjust your pattern. A lot of these are probably items you already have in your sewing kit or around your house. Here are some links to get you started:

[Tape Measure](#)

[Pattern making paper](#)

This gridded paper is very helpful! I've been known to use just regular printer paper in a pinch, too.

[Paper scissors](#)

[Pencils](#)

I use sharp #2 pencils, but mechanical pencils are good, too.

[Colored pencils](#)

[Electric pencil sharpener](#)

This one is my favorite but any will do! You can also use a regular pencil sharpener.

[Clear gridded ruler](#)

There are all kind of clear rulers to choose from but a simple 2"x18" will get the job done and are what we work with most at Charm Patterns! (Bonus points if you count how many times I say I love my ruler in the video.)

[Tape in weighted dispenser](#)

[Set of French curves](#)

[Hip curve](#)

[Spiky tracing wheel](#)

THE SNOWBALL EFFECT

When you adjust pattern pieces, remember that you need to be sure to alter all connected pattern pieces. One change can mean that you need to make many more across all of the connected pattern pieces! For instance, if you need to add crotch length to the Audrey Cigarette Pants, you'd want to also add length to the Pocket Stay and the Side Pocket.

It's good practice to **walk your pattern pieces**: mark in seam lines 5/8 inch from cut edges and “walk” the adjoining pattern pieces together to make sure they match at the seam line. (Keep in mind that the cut edges themselves may not match exactly.) This will ensure that your notches and seams still line up!

NOTES

MORE FROM GERTIE

On Instagram: Stay in the loop and get inspired.

On YouTube: Learn beginner and advanced sewing skills and techniques through my tutorials, watch episodes of my Gertie's World series, and join regular live streams.

On Patreon: Access monthly patterns and tutorial videos.

At CharmPatterns.com: Shop my sewing patterns and accessories.

