

HOW TO DO
A

FULL BUST
ADJUSTMENT

To determine the bust measurement, bring the tape around the fullest part of the bust, keeping the tape level with the floor.

It would be appropriate to be wearing the bra that would be worn with the finished garment when the measurements are taken. Bust measurements will change with each bra.





To take a chest measurement, wrap the tape measure around the chest, under the arms, and over the breast tissue. This will help determine cup size.

Most patterns are designed for the “B” cup figure. To determine your cup size, subtract your chest measurement from your bust measurement. Here’s what the difference means:

1” = A cup

1 ¼” to 2” = B cup

2 ¼” to 3” = C cup

3 ¼” to 4” = D cup

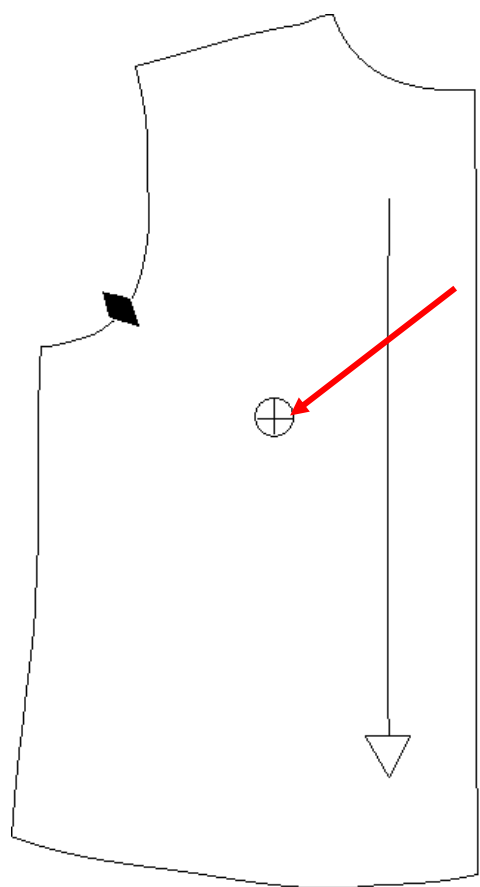
4 ¼” or more = larger than a D cup

If your cup size is larger than a B, buy by your chest size and alter the cup.

CHANGING THE BUST CUP SIZE

- If you determine you have a cup size smaller or larger than a B (1 ¼" – 2" difference between the chest and the bust measurement), you may wish to adjust the pattern cup size for a better fit.
- If the pattern does not have a bust dart and you are larger than a B cup you may wish to add a dart.
- Directions shown are for adding to cup size.
- For smaller cup size overlap pattern instead of spreading.

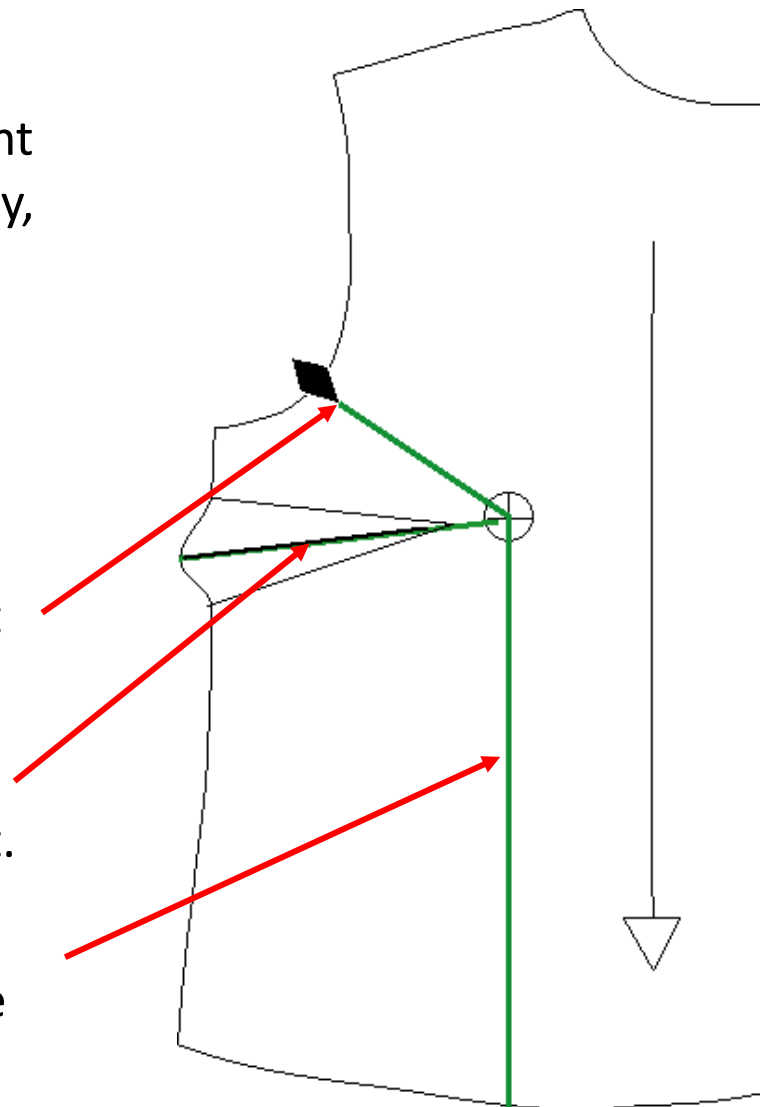
1"	= A cup
1 ¼" to 2"	= B cup
2 ¼" to 3"	= C cup
3 ¼" to 4"	= D cup
4 ¼" or more	= larger than a D cup

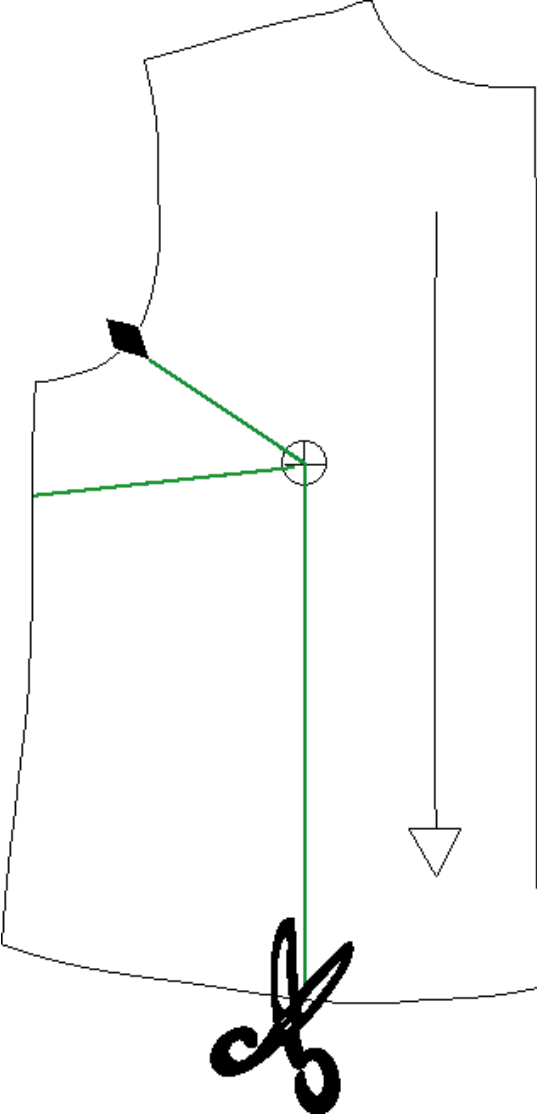


Determine your bust point on the bodice front pattern piece. The easiest way is to hold it up to your body, making sure shoulder and center front seam lines correspond to your body. Mark your bust point on the pattern with a small circle.

Note: If there is a bust point circle on the pattern already, don't assume it is in the correct spot for your body.

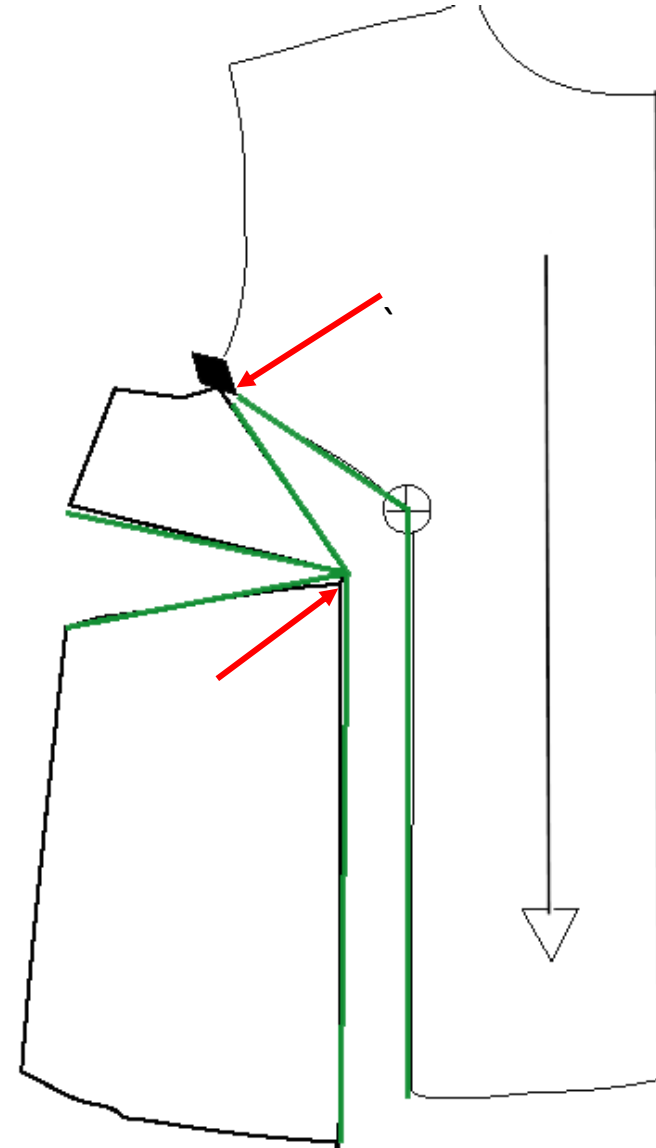
- Draw a line from the bust point up to, but not through, the armhole notch.
- Draw a line from the center of the dart at the side seam, to, but not through, the bust point.
- Draw a vertical line from the bottom edge of the pattern to the bust point, keeping the line parallel to the center front.

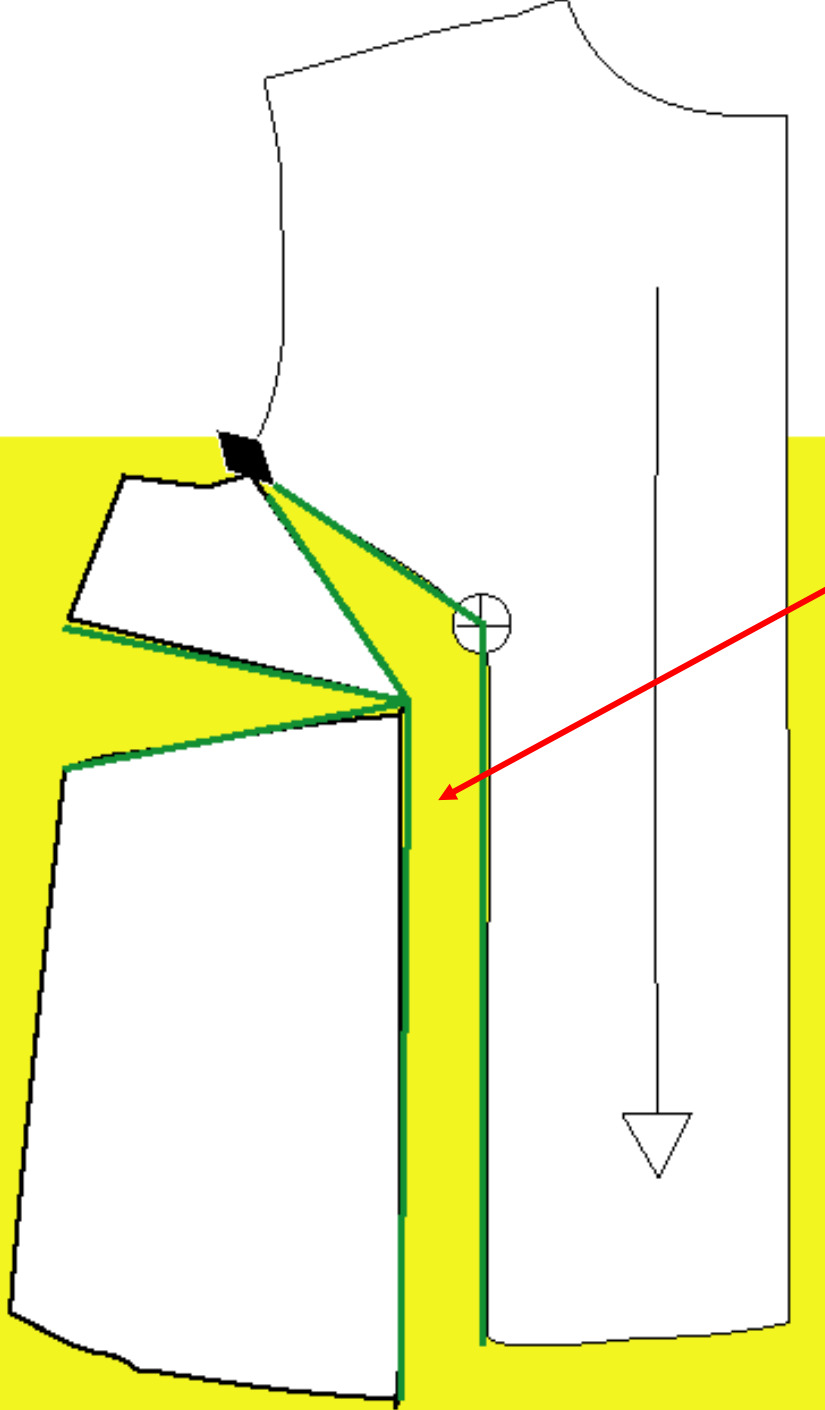




If the pattern does not have a bust dart draw lines same as previous slide except for the line through the dart. Draw that line where you wish the bust dart to occur.

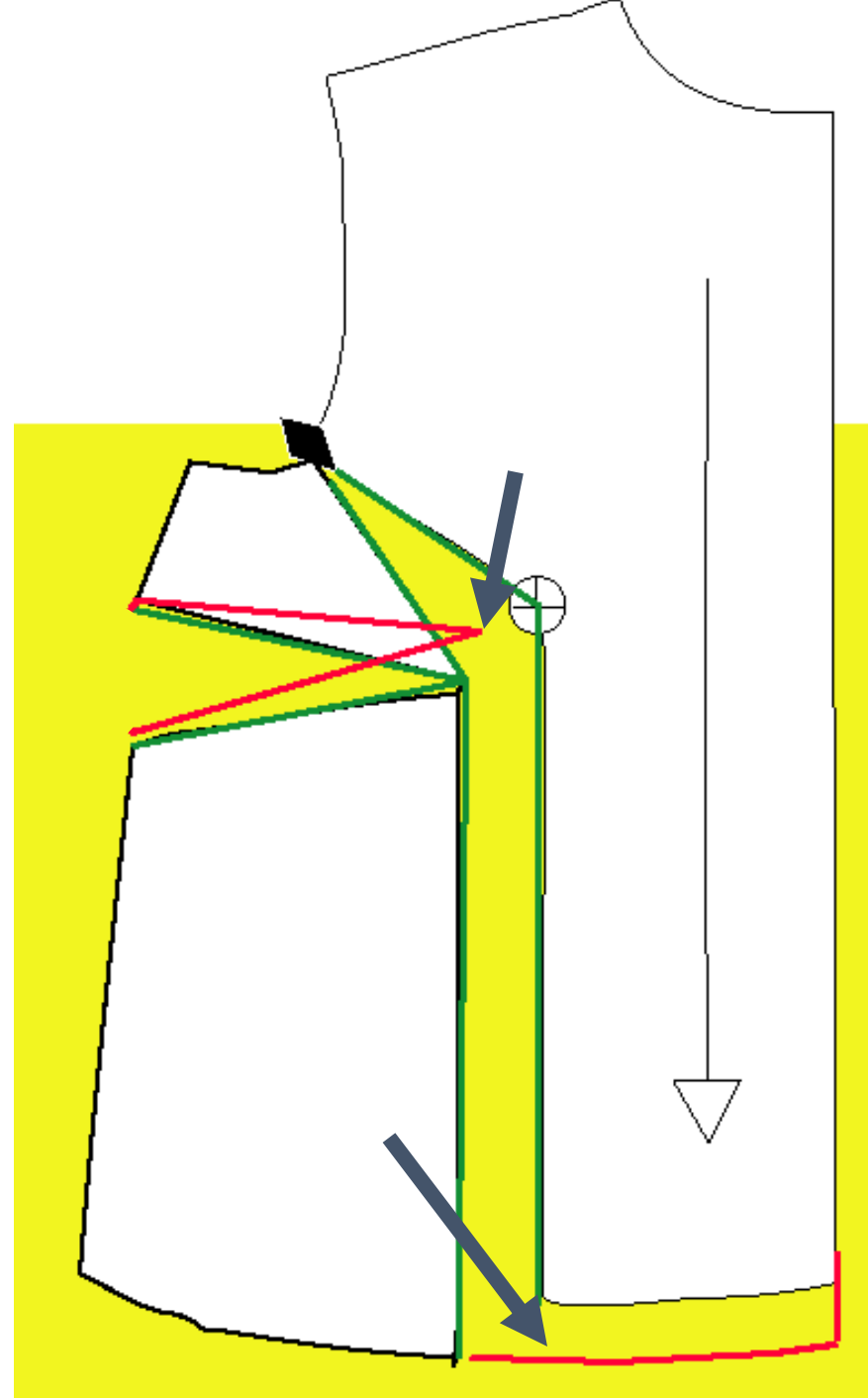
- Use these lines as cutting lines to cut the pattern apart.
- Cut on the line from the side seam up to, but not through, the bust point.
- Cut on the vertical line through the bust point and continue on the second line to, but not through, the armhole seam.

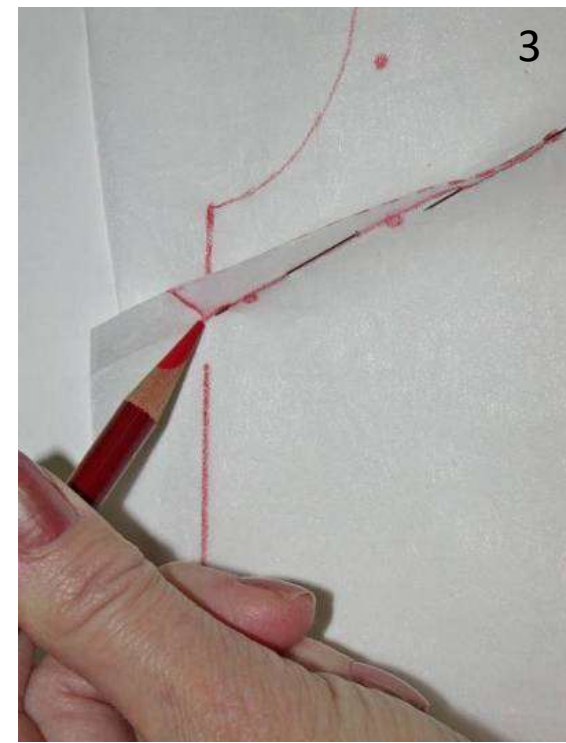
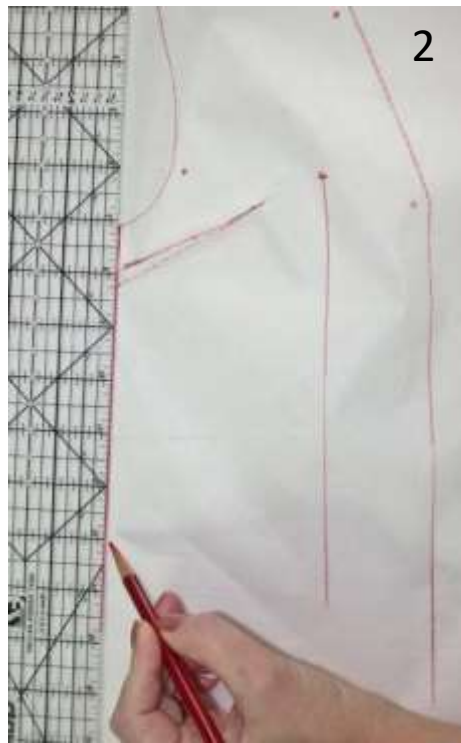




- Place tissue paper underneath the pattern and tape or pin it to the vertical line closest to the center front.
- Keeping the cut edges parallel, spread the pattern below the bust point the amount indicated for your cup size.
 - C cup = $\frac{1}{2}$ "
 - D cup = $\frac{3}{4}$ "
 - Larger than D cup = $1 \frac{1}{4}$ "
- As you spread the vertical lines the angled cuts will open naturally. Keep the pattern lying flat and tape all cut edges to the tissue paper.

- Mark a new dart point 1" away from the bust point, and redraw the dart stitching lines so they point towards the bust.
- True the cutting line on the bottom edge of the pattern piece. This gives needed length to the center front of the garment.
- To reduce the increased volume in the lower part of the bodice front, consider creating a waist dart.





- Fold dart on the center line.
- Pin along placement lines as if actually sewing the dart.
- Fold dart down towards hem.

Use a straight edge to connect the marks from underarm to hem.

- Trace the shape of the upper half of the dart at the side seam.
- Finish drawing the side seam.

THE FINISHED DART

