

How to make well-fitting garments

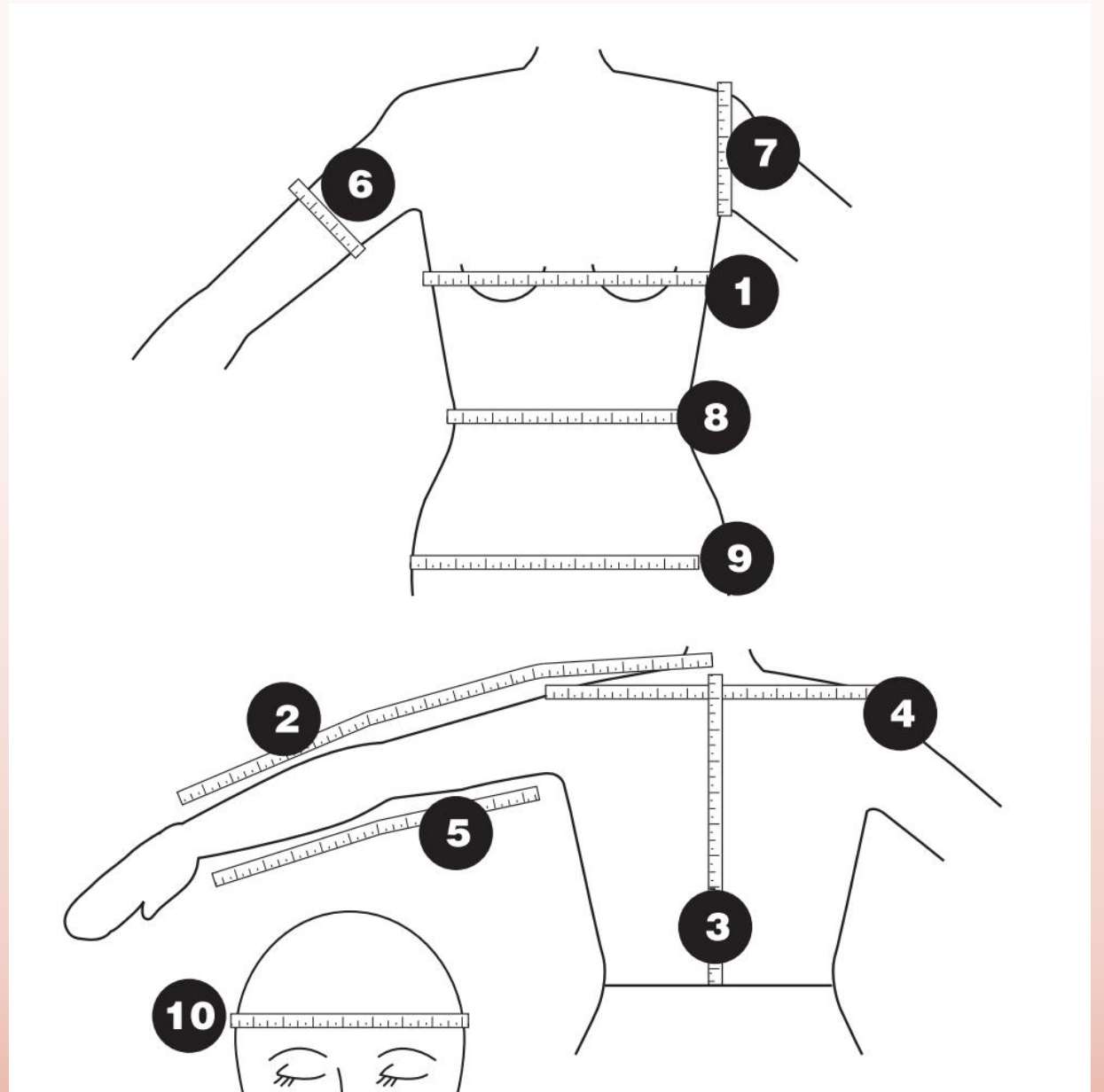
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In this class we will cover:

- How to take accurate measurements of your body and which are most important
- What is ease and why does it matter
- Easy alterations for a better fit
- How to use gauge to alter a pattern
- How to modify a pattern to fit your gauge
- Troubleshoot personal common problems

How to measure your body?

1. Bust
 2. Neck
 3. Torso
 4. Shoulder to Shoulder
 5. Sleeve
 6. Upperarm
 7. Neck
 8. Waist
 9. Hips
 10. Head
- EXTRA*: Upperbust



How to choose the right size to make?

Consider ease and personal taste!

What is ease?

Ease is the difference between your actual body and the garment that you are making

Positive Ease

A garment with positive ease is larger than your body.



Negative Ease

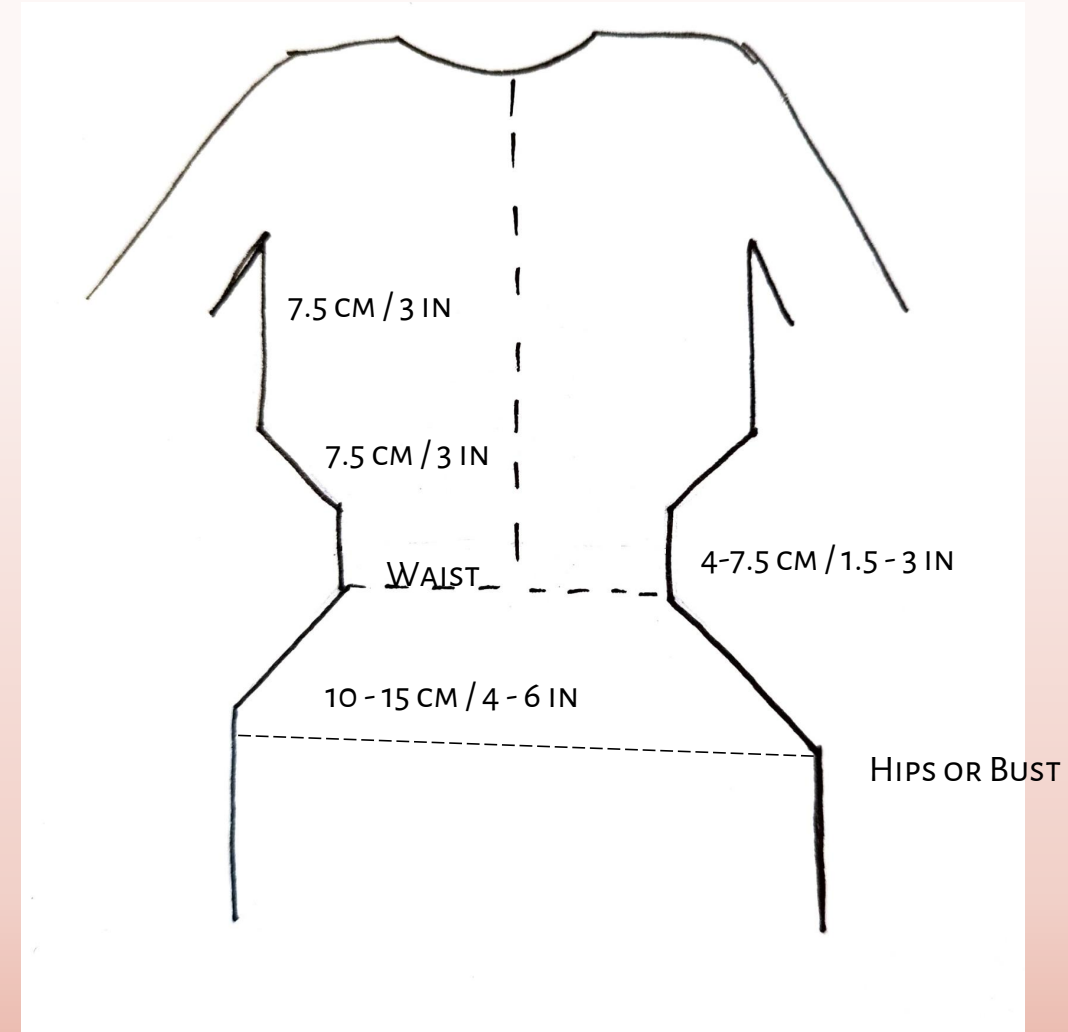
A garment with negative ease is smaller than your body.

Easy Alterations for a better fit

- **Use your upperbust measurement and adjust for your bust measurement.**
- **Add/remove space at underarm**

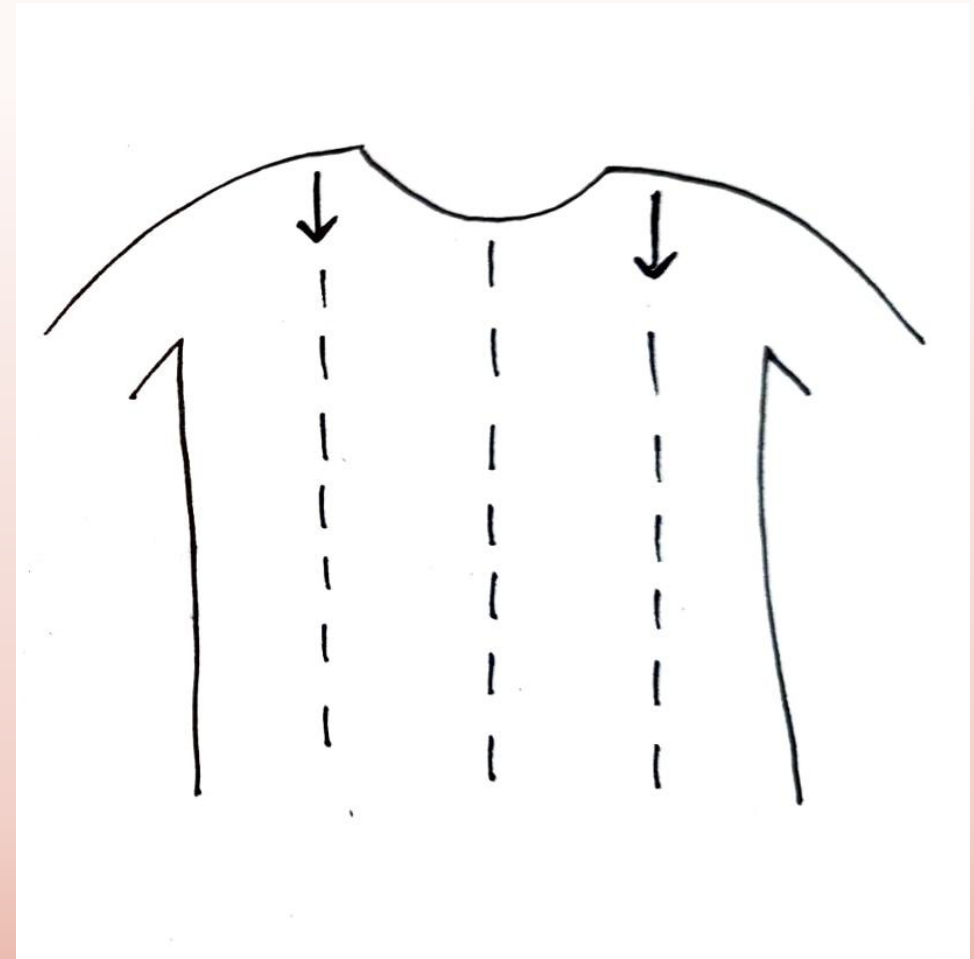
Easy Alterations for a better fit

- Use your upperbust measurement and adjust for your bust measurement.
- Add/remove space at underarm
- **Add waist/hip shaping**
 - **Decrease at waist between 4 - 7.5 cm / 1.5 - 3" in circumference - not too much nor as much as the actual difference in body size between bust and hips.**



Easy Alterations for a better fit

- Use your upperbust measurement and adjust for your bust measurement.
- Add/remove space at underarm
- Add waist/hip shaping
 - Decrease at waist between 4 - 7.5 cm / 1.5 - 3" in circumference - not too much nor as much as the actual difference in body size between bust and hips.
 - **Work shaping at Front and Back, not sides if possible.**



Easy Alterations for a better fit

- Use your upperbust measurement and adjust for your bust measurement.
- Add/remove space at underarm
- Add waist/hip shaping
- **Lower the neck at the front and raise it at the back**
 - **Add short rows**
 - **Change the shaping of the neckline**
 - **Extend the back**

Easy Alterations for a better fit

- Use your upperbust measurement and adjust for your bust measurement.
- Add/remove space at underarm
- Add waist/hip shaping
- Lower the neck at the front and raise it at the back
- **Shape sleeves earlier/later/faster/slower than written in the pattern**
- **Work body and sleeve length as desired**

How to use gauge to calculate alterations?

1. Figure out by how much the patterns needs to be altered
 - For example:
 - Bust in the pattern measures 100 cm / 38.4 in
 - Desired circumference is 104 cm / 41 in
 - The pattern needs to be altered by 4 cm / 1.6 in

How to use gauge to calculate alterations?

2. Find out the pattern's gauge and use the formula to calculate stitches and rows

- When using cm:

$$\text{(measurement in cm x row or st gauge)} / 10$$

- When using inches:

$$\text{(measurement in in x row or st gauge)} / 4$$

- For example, if the pattern's stitch gauge is 17 sts, then $(4 \times 17) / 10 = 6.8$ stitches
- To alter the bust circumference by 4 cm / 1.6 in, you should add 7 sts (6.8 rounded up).

How to modify a pattern to fit your gauge?

- Not highly recommended (row/stitch gauge incongruences)
- Will require improvising and recalculating as you go
- A good idea if
 - you are set on using a yarn/hook combo
 - the fabric created with the pattern's gauge is not ideal
 - you are not too far off from the correct gauge

How to modify a pattern to fit your gauge?

1. Use the previous formula using YOUR swatch's gauge and NOT the pattern's to find out the number of stitches needed for every part of your body
 - For example: If your gauge is 18 sts per 10 cm and your desired bust circumference is 104 cm, then $(104 \times 18) / 10 = 187.2$ stitches
2. Find the size in the pattern that more approximates to your desired stitch count