

BY GALIA

Delphine blouse and Delphine  
crop blouse:  
HOW TO DO SMALL BUST  
ADJUSTMENT

TUTORIAL



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# FINDING THE RIGHT SIZE

## How to know if I need Full bust or Small Bust adjustment

Find your size, according the **Size chart 1**. If your measurements are same or close to the measurements of some size, it's likely you don't need FBA or SBA.

Size chart 1

METRIC												
Size	0	2	4	6	8	10	12	14	16	18	20	22
	US 0	US 2	US 4	US 6	US 8	US 10	US 12	US 14	US 16	US 18	US 20	US 22
	UK 4	UK 6	UK 8	UK 10	UK 12	UK 14	UK 16	UK 18	UK 20	UK 22	UK 24	UK 26
	EU 32	EU 34	EU 36	EU 38	EU 40	EU 42	EU 44	EU 46	EU 48	EU 50	EU 52	EU 54
BODY MEASUREMENTS (cm)												
Bust	78	82	86	90	94	98	102	106	110	114	118	122
Waist	60	64	68	72	76	80	84	88	92	96	100	104
Hip	88	92	96	100	104	108	112	116	120	124	128	132
IMPERIAL												
Size	0	2	4	6	8	10	12	14	16	18	20	22
	US 0	US 2	US 4	US 6	US 8	US 10	US 12	US 14	US 16	US 18	US 20	US 22
	UK 4	UK 6	UK 8	UK 10	UK 12	UK 14	UK 16	UK 18	UK 20	UK 22	UK 24	UK 26
	EU 32	EU 34	EU 36	EU 38	EU 40	EU 42	EU 44	EU 46	EU 48	EU 50	EU 52	EU 54
BODY MEASUREMENTS (inches)												
Bust	30.7	32.3	33.8	35.4	37	38.6	40.2	41.7	43.3	44.9	46.4	48
Waist	23.6	25.2	26.8	28.3	30	31.5	33.1	34.6	36.2	37.8	39.4	41
Hip	34.6	36.2	37.8	39.4	41	42.5	44.1	45.6	47.2	48.8	50.4	51.9

**This is the moment to make a toile / muslin, because this is the best way to see if you need some alterations/adjustments.**

- If the toile fits well on most areas of your torso, but it looks tight at the bust or you feel it tight, You may need FBA, (even if your measurements are in a same size column).
- if you can see diagonal lines, beginning from Center Front line, Neckline or Side seams towards the Bust center, and horizontal lines between breasts, you may need FBA.
- if your Full bust and your Waist are in different size columns (if your Full bust is in a bigger size column, than your natural waist and you have chosen the size, according your Full bust, but when you try on the toile, the shoulders of the pattern are too wide; the neckline makes some gaps in front and back; the side seams are moved towards the front), you may need FBA.
- if the toile fits well on most areas on your torso, but you can see or feel it too loosely in the bust area, you may need SBA, (even if your measurements are in a same size column).
- if your Full bust and your Waist are in different size columns (if your Full bust is in a smaller size column, than your natural waist and you have chosen the size, according your Full bust, but when you try on the toile, the shoulders of the pattern are too narrow; you feel the toile is too tight at chest above breasts; the neckline is too tight in front and back; the side seams are moved towards the back), You may need SBA.



Too tight only in the Bust area.  
It needs FBA.



Too loose only in the Bust area.  
It needs SBA.

If it seems to need some Bust adjustment, according the mentioned above issues, use the **Size chart 2** bellow to find your size.

Measure your Over Bust and Natural Waist circumferences.

**Choose your size, according your Over Bust.** This is the size of your torso, no matter how large or small are your breasts. It will fit the best on the chest, shoulders and neckline. (If the Waist is in other column, this will be altered later easily.)

Then, if your Full bust is in a column of size bigger than your Over bust size, you may need FBA.

If your Full bust is in a column of size smaller than your Over bust size, you may need SBA.

Size chart 2

METRIC												
Size	0	2	4	6	8	10	12	14	16	18	20	22
	US 0	US 2	US 4	US 6	US 8	US 10	US 12	US 14	US 16	US 18	US 20	US 22
	UK 4	UK 6	UK 8	UK 10	UK 12	UK 14	UK 16	UK 18	UK 20	UK 22	UK 24	UK 26
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Sewing cup size												
	A	A	B	B	B	B	B	B	B	C	C	C
BODY MEASUREMENTS (cm)												
Over bust	75	79	82	86	90	93.5	97	101	104	107.5	111.5	115.5
Full Bust	78	82	86	90	94	98	102	106	110	114	118	122
Waist	60	64	68	72	76	80	84	88	92	96	100	104
Hip	88	92	96	100	104	108	112	116	120	124	128	132
IMPERIAL												
Size	0	2	4	6	8	10	12	14	16	18	20	22
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Sewing cup size												
	A	A	B	B	B	B	B	B	B	C	C	C
BODY MEASUREMENTS (inches)												
Over Bust	29.5	31.3	32.3	33.9	35.4	36.8	38.2	39.8	40.9	42.3	43.9	45.5
Full Bust	30.7	32.3	33.8	35.4	37	38.6	40.2	41.7	43.3	44.9	46.4	48
Waist	23.6	25.2	26.8	28.3	30	31.5	33.1	34.6	36.2	37.8	39.4	41
Hip	34.6	36.2	37.8	39.4	41	42.5	44.1	45.6	47.2	48.8	50.4	51.9



# THE THEORY

How to calculate  
how much fullness to add or remove.

You already have found your size, according Your Over Bust in the **Size chart 2** and your real Full Bust is not in the same size column (or it's in the same size column, but it's closer to the number of the next size). Calculate the difference between your Full bust, measured on your body and the Full Bust in the size you already chose.



Your real Full Bust **minus** Full Bust from the size you have chosen in **Size chart 2 equals** how much you have to add or subtract on the pattern.

If the result is a positive number, this is how much you have to add.

If the result is a negative number, this is how much you have to subtract.

And because we work with half Bodice, divide this result by two.

(Your real Full Bust - Full bust from the column) : 2 = add with FBA or subtract with SBA.

# THE PRACTICE

Example:

**My measurements:**

- **Full Bust circumference 83cm**
- **Natural waist circumference 68cm**

According **Size chart 1** these measurements are in different size columns.

METRIC												
Size	0	2	4	6	8	10	12	14	16	18	20	22
	US 0	US 2	US 4	US 6	US 8	US 10	US 12	US 14	US 16	US 18	US 20	US 22
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Hip	34.6	36.2	37.8	39.4	41	42.5	44.1	45.6	47.2	48.8	50.4	51.9

Let's see in the **Size chart 2** which size is better for me. I will choose my size, according my Over Bust circumference.

**My Over Bust circumference is 81cm**

According it, I will choose size 4, because its Over Bust is closest to mine.

METRIC												
Size	0	2	4	6	8	10	12	14	16	18	20	22
	US 0	US 2	US 4	US 6	US 8	US 10	US 12	US 14	US 16	US 18	US 20	US 22
	UK 4	UK 6	UK 8	UK 10	UK 12	UK 14	UK 16	UK 18	UK 20	UK 22	UK 24	UK 26
	EU 32	EU 34	EU 36	EU 38	EU 40	EU 42	EU 44	EU 46	EU 48	EU 50	EU 52	EU 54

Sewing cup size	A	A	B	B	B	B	B	B	B	C	C	C
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BODY MEASUREMENTS (cm)												
Over bust	75	79	82	86	90	93.5	97	101	104	107.5	111.5	115.5
Full Bust	78	82	86	90	94	98	102	106	110	114	118	122
Waist	60	64	68	72	76	80	84	88	92	96	100	104
Hip	88	92	96	100	104	108	112	116	120	124	128	132

IMPERIAL												
Size	0	2	4	6	8	10	12	14	16	18	20	22
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	UK 4	UK 6	UK 8	UK 10	UK 12	UK 14	UK 16	UK 18	UK 20	UK 22	UK 24	UK 26
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Sewing cup size	A	A	B	B	B	B	B	B	B	C	C	C
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BODY MEASUREMENTS (inches)												
Over Bust	29.5	31.3	32.3	33.9	35.4	36.8	38.2	39.8	40.9	42.3	43.9	45.5
Full Bust	30.7	32.3	33.8	35.4	37	38.6	40.2	41.7	43.3	44.9	46.4	48
Waist	23.6	25.2	26.8	28.3	30	31.5	33.1	34.6	36.2	37.8	39.4	41
Hip	34.6	36.2	37.8	39.4	41	42.5	44.1	45.6	47.2	48.8	50.4	51.9

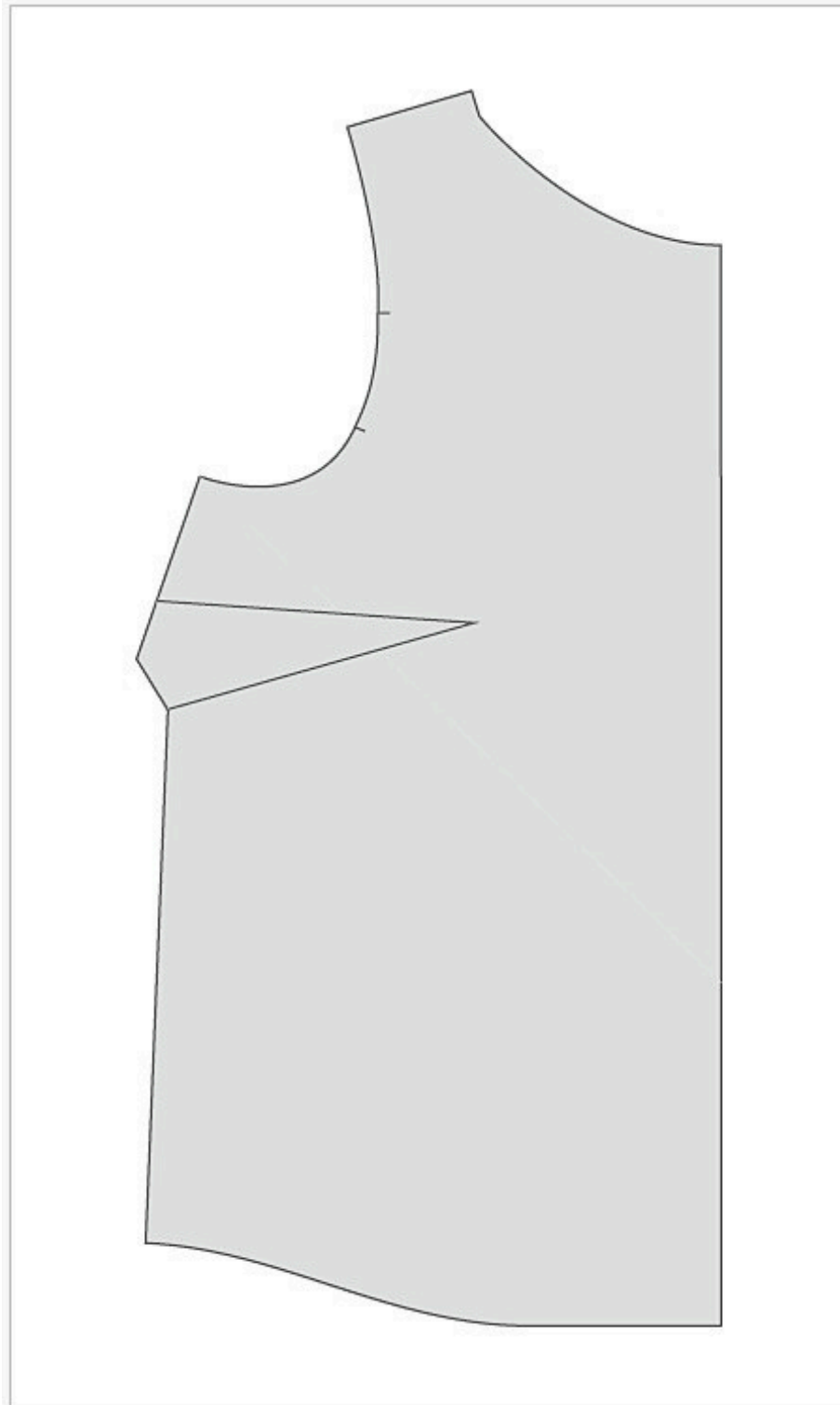
(My Full Bust minus Full bust size 4) divided by two equals the needed Addition or subtraction.

$$(83 - 86) : 2 = -1.5\text{cm}$$

It's time for drafting. And then, making a toile again, because everything is subjective, has some nuances, everyone has a unique body and the best way to make the alterations and adjustments precisely is to work with toile/muslin.

# LET'S DRAFT

The Small Bust adjustment is made only on the Front piece.





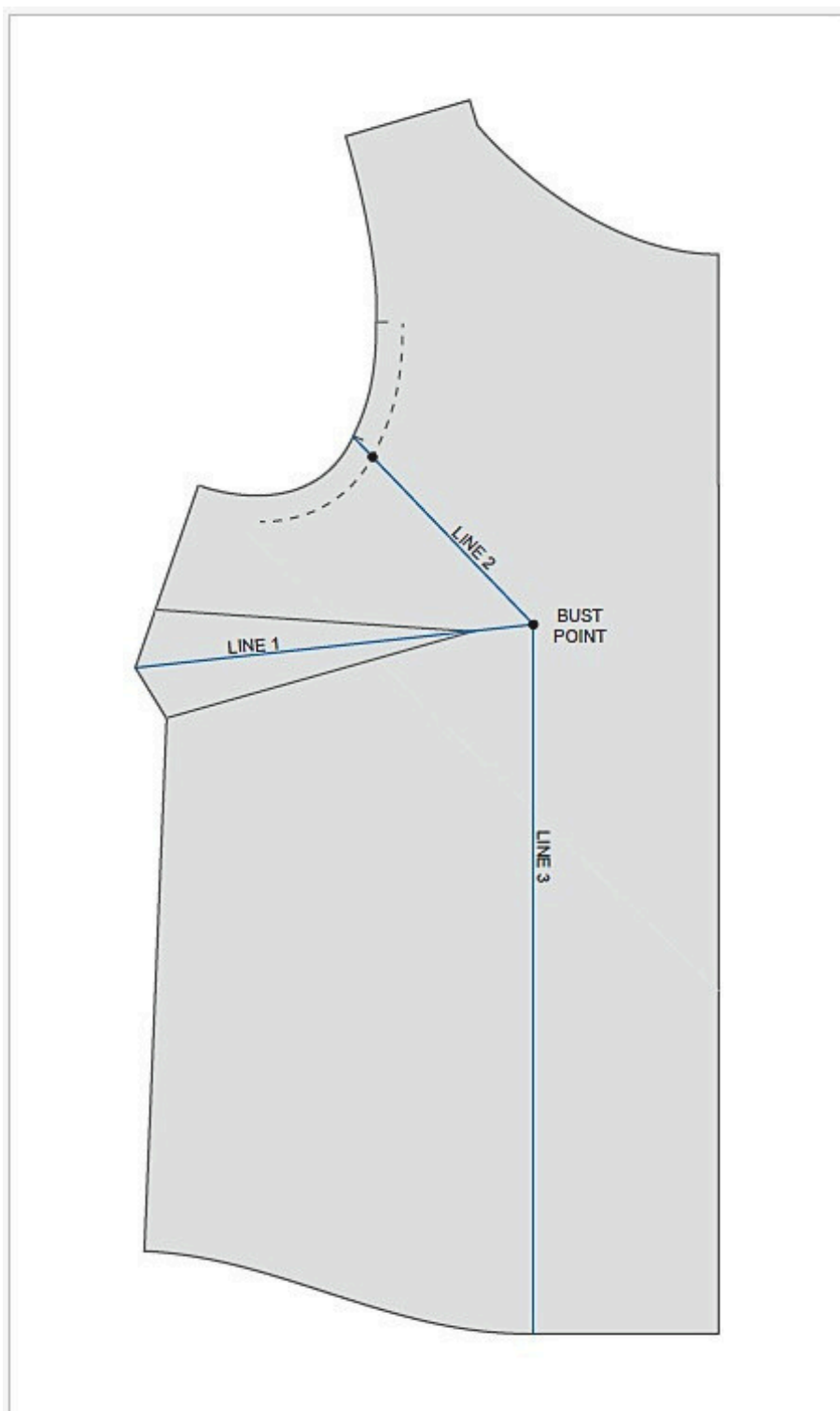
### 1. Finding the Bust Apex point and drawing lines:

Mark your armscye seam allowance **1.3cm** from the edge of the pattern.

Draw **Line 1** through the middle of the Bust dart and extend it 3cm. This is **the Bust point**.

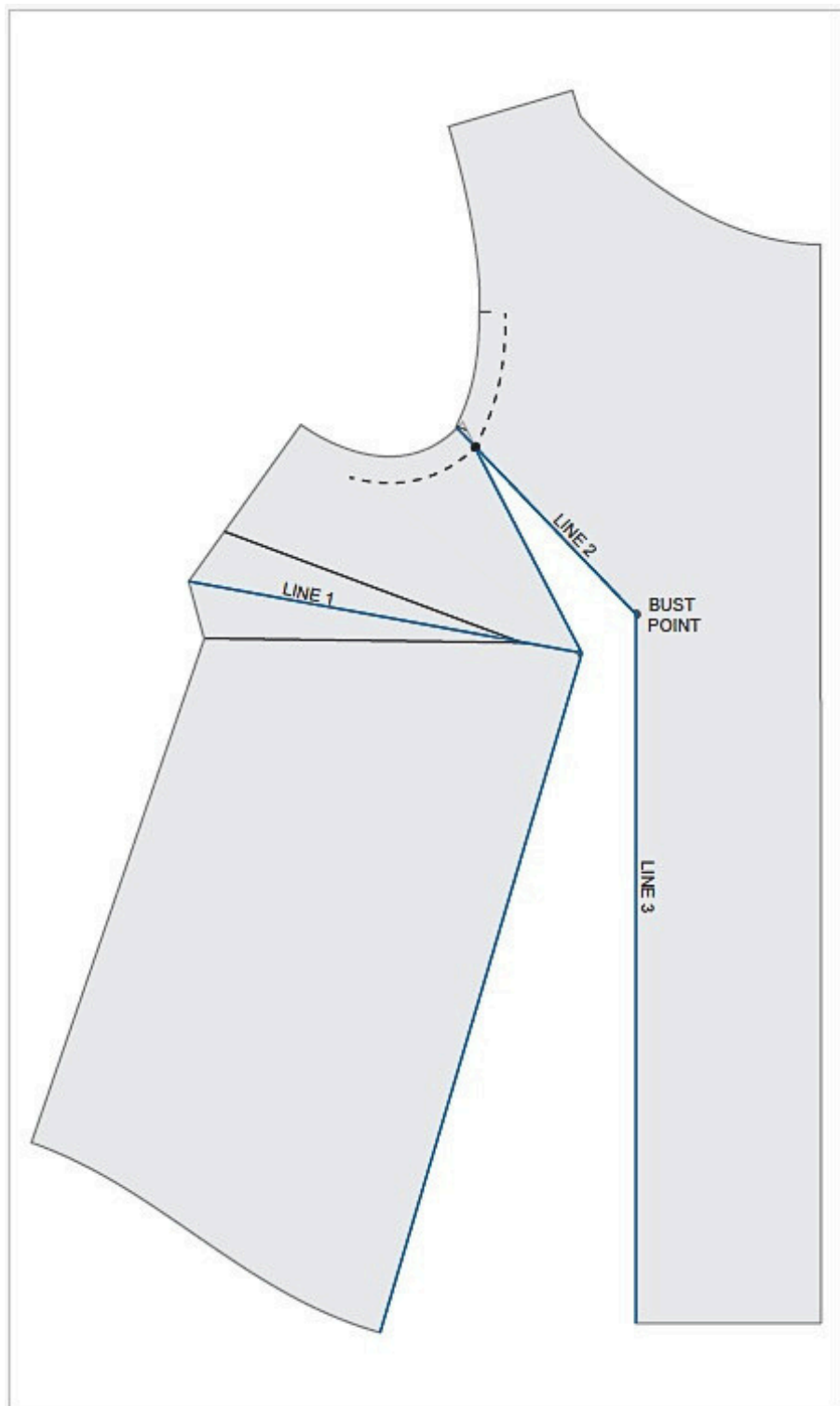
Draw **Line 2** from lower armscye notch to the Bust point.

Draw vertical **Line 3** from the Bust point to the hem line.



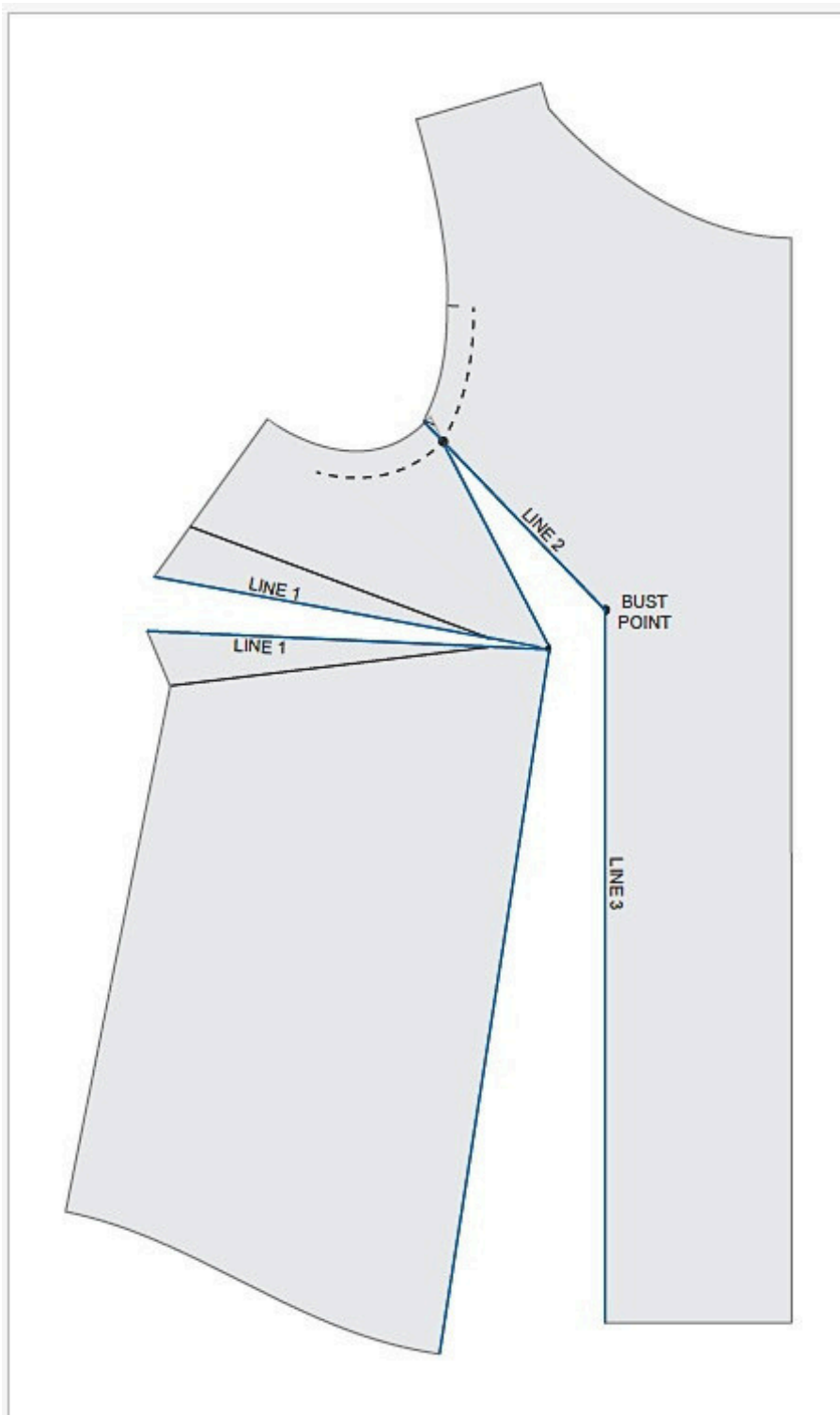
## 2. Cut the pattern piece:

Cut the **Line 3** and continue to the **Line 2**, where it meets the seam line on the armscye. Then cut the opposite end of **Line 2**, leaving 0.2cm uncut at the seam line.



You can see, now the **Bust point** is separated, and its two parts lay on the two opposite legs of Line 3.

Cut the **Line 1**, leaving 0.2cm uncut at the **Bust point**.



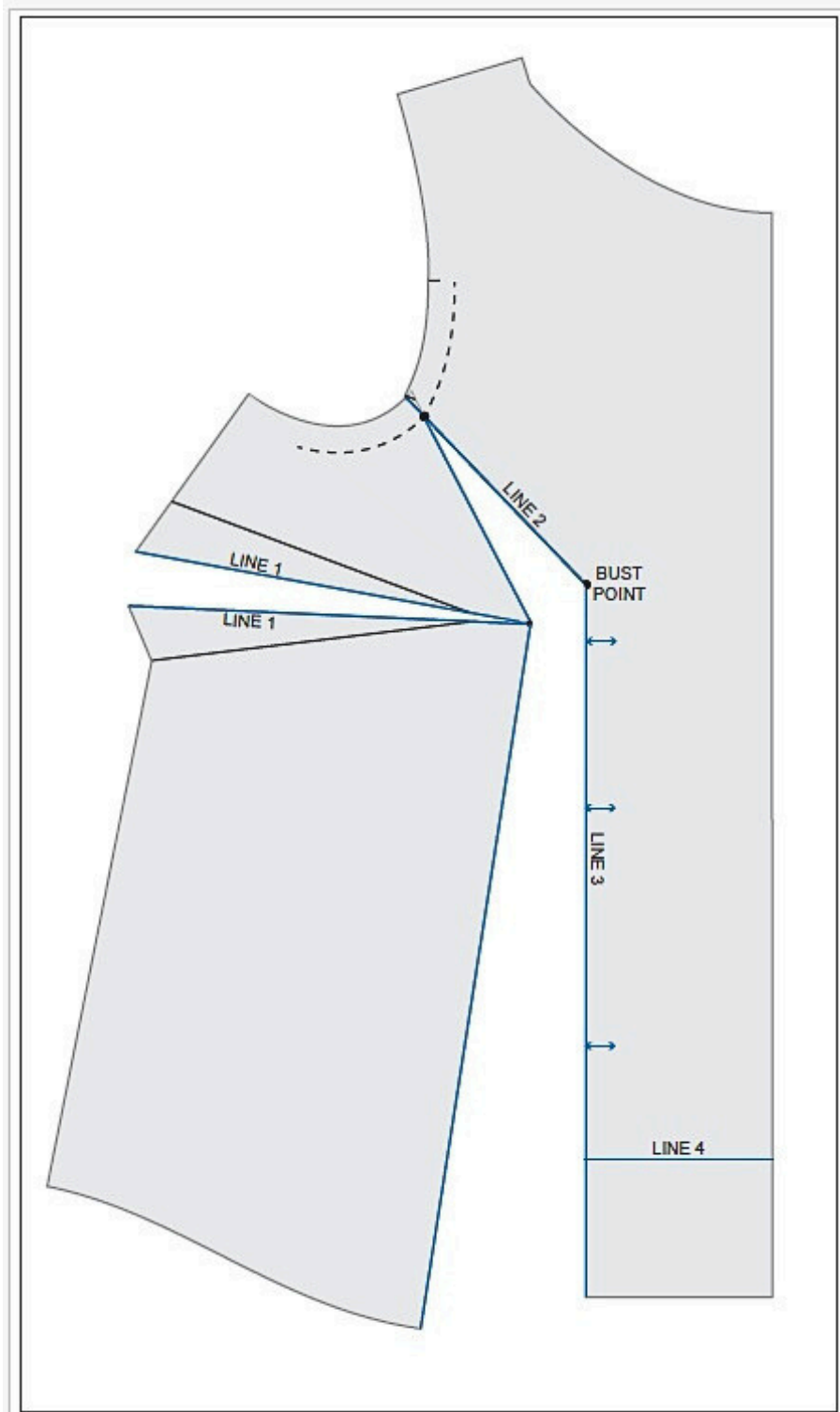
### 3. Spread the pattern pieces:

On a piece of paper a little bit bigger than the Front piece, lay it with spread parts.

Fix the shoulder area and Center front area with some paper weights.

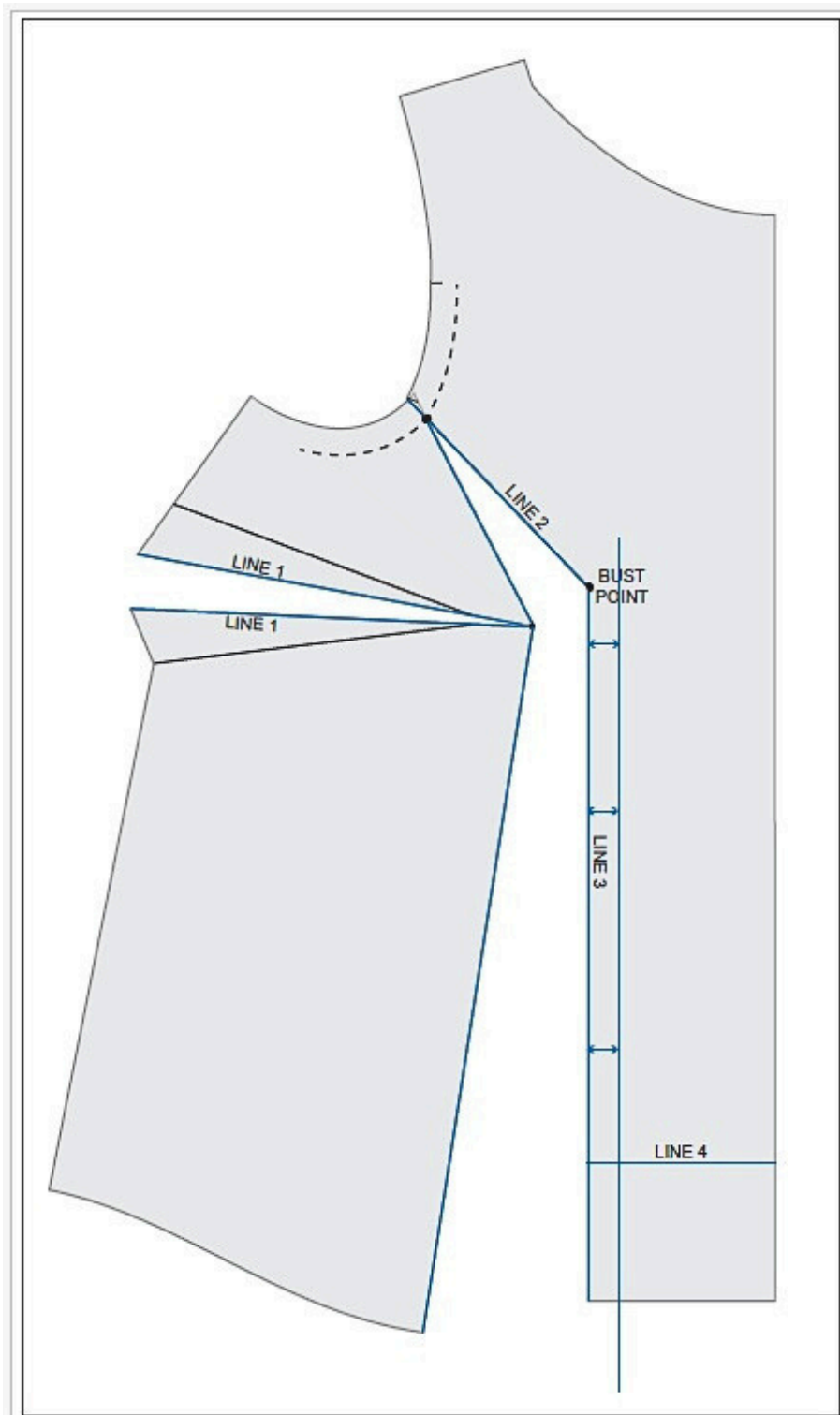
Measure **1.5cm**, perpendicularly from the right leg of **Line 3**, towards the front center.

Draw **Line 4** in the lowest area of Center front line and perpendicular to it.



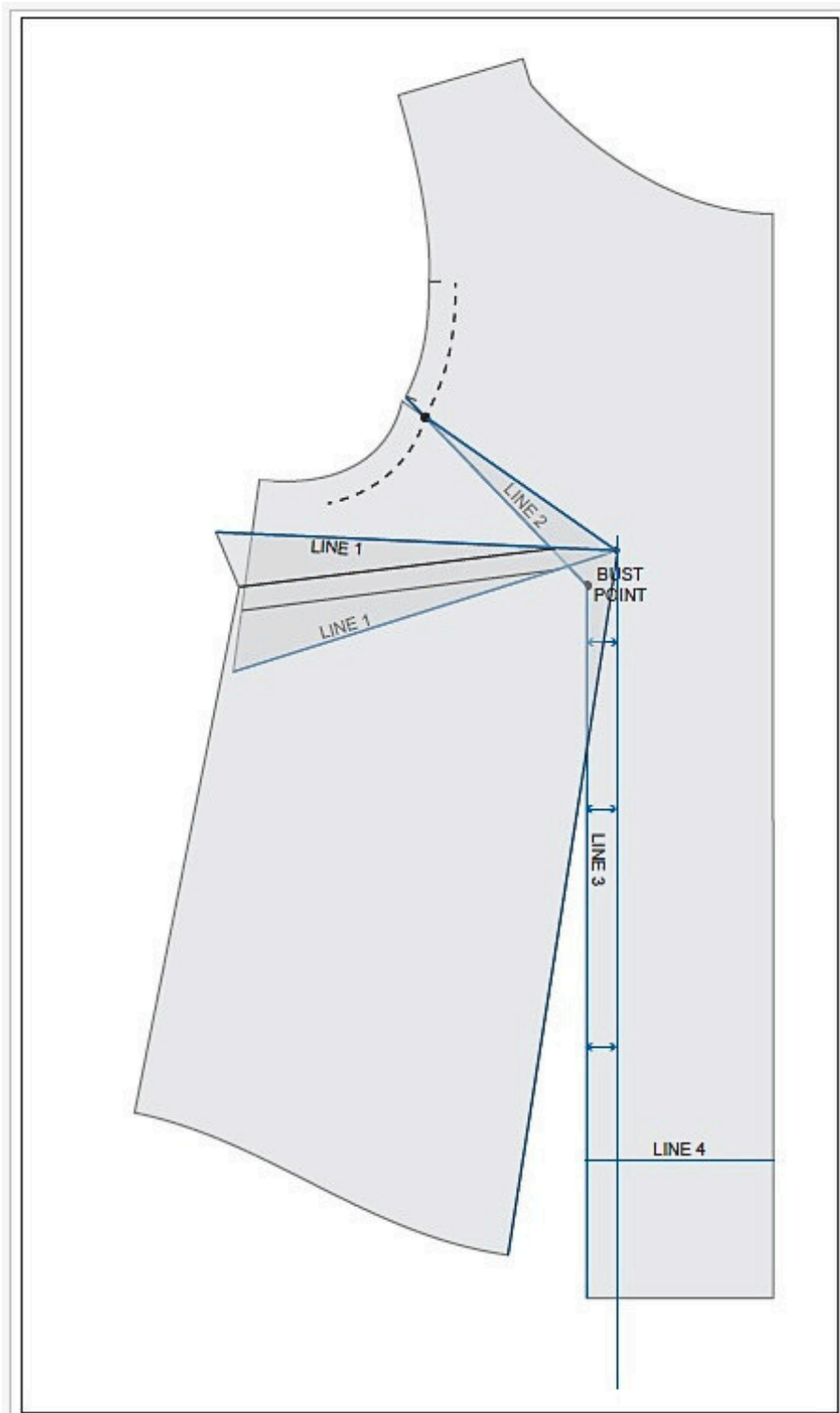


Draw a vertical line, parallel to the right leg of **Line 3**, where 1.5cm is measured.

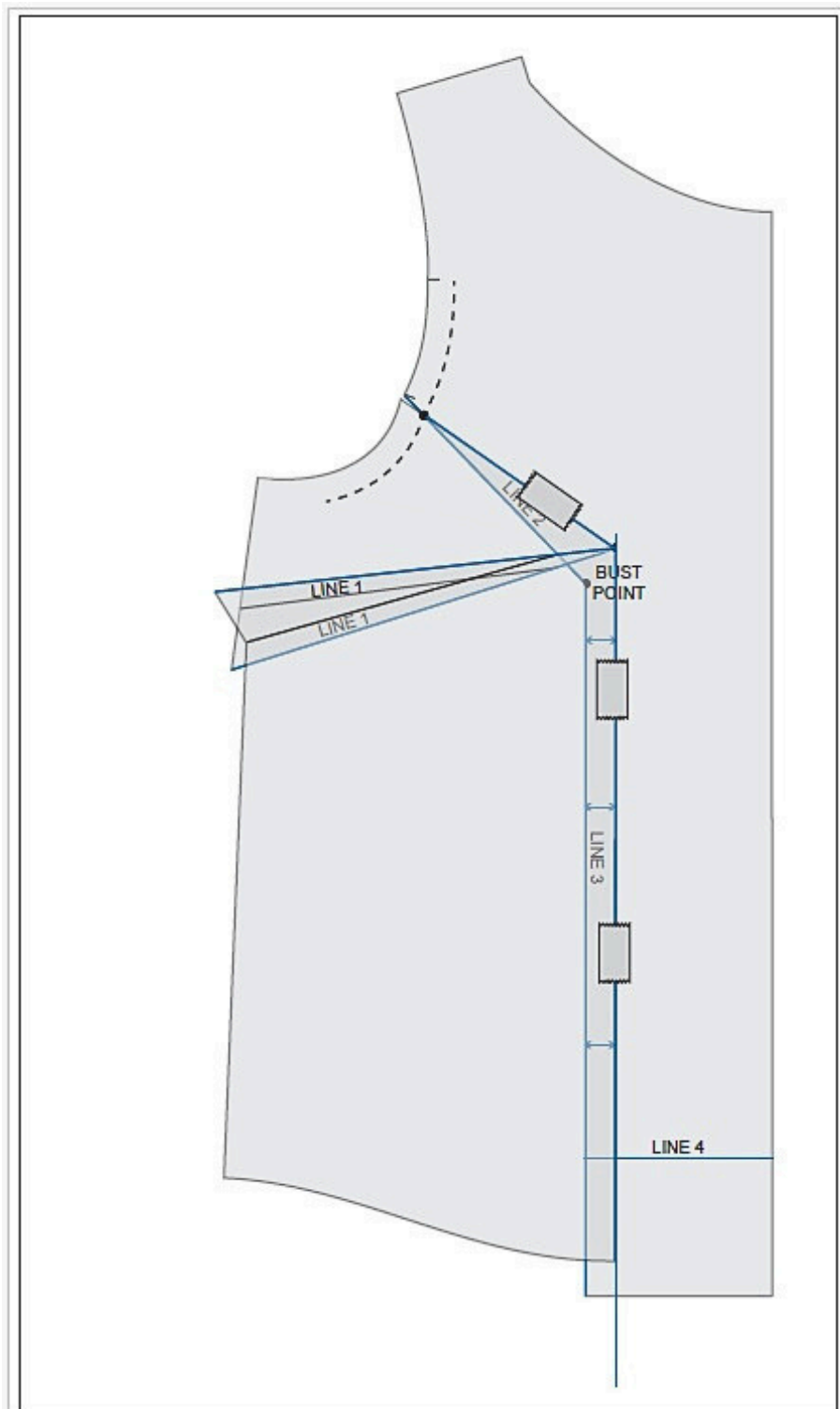


#### 4. Subtract the excessive bust fullness:

Move the left part of **Bust point** and left leg of **Line 3** until meets the new line, drawn right from its right leg.



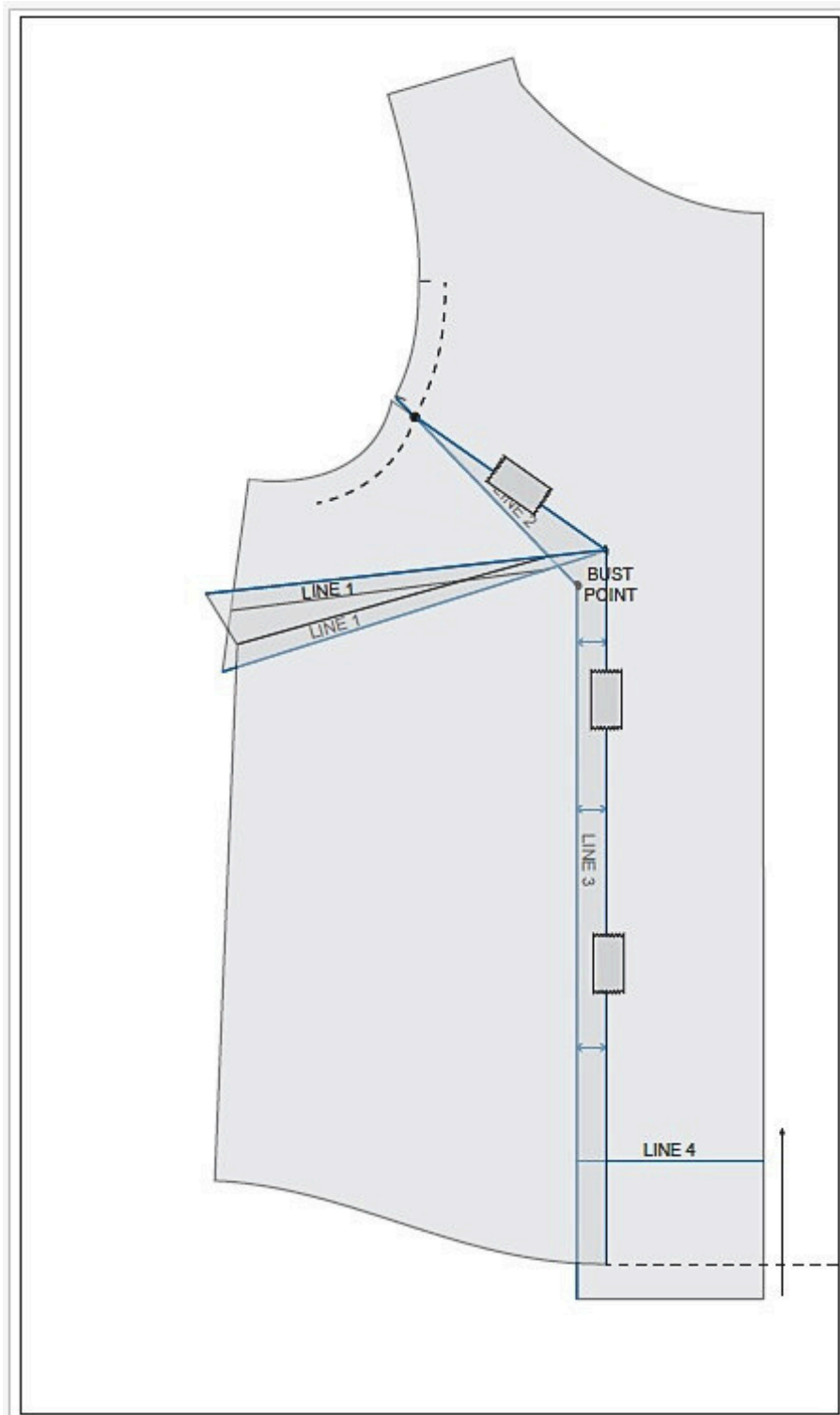
Tape the overlapped legs of **Line 1**, **Line 2**, and also the **Line 3**, 5cm above the line 4.



**6. Adjusting the new hem line:**

Draw a perpendicular line from the Center Front line to the base of left leg of Line 3.

Cut **Line 4** and slide it vertically until it meets the new base line.



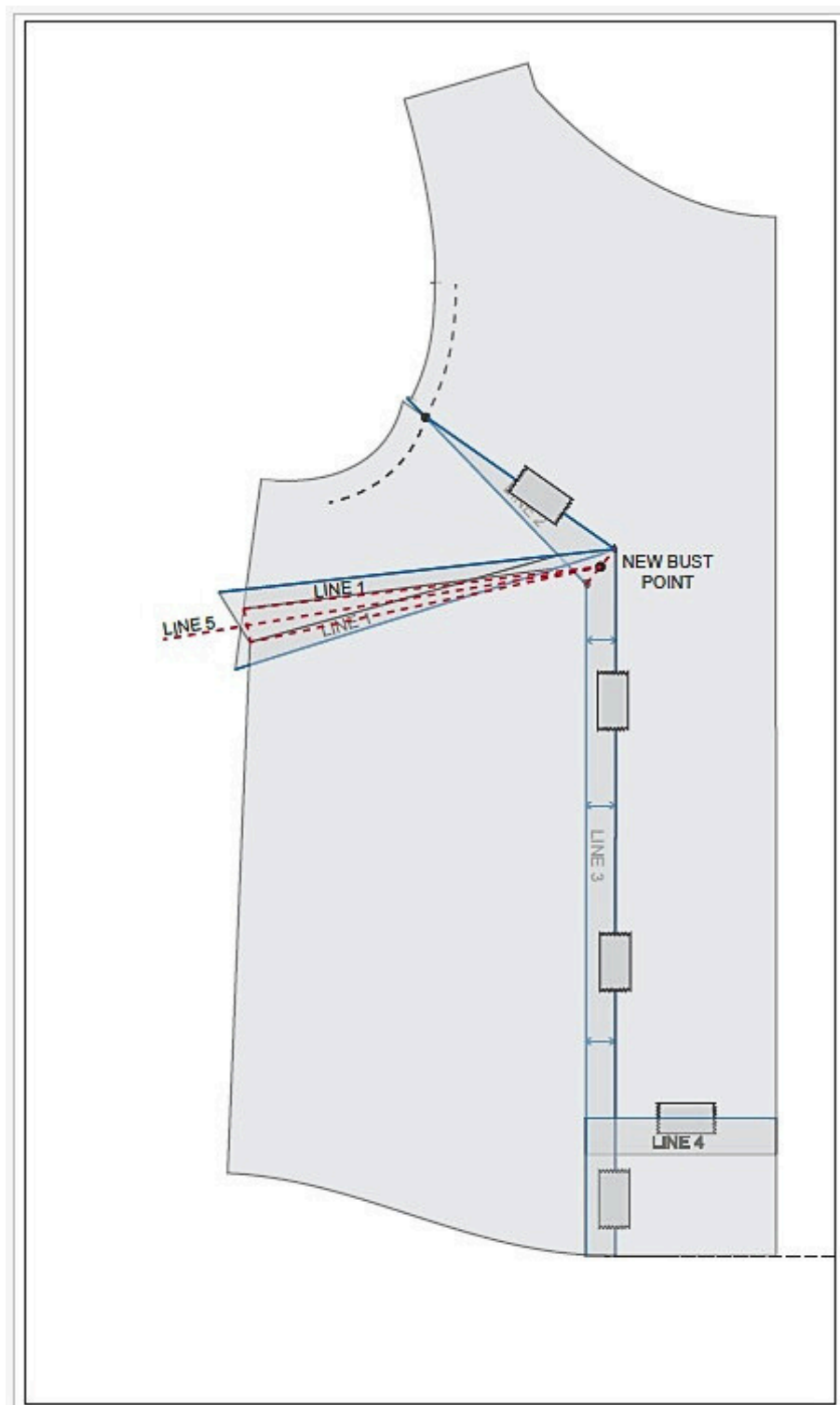


### 7. Finding the new Bust point:

Draw a line between the two ends of Bust point and mark the middle. This is the **New Bust point**.

Draw the new legs of Bust dart - each leg begins at the side seam, where the old Bust dart leg begins and ends in the **New Bust point**.

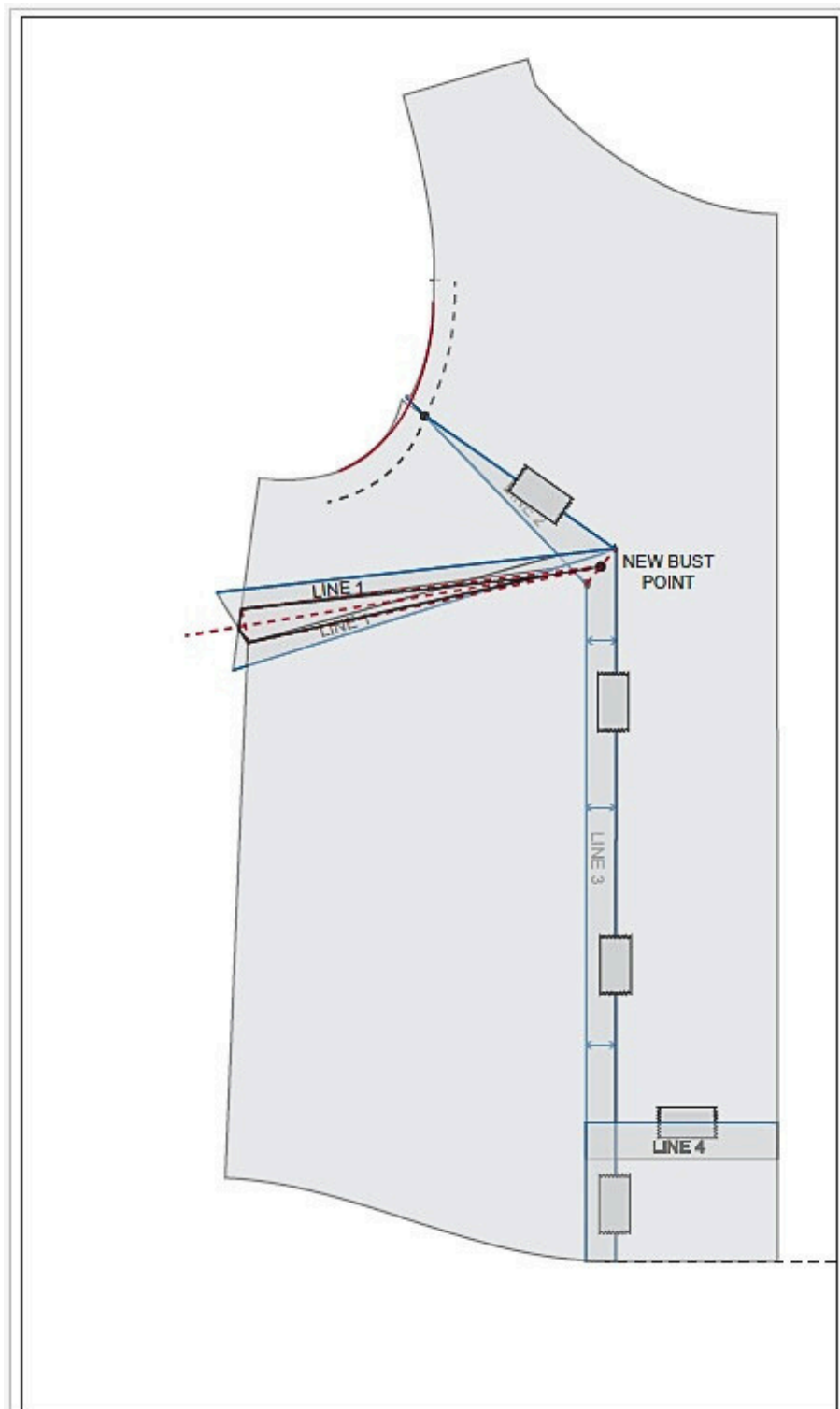
Draw a line between the bases of the two dart legs, mark the middle of this line and draw the **Line 5**, beginning at this point and ending at the **New Bust point**.



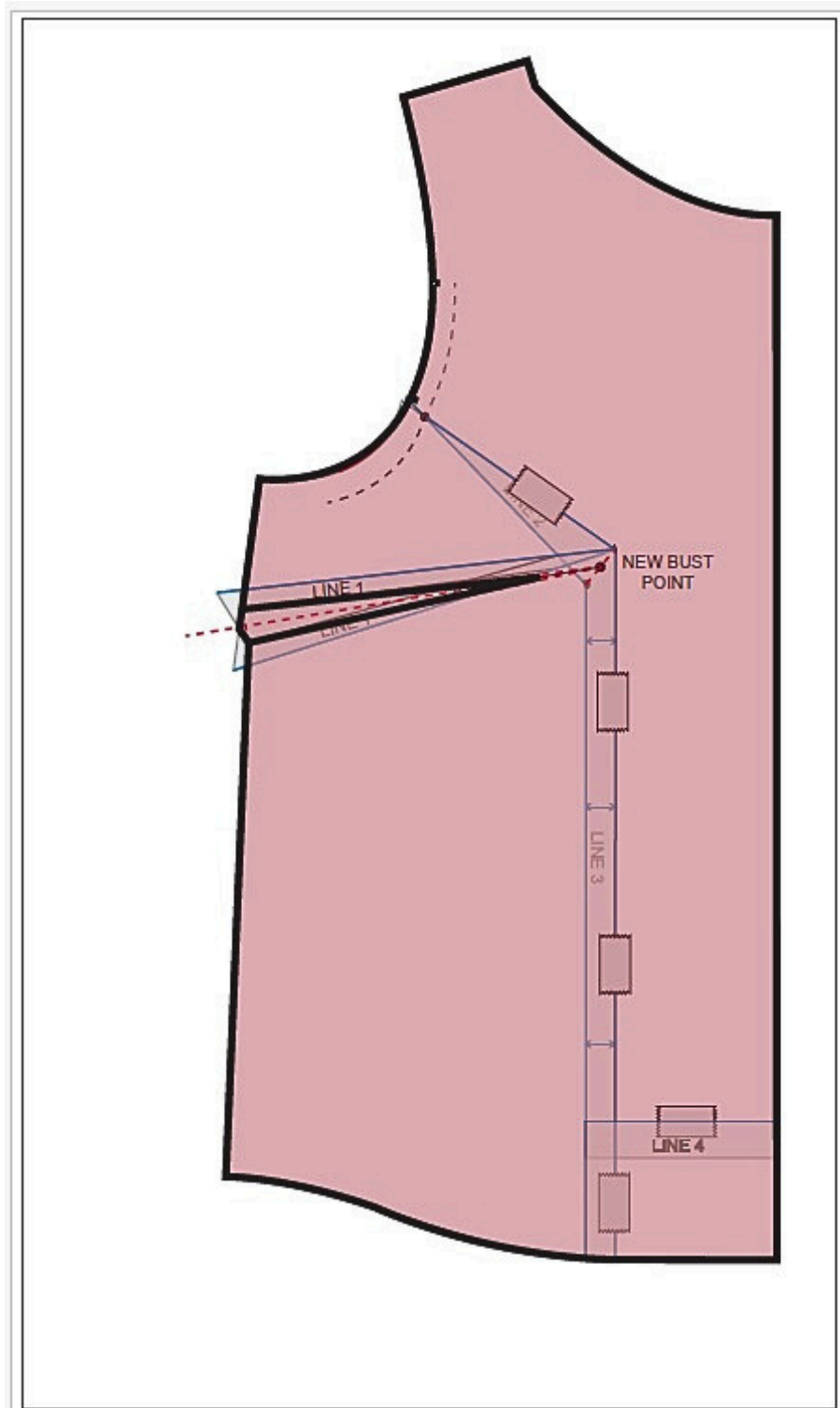


### 9. Drawing the Side edge of the new dart:

As the paper is folded and two legs of new dart are meeting, mark the side seam also on all layers of the dart intake (dart base). This is how you will draw the new side line of the dart. Draw also a nice and smooth curve line of the Armscye, where the **Line 2** is spread.



10. Draw all lines of the new Front piece.





# Delphine blouse

## Small bust Adjustment

Now it's time to make a new toile, and hope everything fits and looks very well!

Hope you enjoy making your Delphine blouse and also hope you are learning some new sewing and adjustment techniques how to make your perfect and unique garment!

It was a true honor and pleasure for me to prepare this tutorial for you! And I would be delighted to see your creations.

*Thank you!*



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#gcdelphineblouse

