

TUTORIAL

Full Bust Adjustment for Avril dress and Olive tree dress sewing patterns

galiacouture.etsy.com



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

YOUR MEASUREMENTS											
				CENTIMETRES							
SIZE	0	2	4	6	8	10	12	14	16	18	20
	US 0	US 2	US 4	US 6	US 8	US 10	US 12	US 14	US 16	US 18	US 20
	UK 4	UK 6	UK 8	UK 10	UK 12	UK 14	UK 16	UK 18	UK 20	UK 22	UK 24
	EU 32	EU 34	EU 36	EU 38	EU 40	EU 42	EU 44	EU 46	EU 48	EU 50	EU 52
BUST	78	82	86	90	94	98	102	106	110	114	118
WAIST	60	64	68	72	76	80	84	88	92	96	100
HIP	88	92	96	100	104	108	112	116	120	124	128

YOUR MEASUREMENTS											
				INCHES							
SIZE	0	2	4	6	8	10	12	14	16	18	20
	US 0	US 2	US 4	US 6	US 8	US 10	US 12	US 14	US 16	US 18	US 20
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	EU 32	EU 34	EU 36	EU 38	EU 40	EU 42	EU 44	EU 46	EU 48	EU 50	EU 52
BUST	30.7	32.3	33.8	35.4	37	38.6	40.2	41.7	43.3	44.9	46.4
WAIST	23.6	25.2	26.8	28.3	30	31.5	33.1	34.6	36.2	37.8	39.4
HIP	34.6	36.2	37.8	39.4	41	42.5	44.1	45.6	47.2	48.8	50.4

In any case I recommend making 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.

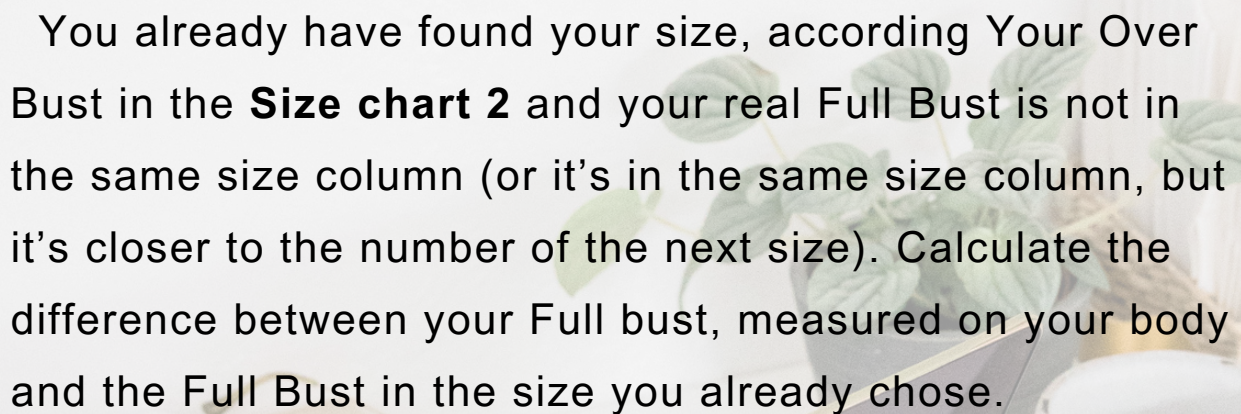
Size chart 2

YOUR MEASUREMENTS for Sewing Bust cup size												
CENTIMETRES												
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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Sewing												
Cup Size	A	A	B	B	B	B	B	B	B	C	C	C
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

YOUR MEASUREMENTS for Sewing Bust cup Size												
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Sewing												
Cup Size	A	A	B	B	B	B	B	B	B	C	C	C
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.

$$\frac{\text{Your real Full Bust} - \text{Full bust from the column}}{2} = \text{add with FBA or subtract with SBA.}$$

THE PRACTICE

Example:

My measurements:

- Full Bust circumference 92cm
- Natural waist circumference 68cm

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

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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 83cm.

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

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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

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

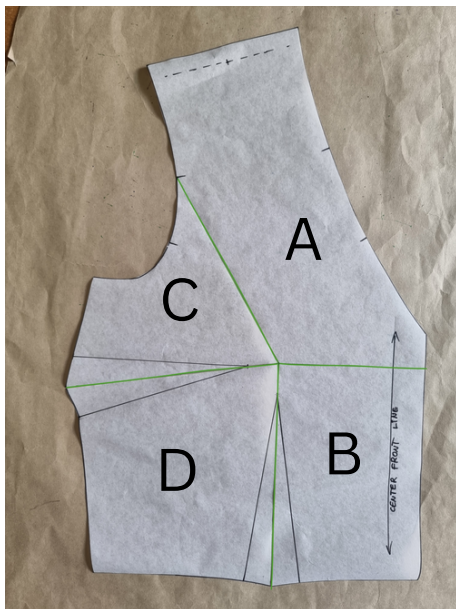
$$(92-86) : 2 = 3$$

But Avril dress has a semi-fitted bodice (with ease allowance in bust 6cm and in waist 5cm) and I decide to smooth the bust line, so I would like to distribute this fullness also in the side seam. So I will add only 2cm in FBA and 1cm to the side seam (0.5cm for the Front side seam and 0.5cm for the Back side seam).

(If the bodice was close fitted, I would add all fullness in the Bust area).

So, you can see everything is subjective, has some nuances and the best way to make the best alterations and adjustments is to work with toile/muslin.

LET'S DRAFT



1. Working with Bodice front.

Finding the Bust Apex point:

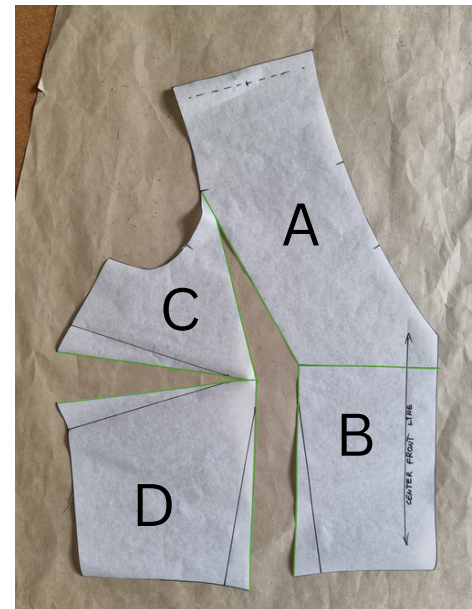
Draw a line through the middle of the Bust dart.

Draw a line through the middle of the Waist dart.

Prolong them, where these lines meet, is the Bust point.

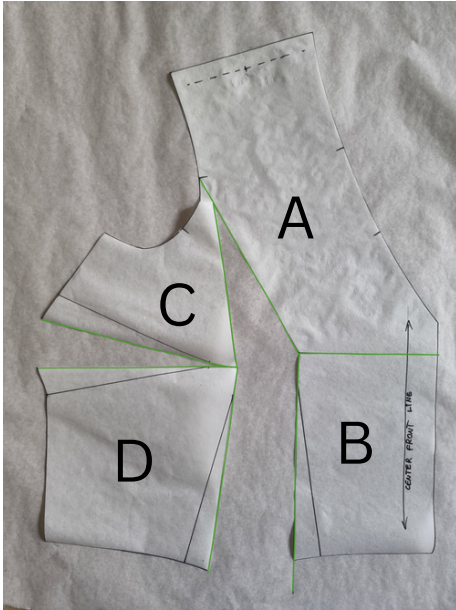
Draw a perpendicular line from the center front to the Bust point.

Draw a line from the bust point to the upper armhole notch.



2. Cut the pattern piece:

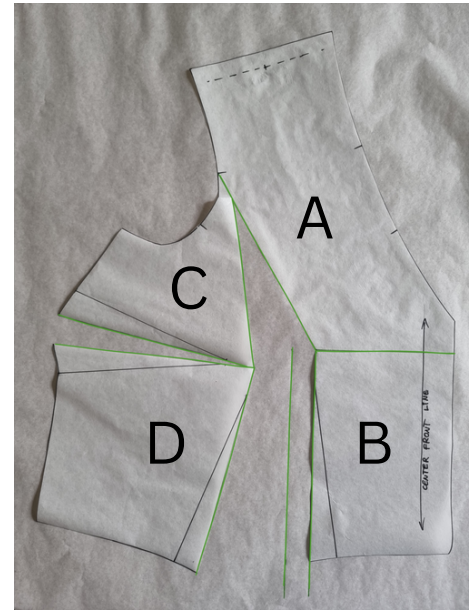
First cut the line, starting at the middle of waist dart to the upper armhole notch, leave 1cm uncut. Second, cut the middle of the bust dart to the Bust point, leaving 0.5cm uncut.



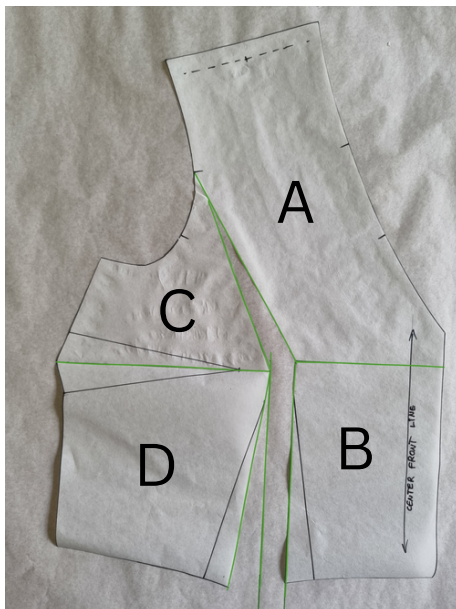
3. Spread the pattern pieces:

Place the pattern on a piece of paper and fix **piece A** with glue or tape.

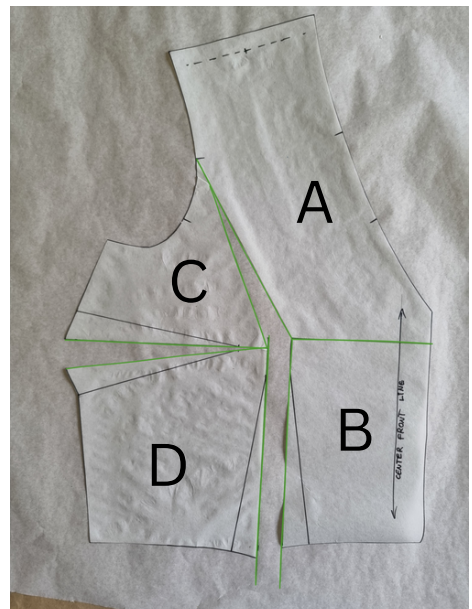
Draw a line, starting at the Bust point, going through the middle of Waist dart and ending below the waistline.



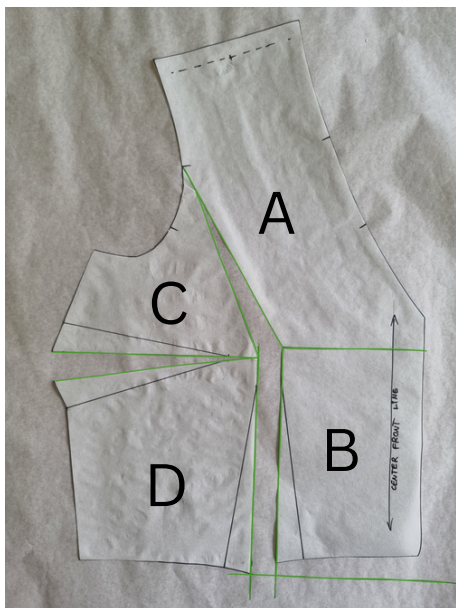
4. Draw another line, parallel to the first one. The distance between the two lines is the needed fullness.
(In the example I need to add 2cm.)



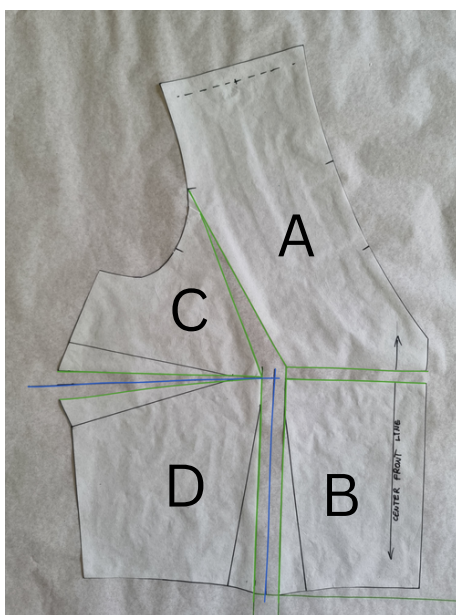
5. Move **piece C**, so its bust point to meet the second parallel line.
Fix **piece C**.



6. Move **piece D**, so its middle waist dart line to meet the second parallel line. Fix **piece D**.

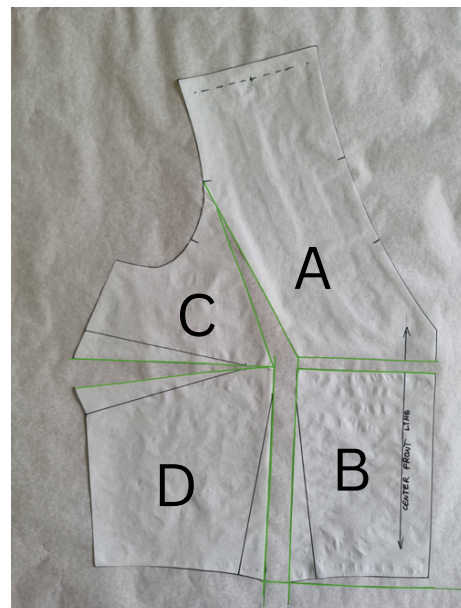


7. Draw a line, perpendicular to the vertical lines and center front line. It's starting at the lowest point of **piece D** and going towards the center front.

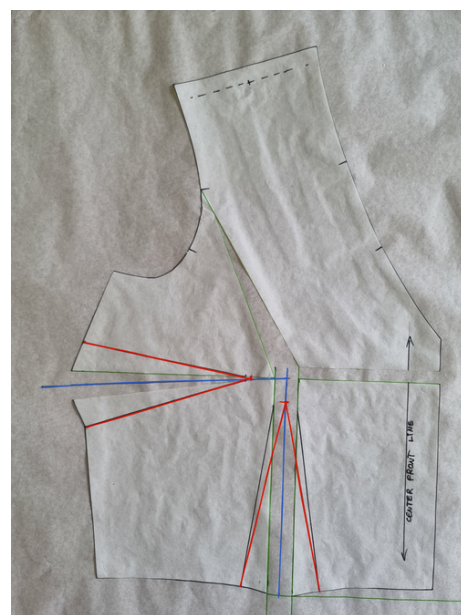


9. Draw a line between **piece B** and **piece D**. It's in the middle, between the two parallel lines.

Draw a line between **piece C** and **piece D**. It's in the middle of the spread Bust dart. Where the two blue lines meet, is the new Bust point.



8. Cut the pattern in the line between **piece A** and **piece B**. Move **piece B** downward until its lowest point meet the horizontal line under the waistline. Fix **piece B**.

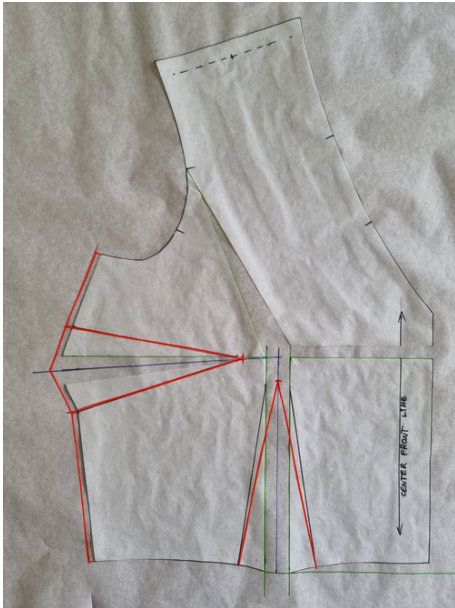


10. Draw the new darts:

Measuring from the new Bust point, mark 1.8cm downward, the new Waist dart point.

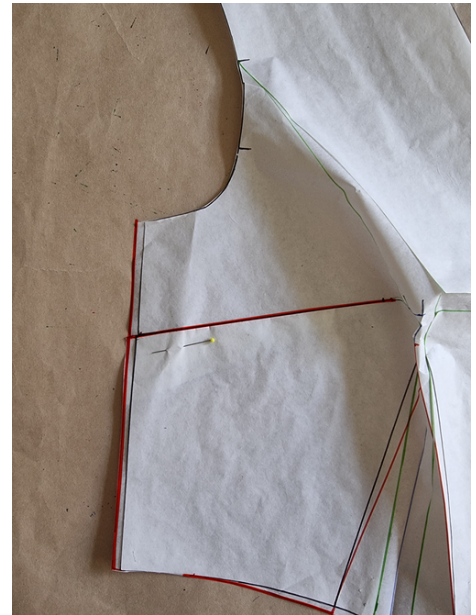
Measuring from the new bust point, mark 3cm towards the side seam, the new bust dart point.

Draw the new dart legs.



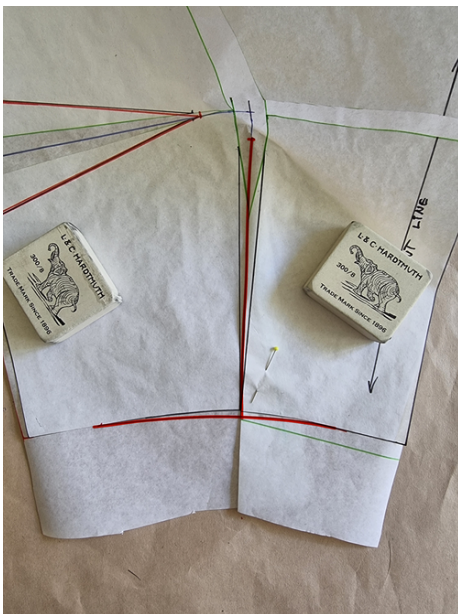
11. Drawing new side seam:

Draw a parallel line, 0.5cm outward from the front side seam. (I added 2cm at the bust and will add 0.5cm at the Front side seam and 0.5cm at the Back side seam.)



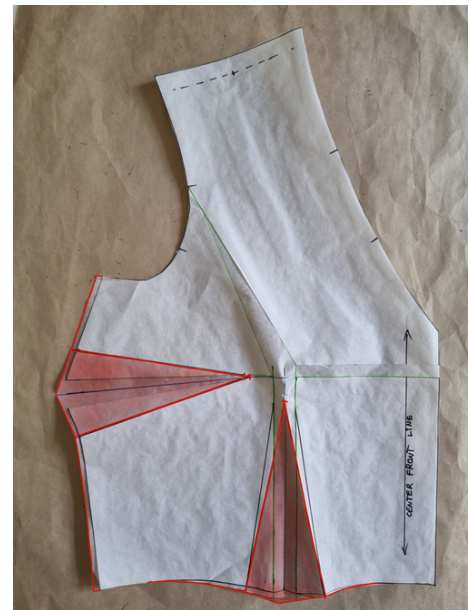
12. Straighten the side seam:

Close the Bust dart and draw a new straight line between the lowest and highest points of side seam. This is the new side seam. Cut the excess.

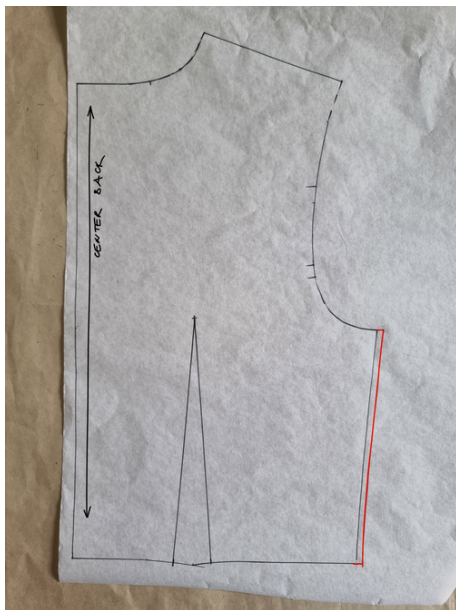


13. Drawing new waistline:

Close the Waist dart and draw a new curve line, about 0.4cm below the dart legs. Leave straight lines in the beginning and end of the waistline. Cut the new waistline.

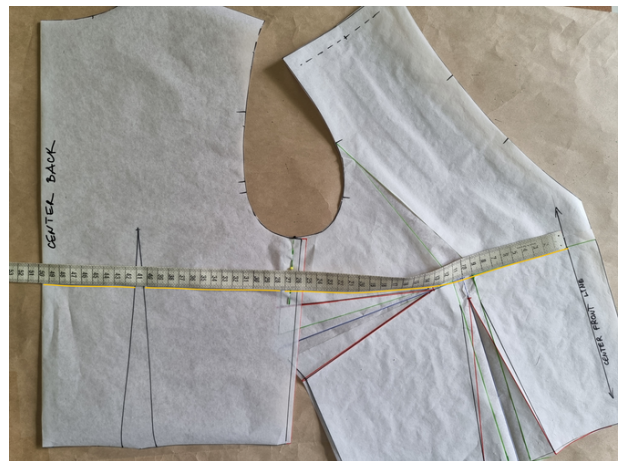


The Bodice Front piece is ready.



13. Working with the Bodice Back

Draw a parallel line, 0.5cm outward from the Back side seam. This is the new Back side seam.



14. Checking the half Full bust :

Assemble the Bodice front and Bodice back at the side seam. As the seam allowance is 1.3cm, overlap the pieces at the side seam 2.6cm.

Going from center front line, through the bust point and ending perpendicularly to the center back.

It should be My Full bust + ease allowance.

Divide the sum by two. $(92+6):2=49$



Finally, make a toile/muslin of your new bodice and see how it fits.

My tutorials are based on my work on made-to-measure projects for my dear customers. I gained a lot of knowledge and experience from it and it's a pleasure for me to share it with you. Because I also love to make my own clothes and every garment to fit perfectly.

Happy sew time!

Galia