

KWIK•SEW'S SEWING ROOM SERIES

MEASURING & BASIC ALTERATIONS

Use the expertise behind **KWIK•SEW** patterns to help achieve a perfect fit!

“MEASURE FOR SUCCESS”

Measuring the body and choosing the correct size pattern.

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“A PERFECT FIT”

Making basic pattern adjustments

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MEASURE FOR SUCCESS

Use the following tips on taking body measurements and comparing them to the pattern measurements in order to choose the right size and producing a well fitting garment.

HOW SIZES ARE DETERMINED

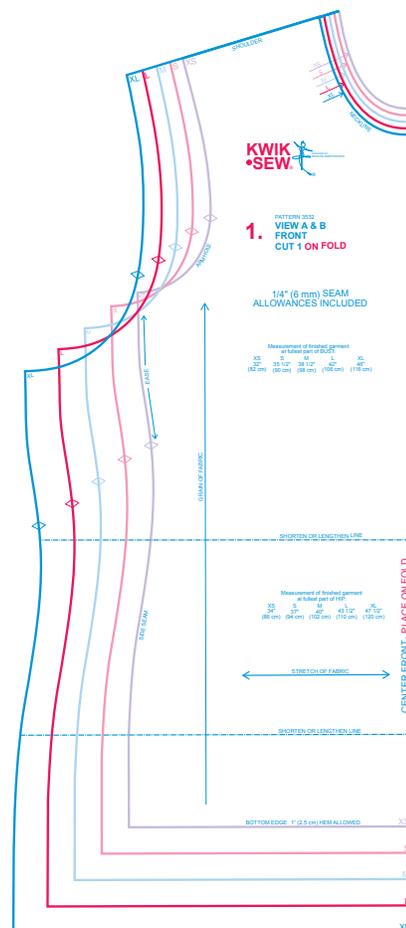
All KWIK•SEW patterns are multi-sized. On the back of the pattern envelope, **Standard Body Measurements** are listed below each size. The following body measurements are used to help determine which size to choose:

- **Misses' and Women's** tops, blouses, shirts, jackets and dresses by **bust** measurement. Skirts, pants and shorts by **hip** measurement.
- **Men's** shirts, jackets and robes by **chest** measurement. Pants and shorts by **waist** measurement.
- **Girls' and Boys'** by **height**.
- **Toddler's** by **height**.
- **Babies'** by **height and weight**.

Patterns are designed for the following heights:

- **Misses' and Women's** sizing is for those approximately 5'6" (168 cm).
- **Men's** sizing is for those approximately 5'10" (178 cm).
- **Children's and toddler's** sizing include height for each size.
- **Babies'** sizing includes height and weight for each size.

KWIK•SEW patterns have great, easy to understand step-by-step written and illustrated instructions. For consistency in fit, every KWIK•SEW garment pattern begins with the same base size. Each pattern contains detailed design information and multiple sizes, each printed in a different color on durable white paper.



HOW TO CHOOSE THE RIGHT SIZE

Choose the size with the measurements that are closest to the body measurements. If the body measurements are in between sizes, choose the **larger** size. It is easier to make a garment smaller than larger. On the back of the pattern envelope, there is a brief description of the design, indicating if the style is close fitting, loose fitting or semi-fitted.

The **Measurement of the Finished Garment** will also help you decide what size to choose when body measurements are in between sizes. Finished measurements are printed on the pattern pieces.

KWIK•SEW patterns are designed to fit the **body measurements** listed on the envelope, both **fit and design ease** have been taken into account by our design studio.

EASE

The extra amount of room allowed in the pattern

There are different types of ease:

- **Fit or movement ease** is the amount of room needed for the garment to be comfortable to wear.
- **Design ease** is the extra amount of room (beyond fit ease) that gives the garment a certain style and this changes with fashion.
- Occasionally, the patterns are designed without extra ease, and the finished garment will be smaller than the body measurements. This occurs when a pattern is designed for fabrics with stretch, such as spandex Lycra®, and the garment, such as a swimsuit, is intended to stretch to fit the body.

KWIK•SEW patterns have the **Measurement of the Finished Garment** printed **on the pattern pieces**. When comparing the **Standard Body Measurements** on the **back of the pattern envelope** to the **Finished Garment Measurements** on the pattern piece, it is easy to determine the amount of ease allowed in the pattern. For example: the **Finished Garment Measurement** is 40" (102 cm) and the **Standard Body Measurement** is 37" (94 cm); there is 3" (8 cm) of ease, or in other words, an extra 3" (8 cm) in the design for comfort and style.

After deciding what size to use, and when cutting or tracing the pattern pieces, always follow the same size on all lines and pieces. Never cut between sizes or "blend" sizes by cutting from one size to another.

For more information visit
www.kwiksew.com/support

For optimum fit, it is very important that you follow the suggested fabric types on the back of the pattern envelope.

HOW TO MEASURE THE BODY

Accurate body measurements are key to making a garment that fits. When taking measurements, proper fitting undergarments should be worn. Use a flexible tape measure. Be sure to record each measurement as it is taken.

It's almost impossible to accurately measure yourself. If you are making the garment for yourself, have a friend measure you.

HEIGHT — For adults and children, have the person stand against a wall without shoes; place a ruler straight across the head to the wall and mark.

To measure a baby's length, lay the baby on a flat surface, measure and mark from the top of the head to the bottom of the foot.

BUST & CHEST — Measure around the back, under the arms and over the fullest part. The tape measure should be straight across the back. Arms should be resting at the sides of the body while measuring.

NATURAL WAIST — Tie a string around the waist to determine the natural waist. Measure around the waist; don't pull too tight, be sure the tape can move around.

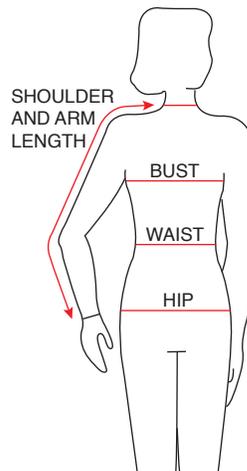
HIP — Measure over the fullest part of the hip, usually 7" – 9" (18 cm – 23 cm) below the waist. As each person's body shape is different, the fullest part of the hip may be higher or lower.

SHOULDER AND ARM LENGTH — Loosely place a string around the neck (where the string rests is the natural neckline). Bend the arm slightly, measure the shoulder from the natural neckline (string position) to the shoulder joint and continue over the elbow, down to the wrist bone. Note the shoulder width separately, the arm length separately, and the shoulder and arm length combined.

BACK WAIST LENGTH — Measure from the top of the backbone (from the string position at the back of the neck), to the natural waist (where the string is tied around the waist).

RISE (Crotch depth) — Have the person sit up straight on a flat table or a hard chair which does not have any curves in the seat. At the side, measure from the waist (where the string is tied around the waist) over the curve of the hip to the top of the table or chair.

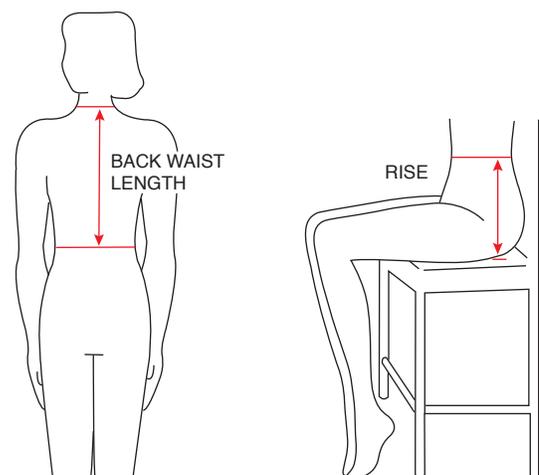
You can use any KWIK SEW pattern and adjust for petite sizes. Making adjustments for petite sizing is covered in Section II, "A Perfect Fit".



The natural waist may not be at the same place as the top of your pants.

Leave the string tied around the waist until all body measurements are taken.

Remember, Misses' and Women's pants and skirt sizes are determined by the **hip** measurement. Men's pants sizes are determined by the **waist** measurement.

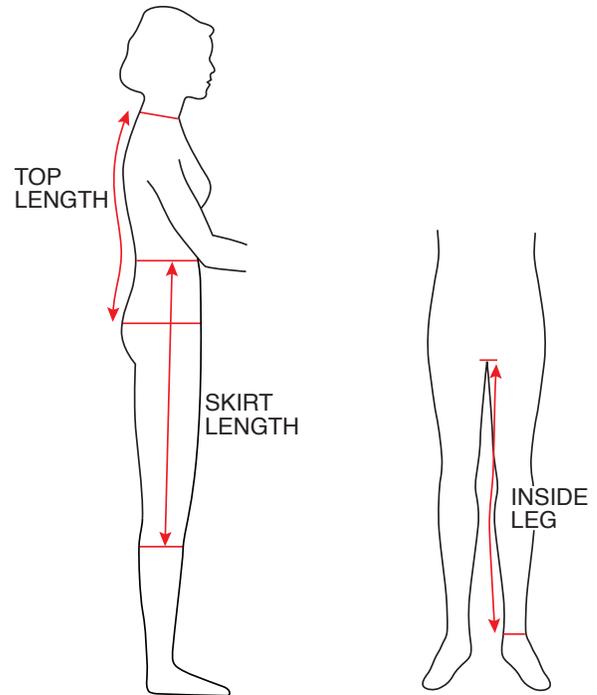


HOW TO MEASURE FOR FINISHED LENGTHS

The body or a favorite garment can be measured for the desired finished length.

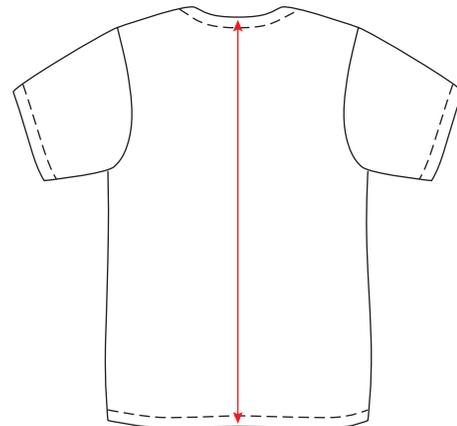
When measuring the body, measure for desired length as follows:

- **TOPS** – Measure from the top of the backbone to the desired length.
- **SKIRTS** – Measure from the waist to the desired length. Begin by placing the end of the tape at the position you wish the skirt to end, this will make it easier to read the measurement.
- **PANTS** – Measure the inside leg from the desired hemline to the crotch.



When measuring a favorite garment, measure finished length as follows:

- **TOPS** – Choose a top with a neckline that rests at the top of the backbone when worn. Measure from the neckline to the finished bottom edge of the top.
- **SKIRTS** – Place skirt on a flat surface and measure along a side or center back from the waist to the finished bottom edge.
- **PANTS** – Measure along the inside leg seam from the finished bottom edge to the crotch seam.



Comparing Lengths

Determine if pattern adjustments are necessary by comparing lengths. Basic pattern adjustments are shown in Section II, "A Perfect Fit".

- First compare the **Back Waist Length** of body to the **Back Waist Length** on pattern envelope and note any differences.
- Next compare **Finished Length** on the pattern envelope to the **desired garment length** and note any differences.

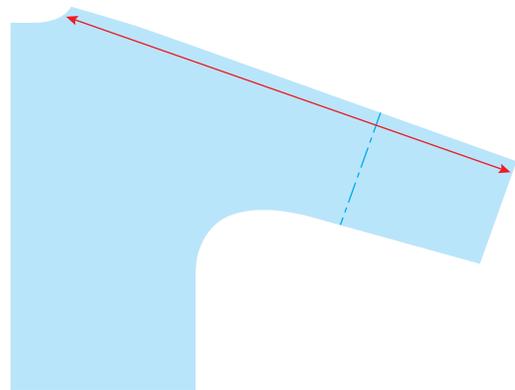
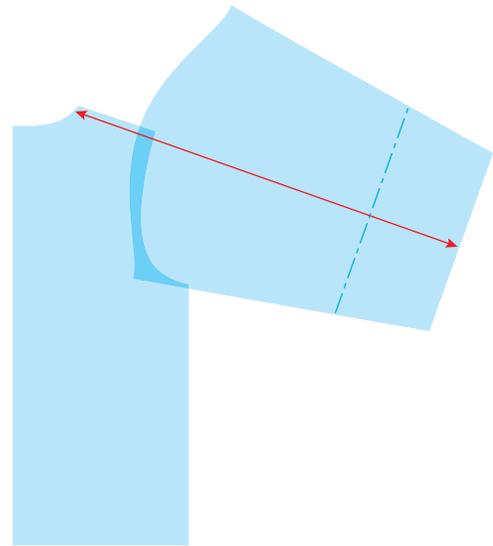
SLEEVE LENGTH

Dropped and extended shoulders

To check the sleeve length on the pattern, overlap the sleeve at the shoulder by the amount of the seam allowances. Measure the pattern from the neckline to the bottom edge of the sleeve and be sure to deduct the hem or add the cuff to this measurement.

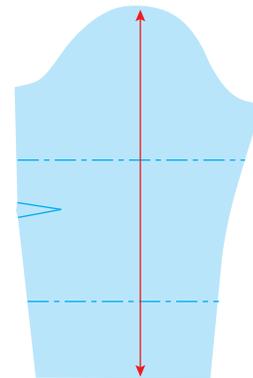
For a dolman or raglan sleeve, measure using the same procedure. If the pattern has a wide neckline, make sure to take this into consideration.

Compare this measurement to the person's Shoulder and Arm Length measurement. If making sleeves with cuffs, add 1" (2.5 cm) to the length for ease. Note any differences.



Fitted sleeves

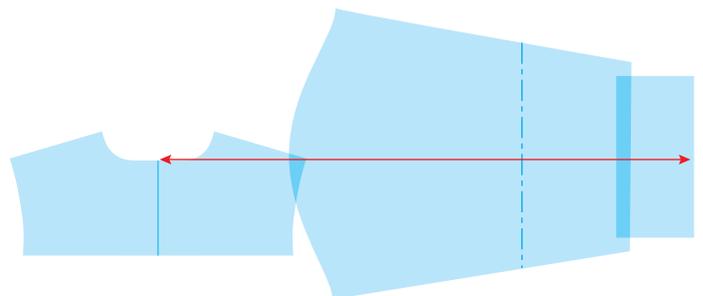
If using a pattern with set-in sleeves, compare the length of the sleeve to the person's Arm Length measurement and note any differences. Measure the pattern from the cap of the sleeve, minus the seam allowance, to the bottom edge; be sure to deduct the hem or add the cuff to this measurement. The shoulder width and sleeve length will be adjusted separately (see shoulders under Adjusting Width in "A Perfect Fit").



Men's sleeves

Men's shirt sleeve length in ready-to-wear includes the measurement from the center back, over the shoulder and elbow, to the wrist bone. If using the ready-to-wear sleeve length, measure the sleeve length on the pattern as follows:

- Overlap the sleeve at the shoulder on the back of the yoke by the amount of the seam allowances. Add cuffs or deduct for the hem.
- Measure from the center back over the shoulder and to the bottom of the sleeve.
- Compare this measurement to the ready-to-wear measurement and note any differences.



RISE (Crotch Depth)

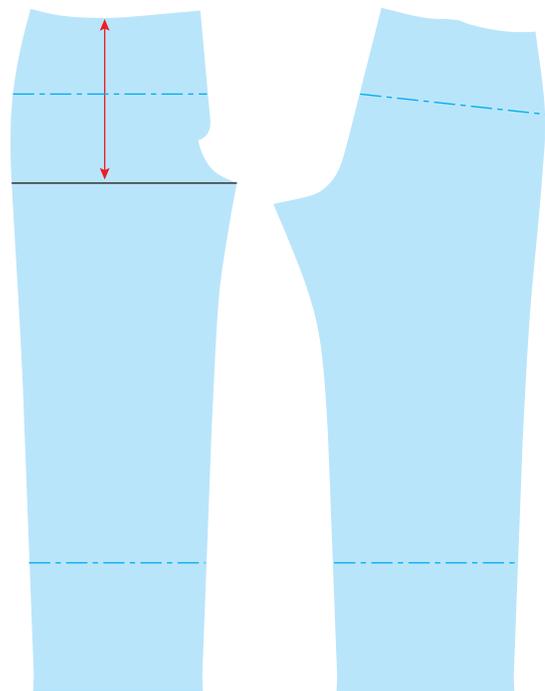
To determine if the rise needs adjusting, measure the front pant pattern piece as follows:

- Draw a line at the crotch, perpendicular to the grain line.
- Measure from this line to the waist; for pull-on pants, be sure to deduct the amount allowed for the casing.
- Compare this measurement with the body measurement and note any differences.

INSIDE LEG

- To determine if pant leg needs adjusting, compare the Finished Inside Leg Seam measurement on the pattern envelope to the person's measurement and note any differences.

Now that all measurements have been taken, and any necessary changes noted, you are well on your way to *A PERFECT FIT*.



Remember to note any differences after each measurement is taken.

CHOOSE THE CORRECT FABRIC

Each KWIK•SEW pattern is designed for a particular fabric type, specifically knit or woven. Light, medium, heavy, soft, or crisp fabric properties are also considered for each design. It is important to choose fabric that will compliment the pattern design. To assist you in selecting fabrics for your sewing project, suggested fabrics are given on the back of the pattern envelope. Using fabrics other than the suggested fabric types may change the look of the design or the fit of the garment.

If using patterns designed for stretch knits, use fabric with the degree of stretch that the pattern recommends. To determine the correct amount of stretch, use the stretch chart on the pattern envelope.



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A PERFECT FIT PATTERN ADJUSTMENTS

Making the most common minor pattern adjustments is easy!

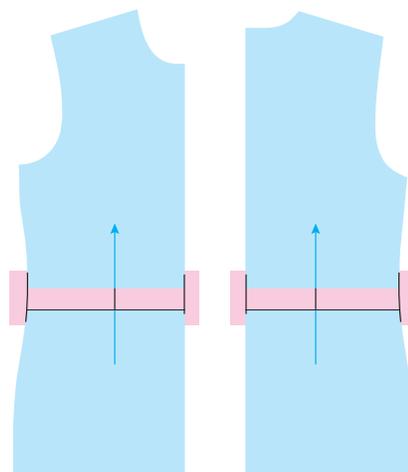
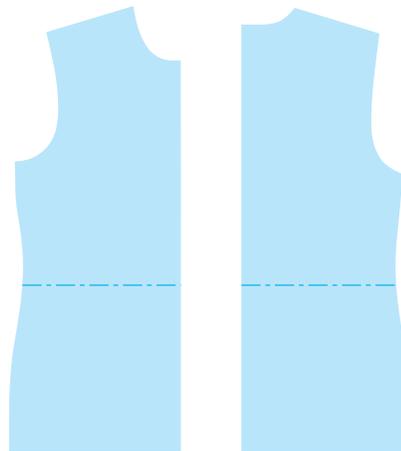
Pattern sizes are made for standard sizes, therefore, basic pattern adjustments are sometimes necessary to make a garment fit properly.

LENGTH ADJUSTMENTS

To lengthen a pattern piece

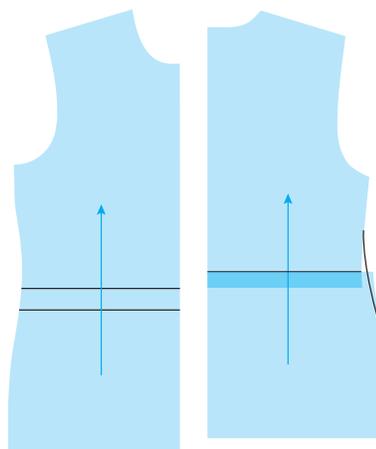
1. Cut the pattern piece apart on the **Shorten** or **Lengthen** Line.
2. Place a piece of paper under one piece and tape in place.
3. Extend the grain line to the paper.
4. Draw a parallel line on the paper according to the amount you wish to lengthen the pattern.
5. Tape the other part of the pattern, matching the grain line.
6. Connect the lines at the sides; these lines can be straight or curved depending on the original pattern (see illustration). Be sure to make the same adjustments on **Front** and **Back** pieces and **any related pieces**.

When cutting or tracing the pattern pieces, always follow the same size on all lines and pieces. Never cut between sizes or "blend" sizes by cutting from one size to another.



To shorten a pattern piece

1. Draw a line on the pattern parallel to the **Shorten** or **Lengthen** Line according to the amount you wish to shorten the pattern.
2. Cut the pattern apart on the Shorten or Lengthen Line.
3. Overlap the pattern piece to the drawn line, matching the grain line and tape in place.
4. Redraw the sides (see illustration). Be sure to make the same adjustments on **Front** and **Back** pattern pieces and **any related pieces**.



WIDTH ADJUSTMENTS

HIP

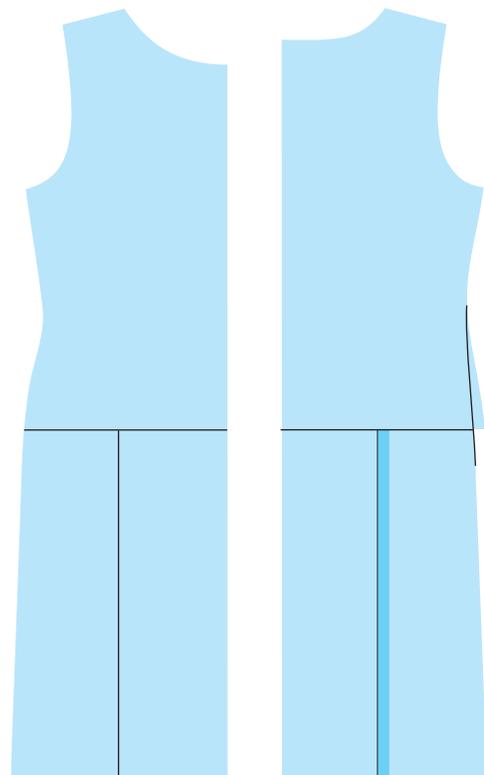
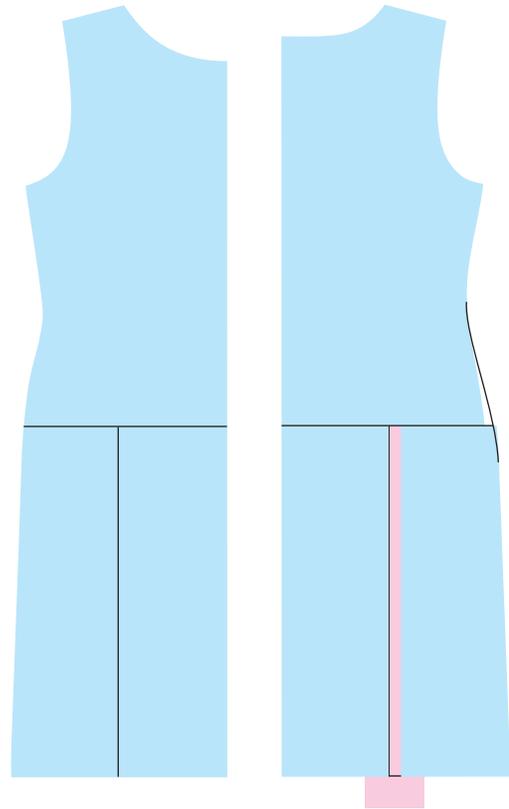
If you are making a dress or tunic and you have selected the pattern size by the bust measurement, you may have to adjust the pattern at the hip.

To adjust for a larger hip

1. Determine the amount to be increased by comparing the difference between the hip measurement and the measurement on the back of the pattern envelope.
2. Divide this amount into **four**.
3. Draw a horizontal line on the pattern piece at the fullest part of the hip perpendicular to the grain line.
4. Draw a vertical line from hip line to bottom edge.
5. Cut pattern piece apart on line from side seam to bottom edge.
6. Place a piece of paper under pattern and spread pattern the amount you need to increase the hip. For example, if 2" (5 cm) is needed, spread 1/2" (1.3 cm) apart. Redraw the sides and bottom edge. Be sure to add the **same amount** to the **Front** and **Back** pattern pieces.

To adjust for a smaller hip

1. Determine the amount to be reduced by comparing the difference between the hip measurement and the measurement on the back of the pattern envelope.
2. Divide this amount into **four**.
3. Draw a horizontal line on the pattern piece at the fullest part of the hip perpendicular to the grain line.
4. Draw a vertical line from hip line to bottom edge.
5. Cut pattern piece apart on line from side seam to bottom edge.
6. Overlap pattern pieces the amount needed to decrease the hip. For example: If you need to reduce the hip measurement by 2" (5 cm) overlap pattern pieces 1/2" (1.3 cm). Redraw the sides. Be sure to deduct the **same amount** on **Front** and **Back** pattern pieces.

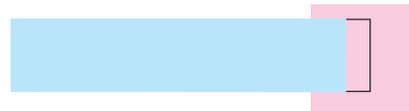
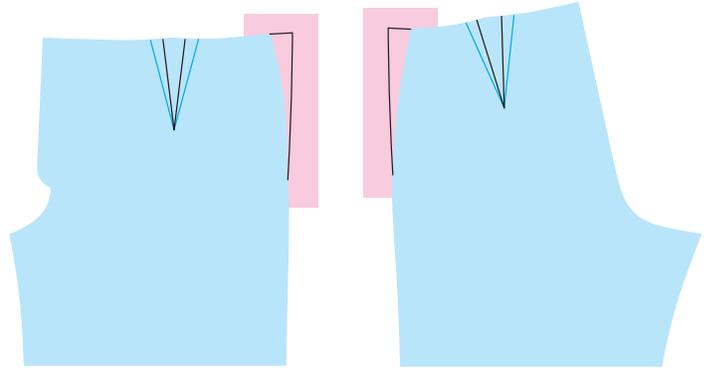


Remember to always make the same adjustments to the Front and Back pattern pieces.

WAIST

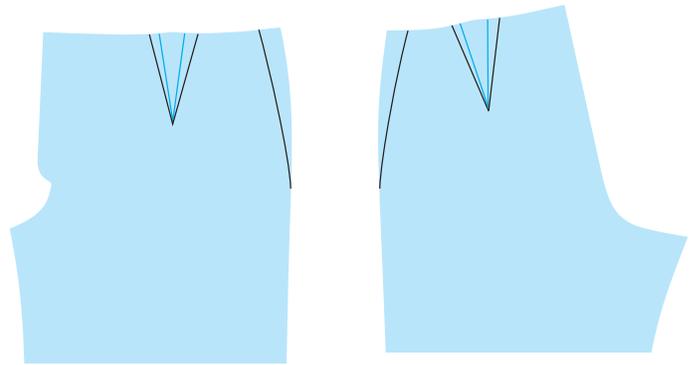
To adjust for a larger waist

1. Determine the amount of adjustment needed and divide this measurement into **four**.
2. If the pattern has tucks or darts, make each one smaller and add the remaining to the side seam to equal the amount of adjustment needed. Be sure to make the **same adjustment** on **Front** and **Back**.
3. If the garment has a waistband, make sure to add **half** the amount of the total adjustment needed to the waistband.



To adjust for a smaller waist

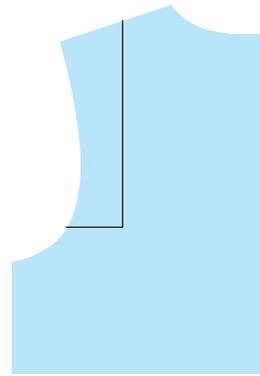
1. Determine the amount of adjustment needed and divide this measurement into **four**.
2. If the pattern has tucks or darts, make each one larger and deduct the remaining from the side seam to equal the amount of adjustment needed. Be sure to make the **same adjustment** on **Front** and **Back**.
3. If the garment has a waistband, make sure to deduct **half** the amount of the total adjustment needed to the waistband.



If the garment is gathered at the waist with a waistband, you only need to make the waistband smaller and adjust the gathers to fit.

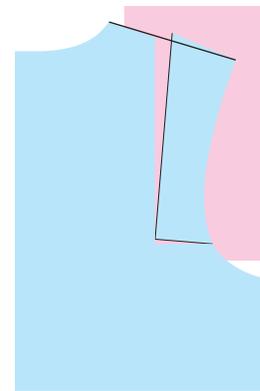
SHOULDER ADJUSTMENTS

1. Draw a vertical line parallel to the grain line, from the center of the shoulder to 1"- 2" (2.5 cm - 5 cm) above the bottom edge of the armhole.
2. Draw a perpendicular line from this point to the edge of the armhole.
3. Cut the pattern piece on the line from shoulder to armhole.



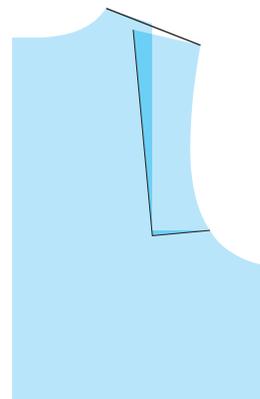
To adjust for a wide shoulder

1. Place a piece of paper under the pattern, follow steps 1-3 above then pivot at armhole, spread pattern the amount needed at the shoulder and tape in place (see illustration).
2. Redraw the shoulder line. Be sure to add the **same amount** to the **Front** and **Back** pattern pieces.



To adjust for a narrow shoulder

1. Follow steps 1-3 (top of page). Pivot at armhole and overlap the pattern the amount needed to decrease the shoulder and tape in place (see illustration).
2. Redraw the shoulder line. Be sure to reduce the **same amount** on the **Front** and **Back** pattern pieces.



Final fitting adjustments should be made during the construction of the garment. For set-in sleeves, always baste the sleeves in place and try on the garment. Mark the armhole line on the garment during this fitting. Remove the sleeve and adjust the shoulder as needed.

BUST ADJUSTMENT

BUST SIZE

KWIK•SEW patterns are designed to fit the following cup sizes (approximately):

- **Misses' sizes**
XS & S = B cup, M = C cup, L & XL = D cup
- **Women's sizes**
1X = D cup, 2X & 3X = DD, 4X = DDD
- For a **larger** cup size, you will need to **increase** the front length.
- For a **smaller** cup size you will need to **shorten** the front length.
- For each cup size the front length changes approximately 3/8" (1 cm). For example, if you have chosen a size M, which is designed for a C cup, but you have a D cup, you will need to lengthen the front 3/8" (1 cm) and make a larger bust dart, if you have a B cup, you will need to shorten the front 3/8" (1 cm) and make a smaller bust dart.

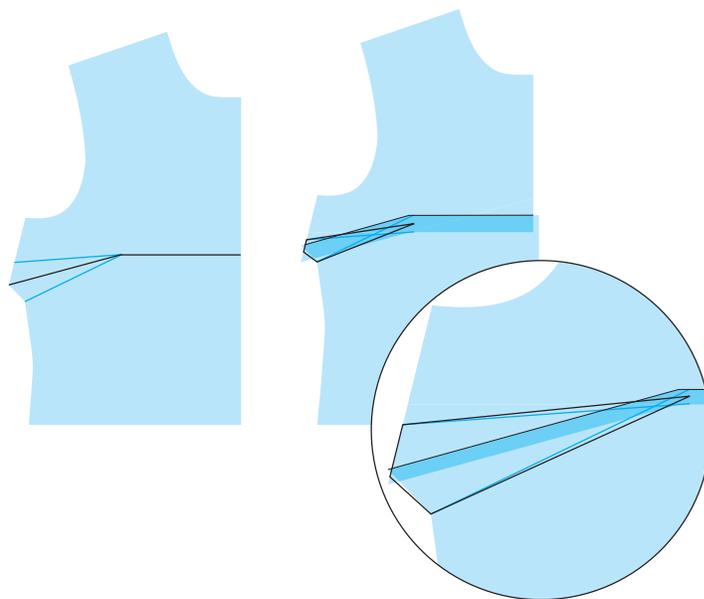
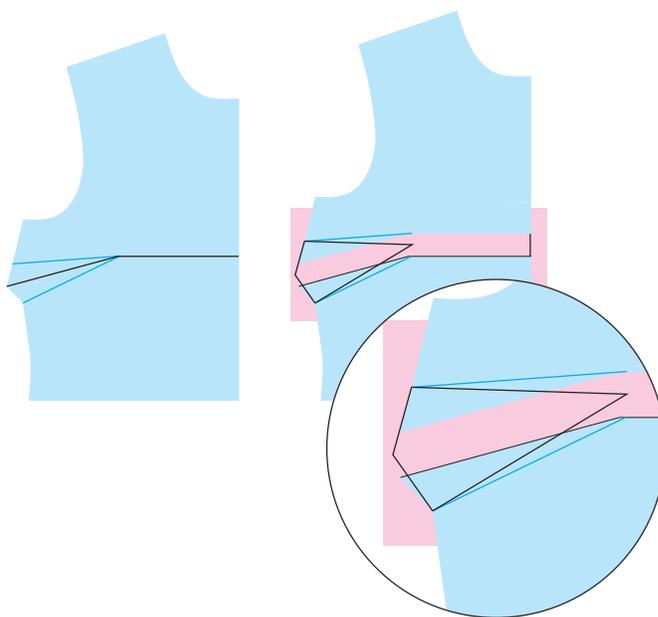
To increase the length

1. Draw a line through the center of the dart and across to the front edge.
2. Cut the pattern apart on this line and place a piece of paper underneath.
3. Spread the pattern pieces the amount needed.
4. Tape the pieces in place and redraw the dart (see illustration).

To decrease the length

1. Draw a line through the center of the dart and across to the front edge.
2. Cut the pattern apart on this line and overlap the pattern to reduce the length.
3. Tape the pattern pieces together and redraw the dart (see illustration).

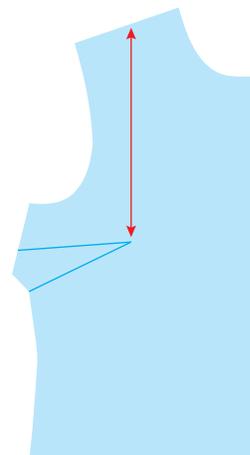
For each cup size, the front length changes approximately 3/8" (1 cm).



DART PLACEMENT

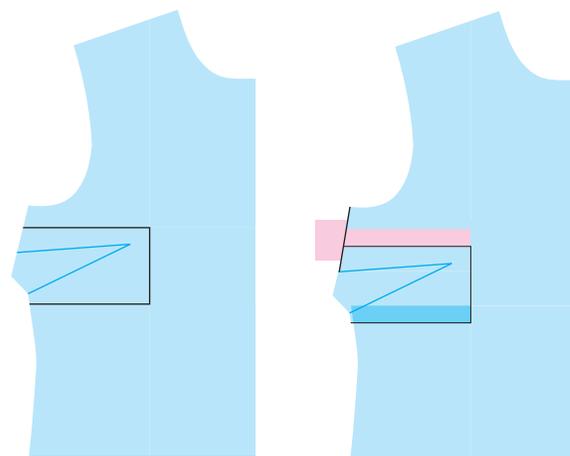
To determine bust point

1. Measure the body from the middle of the shoulder to the point of the bust (bust point or apex).
2. Compare this measurement to the pattern. The difference is how much the dart should be raised or lowered.



To raise or lower the dart

1. On the pattern, draw a "three sided box" around the existing dart, just slightly larger than the dart legs and the dart length.
2. Cut out the box.
3. Place a piece of paper under the pattern so that it extends beyond the dart at the side seam.
4. Slide "the box" up or down by the amount you wish to raise or lower the dart and tape in place.
5. Redraw the side.

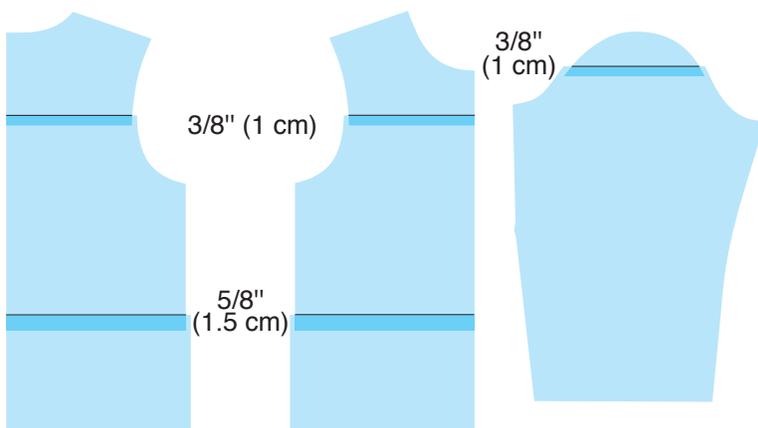


PETITE SIZES

You can use any KWIK•SEW Pattern and adjust for petite sizes. The petite sizing is for a woman 5' 2" - 5' 4" (157 cm - 162 cm) with a 1" (2.5 cm) shorter **Back Waist Length** than Misses' sizes.

To adjust for petite sizing, shortening should be done in two places on the pattern pieces for the bodice.

1. Shorten the pattern 3/8" (1 cm) halfway between the shoulder and the underarm.
2. Shorten the sleeve cap the same amount halfway between the cap and the underarm.
3. Shorten 5/8" (1.5 cm) between the underarm and the waist. Be sure to make the **same adjustments** on the **Front** and **Back** pattern pieces.



Now that all basic adjustments have been made, get sewing and enjoy!