

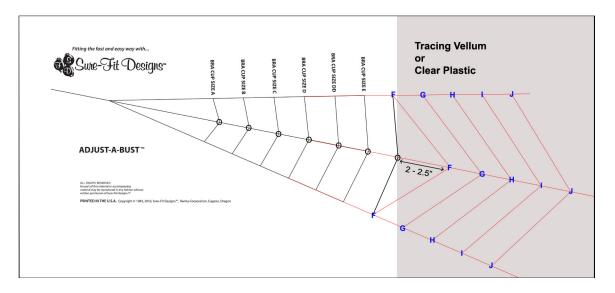
Enlarging the Adjust-A-Bust Template

For those of you who have bra cup sizes larger than an 'E', Sure-Fit Designs™ (SFD) can come to the rescue. As you are likely aware, most commercial patterns have a 'B' cup dart built into them. There are all kinds of techniques available that tell you how to increase the size of the dart space for these commercial patterns. Wouldn't you rather just start with a dart in a bodice that fits you and not have to worry about slashing and spreading the pattern to accommodate for the fullness of your bust.

As many of you already know, the SFD Adjust-A-Bust template currently offers dart size options from A to E. But, what do you do to increase the size of this dart if you are a 'G' or even a 'J'?

Here's how to make the Adjust-A-Bust template larger:

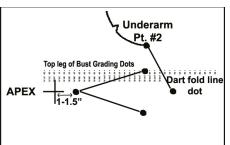
- 1. Tape a piece of tracing vellum to the 'E' side of the template.
- 2. Using a straight edge, draw and extend the top leg of the dart, the fold line and the lower leg of the dart.
- 3. For each size beyond an 'E', mark dots at 1" (2.5cm) increments on the top and lower legs of the dart.
- 4. In the center of the dart, extend the fold line extension point out approximately 2 to $2\frac{1}{2}$ " (5 6cm). This extends and lengthens the side seam edge of the dart which is needed to let it lay flat when enclosed in the side seam. The larger the dart, the longer this extension needs to be. (See Note #2 below)
- 5. Punch little holes in the tracing vellum for the new dots that represent the width of your needed dart. If you want to, you can make this extended vellum add-on out of clear plastic.



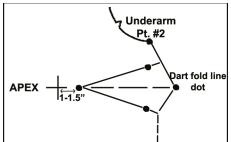
Here's how to apply this new dart width to the SFD Dress Kit Bodice master pattern:

- 1. Follow steps 1 to 7, pages 7 8, Dress Instruction Book.
- 2. For step 8, starting at the top leg of the dart and using your extended Adjust-A-Bust template, line up the new hole that you've just made (for your wider dart), over your bust measurement dot on the top leg of the dart grading dots provided on the master pattern.
- 3. Holding the template in position at this upper dot, pivot the fold line of the template so that it aims toward/through your apex point. Due to the new length of the Adjust-A-Bust template, the original dart tip will likely extend well beyond your apex point. Don't worry about this. From your apex point, simply measure back about $1 1\frac{1}{2}$ " (2.5 3.8cm) and mark a dot. This will be your dart tip as darts rarely stitch right up to your apex.
- **Note #1 If your bust apex is quite low on your bodice front, and after pivoting the template toward your apex the dart ends up in a dramatic downward angle, you may want to shift the entire template down the side seam until your dart ends up being more perpendicular to your apex level.
- 4. Then mark a dot for the lower leg of the dart through the new hole that you've created.

5. Connect the side legs of the dart thereby beginning the side seam. When doing this, connect underarm pt#2 dot to the fold line dot of your new dart. Your dart dots will likely look similar to this.



6. Now, extend the stitching line for the top leg of the dart from the dot out to the side seam. You must also extend the stitching line for the lower leg of the dart out the same amount. E.g. If you extend the top stitching line 1" (2.5 cm), the lower dart stitching line must also be extended out 1" (2.5 cm). Then continue drawing the side edges of the dart.



7. Proceed with step 9, page 8, Dress Instruction book, which shifts the vellum up/down thereby lining up your personal waist level with the waist guideline on the master pattern. Finish drawing the side seam from lower dart leg to your personal waist dot.

**Note #2 - Prior to cutting and stitching this widened dart in your bodice, you may want to fold the dart into position in the paper stage. The folded part of the dart always is folded downward. If the new dart extension point is still not quite long or wide enough, now is the time to cut the vellum along the side seam cutting line (while the dart is in its folded finished position). When you open the pattern back up, the correct dart extension point will have been cut and shaped for you.

**Guideline to Determine Approximate Bra Cup Size

There are different anatomical places to measure to help determine bra cup size – around the upper bust, around the fullest part of the bust, under the bust on the rib cage. They all help. However, to simplify the process and to assist in choosing your most appropriate dart width, follow this advice.

- 1. Measure circumference directly underneath your bust on the rib cage.
- 2. Measure full bust circumference (without arms initially outstretched).
- 3. Subtract the difference. A difference of:

$$9" - 10" (23 - 25.5 \text{ cm}) = E/DDD-Cup$$

$$10" - 11" (25.5 - 28 \text{ cm}) = \text{F-Cup}$$

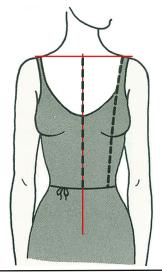
$$12" - 13" (30.5 - 33 \text{ cm}) = G-Cup$$

$$14" - 15" (35.5 - 38 \text{ cm}) = \text{H-Cup}$$

 $16" - 17" (40.5 - 43 \text{ cm}) = \text{I-Cup}$

Two Additional Measurements

Place a string or narrow elastic around your waist level. Then measure from the hollow in your neck straight down between your breasts where your chest is flat. Then, as if you had a T-Square from the neck hollow over toward your shoulder, measure from this same level, over your breast down to the waist level. Subtract the difference between these measurements. This difference should be close to the width of your finished dart. (It will not necessarily be the exact same width). The objective is to arrive at the best fitting dart possible.



Example: G-Cup