

# T-Shirt Tactics



## How to remove the Bodice bust-fitting dart



Everybody loves to wear T-Shirts. For some they are a wardrobe staple – for others, they are only occasional wear. Whatever their place is in your wardrobe, you have choices within the Sure-Fit Designs™ fitting system as to how you approach this style of garment.

Typically, the T-shirt is relatively close fitting and does not have a bust dart and is sewn from knit fabric. All of you full-busted women know that you will always achieve superior fit when your pattern has a bust dart. The Sure-Fit Designs™ kits provided either the darted Dress Kit, or the undarted Shirt Kit. Most of you know that the Dress Kit bodice has 2 ½" (6.4cm) ease in the bust circumference, whereas the Shirt Kit has 5-6" (12.7-15.2cm) wearing ease in the chest circumference. Which kit to use for your T-Shirt? As mentioned above, usually the T-shirt is undarted and fits closer to the body. If you use the Dress Kit, you'll achieve a better fit. If you use the Shirt Kit, you'll have looser fit and a much deeper armhole. In this article, I'll offer an alternative which uses the Dress Kit with the dart removed. Ah Ha! The fit then is closer to your body, the armhole is not so deep as with the Shirt Kit, and generally provides an excellent T-Shirt alternative. Keep in mind, because it doesn't have a bust dart, you full-busted ladies will inevitably end up with some folding in the armhole that points toward your bust, and no doubt it will hike up somewhat in the front because you don't have the bust dart shaping your bust line.

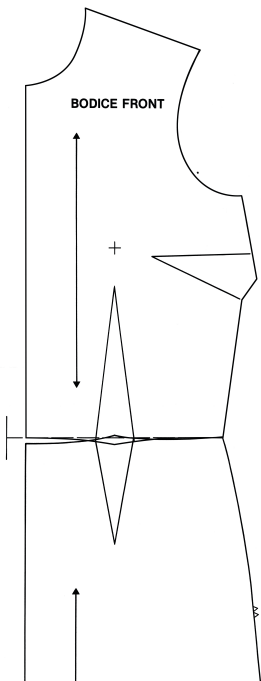
But because you are going to be sewing with a forgiving knit fabric, usually these issues are minimized.

The following directions are for a limited stretch knit fabric. 10" (25.4 cm) stretches comfortably up to approximately 11" (30 cm). If your fabric is a moderate stretch knit – 10" (25.4 cm) stretches up to approximately 13" (33 cm), then you will likely want to size down at least one measurement dot before making the T-shirt modifications to the pattern.



Yes...

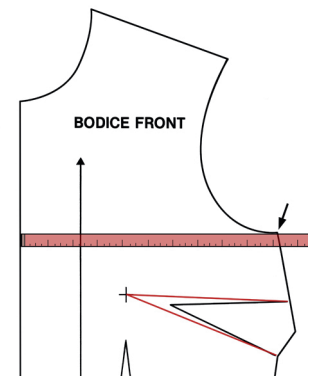
You really can 'make this in a day'!



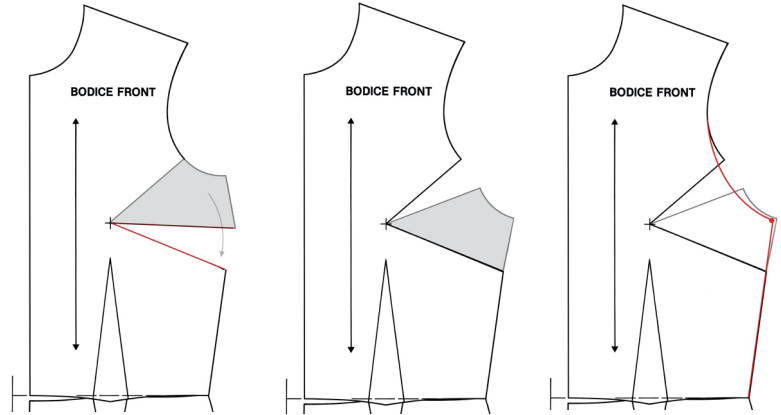
### Pattern Preparation:

1. **Front & Back Bodice:** Trace a copy of your Dress Kit bodice body blueprint (bodice sloper) without seam allowances. Make sure you have attached the upper portion of the skirt pattern so that you have your correct high and low hip circumferences in your pattern. The waist and hip-fitting darts in both front and back will not be sewn into finished position. They are shown here for initial orientation.

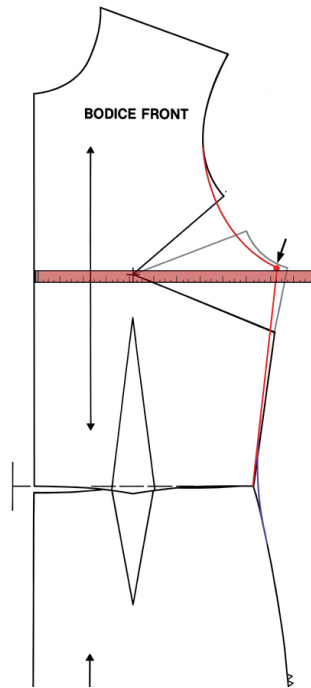
2. Measure the distance from CF to your underarm Pt. #2. Record that measurement.



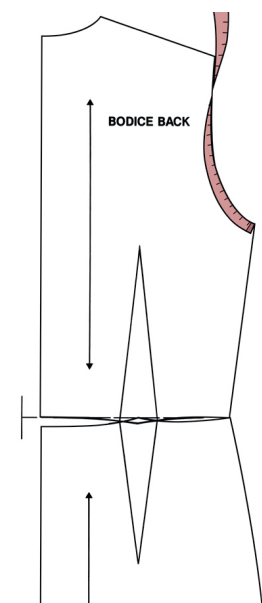
3. Transfer the side bust-fitting dart to the front armscye (see page 22-23 in Dress Kit Instruction book for general directions). The wider your bust dart, the longer the front armscye will become. If you've added a back shoulder dart to your blueprint, transfer it to the back armscye. Blend and true the front armscye as shown. The length of the front armscye is now greater than the length of the back armscye.



4. In the process of transferring the bust dart to the armscye, your original underarm point moves outward at an angle thus widening the underarm width across bodice front from CF to underarm Pt #2. You don't want the bodice front to get wider. Therefore, using the measurement you obtained in step #2, move the underarm Pt. #2 back toward the body of the pattern. This maintains the original 2½" (6.4 cm) overall bust circumference ease. Make sure that the side seam length is still the same as the original length. Blend bodice side seam to skirt so that it does not have a dramatic indent at the waist line. This current amount of bust ease in some quite stretchy knits will still feel like it's too much. But this now will be an issue of personal preference and how tight you want your T-shirt to be. This amount of ease is actually is a good starting point and you can later remove more ease if you want to.



Note: these directions are for a T-shirt with sleeves. If you want a sleeveless T, then use the upper series of dots at Underarm Pt. #2 on the Master Pattern. This will tighten and raise the underarm somewhat so that bra etc. won't show though you still may want to take the side seams in more to your desired level of tightness.

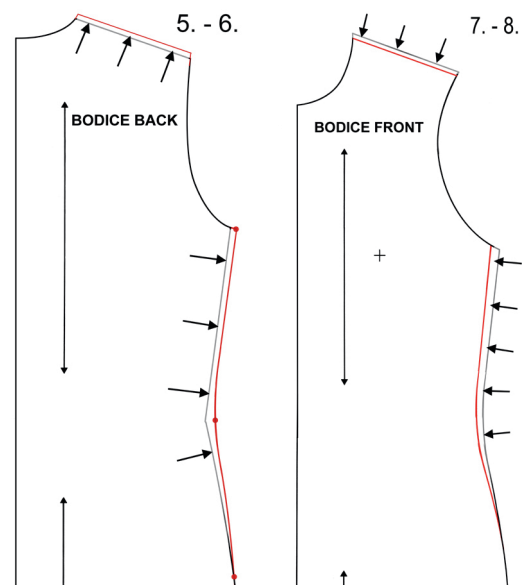


5. Measure the length of both front and back armscyees by standing the tape measure on edge and walking it around the armscye curve. Record separately. Now, the objective is to obtain a more even distribution of the armscye lengths. First, add ¼" (0.6cm) to the back shoulder line.

6. Add ½" (1.3 cm) to the back side seam from underarm Pt. #2 down to hem level.

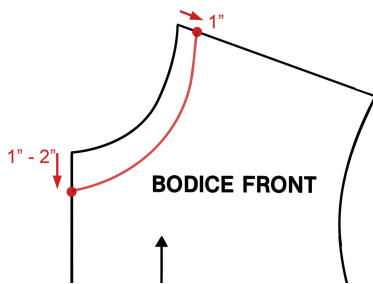
7. Then, subtract ¼" (0.6cm) from the front shoulder line.

8. Subtract ½" (1.3cm) from the front side seam from underarm Pt. #2 and taper toward your waist level.

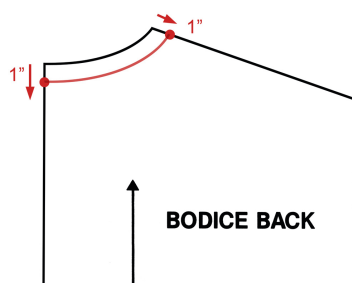


9. Measure the new armscye lengths. Back will have become somewhat longer. Front will have become shorter. Ultimately, the objective is to make the back and front armscye lengths approximately the same length and/or the front could be a little shorter. The bigger/wider your initial bust dart, the more challenging this will be. As mentioned at the start of these instructions, the larger your bust, the better fit you will achieve if you retain the bust-fitting dart.

10. Just to double check, now that you have the armscye and side seams modified measure from CF to your new underarm point and from CB to the new underarm point. When these 2 measurements are added together, you should still have approximately 2½" (6.4 cm) of total bust circumference ease. You may want less than this after the first try-on, but it's doubtful you'd want more...unless you want a relatively baggy/loose T-shirt (then it's easiest to use the SFD Shirt Kit pattern).



11.



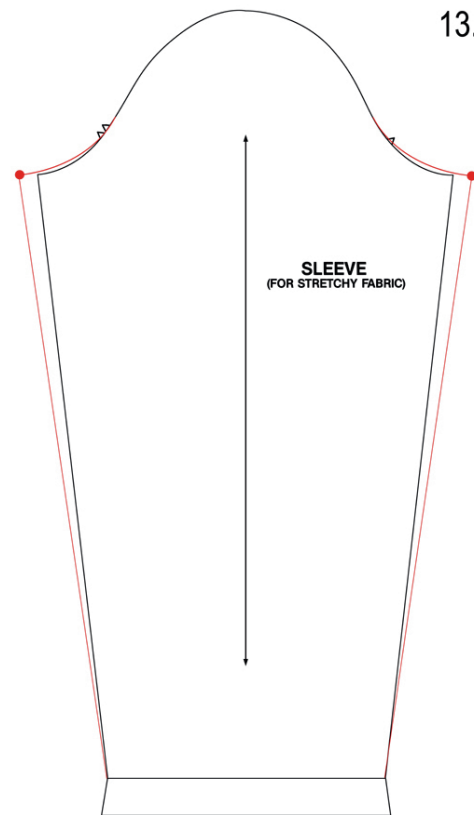
11. Modify the design/shape of the neckline if desired.

12. Sleeve: Use the SFD Dress Sleeve pattern for Stretchy Fabrics. Draw the pattern out using the bust measurement dot you used for your bodice. Decide how long you want your T-shirt sleeve – short, elbow length, ¾ length or longs.

13. Measure the back and front cap lengths separately. Don't expect the cap lengths to be correct at this point since you've previously manipulated the bodice armscyees. Both the back and front lengths of the sleeve cap should have no more than ¼" (0.6 cm) ease – for a total of ½" (1.3 cm). You will likely need to lengthen the cap by adding the required amount onto the underarm of the sleeve cap. Front and back of cap may require different amounts depending on what your bodice armscyees now measure. Remember, you only require approximately ¼" (0.6 cm) ease both in front and in the back of the cap. If you extended the underarm, then taper down toward your desired hem level.

14. Add seam allowances to all edges. Add desired hem allowance.

15. Baste and Test! When sewing, make sure to baste shoulder and side seams first. Try on! All knits respond entirely differently. Depending on your desired bust ease, you may want to take the side seams in. Please remember that if the underarms appear too wide, you still need to set the sleeve in. The appearance of being too wide will disappear once the sleeve is in place. If on the other hand, you want a sleeveless garment, you will have used the underarm dots for Sleeveless garments, but you still may want to have the T-shirt fit closer to your body.



13.

\*And if you don't like that it is pulling up in the front or the armhole fit isn't to your liking, you are likely larger than a C-cup bra meaning you'd be better off with a darted T-shirt.