

Full (or Small) Bust Adjustment using SEW CHIC Blouse Pattern LN1619

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HOW TO CHOOSE YOUR SIZE: Choose your pattern size by chest measurement. The chest is measured high around the back, high up under the arms, and above the full bust where your torso is less fleshy. This measurement gives an indication of shoulder width and trunk size without the inclusion of the breasts. The bust is measured in the same location, but over the breast and across the bust point parallel to the floor. Do wear your best supportive bra, and be sure to keep the tape measure parallel front and back- this is very important to get an accurate reading!

Check your measurements against the chart on the back of the pattern envelope. If your full bust measurement is more than ½” OVER or UNDER the chart measurement (technically a “B” cup) you will need to alter your pattern for bust cup size, not pattern size. This Bust Adjustment Guide will help you with the “spread” or “overlap” measurements.

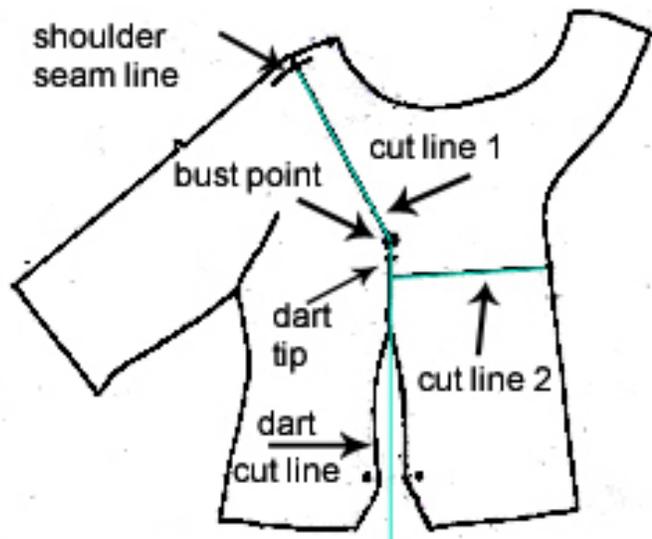
BUST ADJUSTMENT GUIDE

Your Measurement Bust to Chest Difference	Amount to add/subtract at Bust Point	Amount to lengthen at center Front
+1” (A cup)	- 1/4” (overlap)	- 1/4” (overlap)
+2” (B cup)	NO CHANGE TO PATTERN	NO CHANGE TO PATTERN
+3” (C cup)	+ 3/8”	+ 1/4”
+4” (D cup)	+ 3/4”	+ 3/8”
+5” (E cup)	+ 1 ¼”	+ 1/2”
+6” (F cup)	+ 1 ¾”	+ 5/8”

PLEASE note that *illustrations* are not to any particular scale, and the scale changes with each cup size adjustment. Your final pattern proportions cannot match my drawings, but if you’ve followed the procedure properly, it will fit, and that is what counts!

Step 1

Hold pattern up to yourself at shoulder and center front. Mark your bust point with a large ¼” dot. Your bust point should be about ½” above dart tip. If you have a low bust, shorten the dart to ½” below your personal bust point or better yet, skip the alteration and buy a new bra (many stores offer free fittings, too!).



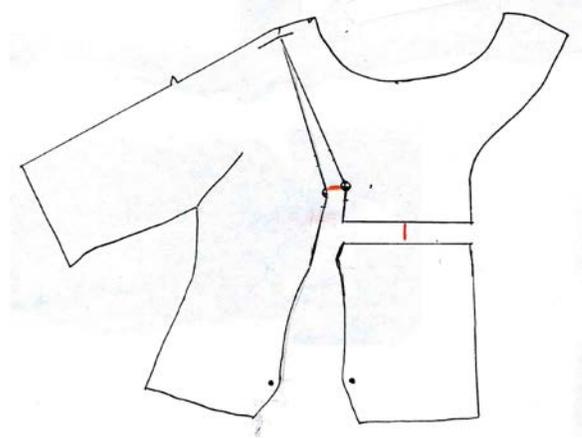
Step 2

Draw a vertical cut line between dart seams through dart tip to bust point, pivoting to shoulder seam line. We’ll call this “cut Line 1”. Mark the location of the shoulder seam while you’re there. Now draw a horizontal line, perpendicular to center front, from cut line 1 through center front to pattern edge. Choose a spot 1-2” below the bust

point. We'll call this second mark "cut Line 2" The purpose of Line 1 is to spread (**or overlapped**) the pattern, adding fabric at the bust, and we'll use Line 2 to lengthen (**or shorten**) the blouse at center front to add the extra length your fullness needs.

Step 3

Following Line 1, cut into pattern from lower edge over to, but not through the shoulder seam. From the pattern edge, cut seam allowance to seam line adjacent to Line 1, leaving a hinge of paper.



Step 4

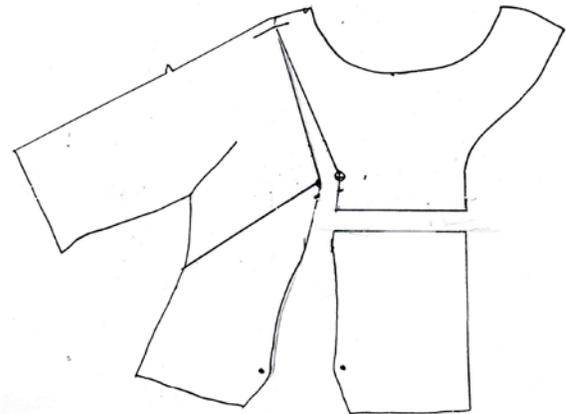
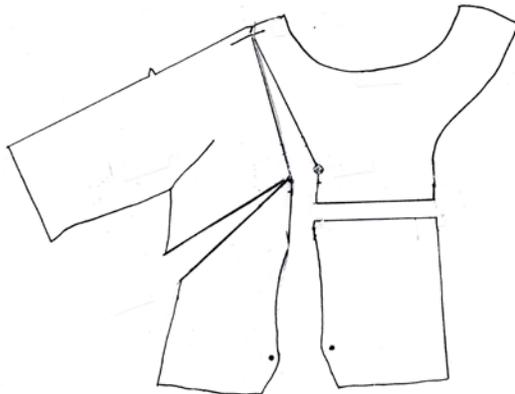
With paper under your pattern, and referring to the above chart for your bust size, spread (**or overlap**) blouse, measuring between bust point markings (area to measure shown in red). Tape in place above bust point only. Cut pattern apart at Line 2. Extend center front and fold lines and spread (**or overlap**) amount according to chart. Tape in place.

OPTIONAL BUT RECOMMENDED for those who are a "D" cup or larger only:

Rather than sewing one humongous dart, it will look better if we share that space with a second side dart. Here's how to do it:

From the waist point on the side seam (this need not be exact, but do stay away from the gusset!) draw a cut line from the side up to

at



bust point. Cut into the pattern, up to but not through the bust point, leaving a hinge. Pivot the dart open. This will change the angle of the waist dart. Watch the distance the hem close. We want the cut paper distance to be no closer than parallel.

Step 5

Tape dart area below bust point securely in place. Mark a new waist dart tip, centering it in the same location, but between the spread. Draw in the new dart seam line to the new dart tip. Fold the pattern, matching dart legs to “True” the dart seam line. Using the seam line, draw a new pattern cut line at 5/8” from the seam (we’ve only shown you the seam line, shown in red, not the cut line).

If you’ve made a side seam dart, shorten the dart by marking a new dart tip (1/4-1/2” the larger the bust the closer to the bust point, but consider your bust shape first) from the current dart tip. Redraw your dart legs from the new tip. Fold the dart, matching legs and “True” the side seam. Trim away excess pattern paper. Your blouse front is ready to cut and sew!

