



Beginner Level

Fitting Solo

From Measurements to Muslin

WITH LINDA LEE

Linda Lee



Linda Lee has loved fabric for as long as she can remember, so it's no surprise that she's spent her career working in fashion and interior design. She's the owner of The Sewing Workshop Pattern Collection, where adventurous sewers can find patterns for distinctive garments created with innovative techniques. She has written several sewing books and contributed to magazines including *Threads* and *Sew News*. Linda has also appeared as the sewing expert for segments on HGTV's *Today at Home* and *Our Home*, as well as *Sew It All*, *It's Sew Easy*, and *Sewing With Nancy*.

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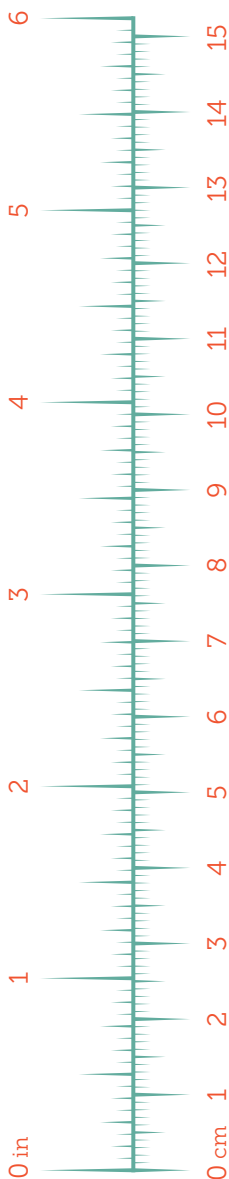
Supplies

- Full-length mirror
- Tape measure (see Recommended Reading section for source to purchase a tape measure with a ring attached)
- Measuring gauge or small piece of card with $\frac{5}{8}$ " square marked in one corner
- Necklace chain
- Elastic (length should be waist circumference plus extra; width should match your pattern waistband or casing width)
- Design curves (shown: French, hip, variform)
- Rulers: straightedge (18" x 2" transparent gridded), flexible ruler
- Rotary cutter and cutting mat
- Pattern paper (shown: medical exam paper and Bienfang Canary tracing paper)



- Red pencil (shown: Prismacolor Col-Erase red 20045 carmine red with an eraser)
- Scotch removable tape
- Muslin fabric (to construct fitting muslin)
- Double tracing wheel and double-sided tracing paper

Metric Conversion Guide



LENGTH	
If you see...	Convert to...
1/8"	3 mm
1/4"	6 mm
1/3"	8 mm
3/8"	10 mm
1/2"	12 mm
5/8"	16 mm
2/3"	17 mm
3/4"	19 mm
1"	2.5 cm
1 1/4"	3.2 cm
1 1/2"	3.8 cm
1 3/4"	4.4 cm
2"	5.1 cm
2 1/4"	5.7 cm
2 1/2"	6.4 cm
2 3/4"	7.0 cm
3"	7.6 cm
3 1/2"	8.9 cm
4"	10.2 cm
4 1/2"	11.4 cm
5"	12.7 cm
5 1/2"	14.0 cm
6"	15.2 cm
7"	17.8 cm
8"	20.3 cm
9"	22.9 cm
10"	25.4 cm
11"	28.0 cm
12"	30.5 cm

Fat Quarter (18"x21"):

46 cm x 54 cm

Half Yard (18"x44"):

46 cm x 112 cm

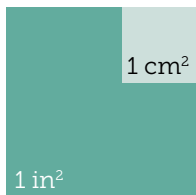
Yard (36"x44"):

92 cm x 112 cm

LENGTH	
If you see...	Convert to...
1/8 yd	11.4 cm
1/4 yd	22.9 cm
1/3 yd	30.5 cm
3/8 yd	34.3 cm
1/2 yd	45.7 cm
5/8 yd	57.2 cm
2/3 yd	61.0 cm
3/4 yd	68.6 cm
1 yd	91.4 cm
1 1/4 yd	114.3 cm
1 1/2 yd	137.2 cm
1 3/4 yd	160.0 cm
2 yd	182.9 cm
2 1/4 yd	205.7 cm
2 1/2 yd	228.6 cm
2 3/4 yd	251.5 cm
3 yd	274.3 cm
3 1/2 yd	320.0 cm
4 yd	365.8 cm

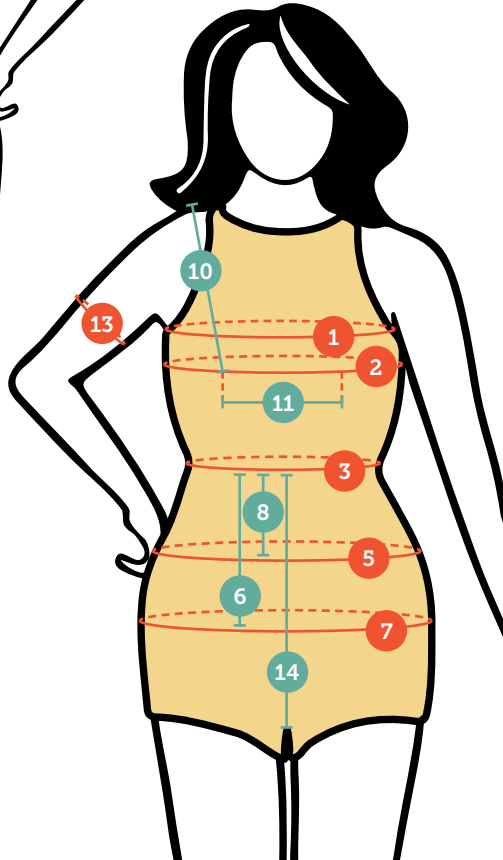
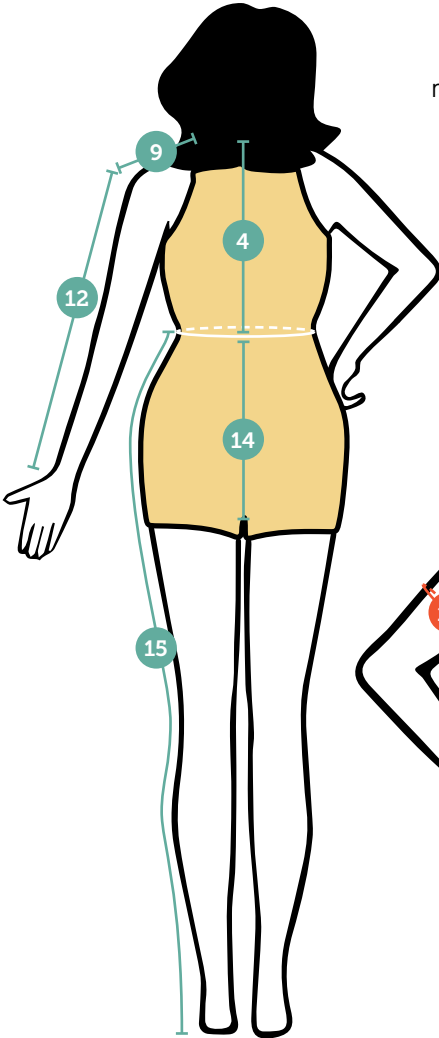
SEAM ALLOWANCES

If you see...	Convert to...
1/4"	6 mm
3/8"	10 mm
1/2"	12 mm
5/8"	16 mm
3/4"	19 mm



Measurement Silhouettes

The numbered horizontal and vertical lines on these figures correspond to the measurements on the chart on pages 3 and 4 to give you a visual reference for your measurements.



Name: _____

Pattern: _____ Date: _____

BODY AREA	(A) BODY MEASUREMENT	(B) PATTERN MEASUREMENT	(C) DIFFERENCE BETWEEN A & B	(D) STANDARD
1. High Bust Circumference				
2. Full Bust Circumference				
3. Waist Circumference				
4. Back Waist Length				
5. High Hip Circumference				
6. Distance from High Hip to Waist				
7. Full Hip Circumference				
8. Distance from Full Hip to Waist				
9. Shoulder Length				
10. Shoulder to Bust Point				
11. Bust Point to Point				
12. Arm Length				
13. Upper Arm Girth				
14. Stride +1" (< size 16) or +2" (> size 16)				
15. Length from Waist to floor -1"				

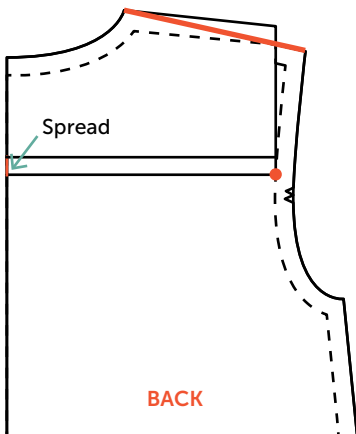
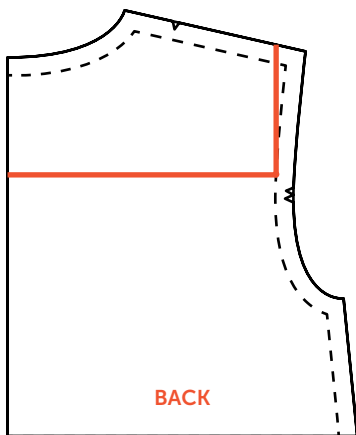
TIPS FOR CONSTRUCTING A FITTING MUSLIN

- Use good-quality cotton muslin fabric (or a cotton-polyester blend).
- Widen seam allowances to 1" using tracing paper and a double tracing wheel.
- Mark darts, zipper, button-hole placement.
- Cut off hem allowance (to see finished length) and seam allowance at neckline.
- Mark Center Front and Center Back, sleeve notches, other fitting details.
- Sew main pattern pieces with 5 mm basting stitch, including darts, tucks and other details necessary to include.
- You do NOT need to add or sew: applied details such as collars and pockets; facings; zippers, buttonholes, or loops; front band (unless band affects the width of the garment).
- However, keep in mind any details that could affect length, such as cuffs, when evaluating your muslin.

STYLE	BUST EASE			PANT & SKIRT EASE		
	BLOUSE/ DRESS	JACKETS	COATS	FULL HIP	WAIST	STRIDE LENGTH
Fitted	3"–4"	3½"–4½"	5"–7"	2"–3"	1"–2"	1" if hips are less than 37"
Semi-Fitted	4"–5"	4½"–5½"	7"–8"	3"–4"		1½" if hips are 37"–40"
Loose Fitting	5"–8"	5½"–10"	8"–12"	4"–6"		
Very Loose Fitting	>8"	>10"	>12"	>6"		2"+ if hips are 40" or more
	UPPER ARM EASE					
	1"–2"	2"–4½"	4"–5 ½"			

HOW TO ADJUST FOR A ROUNDED BACK

1. Halfway down the armhole on the seamline, draw a horizontal line perpendicular to the center back.
2. Draw a vertical line, perpendicular to the first line, to the shoulder edge.
3. Cut along both lines to remove the wedge. Place paper under the pattern. Slide the cut section straight up the amount needed.
4. Restore the shoulder seam by drawing a straight line between the original shoulder and neck points.



Note: The average amount of spread is from ½" to 1"

PATTERNS SHOWN

- Butterick 5948: Top
- Sewing Workshop Mimosa: Pant
- Simplicity 1465: Skirt

RESOURCES

Stitches to Rows

- Linda Lee's classes, patterns (including the Mimosa pant pattern), tools, notions, and more: sewingworkshop.com


Additional resources

- Butterick Patterns: butterick.mccall.com
- Simplicity Patterns: simplicity.com

Recommended Reading


- *Measuring Made Easy* (includes Two Easy Tapes) by Lorraine Henry (Author-published, 1995)
- *Fast Fit: Easy Pattern Alterations for Every Figure* by Sandra Betzina (Taunton, 2003)
- *The Perfect Fit: The Classic Guide to Altering Patterns* by Editors of Creative Publishing International (Creative Publishing International, 2005)
- *Pattern Fitting with Confidence* by Nancy Zeiman (Krause, 2008)

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we're here to help.

Just send us a note at help@craftsy.com or
visit us at www.craftsyhelp.com.

