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ELISE – BREAST WIDTH ADJUSTMENT

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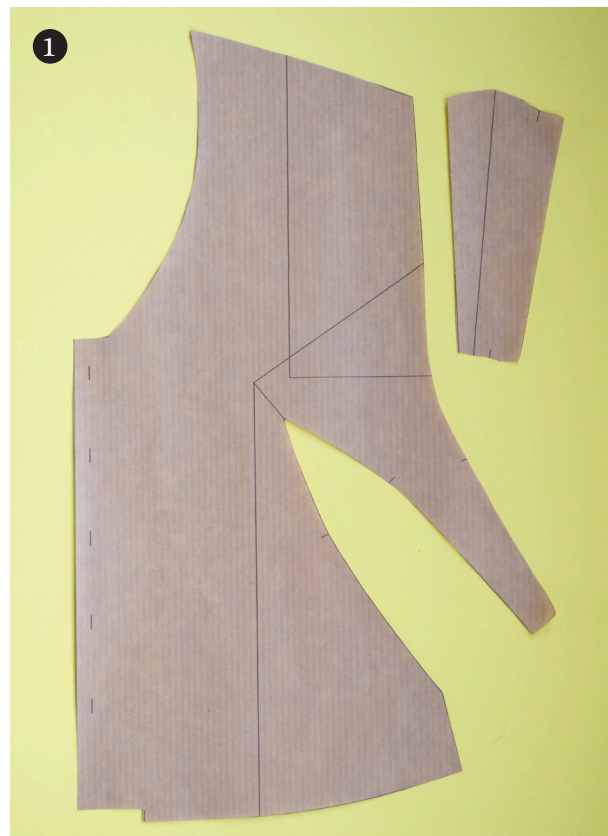
WHEN TO USE THIS TUTORIAL?

If you purchased the *Elise* pattern, you will find several tutorials to adjust the fit according to your measurements. One of the tutorials will explain how to adjust the breast width for smaller or larger breasts (FBA). Which is an important adjustment! Since our pattern booklets offer little room to include fit tutorials in detail, you might find that the given instructions are inadeqaute. For that reason we decided to add a more detailed tutorial to our Tips & Tricks page including step-by-step photo's which you find here! Hopefully this will result in a 'ohhh - ahaaa - now I get it!'

INCREASING OR DECREASING THE BREAST WIDTH:

• Follow the instructions in the booklet to calculate your Breast Width. Check in the chart to see how much you need to adjust the pattern. Note that the adjustment is for both breasts, so first you divide this number by two. This is the amount you will spread or overlap your Front Panel.

Example for a Breast Width ENLARGEMENT:
Your measured chest width is 37 ³/₈" (95 cm) and your Underchest is 31 ¹/₂" (80 cm).
The difference between these two is 5 ⁷/₈" (15 cm). When looking in the chart you will learn that the needed Breast Width Enlargement is 1 ¹/₂" (4 cm). We will divide this by 2, enlarging the Front Panel ³/₄" (2cm).

• If you choose to make Option A, you will first temporarely cut the sleeve from your Front Panel (see photo 1).

Below you will first find a tutorial how to Increase the Breast Width. This will be followed by how to decrease the Breast Width.

INCREASING THE BREAST WIDTH :

• Cut, starting from your hem, along the fit guideline, then diagonally towards your armhole, leaving the ends attached.
(See photo 2)

• Cut over the short line in the dart to the apex, again leaving the ends attached.
(See red line in photo 3)

dart angle will become larger

• Spread the pattern at the apex open as illustrated above. Spread in width (see blue line) the same amount as calculated in the first step on page 1.

• Keep the bottom two panels straight and alligned (this is possible since you just cut the little line to the apex). Your dart will become larger (see photo 3). This is needed to allow additional room to fit the breast. Tape the new pattern onto pattern paper.

• *Note: By spreading the pattern, you have increased the waist and hem as well. This extra width is needed at the chest. However you might not want this added onto your waist and bottom. This will be corrected later by reshaping the sideseam (see photo 7 on page 4).*

• By adding breast **width**, you also added **length**. Which is what you need! For larger breasts you need more width, more length and a larger dart. Now you want to redraw your hemline so the left and right side of the pattern are even again. To keep the shape of the hem, it is easiest to cut a square from your left Center Front panel and allign this with your right lowered hemline. Redraw the spreaded opening at both the CF and at the hem straight again (see red lines in photo 3).
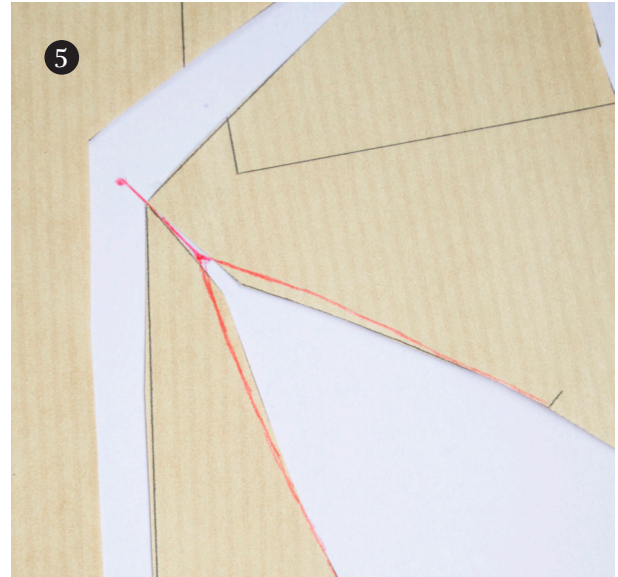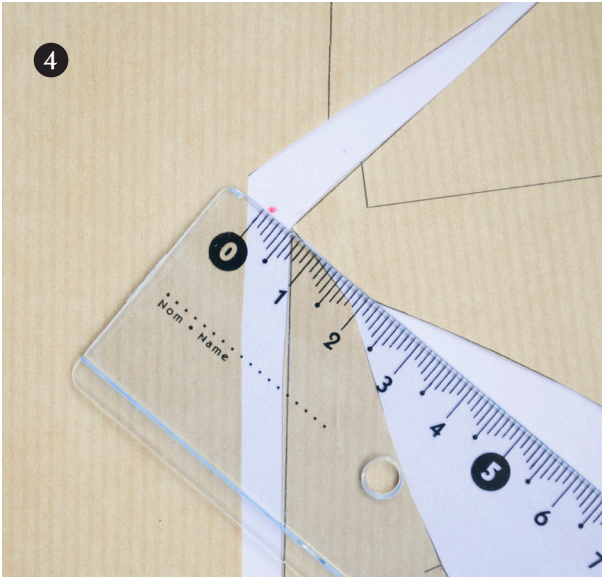
REDRAWING THE DART:

• Mark the apex (= where your nipple falls) on the pattern, which is half the spreaded space (see red dot in photo 4).

Note: When having larger breasts, it could be that your apex sits lower. In that case you can follow the instructions: LOWERING THE APEX *below (see photo 6)*

• From this dot you redraw a straight line, which is 1 ³/₈ " (3,5 cm) long. This line at the end of your dart will be stitched very gradual, just on the edge. Stitching the end of the dart in a curve and on the edge will allow for a long French dart while preventing a point on the tip of the breast.

• From this line you will redraw the dart legs to the waist notches (see red line in photo 5).

LOWERING THE APEX:

• Measure from your shoulder seam, straight down, the height of your apex. Mark this point on your pattern (see green line).

• Trace your new pattern piece onto pattern paper. Place your original pattern on top of the traced pattern and rotate in such a way that the apex (where the line starts) meets with your new lowered apex. Also line up the end of the dart legs (see black lines in photo 6).

ADJUSTING THE SIDE SEAMS:

• By spreading the pattern, you also have slightly increaed the Waist and Bottom Width. To keep these measurements according to its original size you can reshape the sideseams by removing the extra width at waist and bottom (see photo 7, sideseam marked in red can be cut off).

• Make sure not to take the excessive width away at Breast level, because that is the width you just added for the Breast width enlargement! To keep your Chest width as is, you will need to draw a smooth curved line from the new Waist to your original Chest (As shown in photo 7).

YOUR FRONT PANEL IS ALMOST DONE NOW!
JUST A FEW MORE MINOR STEPS:

• For option A, you will retape the cuff onto the Front Panel. The tiny bit of space that shows in between the cuff and Front Panel can stay as is. As long as the bottom and top of the cuff are alligned with its original point so it can meet precisely with the Back Panel again (see photo 8).

• Re-divide the button distance. Perhaps (especially with larger breasts) you wish to add an extra button now as well.

• Don't forget to adjust the length of the Facing and Interfacing as well!
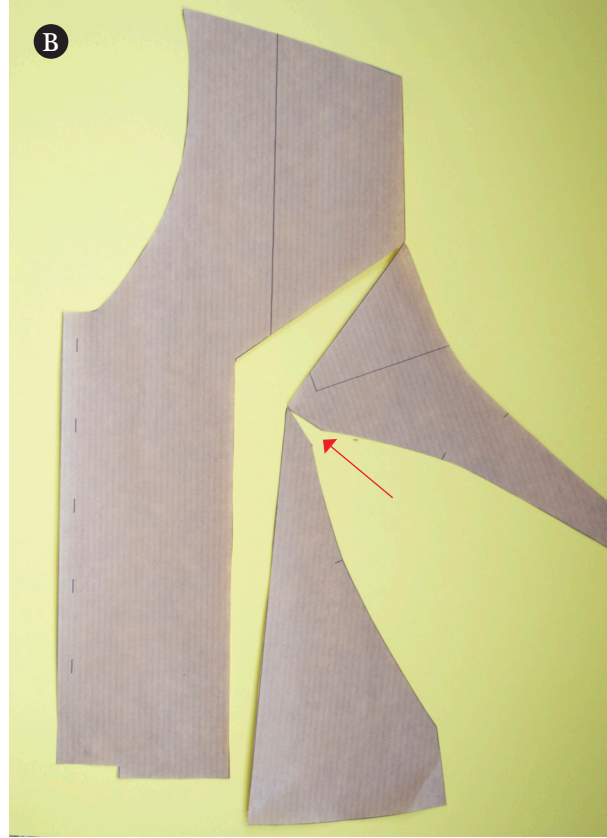
DECREASING THE BREAST WIDTH:

• Cut, starting from your hem, along the fit guideline and diagonally towards your armhole, leaving the ends attached.
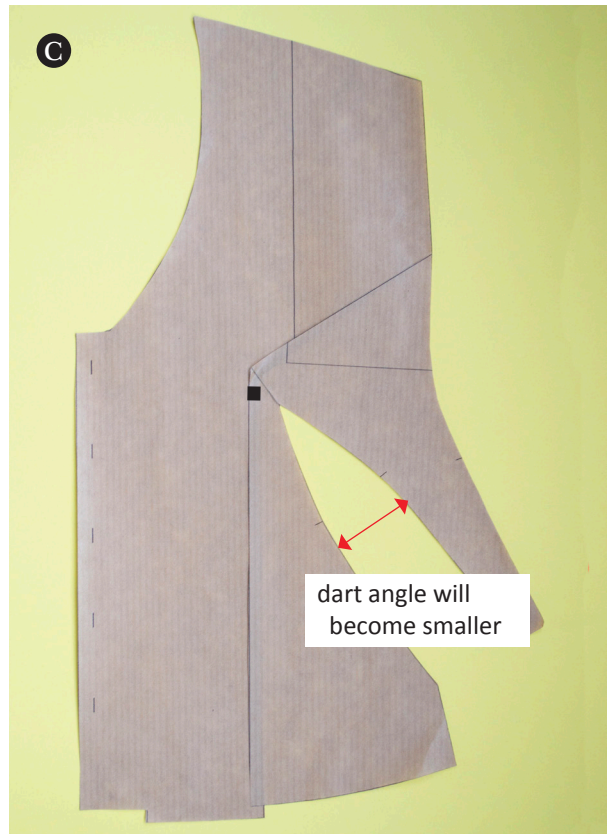(See photo A)

• Cut over the short line in the dart to the apex, again leaving the ends attached.
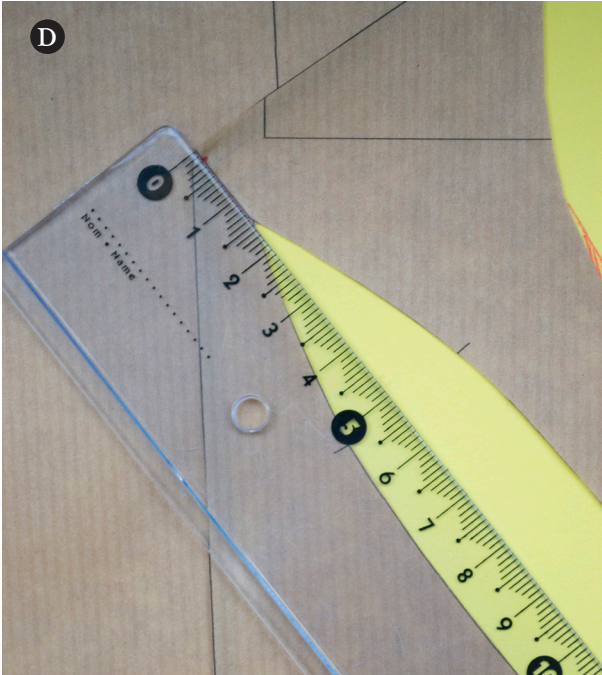(See red arrow in photo B)

OVERLAPPING THE PATTERN:

• Overlap the pattern at Chest level by ³/₈ "
(1 cm) (see black square in photo C).

• Keep the bottom two panels straight and alligned. This is possible since you just cut the little line to the apex. This line is now slightly overlapped, making the dart smaller (see photo C). Tape the new pattern onto pattern paper.
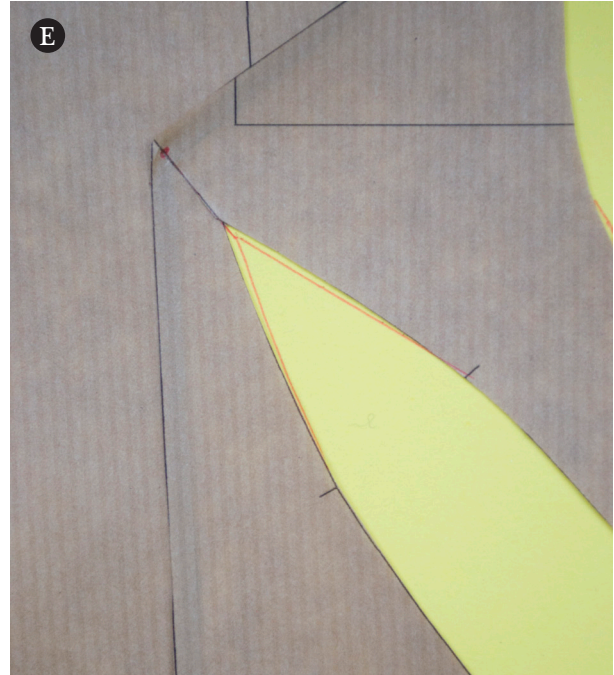
dart angle will become smaller

REDRAWING THE DART:

• Mark the apex (= where your nipple falls) on the pattern, which is half the overlapped space. Here ¹/₄ " (0,5 cm) (see photo D).

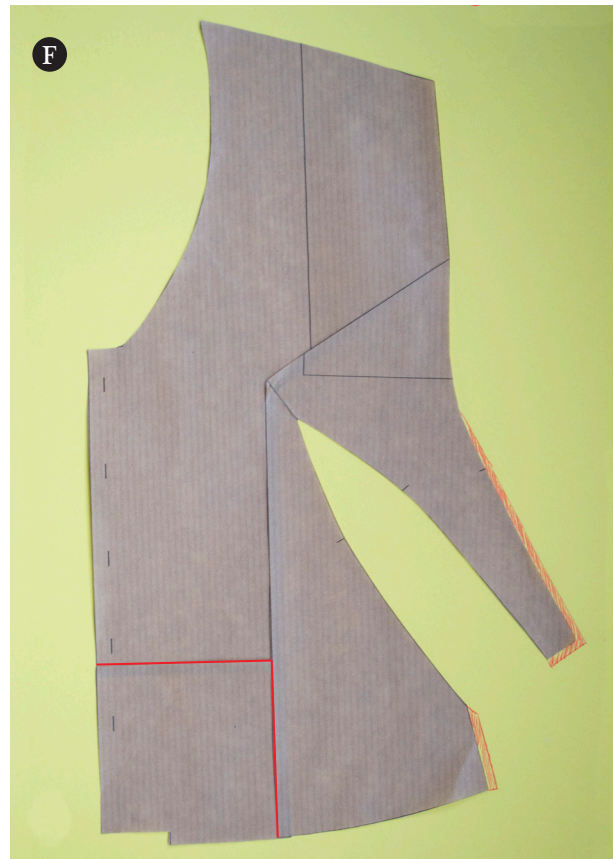• From this dot you redraw a straight line, which is 1 ³/₈ " (3,5 cm) long. This line at the end of your dart will be stitched very gradual, just on the edge. Stitching the end of the dart in a curve and on the edge will allow for a long French dart while preventing a point on the tip of the breast.

• From this line you will redraw the dart legs to the waist notches (see red line in photo E).

ADJUSTING THE LENGTH:

• By overlapping the pattern in **width**, you have also decreased the **length**. Which is what you need! For smaller breasts you need less width, less lenght and a smaller dart.

• Now you want to redraw your hemline so that the left and right side of the pattern are even again. To keep the shape of the hem, it is easiest to cut a square from your left Center Front panel and allign this with your right hemline (see red lines in photo F). Tape the pattern back together.

ADJUSTING THE SIDE SEAMS:

• By overlapping the pattern, you have also slightly decreaed the Waist and Bottom Width. To keep these measurements according to its original size you can reshape the sideseams by adding the overlapped width at waist and bottom (see photo G, sideseam marked in red is the new side seam).

• Make sure not to add the width at Breast level, because that is the width you just reduced for the Breast width reduction! To keep your Chest width as is, you will need to draw a smooth curved line from the new Waist to your original Chest (As shown in photo G).

YOUR FRONT PANEL IS ALMOST DONE NOW!
JUST A FEW MORE MINOR STEPS:

• For option A, you will retape the cuff onto the Front Panel. The tiny overlap in the centre of the cuff and Front Panel can stay as is. As long as the bottom and top of the cuff are alligned with its original point so it can meet precisely with the Back Panel again (see photo H).

• Re-divide the button distance.

• Don't forget to adjust the length of the Facing and Interfacing as well!