

## ELISE PLUS – 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 inadequate. 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!'

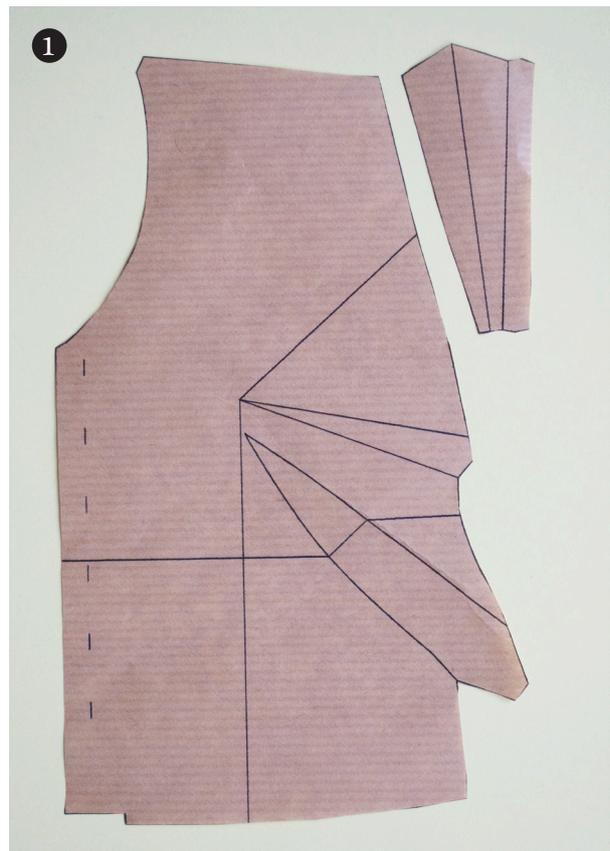
*Extra Note: the angle of the dart seam allowance is different from the illustrations in the printed booklet. You can follow the pattern for pressing the darts down. If you decide to press the darts up instead of down you can cut off the extra allowance.*

### 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 50" (127 cm) and your Underchest is 42 1/2" (108 cm).  
The difference between these two is 7 1/2" (19 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).*

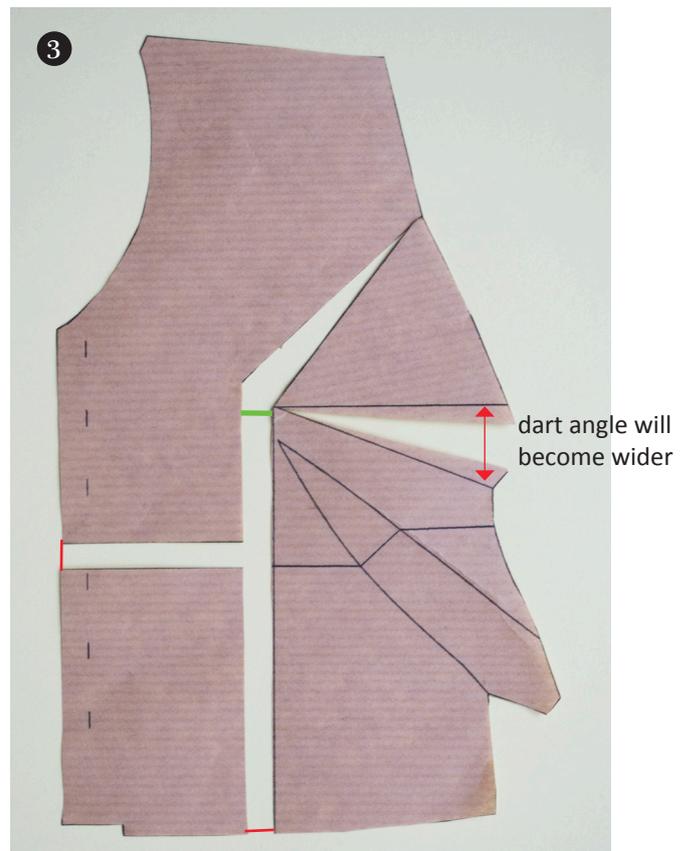
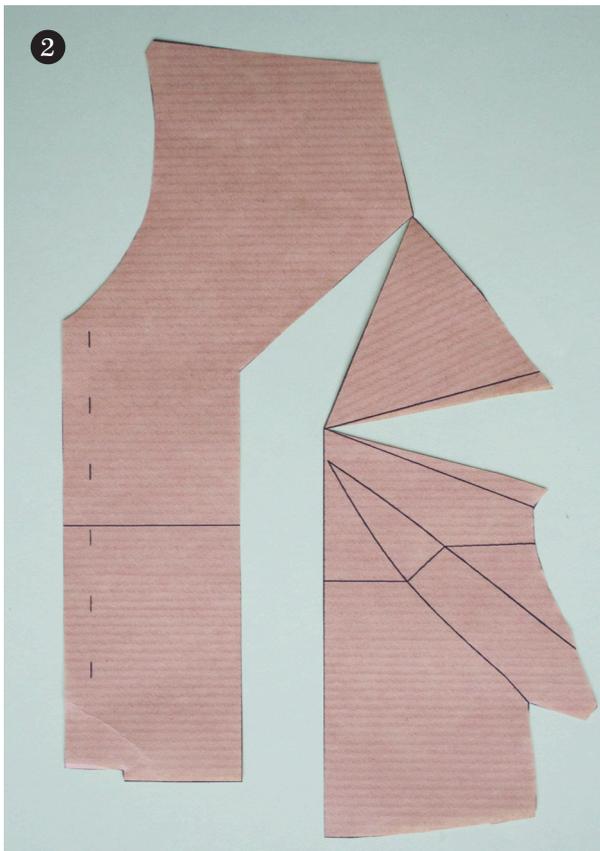
- If you choose to make Option A, you will first temporarily cut the sleeve from your Front Panel (see photo 1).



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.
- Then cut from the side seam right through the centre of the top dart, again leaving the ends attached. (See photo 2)
- Spread the pattern in width (see green line) the same amount as calculated in the first step on page 1.
- Keep the bottom two panels straight and aligned. 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.



- 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. Always!

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 from the Center Front over the waist fit guideline. Then spread open alligning 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).

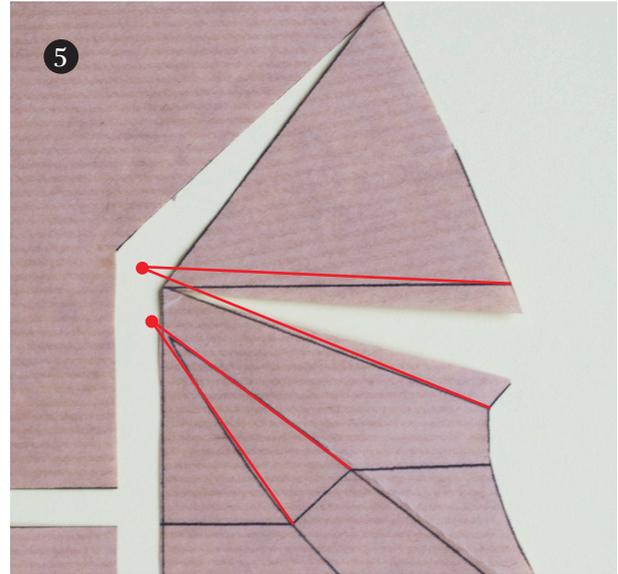
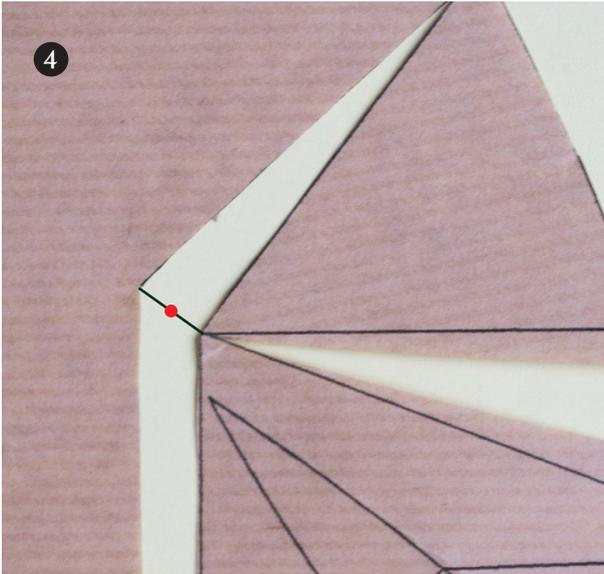
- *Note: By spreading the pattern, you have increased the waist and hem as well. This extra width is needed at the chest. However you might not want this added onto your waist and bottom. This will be corrected later by reshaping the sideseam (see photo 6 on page 3).*

#### REDRAWING THE DART:

- Mark diagonally half the spreaded space on the pattern (see red dot in photo 4).
- From this dot you redraw the dart legs to the side seam (see red lines in photo 5).

- Lengthen the tip of the bottom dart so that the distance between the two dart tips remain the same (see red lines in photo 5).

*Note: The darts of the Elise blouse end on top of the breast! If you prefer your darts to end further away from the apex (personal taste) then of course you can adjust this by drawing the tips back more.*



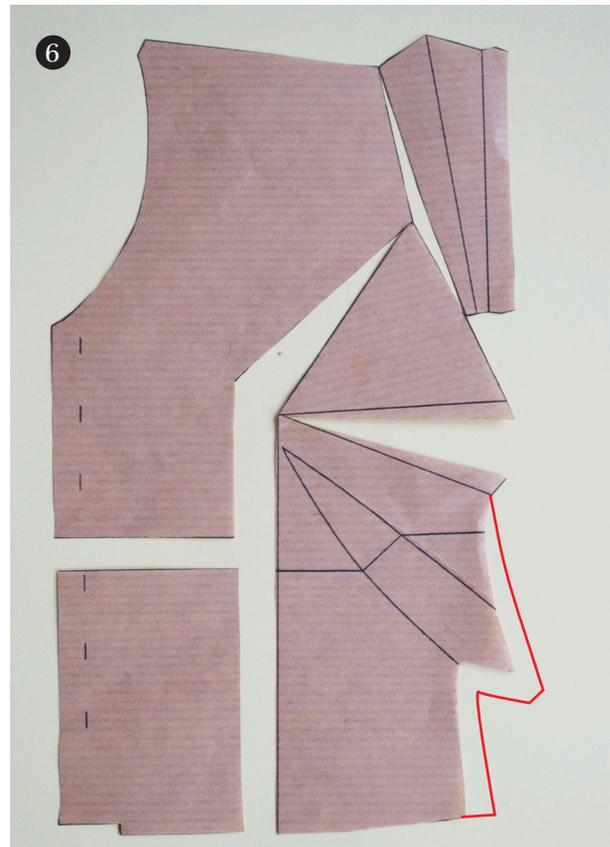
#### ADJUSTING THE SIDE SEAMS:

- By spreading the pattern, you also have slightly increased the Waist and Bottom Width. To keep these measurements according to its original size you can reshape the side seams by removing the extra width at waist and bottom (see photo 6 marked in red has been cut off).

- 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 aligned with its original point so it can meet precisely with the Back Panel again.

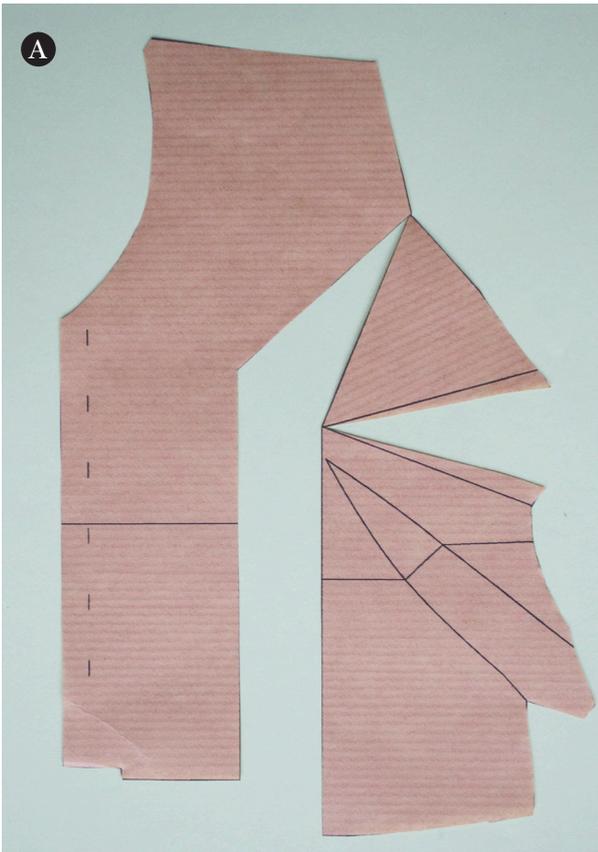
- Re-divide the button distance. Perhaps (especially with larger breasts) you wish to add an extra button now as well.

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

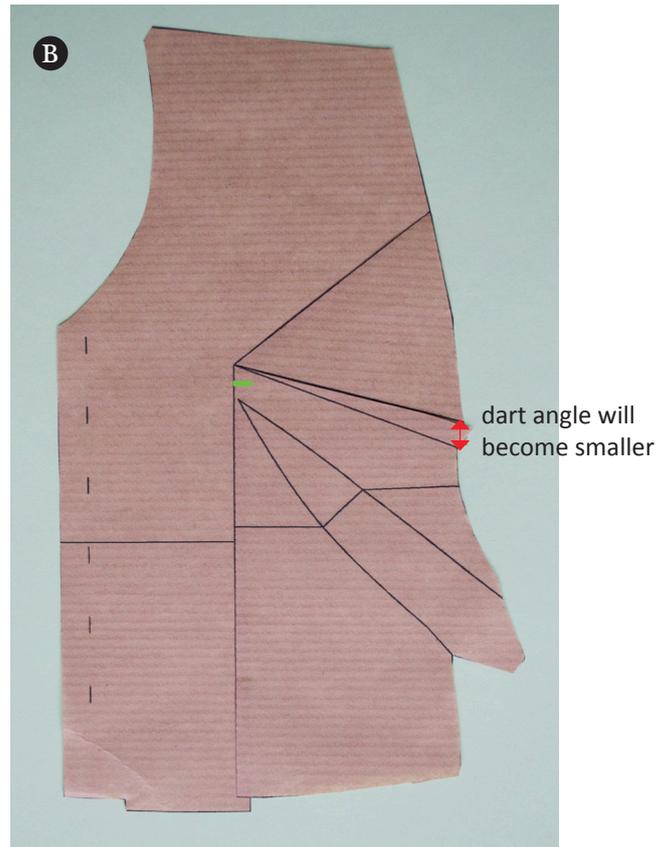


### DECREASING THE BREAST WIDTH:

- Cut, starting from your hem, along the fit guideline, then diagonally towards your armhole, leaving the ends attached.
- Then cut from the side seam right through the centre of the top dart, again leaving the ends attached. (See photo A)

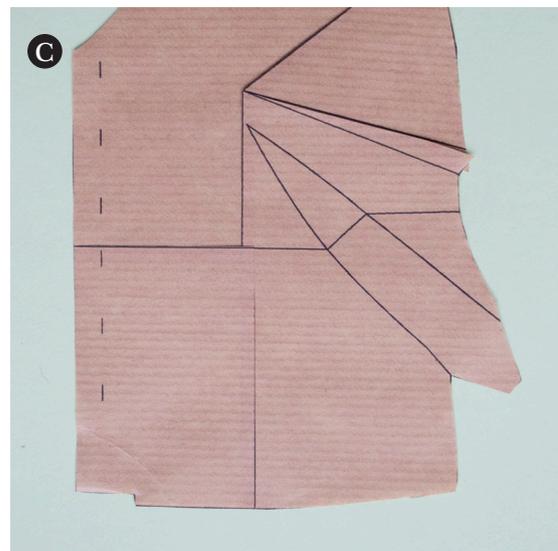


- Overlap the pattern in width (see green line) the same amount as calculated in the first step on page 1.
- Keep the bottom two panels straight and aligned. Your dart will become smaller (see photo B). Tape the new pattern onto pattern paper.



- By reducing breast **width**, you also reduced **length**. Which is what you need! For smaller breasts you need less width, less length and a smaller dart. Always!

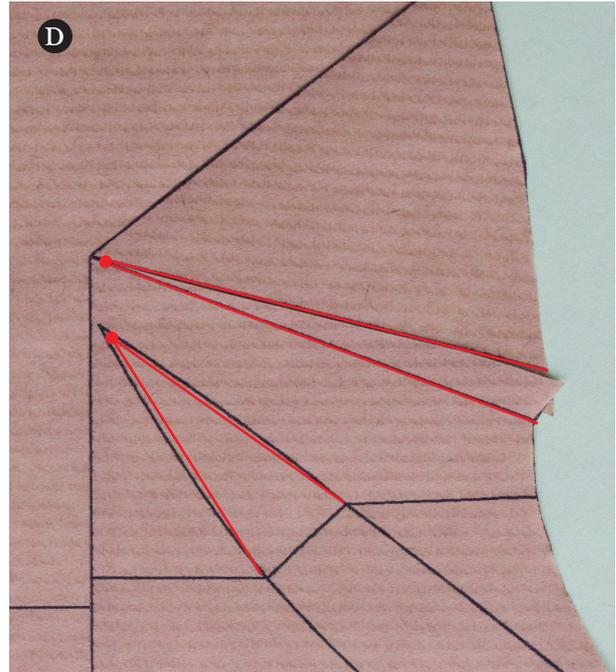
- Now you want to redraw your hemline so the left and right side of the pattern are even again. To keep the shape of the hem, it is easiest to cut from the Center Front over the waist fit guideline. Then overlap the pattern aligning the hemlines again (see photo C).



### REDRAWING THE DART:

- Mark half the overlapped space on the pattern (see red dot in photo D).
- From this dot you redraw the dart legs to the side seam (see red lines in photo D).
- Also draw the tip of the bottom dart slightly back so that the distance between the two dart tips remain the same (see red lines in photo D).

*Note: The darts of the Elise blouse end on top of the breast! If you prefer your darts to end further away from the apex (personal taste) then of course you can adjust this by drawing the tips back more.*



### ADJUSTING THE SIDE SEAMS:

- By overlapping the pattern, you also have slightly decreased the Waist and Bottom Width. To keep these measurements according to its original size you can reshape the side seams by adding this width at waist and bottom (see photo E; marked in red needs to be added on).
- For option A, you will retape the cuff onto the Front Panel. The tiny bit of space that overlaps can stay as is. As long as the bottom and top of the cuff are aligned with its original point so it can meet precisely with the Back Panel again.
- Re-divide the button distance.
- Don't forget to adjust the length of the CF Facing and Interfacing as well!

