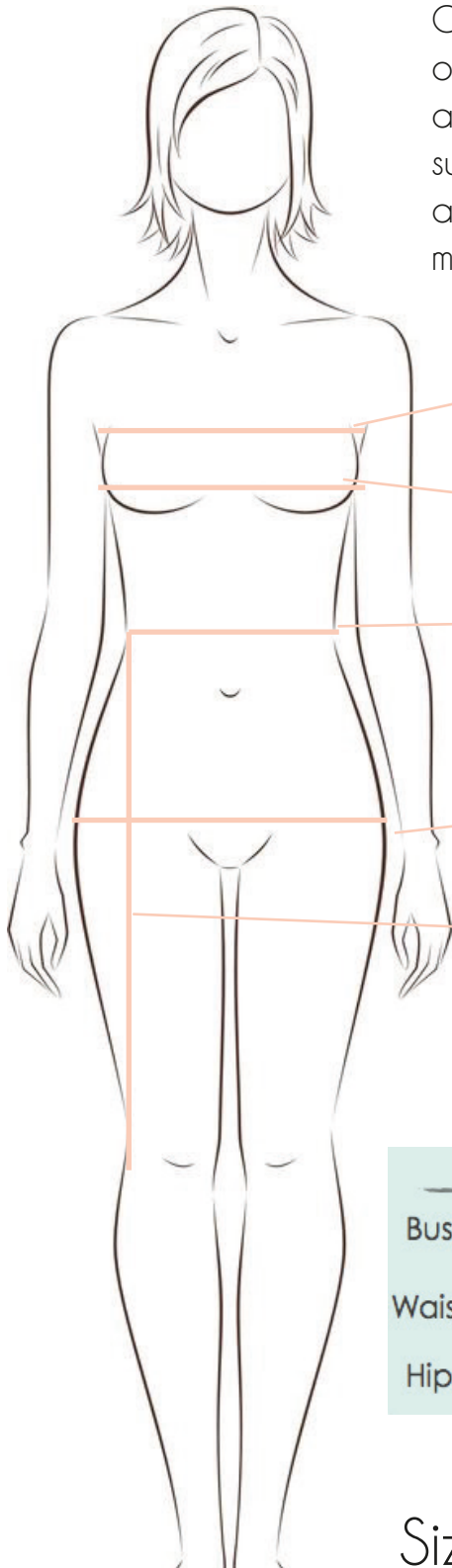


# SEW TO GROW

## Measurement Chart

Choosing your correct size is extremely important to the outcome of your finished garment. Record your measurements and select your size following the guide below. Always make sure that you are wearing appropriately fitting undergarments and have a friend help you to get the most accurate measurements. Let's Begin!



Upper Bust: \_\_\_\_\_

Full Bust: \_\_\_\_\_

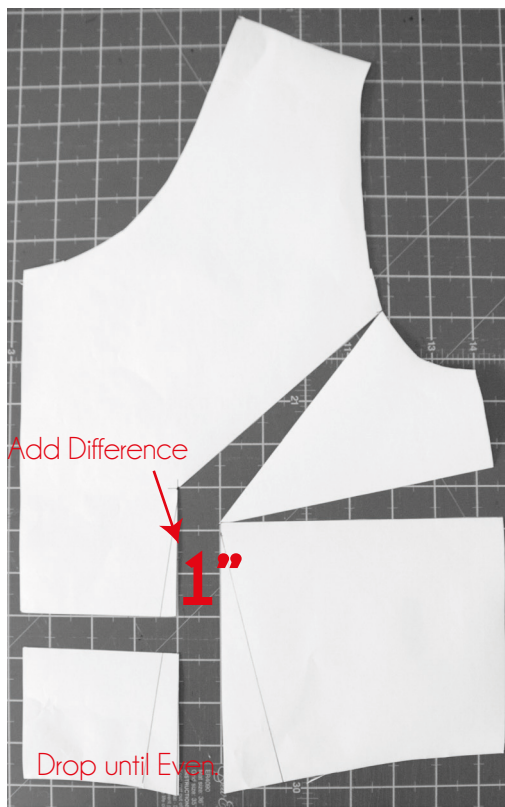
Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Hem: \_\_\_\_\_

	X-Small	Small	Med	Large	X-Large	XX-Large
Bust	33-34" (84-87cms)	35-36" (89-91cms)	37-38" (94-96cms)	39-40" (99-101cms)	41-42" (104-106cms)	43-44" (109-112cms)
Waist	25-27" (63-68cms)	28-30" (71-76cms)	31-33" (79-84cms)	34-35" (86-89cms)	36-38" (91-96cms)	39-40" (99-102cms)
Hips	35-36" (89-91cms)	37-38" (94-96cms)	39-40" (99-101cms)	41-42" (104-106cms)	43-44" (109-111cms)	45-46" (114-117cms)

Size: \_\_\_\_\_



#### Step 4:

Cut on Marked Lines.

Line A: Cut Up to Apex

Line B: Cut almost all the way to arm hole but leave a bit at the end to move. (like a hinge)

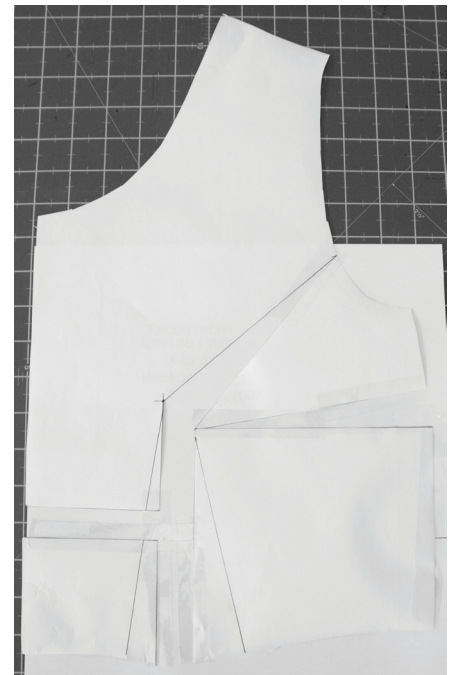
Line C: Cut from side seam into Apex. Again don't cut all the way. Leave a tiny bit to act as a hinge.

Line D: Cut all the way across.

Now add (or subtract for small bust adjustment) the difference between your upper bust measurement and Full Bust measurement that you calculated earlier. This is the amount you will add (or subtract) to the center. Move Line A apart until the difference is added. As Shown in the picture. Next, Drop down line D until it is even with bottom of pattern, as shown.

#### Step 5:

Place paper underneath your adjusted bodice and tape. Next cut out your pattern again, making sure to maintain the bottom of the dart and straight edge of the side seam.



#### Step 6:

Re-draw your dart.

Re- Mark your bust apex in the middle of the area that you added to, as shown.

Next, measure 1" down (2" for fuller busts) to mark the top of your dart.

Finally, begin at your original darts and draw lines up to your new dart point.

Tip: Because we made the front slightly longer(or shorter) you may want to add the added length to your back pattern piece as well.

# SEW TO GROW

## Full Bust Adjustment

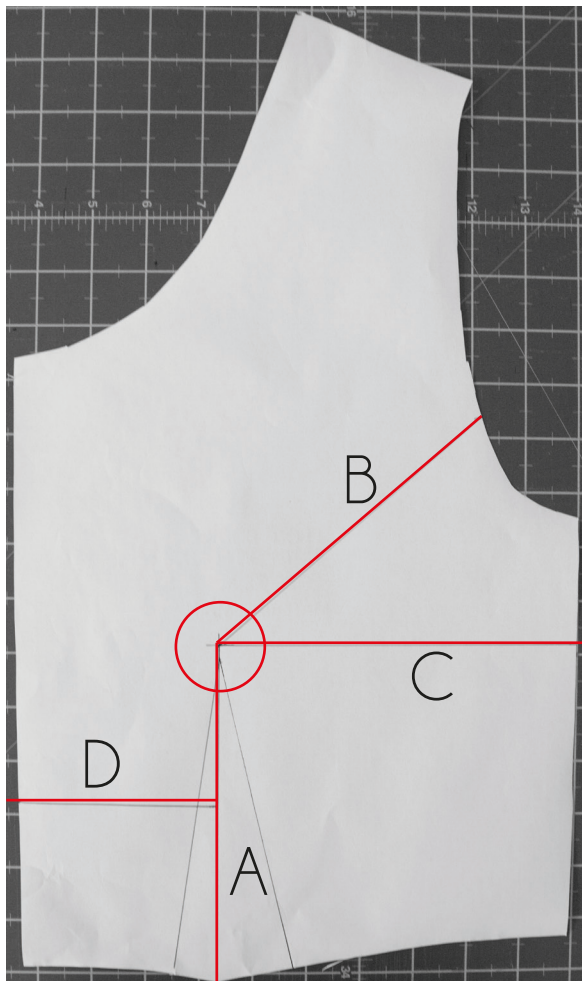
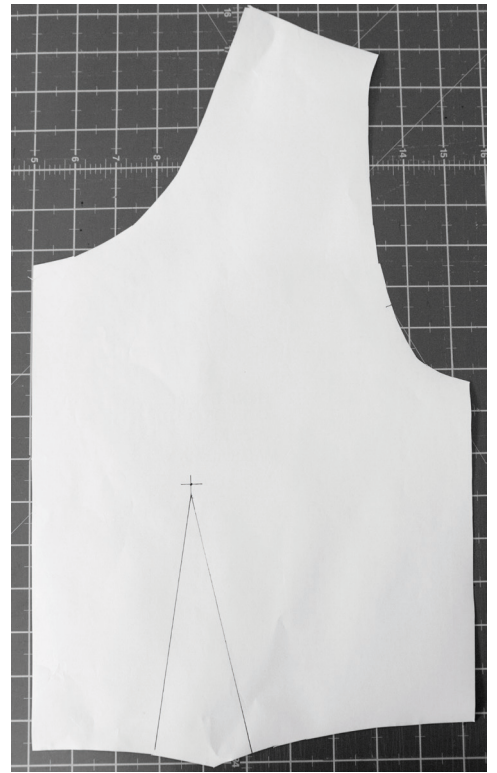


### Step 1:

Figure out your Upper Bust measurement and Full Bust measurement. Cut out your pattern piece based on your Upper Bust measurement, and write down the difference between UB and FB measurement. Then divide that number in half. This is the amount you will add later on.

### Step 2:

Find Bust Apex, by laying pattern piece on your chest and mark with dot on fullest part (nipple) of your bust onto pattern. Typically this point will be located slightly above your dart.



### Step 3:

Mark lines on pattern piece as shown.

Line A: Up the middle of Dart to middle of Apex

Line B: From Apex to 2/3 down on arm hole (as shown)

Line C: From Apex 90 degree across to side seam

Line D: 90 degree line half way down Line A drawn out to fold line.