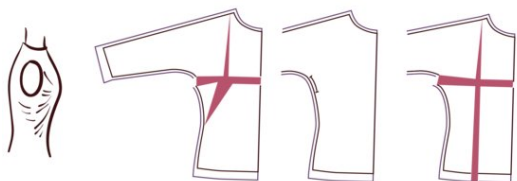


# Blouse / Shirt Fitting Solutions

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<http://www.burdastyle.com/techniques/blouse-shirt-fitting-solution>

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Have you ever had trouble fitting a blouse or a shirt? In this tutorial, you will find visual and written instructions showing the basic steps to fit a few common problems, including fitting a small or full bust, square or sloping shoulders, hollow chest, forward shoulders, rounded back, or sway back. By the end of this tutorial, you will be able to address common fitting problems for a beautiful finished garment!

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## Step 1 — How to Fit a Full Bust or Small Bust



A full bust needs added width AND height, as shown to the right. You can see the pattern with a full bust adjustment affecting only the bust area, tapering back to a narrow waist and hip. The pair of patterns to the far right show the bust cup adjustment carried through the waist and hip for a fuller middle area. Both versions achieve the same bust fit, but give a different fit in rest of the torso. Slash and overlap for a small bust.

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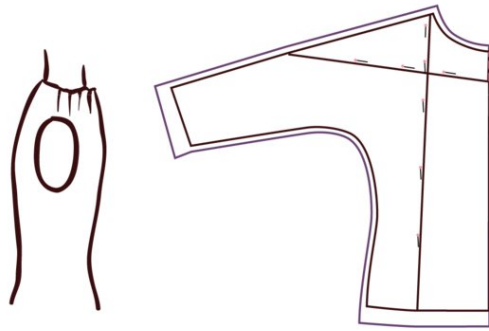
## Step 2 — How to Fit Square or Sloping Shoulders



If you are aware that your shoulders usually differ from the standard, go ahead and make the changes to your paper pattern as shown below. Square shoulders are shown to the left, sloping to the right.

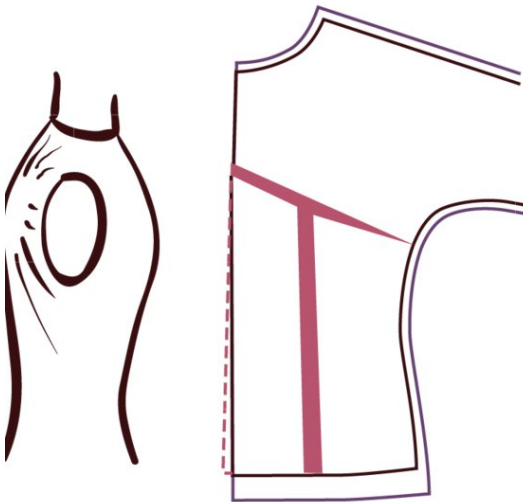
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## Step 3 — How to Fit Hollow Chest or Forward Shoulders



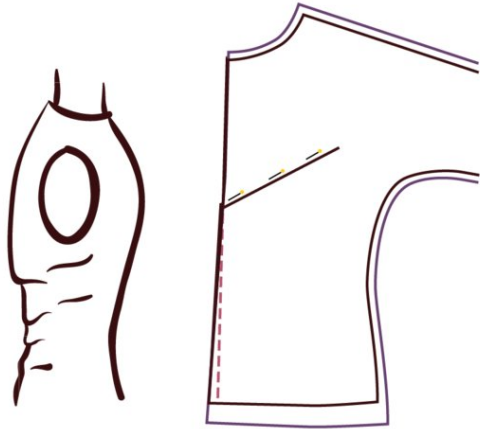
This may be related to bust size, it may not. Slash from the center front (CF) seam to the armhole, and rotate the top of the pattern down 1/4" or so. Do the same thing to the shoulder, to shorten the shoulder length, and take up some fabric from the chest area. Re-draw the CF using the straight bottom pattern as a guideline. For forward shoulders, you may also need to move a portion of the shoulder seam from front to back.

#### **Step 4 — How to Fit Rounded Back or Rounded Shoulders**



Slash and spread as shown, just enough to allow a little extra for your curvature.

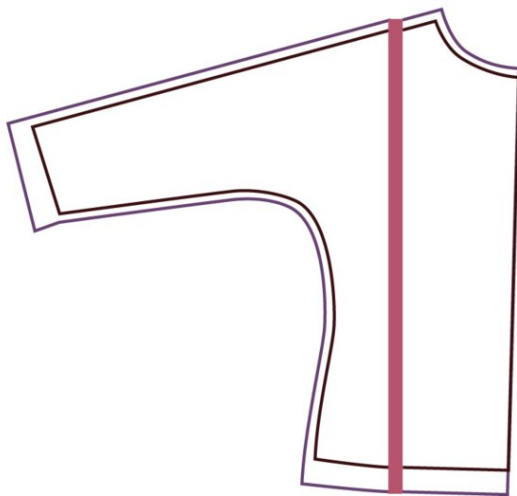
#### **Step 5 — How to Fit an Over-Erect or Sway Back**



Crosswise tuck to shorten center back (CB), trim excess and straighten CB.

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## Step 6 — Fitting If You Are Larger or Smaller than Printed Pattern



Determine how much larger or smaller you are in the bust or upper bust measurement than the largest or smallest pattern. Split the pattern as shown and add  $\frac{1}{4}$ " for each inch above the measurement you are. If you are smaller, split the pattern and overlap  $\frac{1}{4}$ " for each inch below the lowest measurement you are. This will maintain the neckline, and we can make additional adjustments as necessary.

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