

Fitting assistant

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<http://www.burdastyle.com/techniques/fitting-assistant>



a fitting assistant can be very expensive. Here's a simple tutorial to help you make your own. I've made mine two years ago, and no more pinning fabrics on myself anymore. no more ouchies, and making clothes has become fairly easy by now.

Step 1 — fitting assistant



use a tape ruler to measure your own measurements. Buy decorative fitting assistant and lots and lots of toilet paper. Go home. Add toilet paper there where it's needed, and wrap your fitting assistant as if your bandaging it. Follow your measurements. When done, cover her with a t-shirt and sew all the gaps shut. Don't gain weight. Don't loose it either, or you have to either add or remove toilet paper.

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