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Getting The Hang Of Pants And Skirts (fit waistlines and tummies)

FOR BETTER HANGING PANTS AND SKIRTS



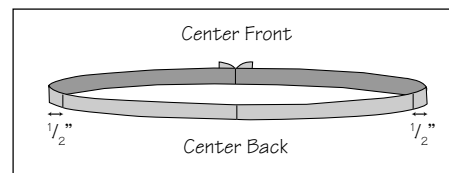
Check your body carefully in a mirror or better yet, in a photo of yourself in body suit. Is your waist fuller in the front than the back? Do the side seams of ready-to-wear pants or skirts pull forward, throwing the garment off grain (A)?

Get someone who can help you measure. With tailor's chalk, have them draw a line from the center of your underarm to the side hip. Place the tape around the waist, or use a 1-inch wide ribbon; pin it firmly at center front. Sit down, loosening the ribbon as needed until it fits correctly (B).

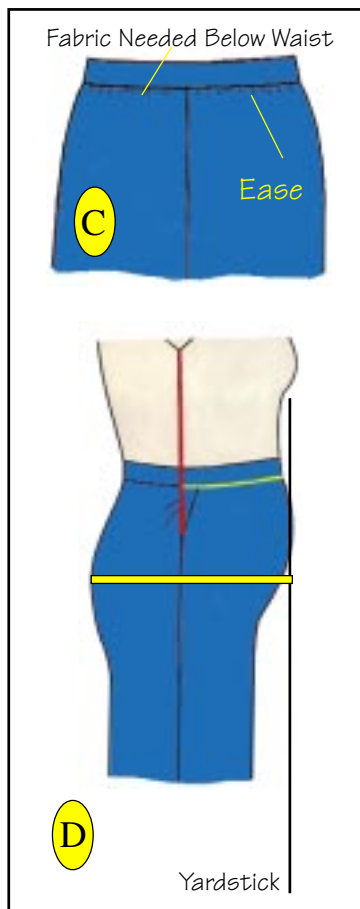
Topnotch tips to measure your waistline. Pull the ribbon or tape snug, then let out a breath – this is your real waistline measurement. It allows you to breathe, eat, bend over and sit down in your skirt. If too snug waistbands are a frequent problem, think about these two recommendations from sewing expert Claire Shaeffer. First sit down to take your waist measurement. In a sitting position, your waistline naturally expands. It eliminates the tendency we all have to pull our stomachs in when we stand to be measured. Second, keep the centimeter side of the tape measure visible as you measure. Don't look at the inch markings until you have established a comfortable fit.

Separately measure the length of the waist across your front and across the back. If there is a difference of more than 1-inch, take the time to mark side seam placement on your waistbands prior to attaching to the garment. Then match the marks with the side seam so the garment hangs straight when finished.

Follow this guide to adjust the waistband pattern to reflect a larger front: Fold and pin the ribbon to match the marks at center front and center back. To mark the side seam, measure and mark $\frac{1}{2}$ -inch from each fold toward the center back to indicate the new side seam locations. *Note: Your finished waistband will fit better if you add $\frac{1}{2}$ -inch to your waist measurement. This small addition allows for the thickness of the band, seam allowances and tucked in blouses.* Use the waistband pattern piece as a guide to make a new pattern to reflect the new side seam locations.



MORE MEASURING TIPS



Measure your full hip. This is usually 7 to 9-inches below your natural waistline - the spot where you are fullest. If you have very full upper thighs, take the full hip measurement there.

Additionally you must measure the garment upper edge and look at the human shape on which the garment will hang. If the body is curvy just below the waist you must have more ease (length) at the garment upper edge and ease (slightly gather) the fabric onto the waistband. Don't forget to add the fabric where you need it. If you discover you are fuller on the front, add the extra ease at the garment front only (C).

Measure around the fullest part of the tummy.

For fitted styles, use the full hip measurement to choose a pattern size or substitute the tummy measurement if it's larger than the hip measurement. This allows for enough room over the tummy and hips. To make certain that the measuring tape does not slip below the tummy, hold a yardstick upright, against your stomach, then place the measuring tape around the fullest part of the tummy (C).

Wearing ease is essential in a straight style. You need a minimum of 2-inches of extra fabric at the full hip (or over the tummy). Do the pinch test: pull all the excess fabric to one side at your fullest part. If you can't make at least a 1-inch deep pinch, pick a larger pattern size

(take a very narrow seams in already-cut garments to get more room). Size 16 and up require at least 3 to 4-inches for comfortable wearing and sitting without exaggerated crease lines.

Pick Your Waistband

A faced waistline is a good choice for the short-waisted figure with a curvy shape as it creates the illusion of a longer upper body. This style is also good for the full or low-busted figure for the same reason. (Straight body types will find this style more difficult to fit and less flattering.)

Elasticized waistline casings make adjusting waistline fullness easy and are flattering choices for those with with a large derriere and thighs. Elasticized styles add the illusion of a fuller derriere on small ones and camouflage the fullness of larger ones, but only if there is enough fullness in the style through the hips and thighs so the fabric drapes softly over the fuller curves.

The standard skirt waistband finishes to $1\frac{1}{4}$ -inch wide in most patterns, unless there is a fashion detail at the waist. Adjust the waistband for a more flattering and comfortable fit, depending upon your figure. If you are short waisted, make the band as narrow as you like - even $\frac{1}{4}$ -inch wide is fine. A narrow band gives the illusion of a longer upper body. If you are long-waisted, cut the waistband wider than the pattern allows to create the illusion of a shorter upper body. 