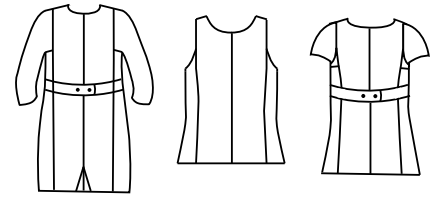


Common Fitting Adjustments for the Carpe Diem Dress & Tunic



Here we provide instructions and illustrations for making the most commonly needed fitting adjustments on the Carpe Diem Dress & Tunic. Entries are organized according to the “symptom” you will see on your mock-up using the balance and grain lines. For each entry, you will find a typical “diagnosis” for that symptom and a prescription for fixing it on your mock-up, followed by directions for transferring the adjustments to your paper pattern. It is very important to follow through with making the adjustments directly onto your paper pattern so that your next Carpe Diem will fit just as you like! If you find that you need an adjustment not included here, please contact us with your question, register for a retreat or purchase a virtual fitting appointment.

The multi sized pattern allows you to release the pattern up to the next size or taper down to a smaller size to personalize the pattern. Contact us if you don’t see your solution. Check the video tutorials where there are visual step-by-step demonstrations for many of these issues.

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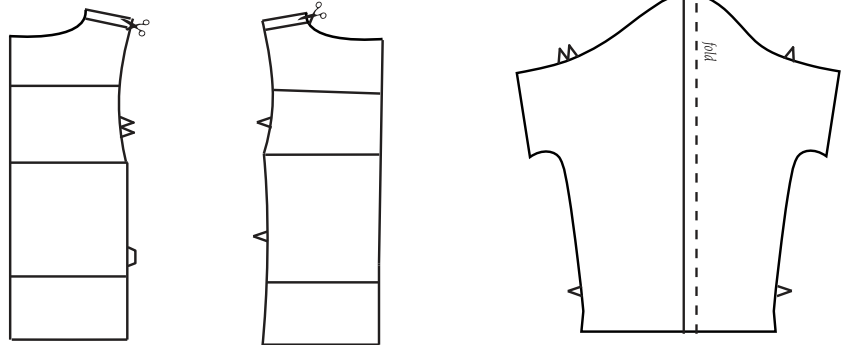
This pattern is for your personal use only. Please do tell your friends about our patterns and encourage them to buy their own copies so we can continue to create more Fit for Art Patterns. Copying of this pattern and instruction book without our permission is prohibited by copyright law. Thanks for your support!

Overall Dress or Tunic Adjustments

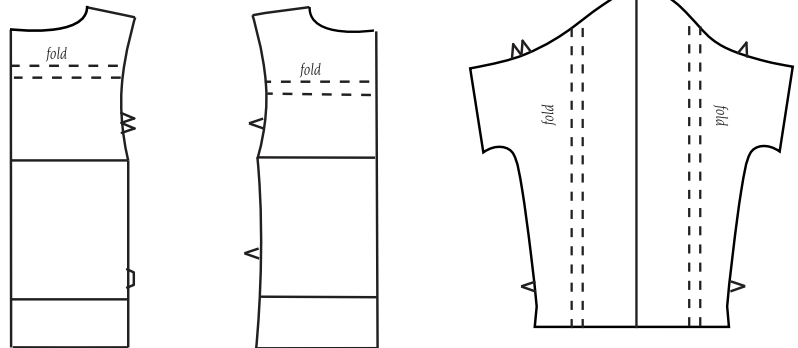
PETITE ADJUSTMENT

If the darts are too low and the upper body and sleeves feel too full, pin out both shoulders and continue pinning out the same amount all the way down each sleeve. Test your movement to determine that you can still move your arms easily in the reduced dress before continuing. Measure the amount of the adjustment you will make on both the front and back pattern pieces and the sleeve. If the total amount is $\frac{5}{8}$ " or less, use the Petite 1 method of pattern adjustment, if the total amount is $\frac{3}{4}$ " or more, use the Petite 2 method of pattern adjustment.

Petite 1 - On the paper pattern reduce the shoulder on both the front and back by marking the amount that needs to be reduced at the neck and shoulder and drawing a new shoulder line. Trim off the extra paper.



On the sleeve pattern fold along the grain line and fold out the same amount you have taken off the shoulder (if you reduced each shoulder by $\frac{1}{2}$ ", reduce the sleeve with a $\frac{1}{2}$ " fold.) Tape the fold into place.



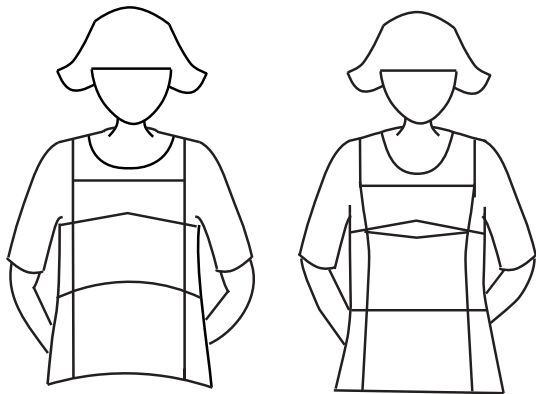
Petite 2 - On the paper pattern fold along the upper balance line of the front and back pattern piece. Fold out half of the amount needed to reduce the pattern (e.g. if your reduction is 1", fold out $\frac{1}{2}$ " on both the front and the back). Use a fashion ruler to redraw the pattern smoothly at the armholes and front edge.

On the sleeve pattern, draw new lines 2" away from but parallel to the grain line on each side of the sleeve. Fold along each of these lines and fold out the amount you folded out of the HBLs.

Test your changes with a new mock-up.

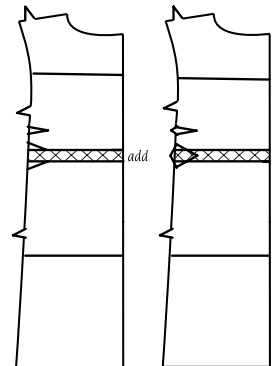
Make the same changes on the required facings.

Bust and Back Adjustments



FRONT BALANCE LINES TILT UPWARD

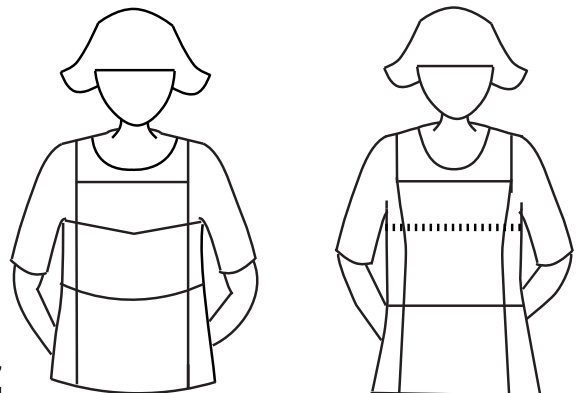
If the front middle and lower balance lines are tilting upward, you probably need more room in the bust area. If you are using the AB front, switch to the CD front. If you are already using the CD front, slash the mock-up along the balance line that is at the bust dart. Allow the front to fall so the balance lines are parallel to the floor. Pin in a piece of fabric or paper to fill in the gap formed by the slash and recheck the balance lines. Continue to adjust until the balance lines are straight.



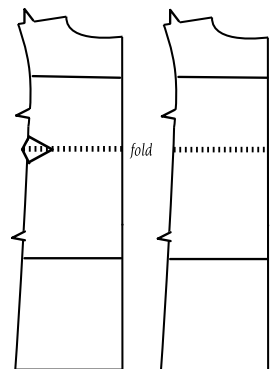
On the front paper pattern, slash the pattern at the same horizontal balance line completely separating the pattern paper through the dart. Tape in a piece of pattern paper the width of your adjustment. Redraw the dart to accommodate the additional paper.

FRONT BALANCE LINES TILT DOWNWARD

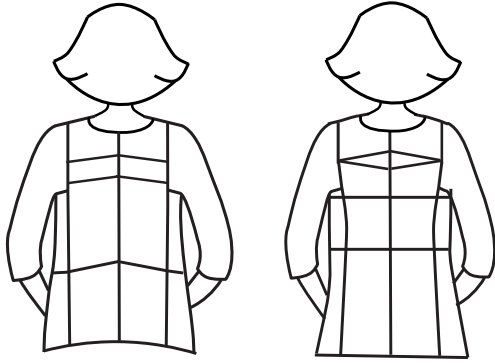
If the front middle and lower balance lines are tilting downward, you have too much space in the bust area. If you are using the AB Front, pin out fabric along the middle balance line until your HBLs are parallel to the floor. If you are using the CD Front, pin fabric out of the lower dart along the middle balance line to bring the HBLs parallel to the floor OR switch to the AB Front. The best solution for you will depend on how much excess space you have in the bust area, so you may benefit from testing the options. Watch our video tutorial on bust adjustments for more assistance.



On the front paper pattern, fold along the middle balance line directly through the dart and pinch out the amount you pinned out of your mock-up. Fold the pinned section up. If it is less than the size of the dart, redraw the dart to its new smaller size. If it is equal to the size of the dart, you are simply removing the dart and the need for a dart.



BACK BALANCE LINES TILT UPWARDS



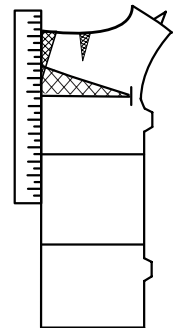
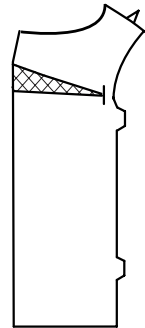
If the back balance lines tilt upward when the shoulder and neckline are correctly placed, you need to make a rounded back adjustment. Slash the mock-up along the high balance line, or above it depending on where the stress seems to be occurring. Allow the back of the dress or tunic to spread until the balance lines become parallel to the floor. Pin in a scrap of fabric or a piece of paper to fill in the gap formed by the slash. Check the lines and adjust if needed.

On the back paper pattern, slash the pattern piece in the same place as you slashed the mock-up. Begin at the center back seam and stop at the sleeve seam line. Do not cut all the way to the edge. Spread the back the amount needed and tape in a piece of paper to fill the gap and smooth out the center back seam.

Make the neckline changes on appropriate back facing.

Now you can add a small neck dart to re-establish the straight line in the center back. Lay a straight ruler along the center back cut line and straighten the line thru the neckline. Tape in paper to fill in as needed. Measure the width of the paper addition at the neck line and use that number to plot a neck dart. Watch the video for a step-by-step view.

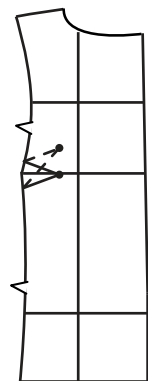
Make the neckline changes on appropriate back facing.

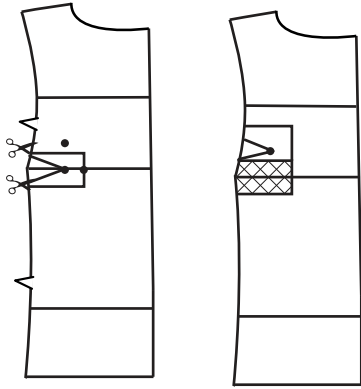


RAISE THE DART POINT

If the balance lines are straight and the arms and shoulders fit well, but the dart point falls below the bustline, place a pin or mark on the mock-up at the desired bust point and measure the difference. (If the garment is roomy in the bust sleeves and shoulders consider making the PETITE ADJUSTMENT described on page 2). For a difference of $\frac{1}{2}$ " or less, raise the dart point. For a difference of more than $\frac{1}{2}$ ", move the entire dart.

To raise the dart point(s) on the paper pattern, mark the new dart point(s) and connect the new point to the dart legs at the side seams. Fold the new dart out and pin it into the paper pattern. Trim the cutting line to true the dart legs to the side seam.



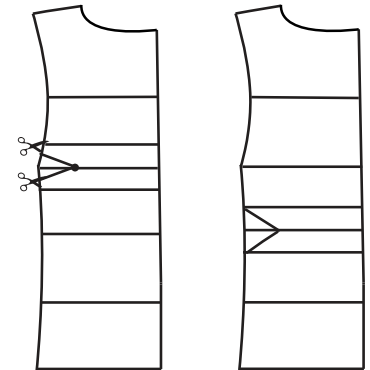


To move the dart on the paper pattern mark the new dart point(s). draw a box around the darts and cut the box out of the pattern. Move it up so the old dart point(s) matches up to the new dart point(s). Secure the dart box in place. Tape in additional paper to fill in the pattern below the dart box and redraw the HBL so it extends into the side seam. When constructing the new mock-up, this will be the spot where the sleeve/side seam connects into the front.

LOWER THE DART

If your bustline sits lower than the dart or darts, lower them for a better fit. If you are using the CD front with 2 darts, consider lowering just the upper dart.

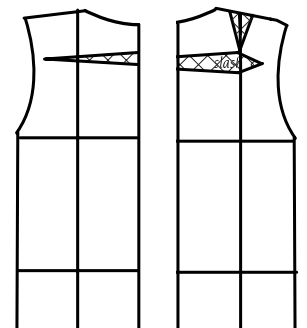
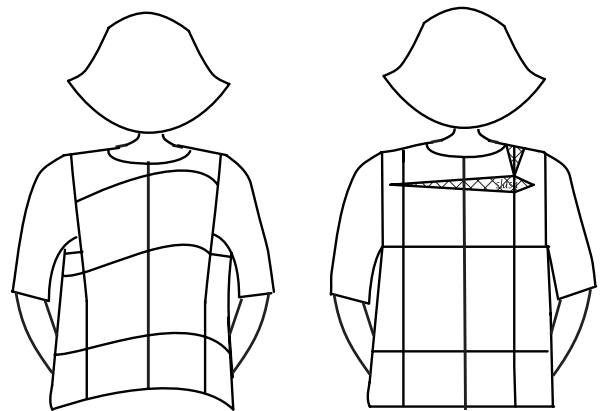
Draw a line in the preferred location of the new dart. Box out the dart all the way across the front of the pattern. Cut the pattern so the boxed dart area is completely removed. Tape the remaining pattern sections closed. Now cut along the new dart location line. Insert the pattern piece you have just cut out and tape it into the pattern in its improved location. Be aware that the sleeve/side panel seam might not line up with the dart.



BACK BALANCE LINES ARE SKEWED DUE TO ASYMMETRICAL BACK

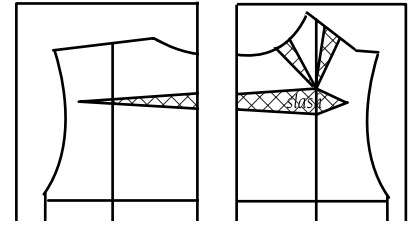
If one side of your upper back protrudes, causing one shoulder to be higher and the balance lines to skew over a hump, release the shoulder seam on your mock-up on the full side and slice through the grain line from the shoulder to the upper balance line. Then slice across the upper horizontal balance line in each direction to the seam, but not through the seam allowance. Pin in paper or fabric to straighten the balance lines. The extra wedge above the upper HBL will become a dart.

On the paper pattern, begin by tracing a second back pattern which includes the grain lines and horizontal balance lines for both sides of the back. On the side of the pattern that corresponds to the hump, cut along the grain line from the shoulder to the upper horizontal balance line. Then slash across the upper HBL of each back to within $\frac{5}{8}$ " of the pattern edge. Spread the shoulder pieces up and out the amount needed to accommodate the hump.



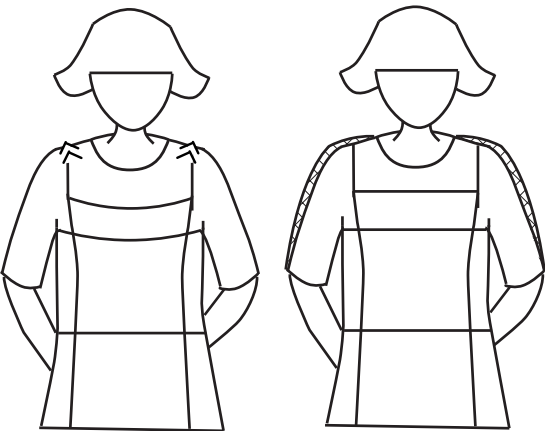
Tape paper into the space created by the spread. The area along the grain line will form a dart. If the dart seems too big (more than $\frac{3}{4}$ " across the top) slash through the neckline on the same side cutting down to meet the other slash. Spread the back section between the two slashes so there will be a dart in the shoulder and one in the neckline. Draw in the darts along the lines of the paper additions.

Make the adjustment on the appropriate back facing.



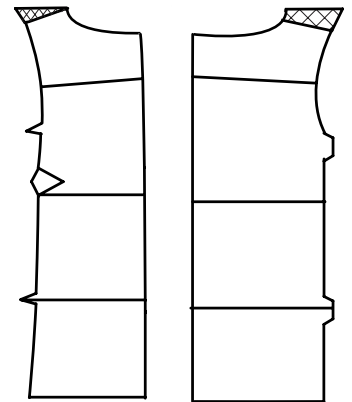
Neck and Shoulder Adjustments

Many neck and shoulder issues can be resolved with the bust adjustments or rounded back adjustments mentioned earlier. If your shoulder still does not sit properly on your body after making those adjustments, consider the following options.

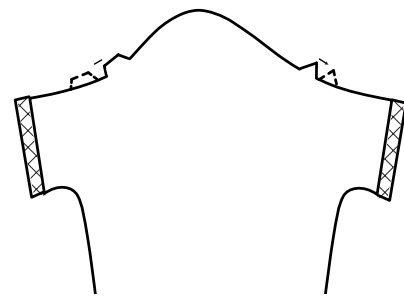


HIGH BALANCE LINES TILT UPWARD

Square or broad shoulders will cause stress lines at the shoulder and will cause the high balance line to tilt up toward the sleeves. Release the shoulder seam and sleeve area of the side seam until the high balance line falls into place. Pin along the new seam line. If the gap is greater than the seam allowance, pin a piece of fabric or paper to fill in the gap. Pay attention to balance lines in both front and back and adjust as needed.

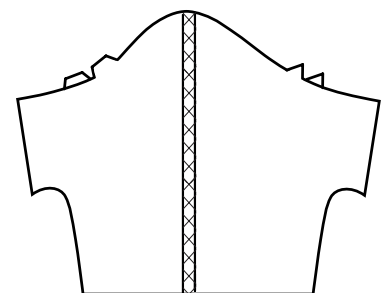


On the paper pattern, add paper to move the seam line and still maintain a $\frac{5}{8}$ " seam. If you have adjusted the front and back, change both pattern pieces. If you have added more than $\frac{1}{2}$ " on each side of the shoulder, you will have to adjust the sleeve.



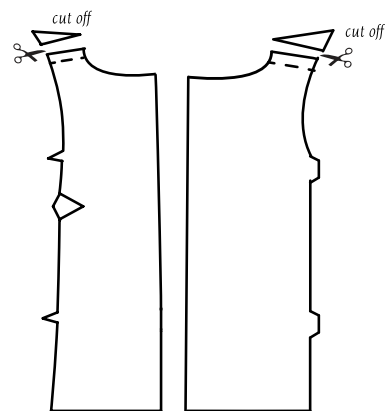
paper to match the adjustment in the shoulder and moving the notches down on the sleeve. If the sleeve is also tight, add all the way down the sleeve parallel to the grainline.

Make the same changes on appropriate facings.

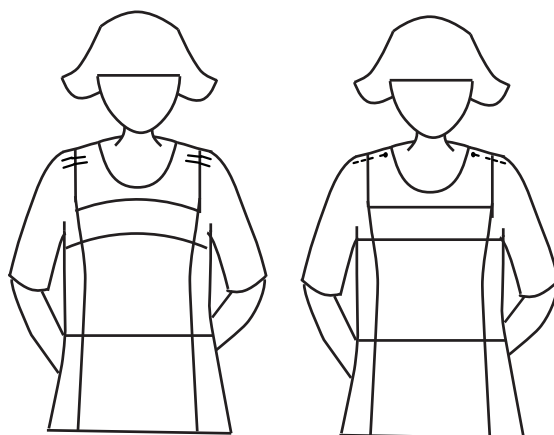


HIGH BALANCE LINES DROOP DOWNWARD

If you have a high balance line drooping toward the sleeves and excess fabric at the shoulder, you need to adjust for a sloping shoulder. Pinch out the extra fabric looking at both front and back balance lines because you may need to adjust both front and back or only one or the other. If you have pinched out more than $\frac{1}{2}$ ", consider dropping a size in the shoulder and sleeve. Another option is to insert a shoulder pad to correct the slope.



On the paper pattern, redraw the shoulder area to match the corrected seam line and trim away the excess paper. If you have pinned out of the front and back, adjust both pieces.

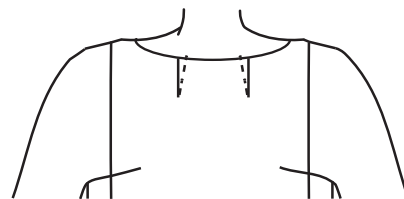


If you have increased or reduced the shoulder seams significantly, take a look at the back neck. You might need to lower the neck curve if you have reduced the shoulder, or raise the neck curve where the height of the shoulder has been increased. Use the next larger or smaller pattern size as your guide.

Make the same changes on appropriate facings.

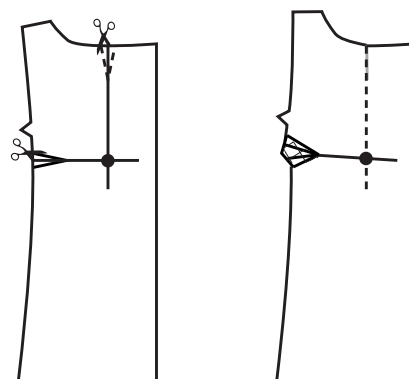
LOOSE NECKLINE ADJUSTMENT

All bodies are different; some women have a narrow or hollow chest which causes the scoop neckline to gape open in the front. Try one of the following pattern adjustments to address the droop.

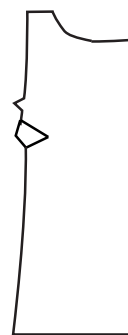


Begin by pinching out the extra fabric equally on either side of the center front, as if forming a pair of darts in the neck, and pin the adjustment in place. Follow these steps to transfer this adjustment to your flat pattern so your future Carpe Diems won't have this problem:

- Draw the dart from the mock-up onto the paper pattern.
- Draw a line through the center of the neck dart extending to the bust point.
- Draw another line through the lower dart to intersect the first line at the bust point.
- Cut along both lines, leaving a hinge where they intersect.
- Shift the paper in the neck so the two sides of the dart meet and allow the side dart to spread open. Tape down the neck adjustment.

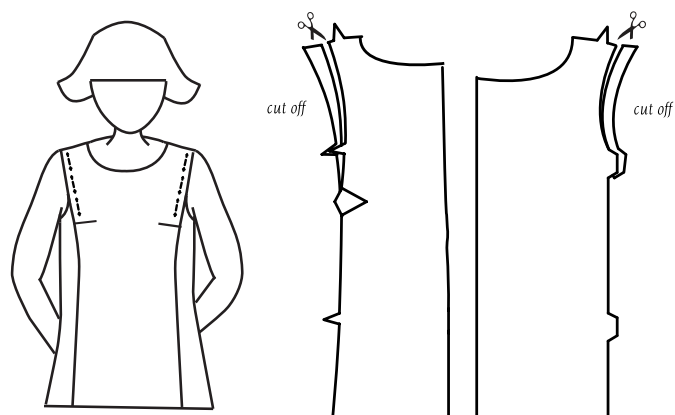


- Tape paper into the side dart area to fill in the opening you created, being careful to keep the pattern smooth and flat.
- Follow the original dart legs to redraw the new, larger dart.
- Make the dart adjustment on the appropriate front facing.



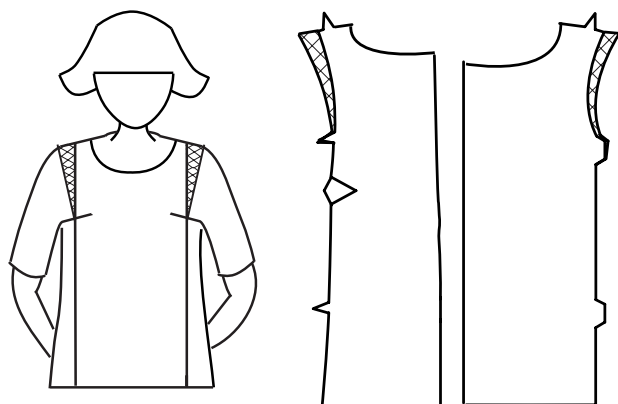
SHOULDER WIDTH ADJUSTMENTS

At the shoulder, the side seam of the Carpe Diem should sit right where the top of the arm connects with the shoulder or just inside the shoulder line. The cut of the sleeves allow for a comfortable fit even though the shoulder falls at or inside the shoulder line.



Narrow shoulders: If the side seam extends off the shoulder, pin out the excess in the side seam where the front or back meets the sleeve cap. On the paper pattern, redraw the side seam to match the correction and remove the excess paper.

Adjust facing patterns to match pattern.



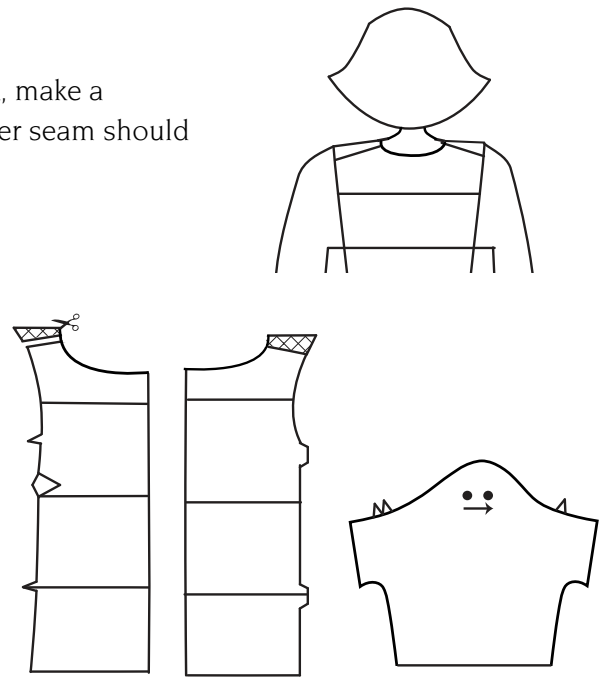
Wide shoulders: If the side seam sits too far into your shoulders, release the shoulder-to-sleeve seam where you need more room and move the sleeve so it sits on top of your shoulder. Pin a piece of fabric or paper onto the front and back to fill in the gap. On the paper pattern, add paper to the front and back seams as needed to match the correction.

Adjust facing patterns to match pattern adjustments.

FORWARD SHOULDER ADJUSTMENT

If the HBLs are straight but the shoulder seam falls to the back, make a forward shoulder adjustment. Mark the spot where the shoulder seam should sit and measure the difference.

On the paper pattern, add the difference to the back shoulder at the armhole by taping extra paper to the pattern at the shoulder. Mark the desired shoulder at the armhole. Redraw the pattern, connecting the shoulder line between the neck and the armhole. On the front, reduce the pattern by the same amount you added to the front and redraw the shoulder line to tip below the original shoulder line. Trim away the additional pattern paper. On the sleeve pattern, move the shoulder dot toward the front by the adjusted amount. Adjust facing patterns to match altered patterns.



Arm and Sleeve Adjustments

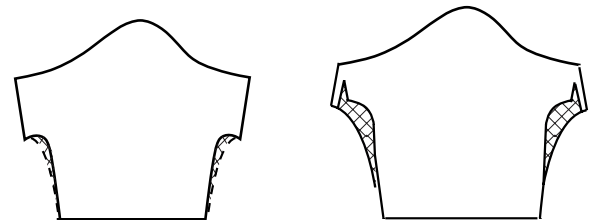
TIGHT SLEEVE IN UPPER ARM

If the sleeves are too tight in the upper arm, release the underarm seam of the mock-up and measure the additional spread of the fabric. If the spread is less than $\frac{3}{4}$ " the adjustment can be made by decreasing the curve of the underarm by $\frac{1}{2}$ " on each side.

On the paper pattern, tape a piece of paper from the lower edge of the underarm curve to the sleeve's balance line. Beginning at the underarm edge, draw a new line that increases by $\frac{1}{2}$ " and then decreases back to zero at the balance line.

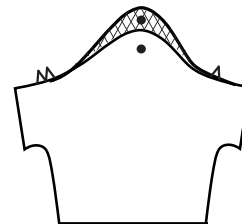
If the spread is more than $\frac{3}{4}$ ", determine how much needs to be added to each side.

On the paper pattern, slash the pattern along the seam line ($\frac{5}{8}$ " from cutting line) inside each sleeve edge leaving a hinge at the top. Spread the paper apart by the amount needed. Tape a piece of paper from the lower edge of the underarm curve to the sleeve's balance line. Draw a new cutting line, filling in the shifted seam and adding to the underarm as well; ease the cutting line back into the original sleeve near the balance line or at whatever point is best for your comfort.



SLEEVE TWISTS

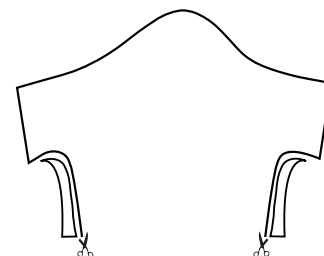
If the sleeve on the mock-up twists toward the front in a way that bothers you, the sleeve cap needs a little more height. Release one of the sleeves on your mock-up along the cap and allow the sleeve to drop until the twist is relaxed. Pin in extra paper or fabric to test the adjustment.



On the paper pattern, tape extra pattern paper between the notches on the sleeve. Mark the extra sleeve height needed at the shoulder point and then use a fashion ruler to create the new sleeve head that blends into the sleeve at the notches.

LOOSENESS IN THE SLEEVES

If the sleeves are too loose in the arm, pin out the excess fabric in the underarm seam of the mock-up and adjust the mock-up seam to match the pinned-out adjustment. Try on the adjusted mock-up to make sure the sleeve still feels comfortable with the additional taper.

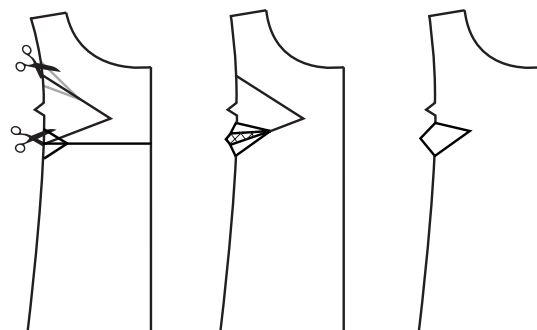


On the paper pattern, transfer the adjustment to the sleeve equally on each side as tested. Begin the adjustment just beyond the seam allowance at the underarm reducing the cutting line by the difference between the original $\frac{5}{8}$ " seam line and the new seam line. (If you adjust in the actual underarm, the side panel will also need to be narrowed.)

EXCESS FABRIC IN SLEEVELESS ARMHOLE

If there is extra fabric in the armhole above the side panel, consider these options:

- If there is extra fabric causing gaping in the armhole area that is even on both front and back, raise the shoulders as in the PETITE ADJUSTMENT described on page 2
- If there is extra fabric in the front only, pin out the extra fabric as if pinning in an armhole dart. Transfer this pinned dart onto the Front paper pattern. Identify a bust point on the pattern and draw a line through this armhole dart to the bust point, then draw a line from the bust point through an existing dart, or into the side seam near the dot. Cut along both lines leaving a hinge where they intersect. Close the armhole adjustment and allow the dart to spread or the existing dart to expand in the side seam at the end of the lower line. Tape these changes into place, filling in the new dart with pattern paper. Draw the dart legs of the new dart following the lines of the existing dart.



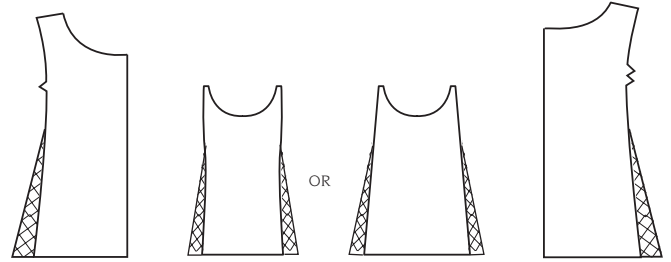
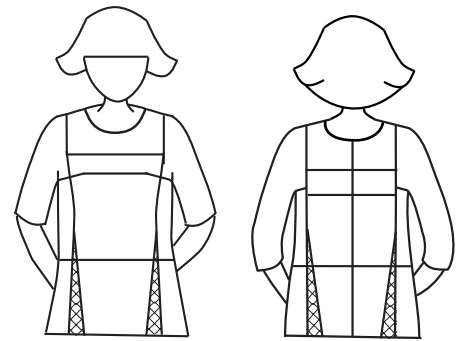
Adjust facings to match altered pattern.

Waist and Hip Adjustments

RELEASE AREAS THAT ARE TOO TIGHT

If the grainlines skew toward the side or there is tightness in the hip area in front and/or back, more room is needed. If you have used the straight side, switch to the flared side. If you are already using the flared side, release the side seam from the hem up, as needed in front and or back until the grainlines hang perpendicular to the floor. If the gap is greater than the seam allowance, pin a piece of fabric or paper in the gap.

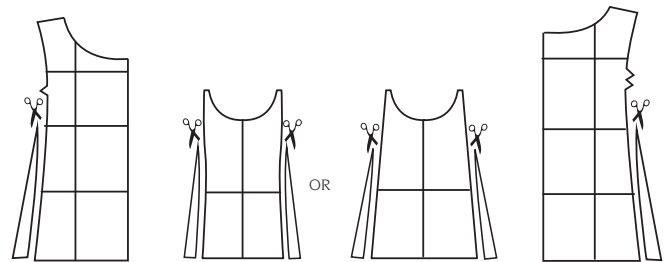
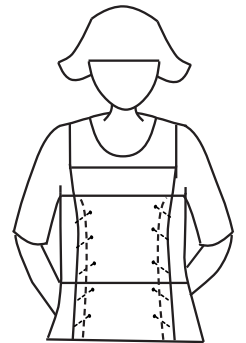
On the paper pattern, add the same amount of paper to the front, back or side pattern pieces to reflect the adjustments to the mock-up allowing for $\frac{5}{8}$ " seams everywhere. Use a curved ruler to blend these new seam lines. Watch the video tutorial for visual assistance.



TRIM UP AREAS THAT ARE TOO LOOSE

If the waist and hip area feel too full, use pins to adjust the mock-up along any or all of the side seams and/or the center back seam. As you pin out along these seams, make sure the grainlines of the mock-up remain perpendicular to the floor and the Horizontal Balance Lines are parallel to the floor. The grid of lines will guide you toward the best places to reduce the seams. Stitch in the new seam lines on your mock-up and test your fitting adjustments before moving them to the paper pattern.

On the paper pattern, transfer the changes you have made and use a curved ruler to blend the new cutting line to the original cutting line. To adjust just along the cutting lines, calculate the difference between the original $\frac{5}{8}$ " seam line and the new seam line and take that total off the cutting line. Watch the video tutorial for more tips on transferring changes to the paper pattern.



TAPER THE FIT IN THE WAIST

If you want a more form fitting dress or tunic than the Carpe Diem's easy fit, pin out the waist line in any or all of the four seams that connect the side panels to the front or back. Make your decisions based on the grid of grainlines and horizontal balance lines that need to remain parallel and perpendicular to the floor.

Stitch in the adjustments and test the fit. You should choose a zipper closure to make getting into this form fitting dress or tunic easier. It might also be necessary to add some additional fullness in the hips to counteract the tighter waistline.

On the paper pattern, mark the adjustments you have pinned out using the balance lines to help you plot the adjustment accurately. Use a curved ruler to blend the new lines into the existing lines and trim away the extra paper.

Read our lengthy free download called [Guidelines for a Trimmer Fitting Tabula Rasa Jacket](#) for more information and suggestions on adding darts as an alternative to taking in the seams.

