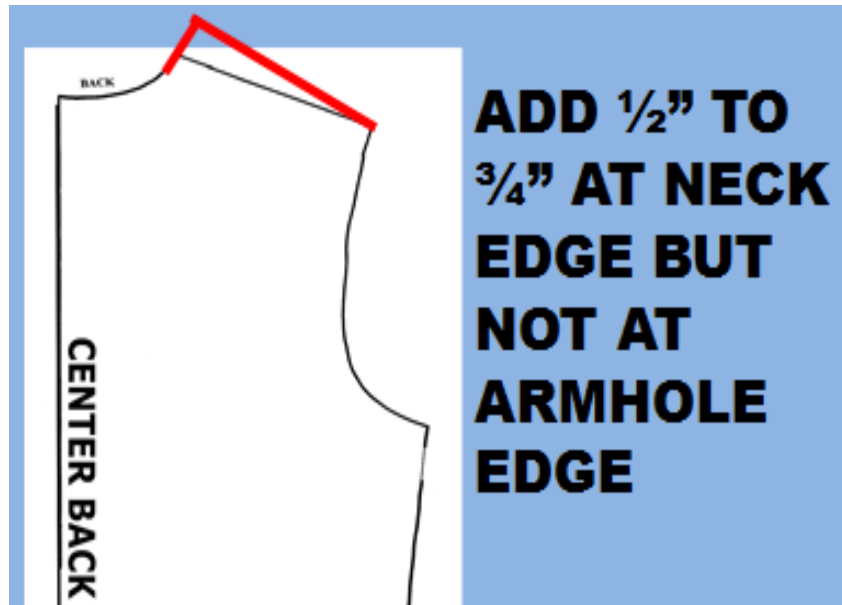


FIXING SOME FITTING ISSUES

ROUNDED BACK



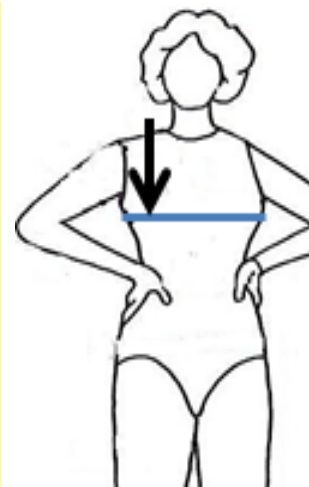
NARROW
ACROSS FRONT



If this happens in your tops-, you are probably short between shoulder and bust.

This is your FIX!

If you use this alteration—remove 1/2" from shoulder (front and back) on your pattern and then re draw the front and back neck edge of Master Pattern

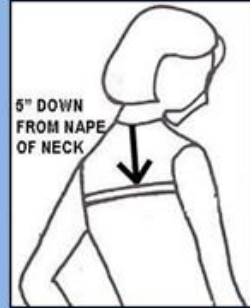


This option can be done AFTER the shoulder seams are sewn and you re check the fit!



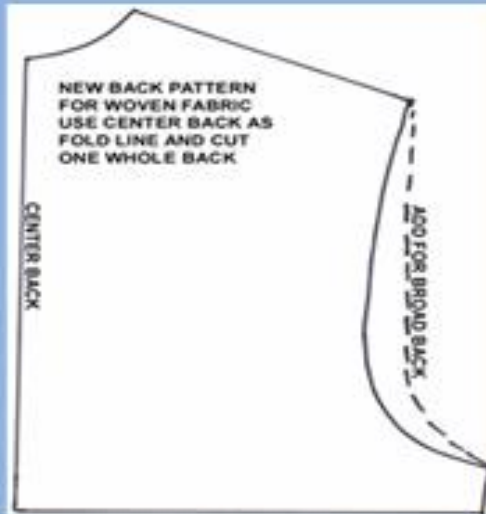
Measure Pattern for Broad Back

Measure pattern...compare to your measurement and add at least 1/2" to 1" for ease

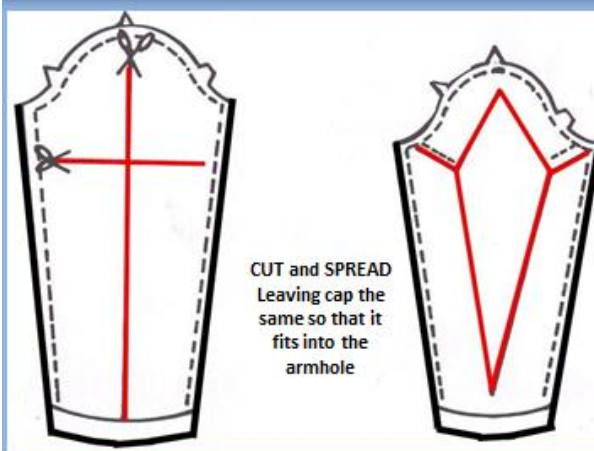


Measure pattern 5" down to compare

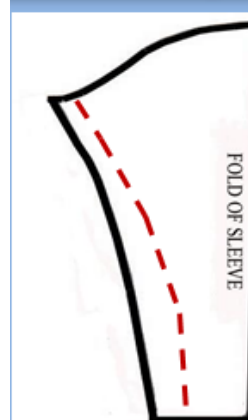
FIX Broad Back Easily



Large Arms



Tiny Arms



Keep the 1/2" seam allowance at the armhole but take a deeper seam down in to the sleeve. When you are happy with the results...alter pattern.

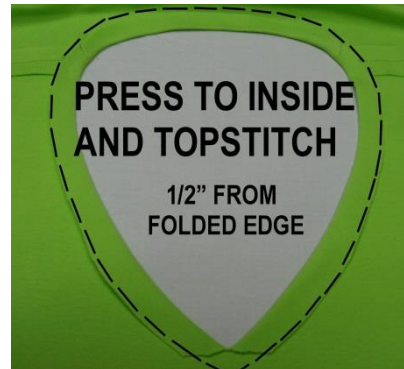
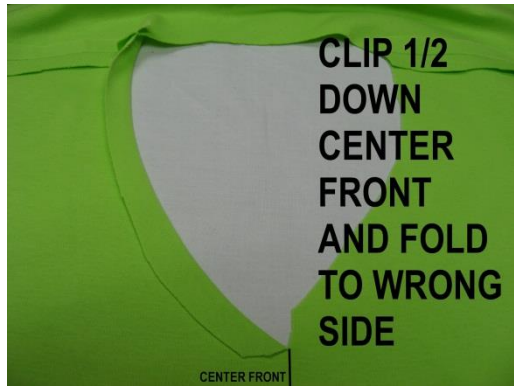
Gathered V-Neck Top Construction

Sew shoulder seams together with ½” seam allowance.

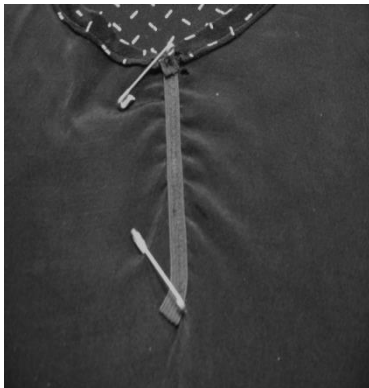
Fold front and back together, lining up all edges and lower front neckline.

Press a crease in the center front. Keep in mind when you lower this neckline that you will not be adding anything in the neckline area—you will be removing ½”. Clip ½ down center front—this will allow you to fold to inside!

Fold press and glue ½” of entire neck edge to inside and top stitch in place.



For the gathered neck, use a 6” piece of cotton elastic. Lay it directly in the center of the shirt. Stretch the elastic and zig zag in place while stretching. Hold the elastic in front and in back of needle. Start about ½” for top. This will gather slightly and NOT distort your hemline.

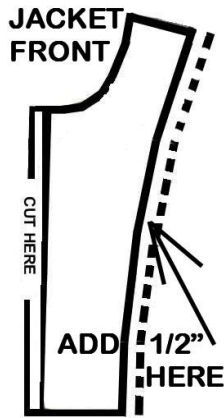


You can COVER the elastic with a small Strip of fabric. Start with a 6” to 7” strip That is 3” or more wide. Fold and press Until strip is 1” wide or wider. Lay strip on top Of shirt and stitch across bottom...fold over V edge and hand stitch on the wrong side

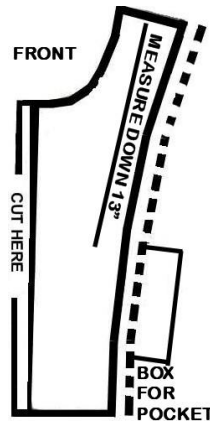


HOW TO CUT A PRINCESS GARMENT

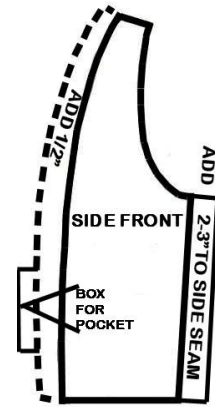
Draft a new pattern



CUT FOUR FROM FABRIC



CUT TWO FROM FABRIC



CUT TWO FROM FABRIC

FRONT AND SIDE FRONT

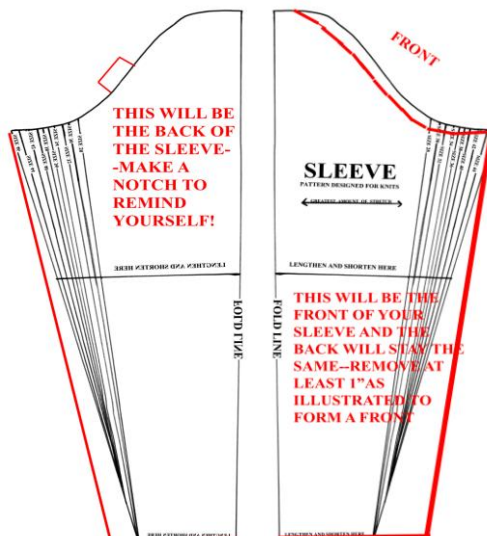
Make new fronts and side fronts from the Sew Slim Knit Top Pattern. USE FACING PATTERN AS YOUR NEW FRONT. Add $\frac{1}{2}$ " to the center front and sides as illustrated. This will accommodate the separating zipper and attaching to the side front. If you would like to add a pocket, measure down 13" and add a 7" x 1 $\frac{1}{2}$ " box. When cutting out your pattern and fabric, cut as one. Lay NEW front on your original pattern and what is left is the NEW side front pattern. Add $\frac{1}{2}$ " to inside side front (be sure to add your box for pocket) and 2"-3" to side seam. If you are making a blouse and are not interested in a pocket-fold to inside for later use. Use illustration as a guide. Double check your length. You will need enough length for a two-inch hem. Keep in mind that this garment will go over clothes.

WHEN USING WOVEN FABRIC IN A JACKET OR BLOUSE CUT SLEEVES AND FRONT AS ILLUSTRATED

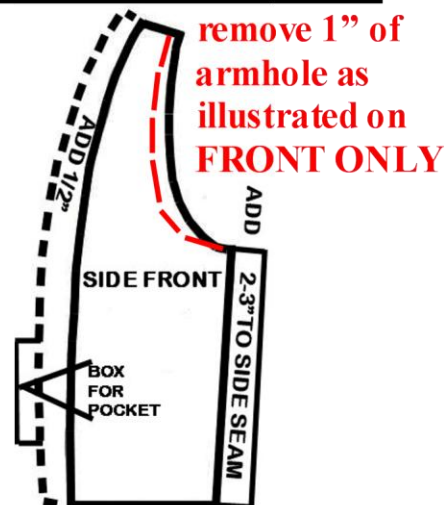
When using woven fabric, be sure to sew side seams first, then sleeve seams and SET the sleeve in!

This is only in woven fabric! You will still be using $\frac{1}{2}$ " seam allowance

Make new pattern for sleeve when using woven fabric. Be sure to add same amount to the side seam of the sleeve on the FRONT and BACK that you added to the side seam of the body of the shirt.



When using woven fabric-

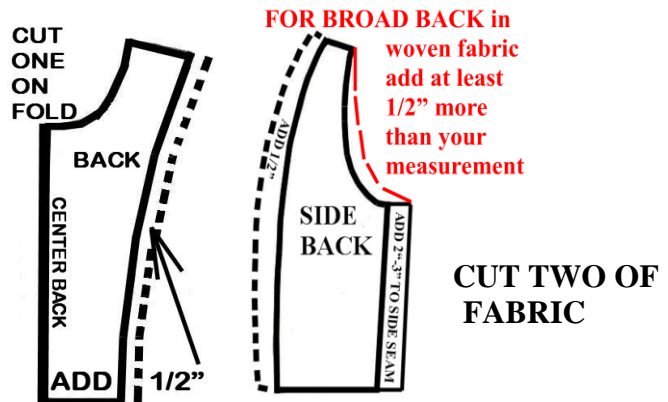


I also suggest that you **REMOVE** part of the armhole of the **FRONT** of the garment as illustrated. By doing this, you eliminate most “wrinkles” that occurring the front of the sleeve **AFTER** it has been sewn. Draw a **NEW** sleeve pattern.

BACK ,SIDE BACK AND SLEEVE

Using the **FRONT** as a guide, draw a **NEW** center back piece that will be cut on the fold of the fabric. Be sure to add the $\frac{1}{2}$ ” to attach to the side back piece. Using the **NEW** side front piece as a guide, draw a **NEW** side

back pattern piece. Remember to add 2-3” to side seam and alter for a broad back if needed. If you have a broad back-follow illustration.



CHECKLIST FOR CUTTING FABRIC:

1. CUT 4-FOUR-FRONTs TWO WILL BE YOUR JACKET OR BLOUSE FRONTS AND TWO WILL BE YOUR FACINGS!
2. CUT TWO SIDE FRONTS
3. CUT ONE CENTER BACK
4. CUT TWO SIDE BACKS
5. CUT TWO SLEEVES

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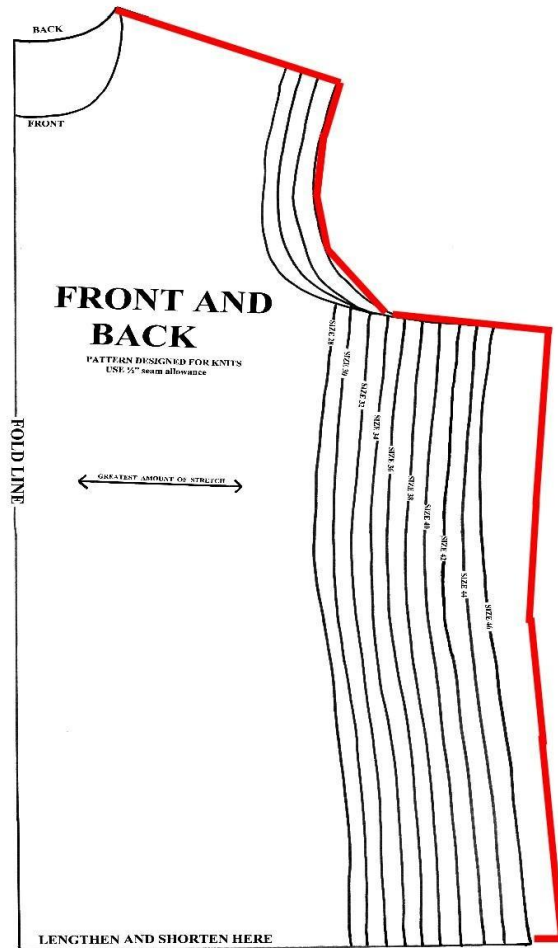


Place sleeveless shirt
over ironing board,
stand tape up to
measure armhole.
Cut a strip 2-3" wide an
1" less than that
measurement.

Fold strip right sides together and sew ends with $\frac{1}{2}$ " seam. Using single layer, divide strip in four equal pieces and place a pin at these points. Quarter armhole of top. Match these two together. Make sure your strip is right sides together with right side of armhole. Seam will be at the underarm. Start sewing (with a $\frac{1}{2}$ " seam allowance) the strip to the armhole. Now carefully fold that strip to the inside and topstitch. Cut off excess



IF YOU NEED A LARGER SIZE PATTERN



If you are off the pattern—larger than the size 46—**ADD** to side seam only. There is $\frac{1}{2}$ " between sizes. Example: if you measured 56"—you would add 5 sizes equals $2\frac{1}{2}$ " to bust area.

The red lines represent where you would add!

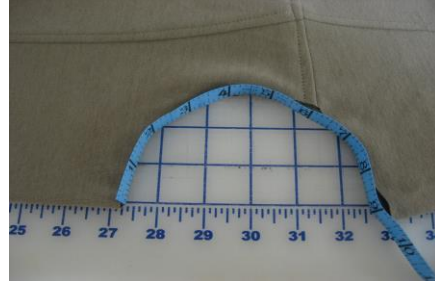
LET'S FACE IT...HOW TO COPY NECKLINES

It's easy to copy ANY neckline...it's the facing that makes the difference from "home made" to "store-bought".

CHANEL TRIM---

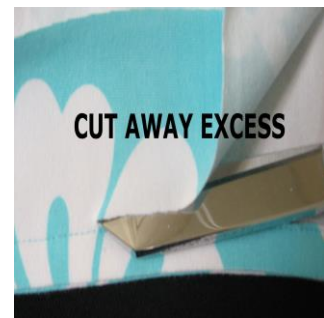
This trim can be use for Knit or Woven Fabric. Finish any edge with this kind of trim and you will always have that great "look".

SEW SHOULDER SEAM TOGETHER-----
STAND TAPE MEASURE UP (AS PICTURED) TO
MEASURE. CUT STRIP 2" SHORTER
THAN MEASUREMENT (either neck or armhole)
AND 3" TO 4" WIDE



SCOOPED OR U SHAPED NECK LINE

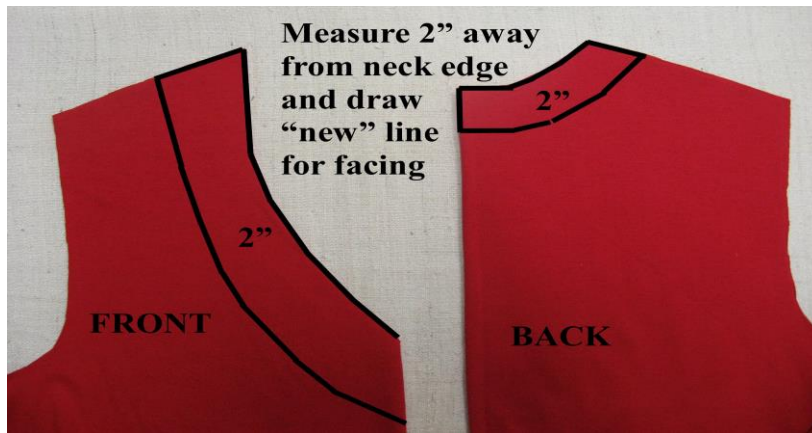
Fold strip right sides together and sew ends together with 1/2" seam. Using single layer, divide strip in four equal pieces and place a pin at these points. Quarter neckline of top. Center front and back with pins. Match these two together to get the center and mark again with pins. Now match pins in strip to pins in top. Make sure your strip is right sides together with right side of top. Seam will be in the center back. Start sewing (with a 1/2" seam allowance) the strip to the top. Now carefully fold that strip to the inside of the top covering the seam and pin all the way around. Starting at the back of the top, stitch in the ditch all the way around. Go to the inside and trim away excess fabric next to stitching line. Press carefully and your neck is finished!



MAKE YOUR OWN FACING

Knits or woven remain the same. When you are creating a facing, use the neckline that you cut as a guide. Make the facing slightly smaller so that it will "pull" the neck edge in.

This will make it lay better. Keep in mind that part of the neck edge and facing are on the bias! Cut an armhole facing the same way!



SLEEVELESS ARMHOLES THAT ARE SELF FACED



You can finish off a woven sleeveless top with these same directions. You will need to find fabric close to the color of your top.

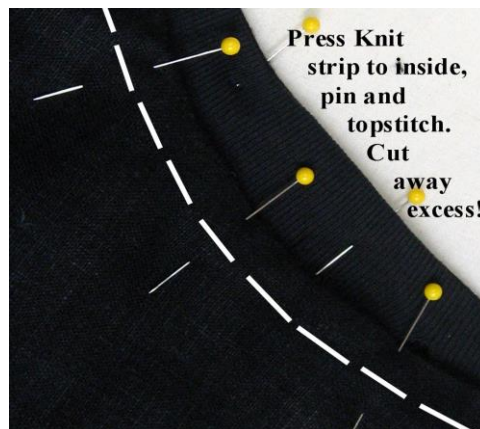
Sew sides with $\frac{1}{2}$ " seam allowance. Measure armhole opening and cut 2 strips (ON THE STRETCH OF THE FABRIC) 3" wide X 2" less than that measurement.

Seam that strip with $\frac{1}{2}$ " seam to form 2 circles (one for each armhole). Place a pin the center of the circle. Place circle of trim right sides together (trim is open NOT folded in half) with seam in circle lined up with side seam in top and pin in circle with shoulder seam.

Stitch with $\frac{1}{2}$ " seam, stretching strip ONLY—not armhole --as you sew.

Clip through both layers, fold seam and strip to the inside, press and pin in place. Top stitch $\frac{1}{2}$ " away from folded edge as pictured. Press again. Cut off excess from inside side of the shirt.

Repeat other side





Notice how the difference between the two armholes. The one on the right has been clipped, folded to the inside, pressed and pinned ready to topstitch.



Place sleeveless shirt over ironing board, stand tape up to measure armhole. Cut a strip 2-3" wide an 1" less than that measurement.

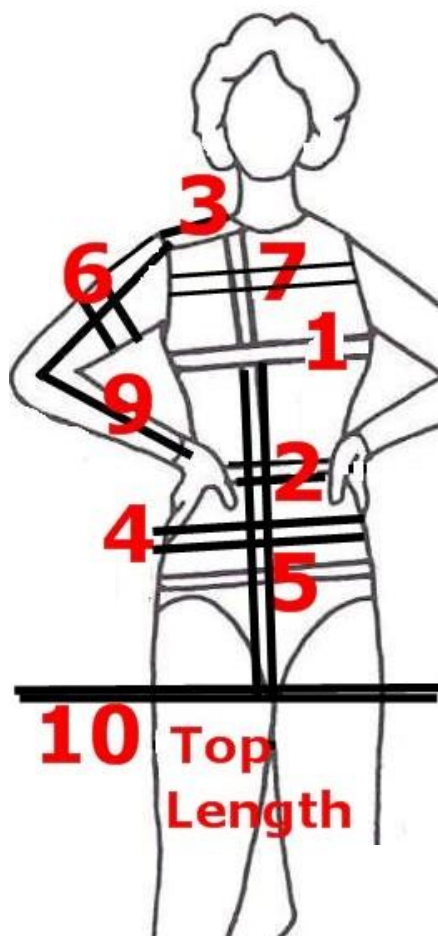
Fold strip right sides together and sew ends with $\frac{1}{2}$ " seam. Using single layer, divide strip in four equal pieces and place a pin at these points. Quarter armhole of top. Match these two together. Make sure your strip is right sides together with right side of armhole. Seam will be at the underarm. Start sewing (with a $\frac{1}{2}$ " seam allowance) the strip to the armhole. Now carefully fold that strip to the inside and topstitch. Cut off excess



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MEASURING FOR MASTER TOP PATTERN



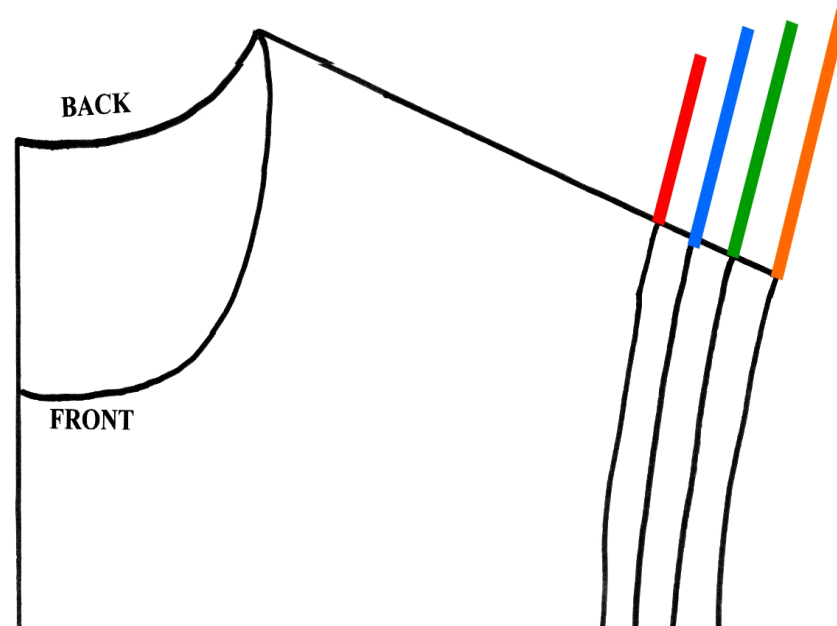
WHERE TO MEASURE	WHAT YOU MEASURE	ADD FOR COMFORT	USE THIS NUMBER
1. BUST Around the fullest part		1" close fit 2-4" loose fit	
2. WAIST Fullest part		1" close fit 2" loose fit	
3. SHOULDER Bend of neck to end of shoulder		NO EASE NEEDED	
4. TUMMY Around fullest part		1" close fit 2" loose fit	
5. HIP Around fullest part		1" close fit 3" loose fit	
6. ARM WIDTH Around fullest part of arm		1" close fit 3" loose fit.	
7. ACROSS FRONT 5" down from shoulder-armhole to armhole		NO EASE NEEDED	
8. ACROSS BACK 5" down center back -armhole to armhole		ADD at least 1"	
9. SLEEVE LENGTH from shoulder to wrist	SHORT 3/4 LONG	NO EASE NEEDED	SHORT 3/4 LONG
10. TOP LENGTH Center of shoulder to length		ADD 2" for hem	

Use this line for 4" shoulder

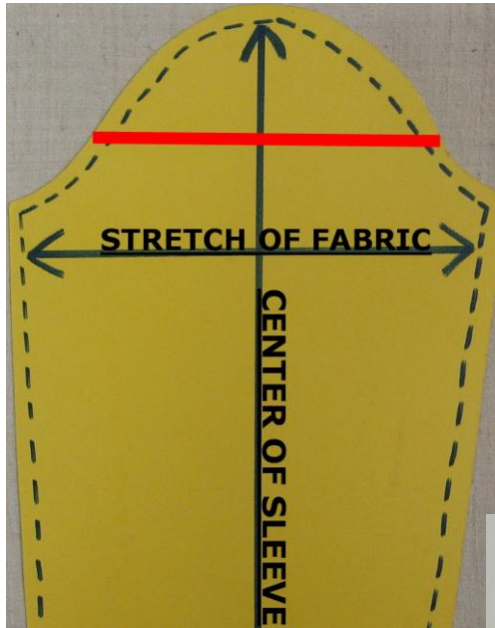
Use this line for 5" shoulder

Use this line for 5 1/2" shoulder

Use this line for 6" shoulder



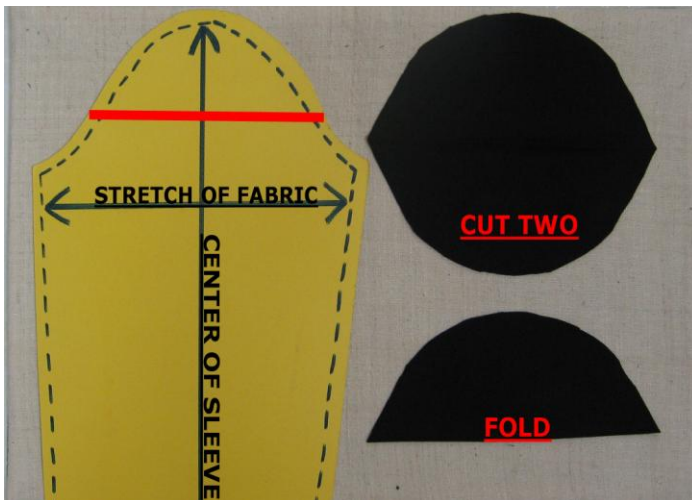
MAKE JUST CAP OF SLEEVE



Only use CAP of sleeve pattern. Use line a guide.

Cut two from Lace. I chose lace that A scalloped finish! Sew sleeve in using the same directions in the pattern.

Keep in mind that the cap is smaller. Finish the remaining armhole with Chanel trim.



Cut two of fabric as pictured. Be sure stretch of fabric stays the same.

Finish the remaining armhole with Chanel trim.



FitNice

Sewing For Pre-Teen and Teen Sizes



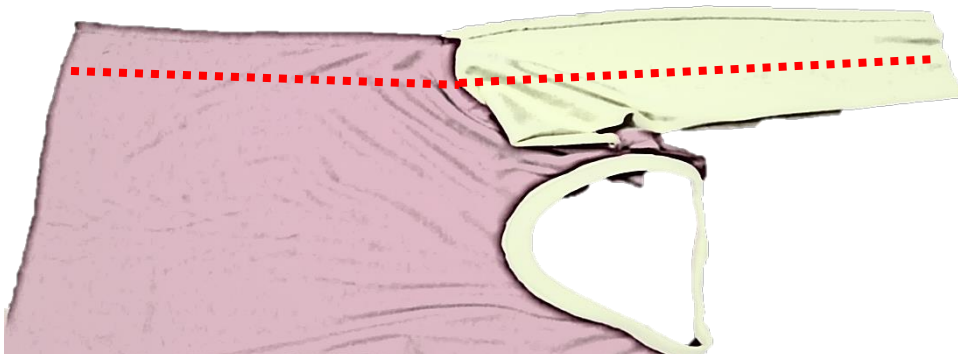
Only draw to REDUCE this pattern by one size

When you need a smaller size, follow these directions

Refer to the sewing directions in the MASTER PATTERN

- Measure and fill in the chart
- Draw the pattern using the smallest size unless the measurement requires a larger size. You will still need to sew the shoulder seam with $\frac{1}{2}$ "

When you use the size 28 and redraw $\frac{1}{2}$ " less, the finished garment will now measure 30" in the bust and 31" in the hip. You can make the finished garment even smaller with a wider side seam allowance.



BUST _____

WAIST _____

HIP _____

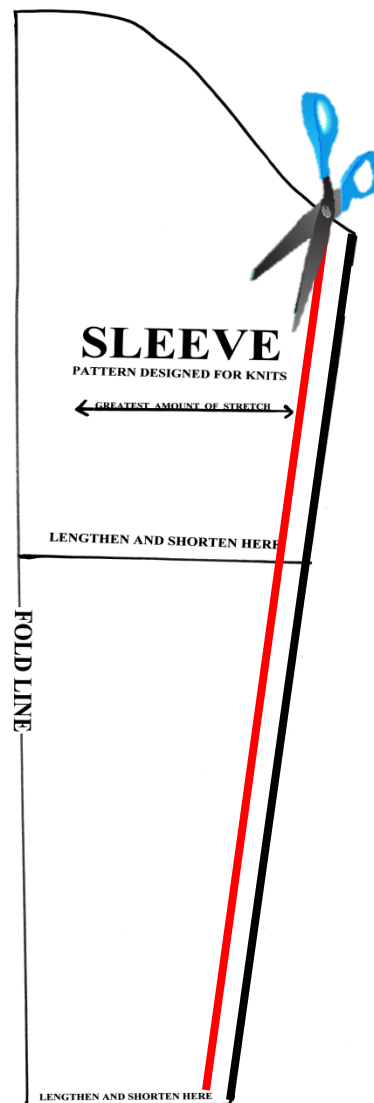
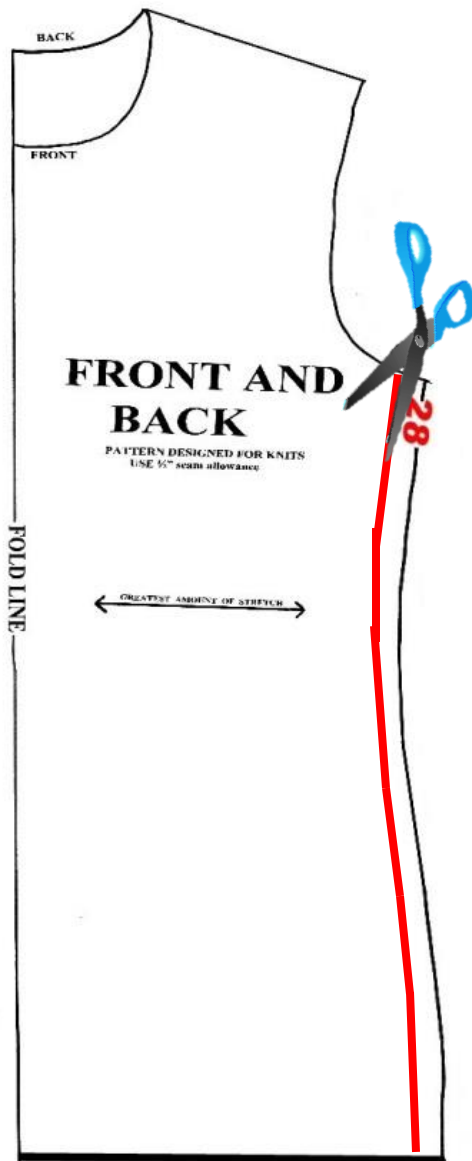
SHOULDER WIDTH _____

SLEEVE LENGTH _____

KNIT TOP LENGTH _____

APPROXIMATE FINISHED MEASUREMENT

SIZE		BUST	HIPS
28	FINISHES WITH A	32"	33
30	FINISHES WITH A	33"	33 ½
32	FINISHES WITH A	36"	36 ½
34	FINISHES WITH A	37"	37 ½
36	FINISHES WITH A	37 ½"	40 ½
38	FINISHES WITH A	40 ½"	41 ½
40	FINISHES WITH A	41 ½"	44 ½
42	FINISHES WITH A	44"	45 ½
44	FINISHES WITH A	45 ½"	48
46	FINISHES WITH A	48 ½"	49 ½



Draw the size 28 and **redraw** ½" less on side seams and sleeve seams as pictured. Cut on that line for new smaller pattern.

- Cut out KNIT fabric for your first fitting top!
- SEW the shoulder seam with a 1" seam allowance
- SEW the sleeve into the garment with 1/2" seam allowance
- BASTE the side seam with a ½ " seam allowance. You can always make this seam allowance wider if needed.
- Try on and tweak for comfort

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judy@fitnicesystem.com

FitNice

SEW SLIM KNIT TOP

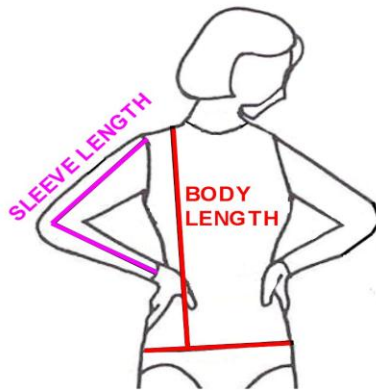
FitNice Philosophy-Sewing is an art that is only limited by your own imagination. You will be amazed at the wardrobe you can create using this one pattern. Don't have any imagination? Need some inspiration? Look through catalogs, pattern books, magazines and definitely go shopping. I always encourage my students to try on clothes that they would never purchase. Why? It's the perfect way to "try on" a style that you can "see" before you copy. All garments start with a front, back and sometime sleeves—and now you will have your own personal "beginnings". Most people can use the same pattern for knits and wovens with a little tweaking here and there. Best of all---change the fabric and you change the look! I will show you step by step how to create, look slimmer, and have fun—so let's get sewing!

FABRICS

Let's talk about fabrics that make good tops. If you choose to use a lightweight knit, just remember that you need some stretch to the fabric. Hold your hands at least 10" apart—grab some fabric and stretch! Does it have good recovery? Is it 100% cotton knit? (That's my personal favorite). Most important does it feel good to you?

My rule of thumb is—the fabric that I choose not only needs to look good but it **MUST** feel good! If not, you won't enjoy sewing with it—so never just settle—make good choices! If you have trouble finding good knit in the stores, you may want to check some web sites. Woven fabric gives you a much broader range; however **WE ARE only WORKING WITH KNITS**. Keep in mind that the **pattern is basically designed for knits**. Remember my rule of thumb—**LOVE THE FABRIC** and you'll love the garment.

ALWAYS PRE-WASH FABRICS THE EXACT WAY THAT YOU WILL WASH THE GARMENT!



HOW TO DETERMINE YARDAGE

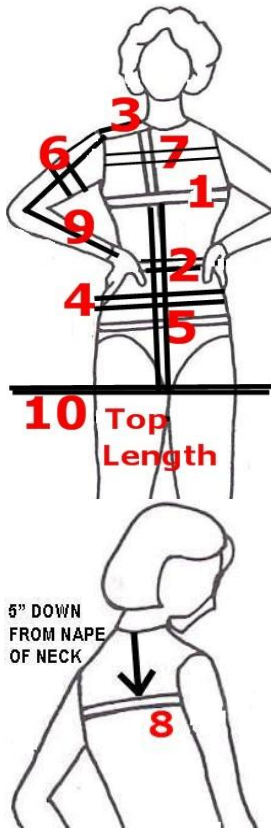
This is an easy way to determine yardage. What are you going to make? A simple pullover with no sleeves? 3/4 sleeves? A dress? Measure from the center of your shoulder down to whatever length you desire and then from the end of your shoulder to however long you want your sleeves. You will need one or two **body lengths** plus one **sleeve length** plus and extra 4-5 inches for hems. On 45" wide fabric, you will need two body lengths plus your sleeve length. On 60" wide fabric, most can use one body length plus sleeve length plus 4-5 inches for hems. When choosing the dolman sleeve look, you need 2 body lengths of 60" wide fabric plus extra for hems!

MEASURING FOR PATTERN

Use something that you can see through to make your pattern. I suggest Pattern Ease but an inexpensive sew-in interfacing will also work. Let's take your measurements, write them down, make your pattern, then burn your numbers! The wonderful part of sewing is that what you sew is not a size anything and there is nothing stitched in the back of your garment that says so!

Please, please keep in mind that we can take measurements all day long but it will never replace actually putting a finished item on your body. You **CANNOT** measure comfort! I may think your top is too big or too small, but you may love the way it fits. Every fabric will fit a little different. Even fabrics that are from the same distributor but different colors. So keep in mind, we need to tweak it all. Your first top is the most important—that's what all the variations are made from.

Follow numbers to match on chart! We filled in a modified chart in the beginning, however you will need ALL these measurements when doing the variations.



WHERE TO MEASURE	WHAT YOU MEASURE	ADD FOR COMFORT	USE THIS NUMBER
1. BUST Around the fullest part		1" close fit 2-4" loose fit	
2. WAIST Fullest part		1" close fit 2" loose fit	
3. SHOULDER Bend of neck to end of shoulder		NO EASE NEEDED	
4. TUMMY Around fullest part		1" close fit 2" loose fit	
5. HIP Around fullest part		1" close fit 3" loose fit	
6. ARM WIDTH Around fullest part of arm		1" close fit 3" loose fit.	
7. ACROSS FRONT 5" down from shoulder-armhole to armhole		NO EASE NEEDED	
8. ACROSS BACK 5" down center back-armhole to armhole		ADD at least 1"	
9. SLEEVE LENGTH from shoulder to wrist	SHORT 3/4 LONG	NO EASE NEEDED	SHORT 3/4 LONG
10. TOP LENGTH Center of shoulder to length		ADD 2" for hem	

Drafting Pattern-

Please notice the chart below. You will find this chart printed on your pattern. Choose a knit top that you already own and feel comfortable in. Lay it on a table and measure it from armhole to armhole. Check that measurement with the chart. If one of your tees you already wear measures 40"-41", you would draw a size 38.

This chart tells

you what the SEW SLIM KNIT TOP PATTERN will measure AFTER it is sewn together. This allows you to see both bust and hip measurements AFTER it is sewn.

APPROXIMATE FINISHED MEASUREMENT

SIZE		BUST	HIPS
28	FINISHES WITH A	32"	33
30	FINISHES WITH A	33"	33 ½
32	FINISHES WITH A	36"	36 ½
34	FINISHES WITH A	37"	37 ½
36	FINISHES WITH A	37 ½"	40 ½
38	FINISHES WITH A	40 ½"	41 ½
40	FINISHES WITH A	41 ½"	44 ½
42	FINISHES WITH A	44"	45 ½
44	FINISHES WITH A	45 ½"	48
46	FINISHES WITH A	48 ½"	49 ½

This pattern is designed for your bust size!

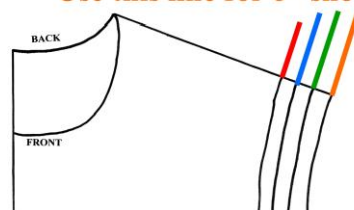
Choose your bust size remembering to add your comfort numbers for close or loose fit. Those are the numbers we will be working with to compare to the pattern. Example: Your real bust measures 38" and you add for loose fit (another 2")—so your COMFORT size will now be a 40" bust. **If you are off the pattern—larger than the size 46—ADD to side seam only. There is ½" between sizes. Example: if you measured 56"—you would add 5 sizes equals 2 ½" to bust area.**

Once you have chosen your size according to your new COMFORT number, compare with size on chart (keep in mind the chart that will tell you the end result). If you need one size for bust and a different for hip—that's OK! Trace off what you need! This is a loose fitting garment even if you chose to use the close fit numbers, therefore the front and back will be the same.

DRAWING YOUR PATTERN

Fold your Pattern Ease in half so that you can draw one whole pattern. You only need to draw one and then lower the neckline for the front. Compare your shoulder width with pattern and use your exact measurement. Changing this will not affect the cap of the sleeve.

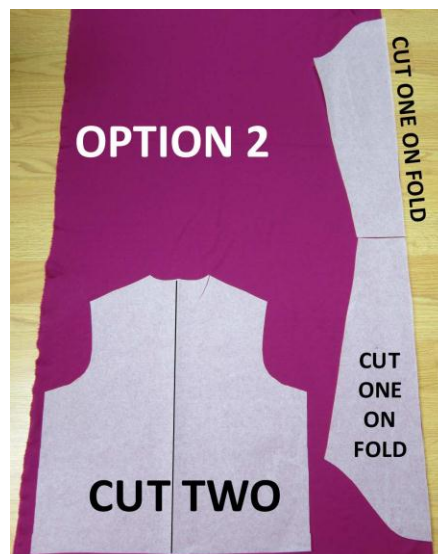
Use this line for 4" shoulder
Use this line for 5" shoulder
Use this line for 5 1/2" shoulder
Use this line for 6" shoulder



Draft one whole sleeve according to the size you used for the front and back. Lengthen and shorten top and sleeve at bottom. I like to work with whole patterns instead of cutting using the fold of the pattern. This is helpful when trying to make sure you have enough for the fabric you are working with.

CUTTING OUT YOUR FABRIC

Keep in mind that the greater amount of stretch in the knit goes **AROUND** your body. Cut one back and one front. You can cut both at once—remove back and lower neckline on the other piece—you now have a front and back. Cut two sleeves the desire length.



All seams are sewn with a 1/2" seam allowance. Use a ballpoint or stretch needle when sewing knits.

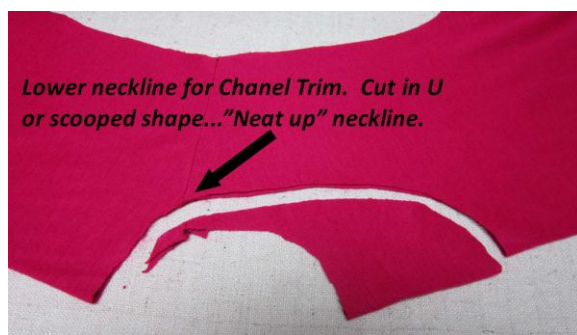
To have success sewing knits every time, make sure you keep the FitNice Knit Rule! Whatever goes into the hole of a knit must be smaller than the hole itself! The neck, armhole and bottom of your top and sleeves are all "holes". Always follow this rule for consistent results.

SEW IT TOGETHER

Sew shoulder seams together with 1/2" seam allowance and press open. If seam allowance tends to "roll", press to front and top stitch.



Now is the time to choose what style neckline you want in your top. Fold front and back in half and lay on table. If you choose a scoop, lay scoop template (found on the opposite side of the top pattern) on top and cut on scoop line. Likewise for the V-neck.



TO MEASURE NECKLINE

STAND TAPE MEASURE

UP AS PICTURED

EXAMPLE:

Scoop or U neckline on shirt measures 20"

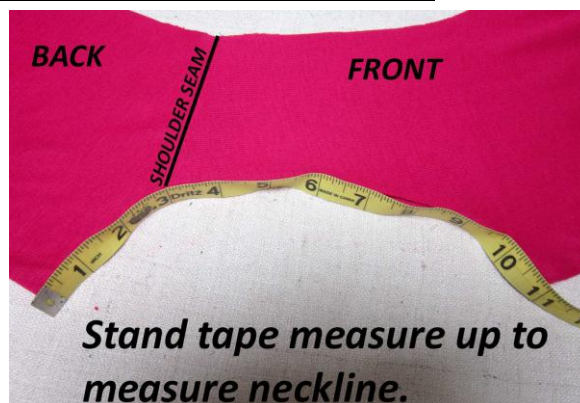
Cut a strip 4" wide and 19" long

V neckline on shirt measures 24"

Cut a strip 3" wide and 25" to 26" long

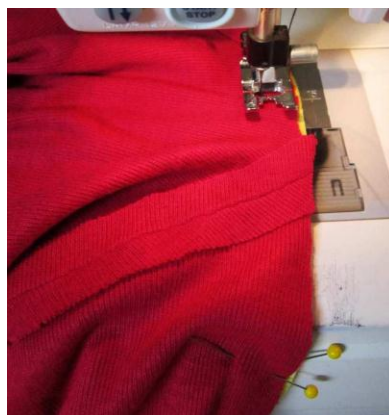
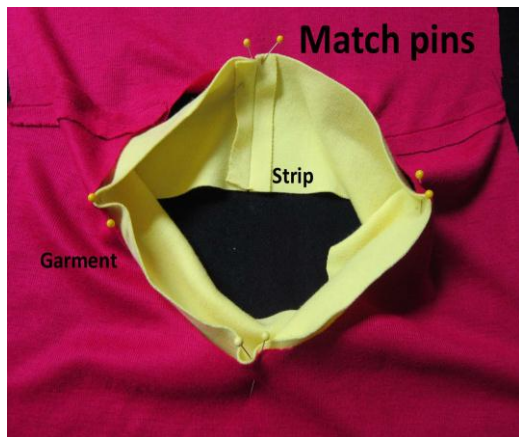
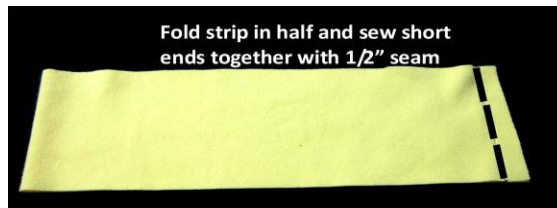
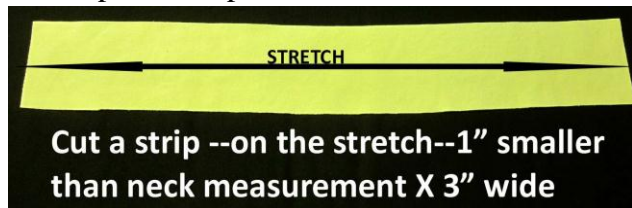
THIS CAN BE A STRIP OF FABRIC OR RIBBING

Measure that opening. You need to double this measurement. For a scoop neck top, cut a strip of fabric 4" wide X 1 to 2" (use 2" when the fabric has a lot of stretch) less than neck measurement. For a V-neck, cut a strip 3" wide X neck measurement (measure V neckline after you actually cut the V) plus 1" to 2".



SCOOPED OR U SHAPED NECK LINE

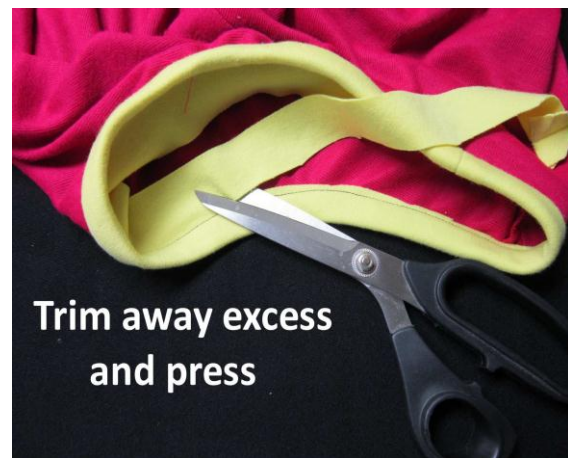
Fold SINGLE LAYER strip right sides together and sew ends together with $\frac{1}{2}$ " seam. Divide strip in four equal pieces and place a pin at these points. Quarter neckline of top. Center front and back with pins. Match these two together to get the center and mark again with pins. Now match pins in strip to pins in top. Make sure your strip is right sides together with right side of top. Seam will be in the center back. Start sewing (with a $\frac{1}{2}$ " seam allowance) the strip to the top.



Sew strip to neck edge with $\frac{1}{2}$ " seam.. stretching strip ONLY. Strip in on the bottom.. garment on top.

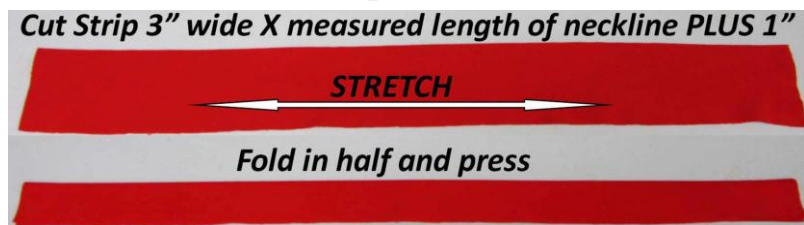
Fold strip to the inside of the top covering the seam and pin all the way around. Starting at the back of the top, stitch in the ditch all the way around. Go to the inside and trim away excess fabric next to stitching line. Press carefully and your neck is finished!

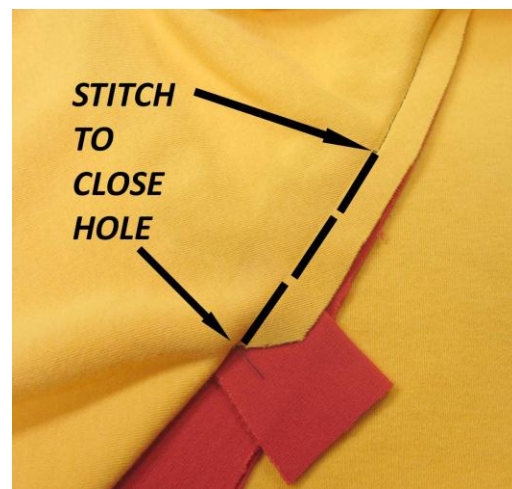
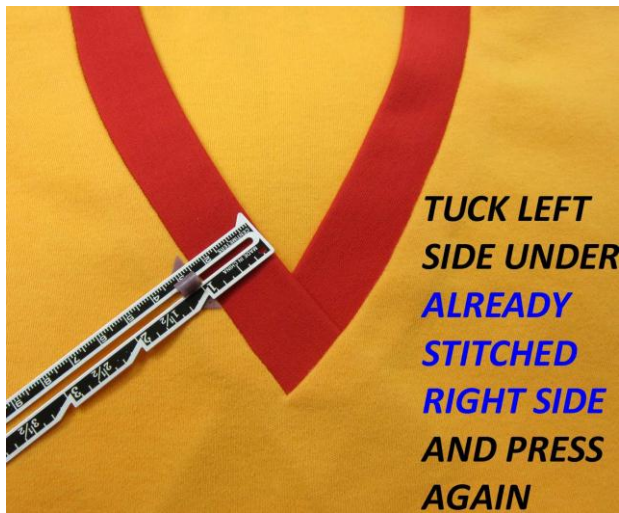




CROSSOVER V-NECKLINE

Cut V according to template and measure and cut strip





Clip the center of the V and mark center with pin. Fold strip right sides together and sew to top using a $\frac{1}{2}$ " seam allowance. Start stitching right at the V. As you go up the sides of the V, stretch slightly ***strip only***. When you reach the shoulder seam, stretch strip tightly across back only! Again down other side stretching strip slightly. Stop stitching about 2" from V. Tuck the "tail" of the strip into the hole you created. Place free end of strip underneath. Press carefully. Flip shirt out of your way to expose the part of the shirt that you have NOT stitched. Stitch all layers on original lines right to V.

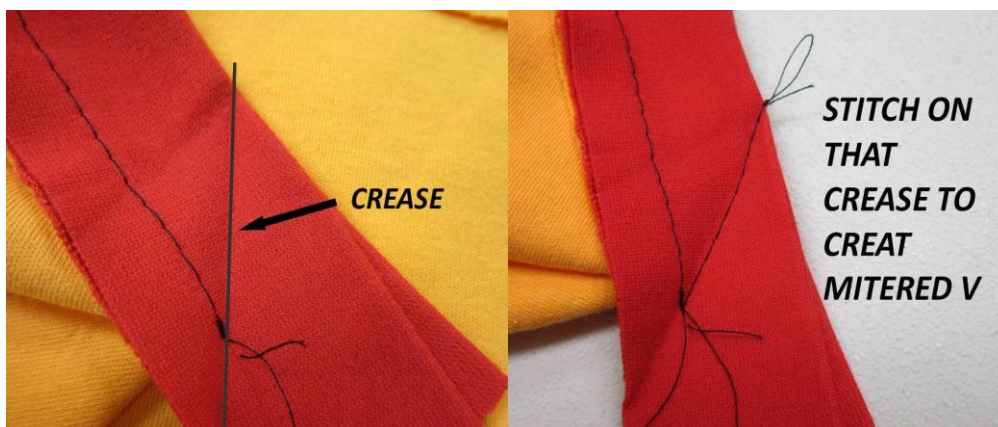
MITERED V-NECKLINE

Cut V in top, clip at the V and mark with pin. Measure neckline. Cut strip, fold in half and stitch to top using the same directions as above. On the mitered V—you start and stop at the V.



Fold back excess fabric from strip to create a mitered look and press

carefully. Stitch on the line you just pressed. This method creates your beautiful mitered V neck top! Trim extra fabric from wrong side of top.



SLEEVE CONSTRUCTION

Fold each sleeve in half and mark the center with a pin. Match pin to shoulder seam, right sides together. Place pin at both ends of sleeve matching end of sleeve with end of armhole. Start at one end with the sleeve facing you and stretch the armhole to meet the sleeve. Again, you will be sewing with 1/2" seam allowance. Sew both sleeves. Press seam allowance toward the sleeve. You can top stitch if desired.



SIDE SEAM CONSTRUCTION

Sew side seam with 1/2" seam allowance...starting at bottom of shirt and ending at bottom of sleeve



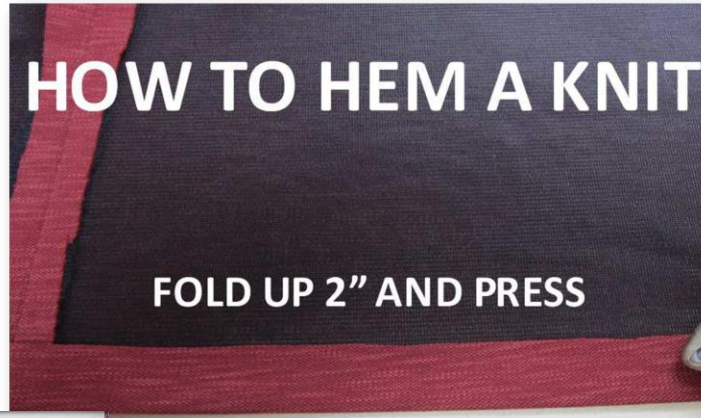
Baste side seam together. Remember way back in the beginning, I suggested that we were going to "tweak" your garment. It's that time! That's why we are going to baste. With right sides together, place one pin at underarm seam making sleeve allowance go toward sleeve. When stitching, start at the bottom and go toward the sleeve stretching slightly as you sew. You will sew side seam and sleeve all at once. Sew other side.

FINISHING

This step is the most important. Try on your top. You may want to take in the side seams the whole length of the top or maybe just in certain areas such as the waist. Baste as much as you'd like. Try it on again! Want more taken out? Now's the time to do it. I'm sure that you are saying to yourself, "but we took my measurements!" Measurements have NOTHING to do with comfort! So keep taking it in and trying it on until you are happy with the results. Stitch again on the stitching line that you have chosen as the best. Measure ½" away from that stitching line and cut off the excess. Take the piece you cut off back to your pattern and remove that much from your pattern side seam! **Magic-Presto—you just altered your pattern to fit YOU!!!**

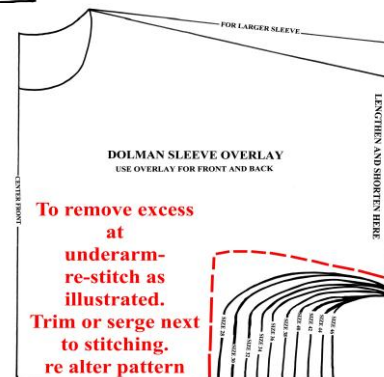
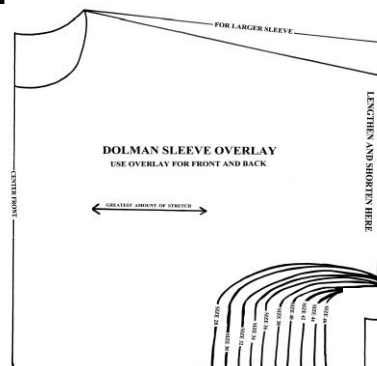
HEMMING

For sleeve, fold up to desired length. Press in place. Top stitch 1" away from fold of hemline and cut excess off. Mark how much you cut off on your pattern. Fold up hem for bottom and do the same as for sleeve. Enjoy and spread the word "SEWING IS FUN".



DOLMAN SLEEVE OVERLAY

I suggest you make a whole new pattern for this style. It is the fastest garment you will ever make. Shoulder seams, side seams, hem and wear! Go by the size you cut for your top and use the same size for your overlay! Notice that the shoulder has been straightened. If you want a larger sleeve, choose the "larger" line! Notice that the armhole has been dropped and curved. Use the overlay for front AND back! You will still use ½" seam allowance. Follow the curve as you sew the side seam. There is no need to clip the curve on a knit. **However, be sure to trim close to stitching line**



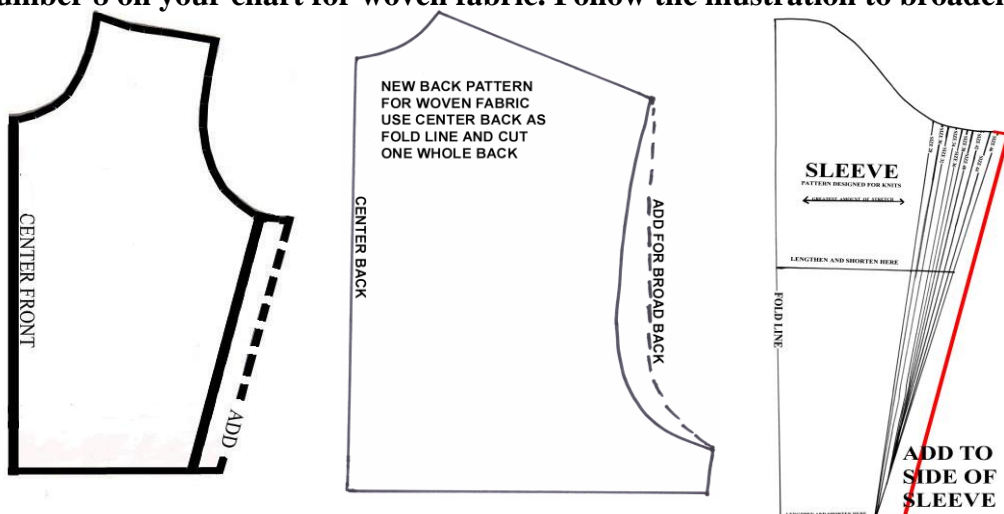
To "tailor" a dolman, follow the picture



Example of new front of shirt with dolman sleeves. The black line is where your original pattern would be.

LET'S USE WOVEN FABRIC

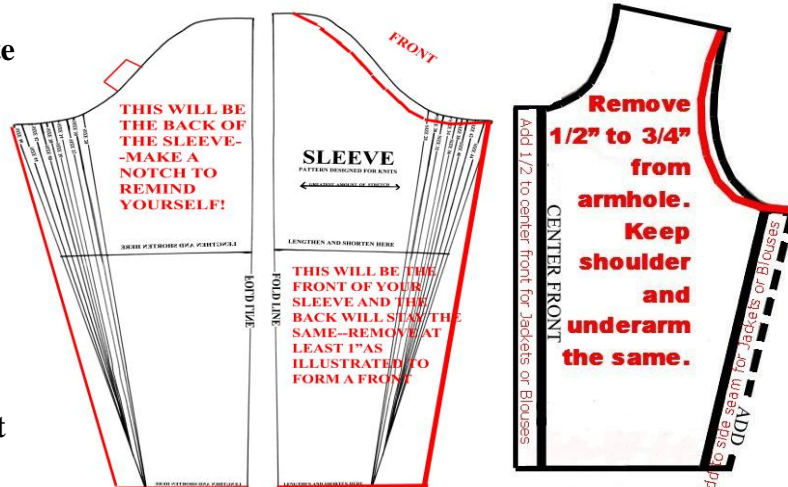
Once you are satisfied with the fit of your knit top, you can NOW use woven fabric. **MAKE A NEW PATTERN AND MARK IT WOVEN** Add 1-2" to the side seam. Whatever you added to the side seam, Add to the sleeve seam as well. You must remember that the sleeve area presents the most problem. Make sure that you add at least 2-3" on number 8 on your chart for woven fabric. Follow the illustration to broaden back.



WHEN USING WOVEN FABRIC IN A JACKET OR BLOUSE CUT SLEEVES AND FRONT AS ILLUSTRATED ABOVE

When using woven fabric, be sure to sew side seams first, then sleeve seams and **SET** the sleeve in! This is only in woven fabric! You will still be using ½" seam allowance. Make new pattern for sleeve when using woven fabric. Be sure to add same amount to the side seam of the sleeve on the **FRONT** and **BACK** that you added to the side seam of the body of the shirt. I also suggest that you **REMOVE** part of the armhole of the **FRONT** of the garment as illustrated.

By doing this, you eliminate most “wrinkles” that occurring the front of the sleeve AFTER it has been sewn. Your pattern came with a facing piece. It already has ½” added to the center front. When making a jacket or blouse, make sure to ADD to the center front of the garment as well.



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PLEASE CHECK THE WEB SITE www.fitnicesystem.com

Rolling across the bottom of the screen are dozens of variations ALL made from your MASTER Top Pattern. Click on one you like and see all the possibilities. You will find the CDs—Variations I, II, III and IV

Looking for the “perfect” pair of pants? Master Pants Pattern & DVD

Let the FUN begin---and send me pictures!

Be sure to check out the Fit Club on the web site!

Judy Kessinger judykess@insightbb.com



The Easy Way to a *Perfect Fit*



Welcome to an EASY way to alter your patterns BEFORE you sew and get frustrated. These instructions are for ANY pattern you choose. **Sew Slim Patterns** are the easiest, but I still recommend you go through these steps to insure a perfect fit especially when you go from knit to woven in the **Sew Slim Knit Top!** If you have ever experienced the frustration of buying a pattern, purchasing all the materials and notions, putting together the garment only to find that it doesn't fit, you are going to LOVE this way to a *Perfect Fit!* Once you've cut your fabric and constructed your garment, you have lost both the time and money. This tested method will show you how to measure yourself, choose the correct size pattern, add the ease if necessary, cut the pattern to fit, back with tracing paper and SEW.

Please read through the directions before you start your project. So grab yourself a cup of coffee or tea and let's get started with **The Easy Way to a *Perfect Fit!***

CHOOSING THE CORRECT SIZE PATTERN

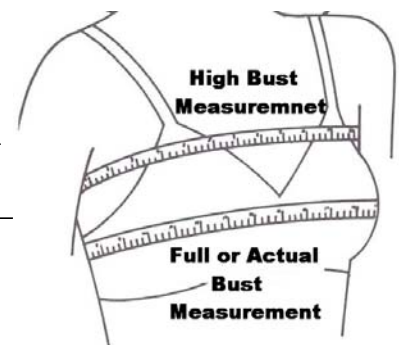
The most frequently asked question is, "what size pattern do I buy?" If you are using the **Sew Slim Knit Top**, follow the pattern directions. For all other patterns, use the following guidelines. I cannot emphasize enough that the size you buy in a retail store is not the same in patterns. You already know that if you wear a size 12---that size is different according to the clothing manufacturer. The same is true for the pattern companies. The ease they put into the pattern, determines the fit. Always read the back of the pattern before you choose to make sure it is exactly what you want. It will tell you if it has a close or loose fit.

For any **fitted** pattern such as a blouse, dress or jacket, you will need to take two measurements according to the illustration to your right.

Measure around the fullest part—record that measurement here_____

Slide the tape measure up until it is above your bust and record_____

Equipped with these two measurements, you can now decide what size pattern to buy! If your full or actual bust measurement is 2" or more than your high bust---purchase the pattern according to you High Bust. If there is less than a 2" difference, purchase the pattern according to your full or actual bust measurement.

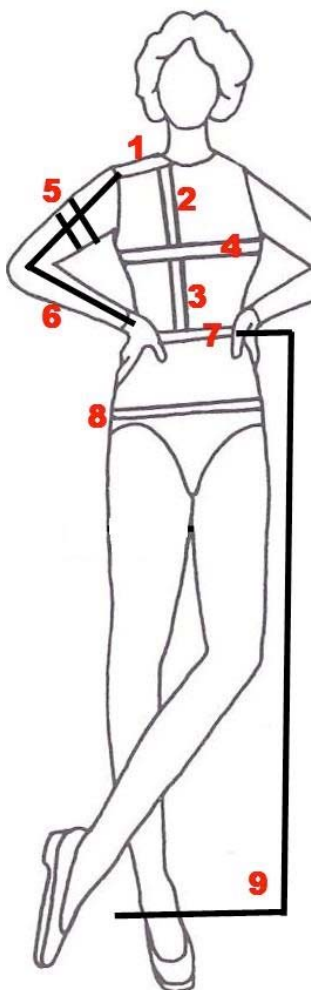


For example let's say your actual bust measurement is 42" and your high bust measurement is 38". You would purchase the **fitted** pattern according to the 38" or high bust. If you used the 42" as a guide—there would be enough room for both of us in the garment due to excess fabric in the upper bust and shoulder. These are tough areas to alter because of the neckline—collar and such. You can alter EVERYTHING else! Have you noticed that I keep talking about a **FITTED PATTERN**? Once you have altered this kind of pattern it can be used as a guide for all others.



Before you start you will need to cut out and press paper pattern with a cool dry iron. Supplies---tape measure, yardstick, pins scissors, tape and something to use for backing. I prefer a product called Pattern Ease—it has no lines or dots to confuse you! Anytime you split the pattern for alterations, you will need to place the backing underneath and tape in place. I know this sounds like a lot of work—but you will only do it once. You can then use your altered **fitted** pattern as a guide for all the others. Line up center front and center back and you will instantly see what you need to add or subtract to another pattern. All these hints work great with the **Sew Slim Knit Top** pattern when you go from knit to woven---keeping in mind that woven does not stretch!

MEASURE YOURSELF



This diagram shows you where to measure yourself. The numbers correspond to the following chart.

Use the pictures as a guide while you fill in the chart.

Because each pattern has a different amount of ease built into it according to style, try to establish a habit of checking EVERY pattern you use.

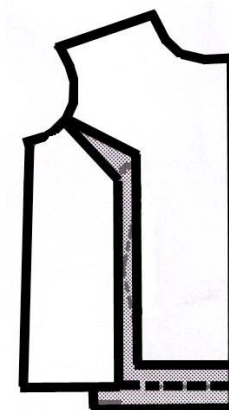
The chart gives you the minimum amount of ease needed for a fitted garment. This amount is only a guide—if you like your garments tighter or looser, adjust accordingly. This number plus your measurement, equals the total that should be used to fill in the fourth column. **From now on---use this column**

MEASUREMENT	Your Measurement	Ease Needed for Blouse	Ease Needed for Blazer/Jacket	Your Measurement Plus Ease
1 Shoulder -from bend of neck to top of shoulder bone		No ease needed	No ease needed	
2 Shoulder to Bust -from center of shoulder to fullest part of bust		No ease needed	No ease needed	
3 Front Waist Length -from shoulder over bust to waistline		No ease needed	No ease needed	
4 Bust -around fullest part		3"	3"	
5 Upper Arm -around fullest part		2"	2"	
6 Arm Length -shoulder point to wrist with elbow slightly bent		No ease needed	No ease needed	
7 Waist -around fullest part		No ease needed	No ease needed	
8 Hips -around fullest part		3"	3"	
9 Pants Length -from waist to ankle bone		Add 4"	to length	
10 Back Width -across back, 5" below nape of neck		1 1/2"-2"	2"-3"	

MEASURING AND ALTERING THE PATTERN

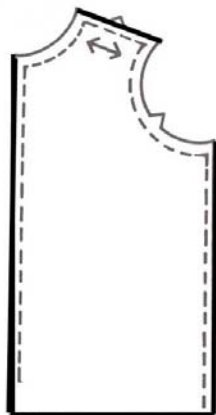
Always measure a pattern between the seam allowances. On a multi-sized pattern, they give you only the cutting lines. To keep this process easy---use different colored pencils to draw in the seam allowances on each size. Hint---most tape measures are 5/8" wide-use it to draw seam allowances. Now let's compare YOUR measurements with the patterns. If using the **Sew Slim Knit Top** pattern, follow the directions that come with the pattern for determining your size. This pattern actually gives you a chart that tells you what the garment will measure AFTER it is sewn---so you get to skip some steps!

When cutting your pattern apart, place pattern tracing paper underneath and tape in place. I always suggest that after you make the garment and are happy with the results, tape a scrap of the fabric that you used to the pattern. It will be a great reminder in the future. This way it is a perfect record of what is comfortable and what you may want to change after you wear the garment. We all know that just looking in the mirror isn't the final test---wearing the garment is!

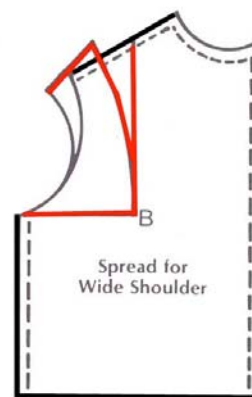
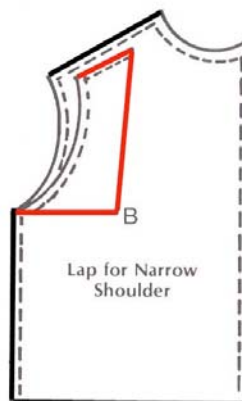
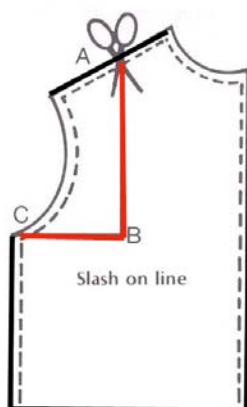


1. SHOULDER—

Measure the shoulder width of the pattern between seam allowances. Are your measurements and the patterns the same? If you need to alter—follow the pictures below. You will notice that the shoulder line is no longer straight. Starting at the neck, re-draw the shoulder line. Whatever you do to the front, you need to do to the back.



Measure between seam allowances



About 3" in from armhole, cut pattern from shoulder down to bottom of armhole, then across to armhole edge. Alter front and back the same

HINT: I have found in my 30 years of teaching, that the biggest problem in shoulders is not the width. Most ladies as they age become a little rounded in the back. To solve this problem, add $\frac{1}{4}$ " to $\frac{1}{2}$ " to the length of the BACK shoulder as illustrated. When you add to the shoulder, You need to add to the length of the collar and facing. In addition, you will probably need to do the alteration for a broad back.

The easiest way to solve this problem is to use the **Sew Slim Knit Top pattern Variation for the Princess line**. Using this kind of pattern, allows you to easily alter for a broad or rounded back. It gives you four places to add.

Add $\frac{1}{4}$ " to $\frac{1}{2}$ " to back shoulder on both sides



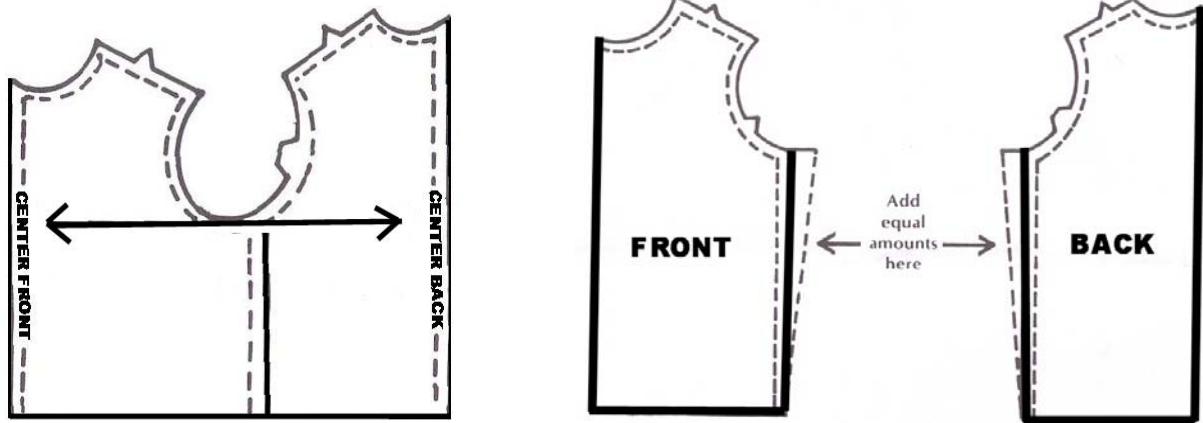
2. SHOULDER TO BUST— WORK ON THE PATTERN FRONT

You will not find this measurement on any pattern. Every person will have a different measurement depending on gravity! Measure from the center of the shoulder of the pattern down to the measurement on your chart! Draw a line across your pattern at that point. This line will allow you to check the pattern's bust measurement. If your pattern has an under the bust dart (coming from the bottom), the dart must end 1" below this line. If needed, re-draw dart.

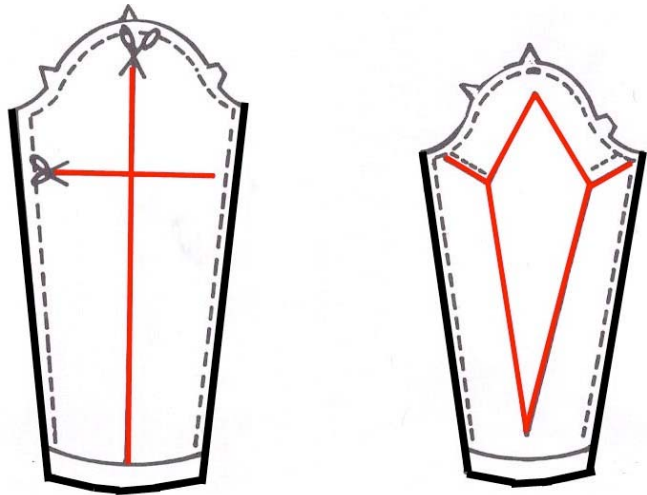
3. FRONT WAIST LENGTH— WORK ON THE PATTERN FRONT

Again, we are measuring from the center of the shoulder—but this time go all the way to the waist. Draw a line across the pattern at that level. This is usually marked on a pattern. If this measurement does not correspond to your personal measurement—shorten or lengthen on lines indicated on the pattern. Be sure to lengthen or shorten the other pieces as well.

4. BUST—Pin front and back pattern pieces together (as illustrated) with 5/8" seam allowance. Remember in #2 when you placed a line at the bust point? This line represents where the fullest part of you will be in this particular pattern. Measure at this level from center front to center back. Compare this with your personal measurement from the chart. Use the number that includes ease. If more width is needed, divide amount and add equally to front and back. *Since you will be adding to the underarm, it will be necessary to add to the sleeve seam allowances as well.* When using some patterns there may be quite a bit more ease built into the bust area due to the style of the pattern itself. If your pattern selection is not fitted, this may be the case. Keep this in mind when measuring. You may have MORE ease but not less than your personal measurement plus ease! When using the **Sew Slim Knit Top**, the chart will tell you exactly what the garment will measure after it is sewn.

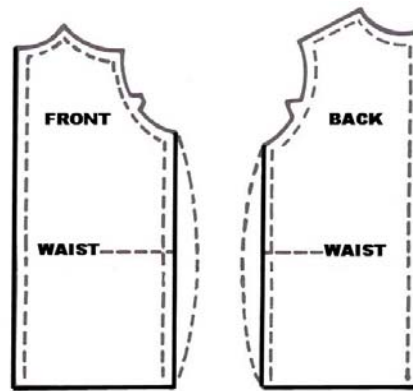
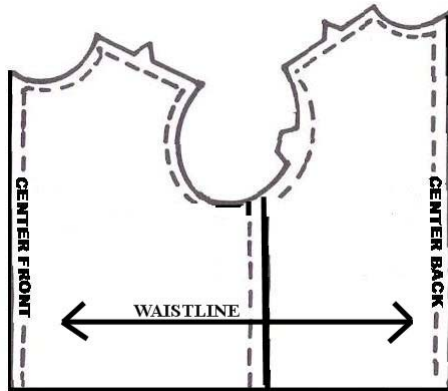


5. UPPER ARM—This alteration is only needed for people with heavy upper arms. It is not done in reverse for ladies with thin arms. Measure the sleeve pattern under the arm, from seam allowance to seam. If your pattern comes in two pieces, pin them together to measure. Check with the chart for your personal measurement plus ease and compare it with sleeve measurement. To alter, cut the cap section down the center from top to hem. 1-2" below the armhole, cut across from seam to seam as illustrated. Be sure you have pattern laying on backing before you cut!. As you spread, you will find the pattern will overlap as illustrated. Just be sure the pattern is lying flat before you tape in place. You have NOT altered the cap of the sleeve—only the width! Now, re-check your length. You may need to add! If you have ever had this problem in ready to wear OR patterns, this single alteration will change your life! You can now move in your clothes!

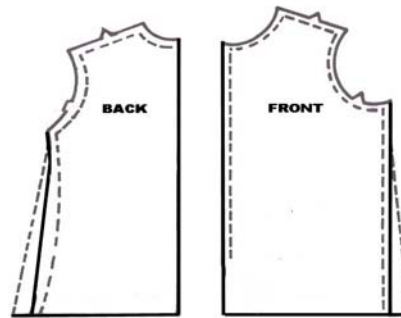


6. ARM LENGTH—Sleeves are designed to end at the wrist bone. You may like yours longer or shorter. Measure from shoulder to hem and compare to your personal measurement. Shorten or lengthen if necessary.

7. **WAIST**—Pin front and back pattern pieces together as you would sew and measure at your waist line that you drew on the pattern. Compare that measurement to your personal one. If you need more width, divide amount and add equally to each side seam. Again, if this is a problem for you, please consider using the princess line!



8. **HIPS**—Compare your personal measurement with the pattern and add or subtract when necessary.

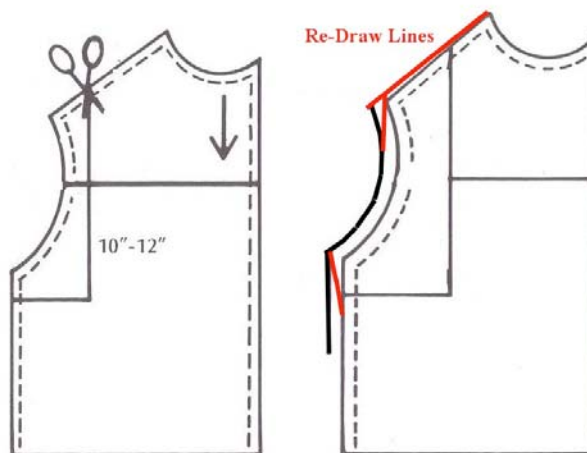


9. **PANTS LENGTH**—This measurement is easier if you get a friend to help! Go from your waist to your ankle bone. When you use this measurement be sure to add to the length for alterations and hem. I ONLY RECOMMEND the **Sew Slim Pants** pattern. After fitting hundreds of what I call my **JBBC ----Judy's Beautiful Buns Club---**I am soooooo impressed with this pattern. There is NO OTHER! Fit Once—Use Forever---for pants, shorts, capris and the next fashion trend!

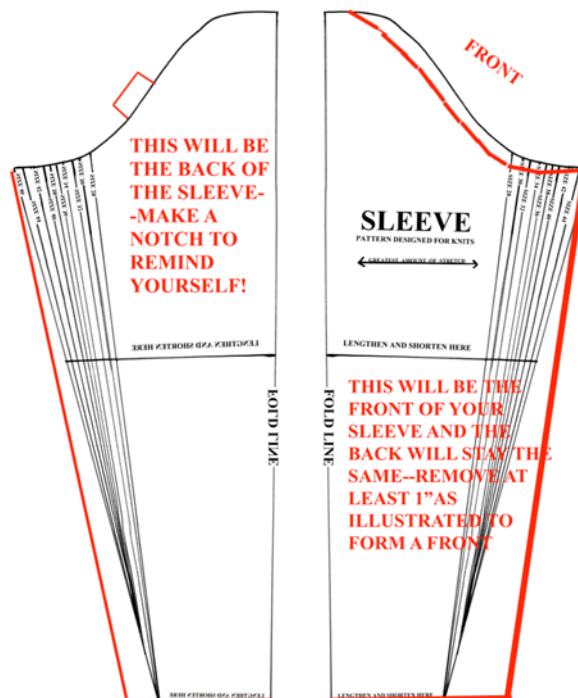
10. **BACK WIDTH**—This alteration is to be done to the back ONLY! I find more women need this alteration than any other. Does your jacket or blouse say STOP when you try to reach? Are you always re-sewing the sleeves and lining? This is the alteration for you!

Measure down 5" in the center of the back. At this level, draw a line between seam allowances. Measure and compare to your personal measurement. About 2-3" at the shoulder in from the armhole, cut pattern as illustrated. Remove this section.

Make sure to have your pattern backing in place. Move the section over enough to accommodate your need. Keep in mind that this added amount will be to both sides—so don't over do. Taper into shoulder and side seams back in place as illustrated. You will be adding a little to the armhole, but not enough to make a difference.



If you are having trouble with your sleeves not hanging correctly, follow the illustrations and cut the front cap of the sleeve away. The back of the cap of the sleeve will stay the same. When using the **Sew Slim Knit Top** pattern with The Woven Variation, I suggest you use this sleeve alteration because you are using a knit pattern with woven Fabric!

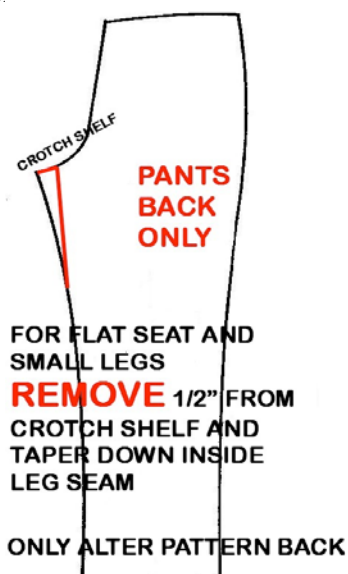


When using the **Sew Slim Pants** Pattern, I measure from the waist to the floor and still add 4". That extra gives you room to play on your first pair!

PANTS ALTERATION FOR:

FLAT SEAT
SMALL LEGS

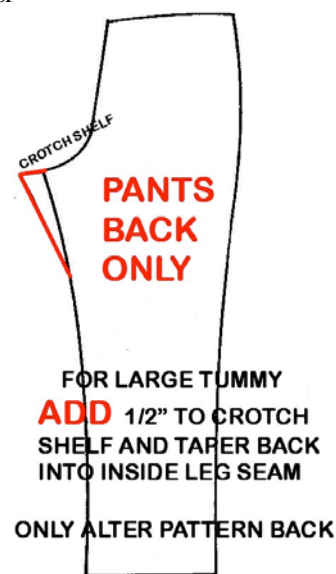
REMOVE 1/2" from crotch shelf or curve and taper down inside leg seam as illustrated.



PANTS ALTERATION FOR:

LARGE TUMMY
FULL-ROUNDED BACKSIDE

ADD 1/2" to crotch shelf of curve and taper down inside leg seam



When choosing the correct size for a skirt—just keep two things in mind. If you choose a pattern for a straight skirt—use your hip measurement as a guide for purchase. If choosing a fuller skirt—use your waist measurement as a guide for purchase.

I know that these alterations will be a great addition to your sewing. Everyone has some kind of fitting problem---even our thin sisters!

If you have any questions while you are going through this process, please feel free to e-mail me at judykess@insightbb.com I will get back to you as soon as I can!

Please tell your friends about this wonderful—fun---easy way to sew. It really does take the STRESS out of seamstress!

They can join as well by going to the web site www.fitnicesystem.com

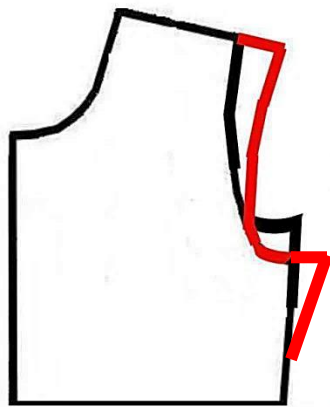
Thanks for all your support!
Judy Kessinger

CHANGING THE PATTERN FOR MEN

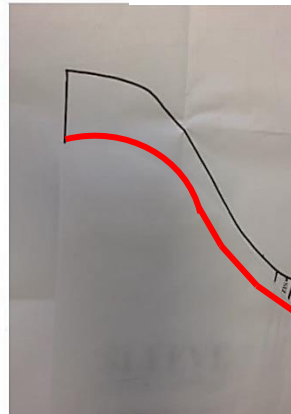
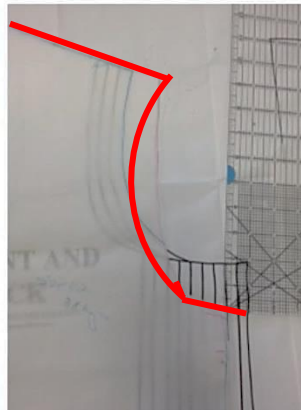
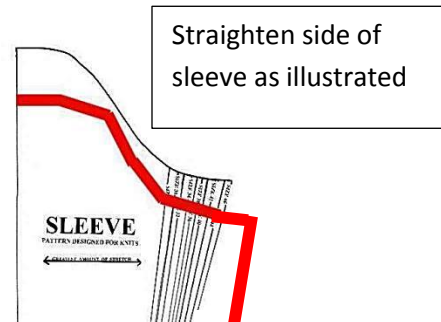
Use the MASTER TOP PATTERN and change pattern for men---raglan is perfect for them as well!

Keep in mind that men's arms tend to be bigger than women's—so we must accommodate that. Notice the sleeve changes!

Measure as you would for women—just make shoulder wider for men! At least $\frac{3}{4}$ " to 1" bigger than they measure. **Drop 2" to 2 $\frac{1}{2}$ "** and ADD $\frac{1}{2}$ " to $\frac{3}{4}$ " to side seam at armhole area on both top and sleeve as illustrated in **RED**

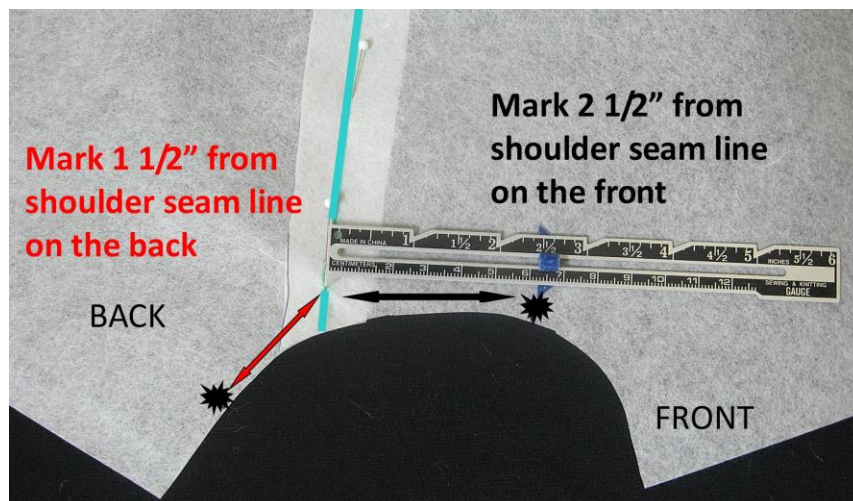
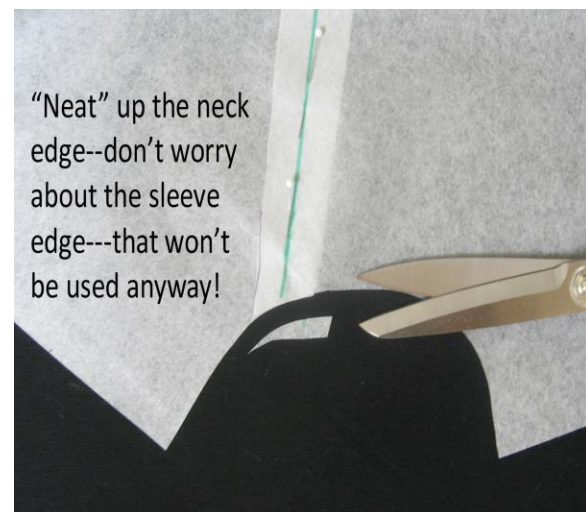
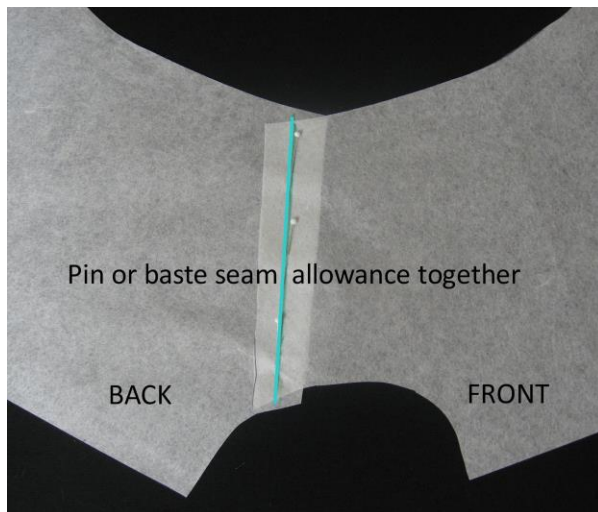
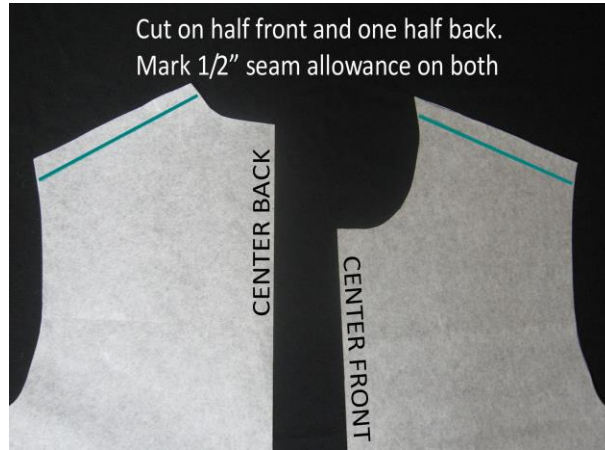


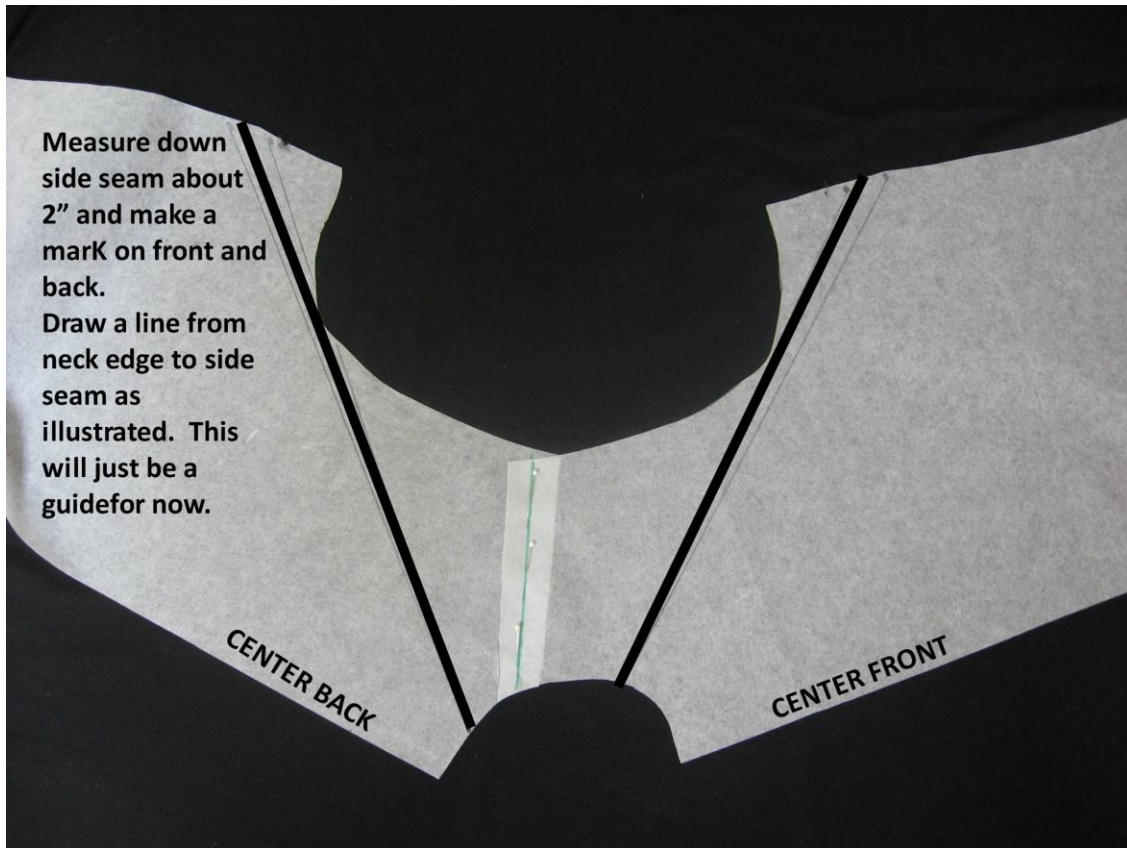
RED lines are the alterations for men!
This makes the tee a slightly dropped shoulder.
You are also making the cap of the sleeve much flatter.



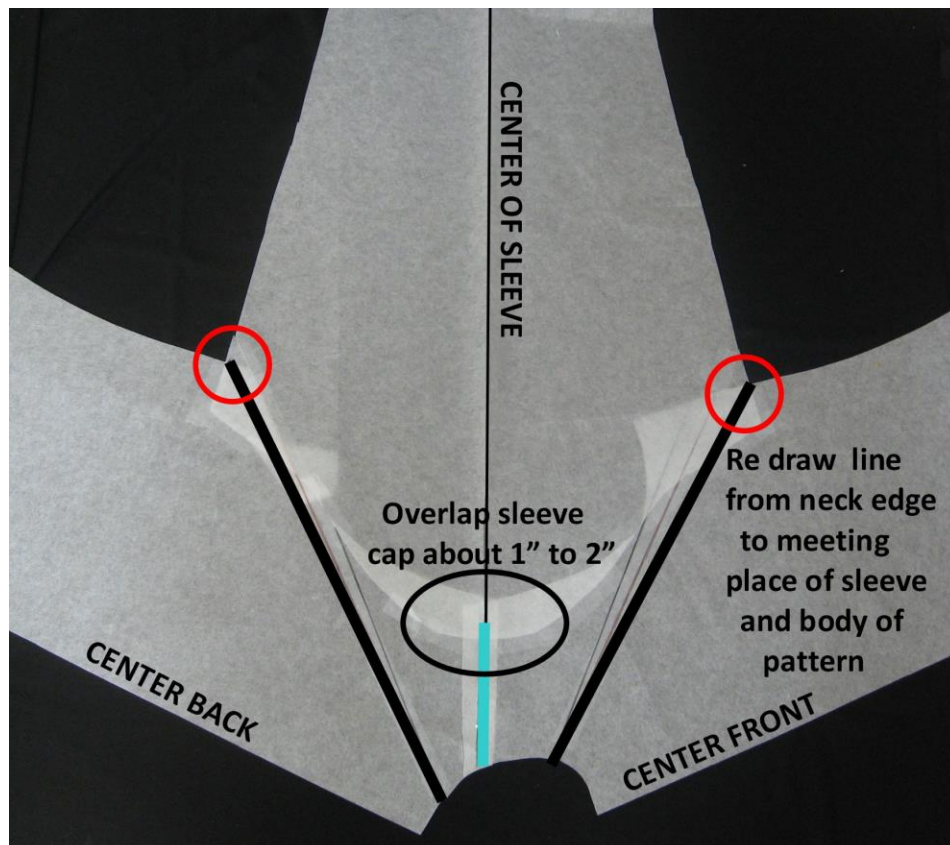
CREATE A RAGLAN PATTERN

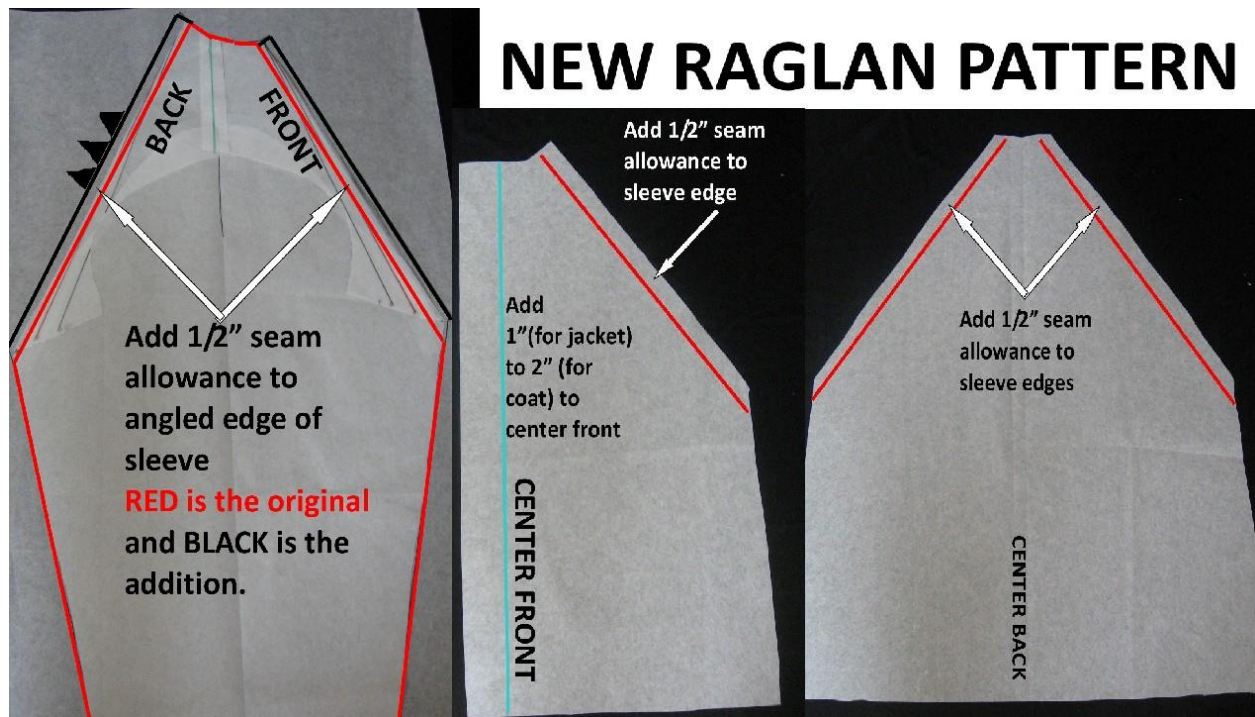
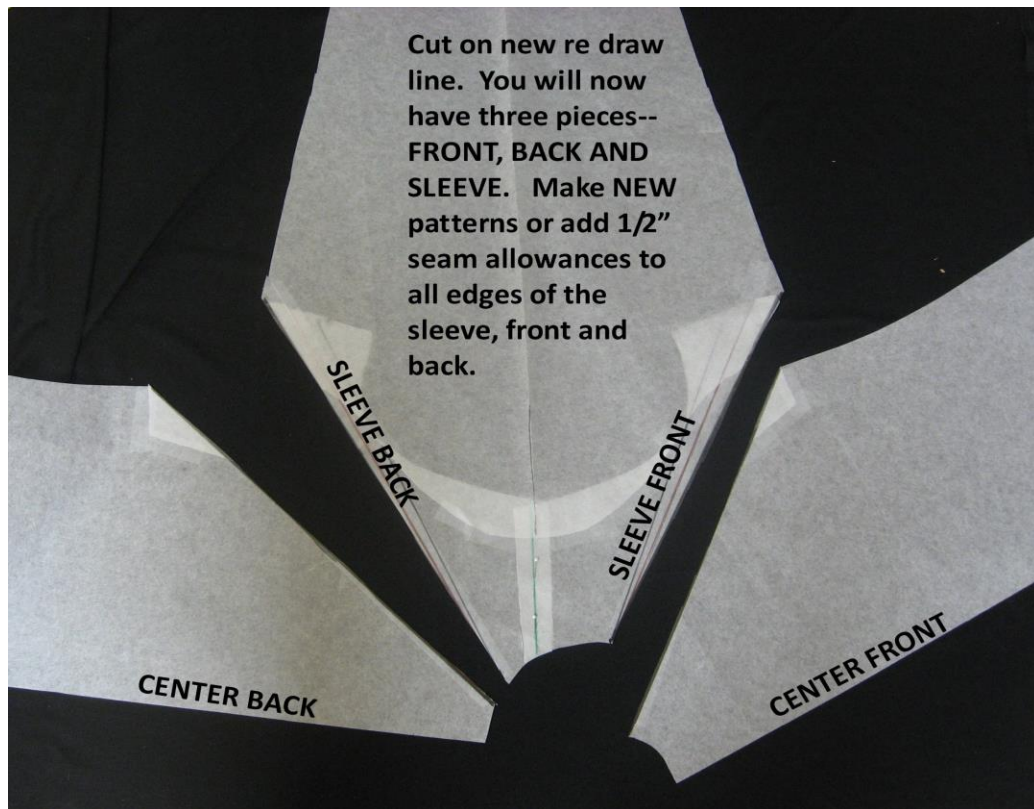
Men and women both can wear raglan sleeves. Make a pull over shirt or jacket exactly as you would make for yourself. To create the jacket—add 1” to the center front on both sides to accommodate a separating zipper.





Lay sleeve on top of FRONT/BACK PATTERN





This garment will be sewn with 1/2" seam allowance. Sew fronts to sleeve fronts, and backs to sleeve backs. Sew side seam from bottom to neck edge. Finish Garment as desired with zipper, collar or chanel trim.

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SEWING FOR THE MEN IN YOUR LIFE



Start with the FitNice Master Top Pattern

Make a new pattern with either drop shoulder or raglan sleeve. Both pattern instructions are attached to this document.

Determine yardage the same way you do for women. Measure from center of shoulder to desired length times 2 (one for front and one for back). Add that to the length of the sleeve. You will purchase anywhere from 1 ½ yards to 2 yards of 60" wide fabric.

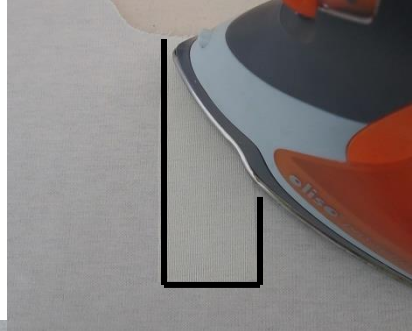
Purchase 7" to 9" zipper
For shirt with zipper and



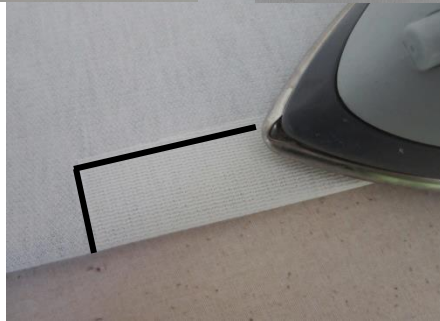
no seam. For a raglan sleeve Jacket purchase desired length of zipper, 24" to 30" depending on length.

Cut out one front, one back and two sleeves.

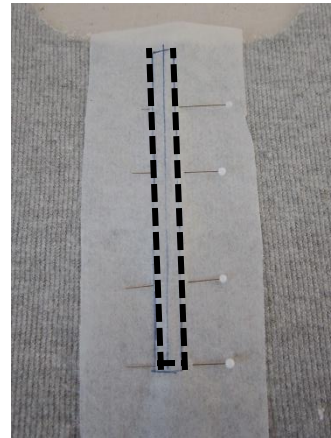
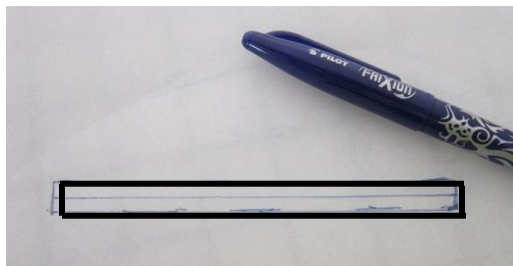
Press front in half to set a good crease. Iron a small strip (4" X 6") of French Fuse to the wrong side of the shirt. Re press crease



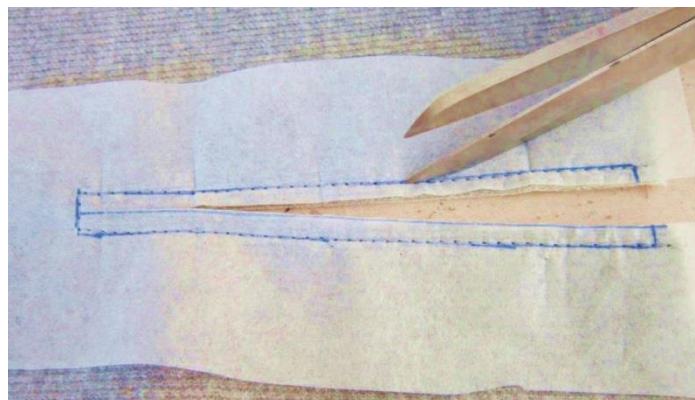
Draw a box
on pattern ease
that measures
 $\frac{1}{2}$ " wide and 5 – 6" long.



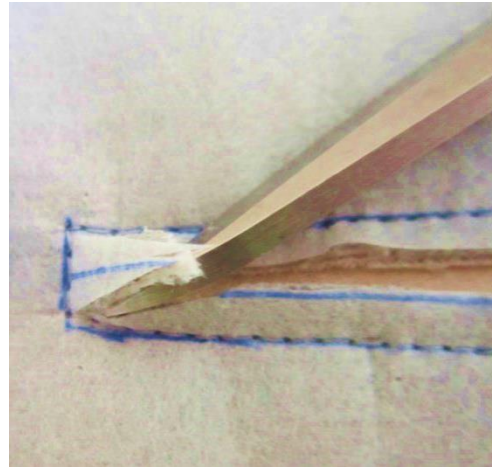
Working on the right side of the shirt,
Pin box to center of shirt



Stitch around
the box and cut open



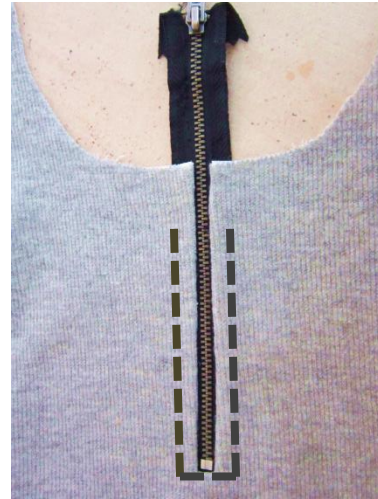
**Clip on broken line
as illustrated.
Be sure to cut all
the way to the
stitching line**



**Turn “facing” made of pattern ease
to the inside and press. You will now
have a clean box on the front of the shirt.
Put glue on the zipper tape and glue to the
shirt to fill in the box. Bottom of zipper will
be at the bottom of the box. Zipper hanging out
goes in to collar.**

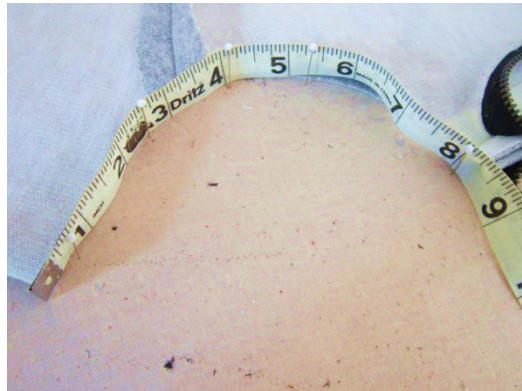


**Stitch around the zipper.
Start stitching about $\frac{3}{4}$ " from neck edge and ending $\frac{3}{4}$ " from other side at neck edge.**



Cut away excess pattern ease

Fold shirt in half, clean cut the neck edge and measure the neck opening



Cut a strip of fabric (on the stretch) 7" wide and the measurement of the neck opening. French Fuse the entire collar. Press $\frac{1}{2}$ " to the inside as pictured. This collar will be stretched onto the neckline ONLY across the back.



Fold collar in half and put a pin in the center. Fold shirt in half and put a pin in the center back. Pin collar to shirt, matching center pins. Leave $\frac{1}{2}$ " on either side of zipper as pictured and place another pin.



Sew with $\frac{1}{2}$ " seam allowance, (move the zipper out of your way as pictured—do not sew over it) stretching collar to neckedge.



**Fold ½” leftover of the collar
To inside to create a smooth edge
Next to the zipper. At the top of
the collar, fold to the inside as well.**



**Stitch on the outside, starting
where you stopped when you
sewed the zipper in the first place.
Sew through the collar and it will
Catch the back side and the zipper.**



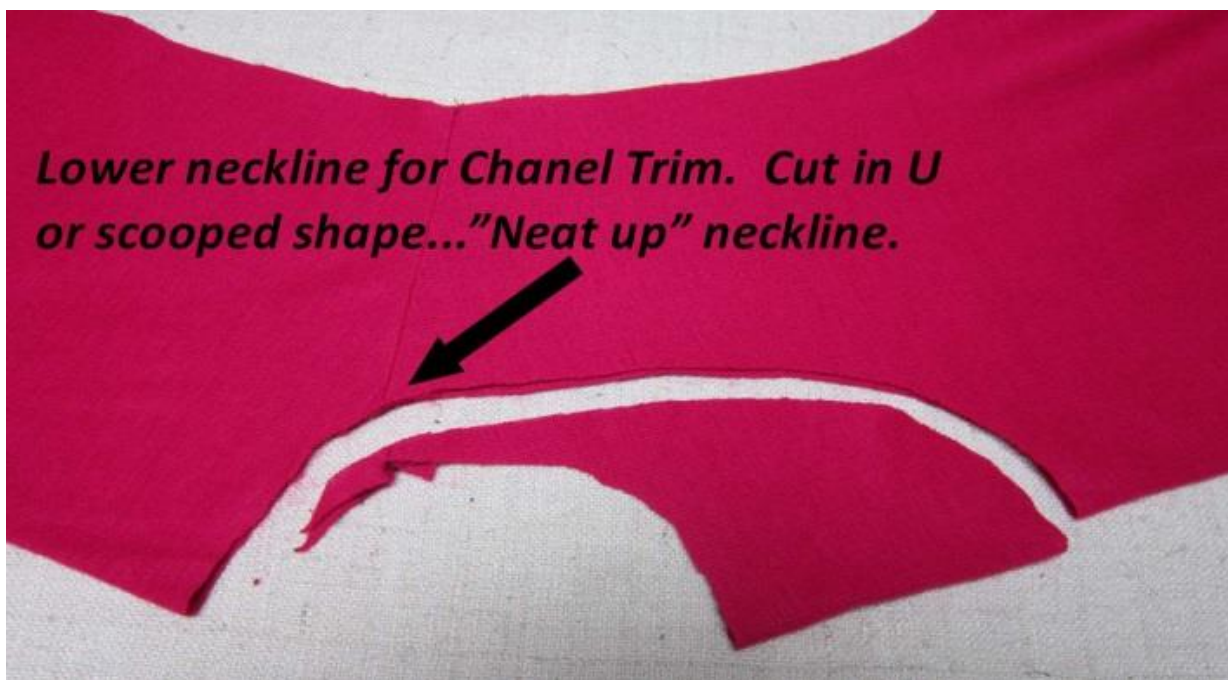
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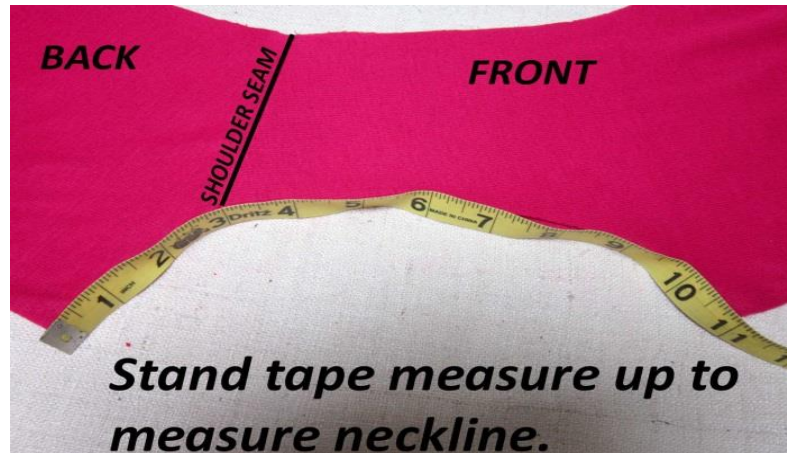
THE DONDI TOP

**Dondi has such good taste that we copied
the top from one she had purchased.
Thanks for the inspiration!**

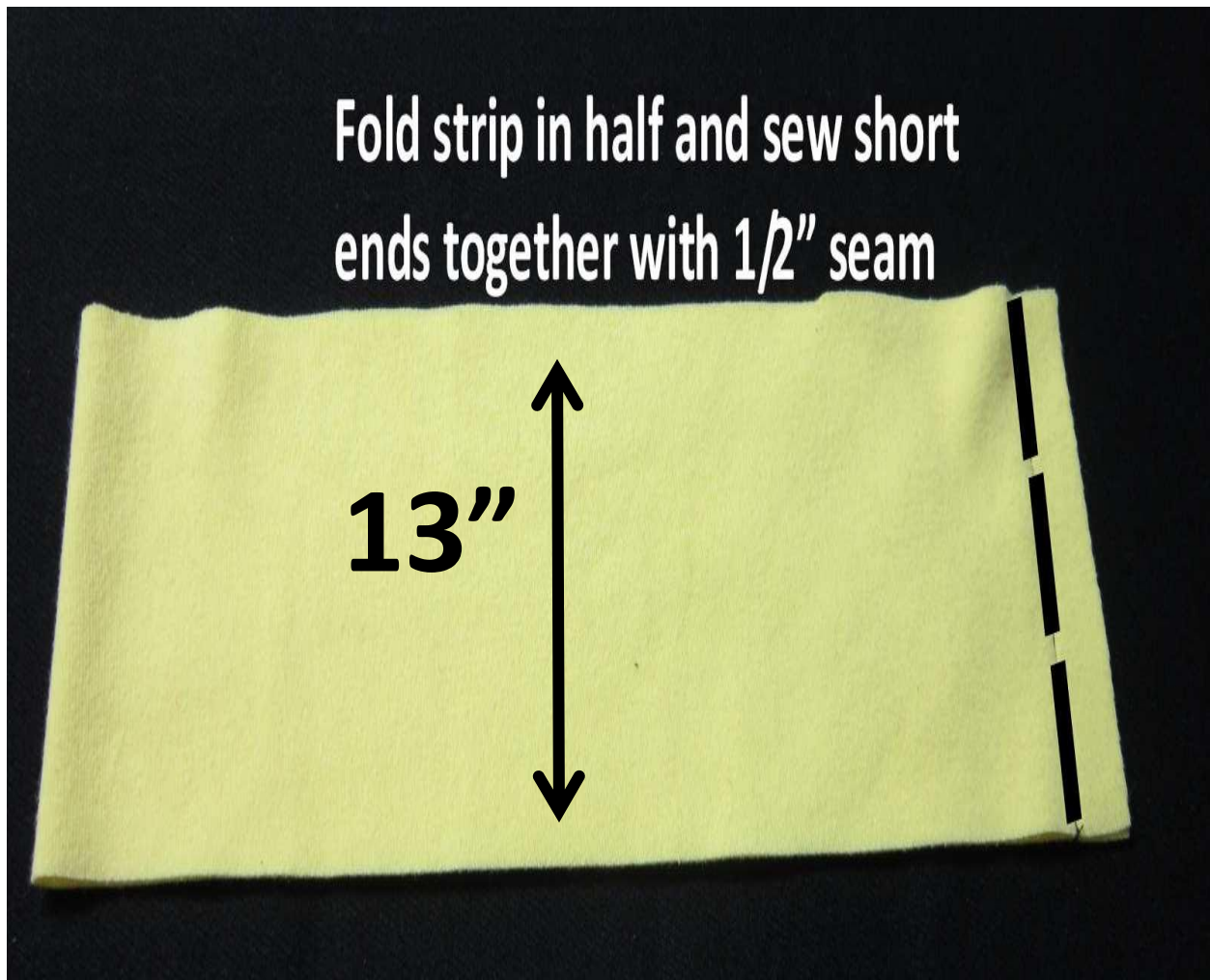
Make basic tee shirt from FitNice Master Top Pattern. Sew shoulders seams together. Lay on table with front and back as illustrated and cut the neckline down 5 to 6".



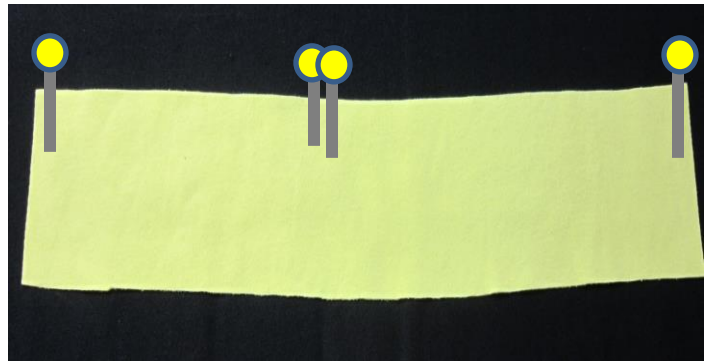
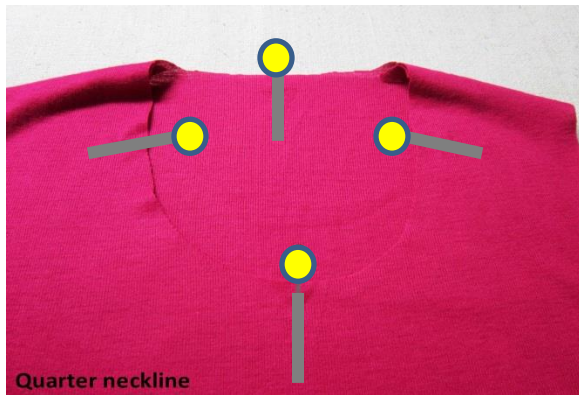
Measure neckline.



Cut a collar of knit the neck measurement PLUS 2". Be sure it is on the stretch of the fabric. The collar should measure 13" X measurement of neckline PLUS 2"



Sew short ends together with $\frac{1}{2}$ " seam allowance. Fold in half and press. Divide the neck into 4 equal parts and divide the strip into quarters.



Match pins right sides together and sew strip to neckline with $\frac{1}{2}$ " seam. Stitch seam allowance to top... this will hold the seam allowance in place and not allow the collar to roll.

Finish top according to basic directions in the FitNice Master Top Pattern.

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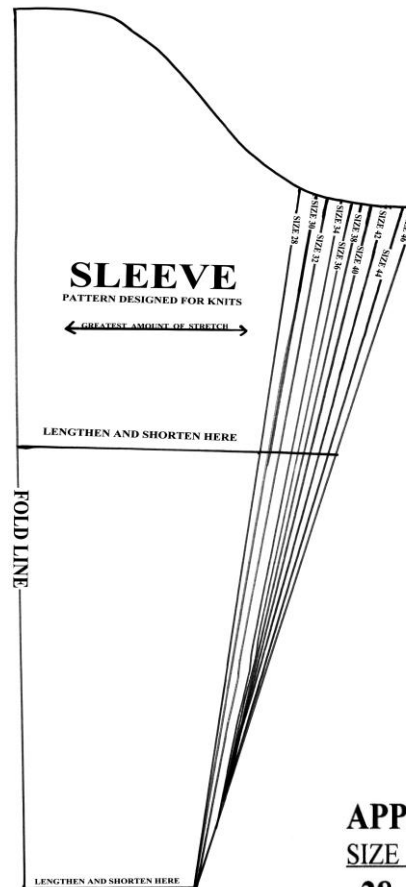
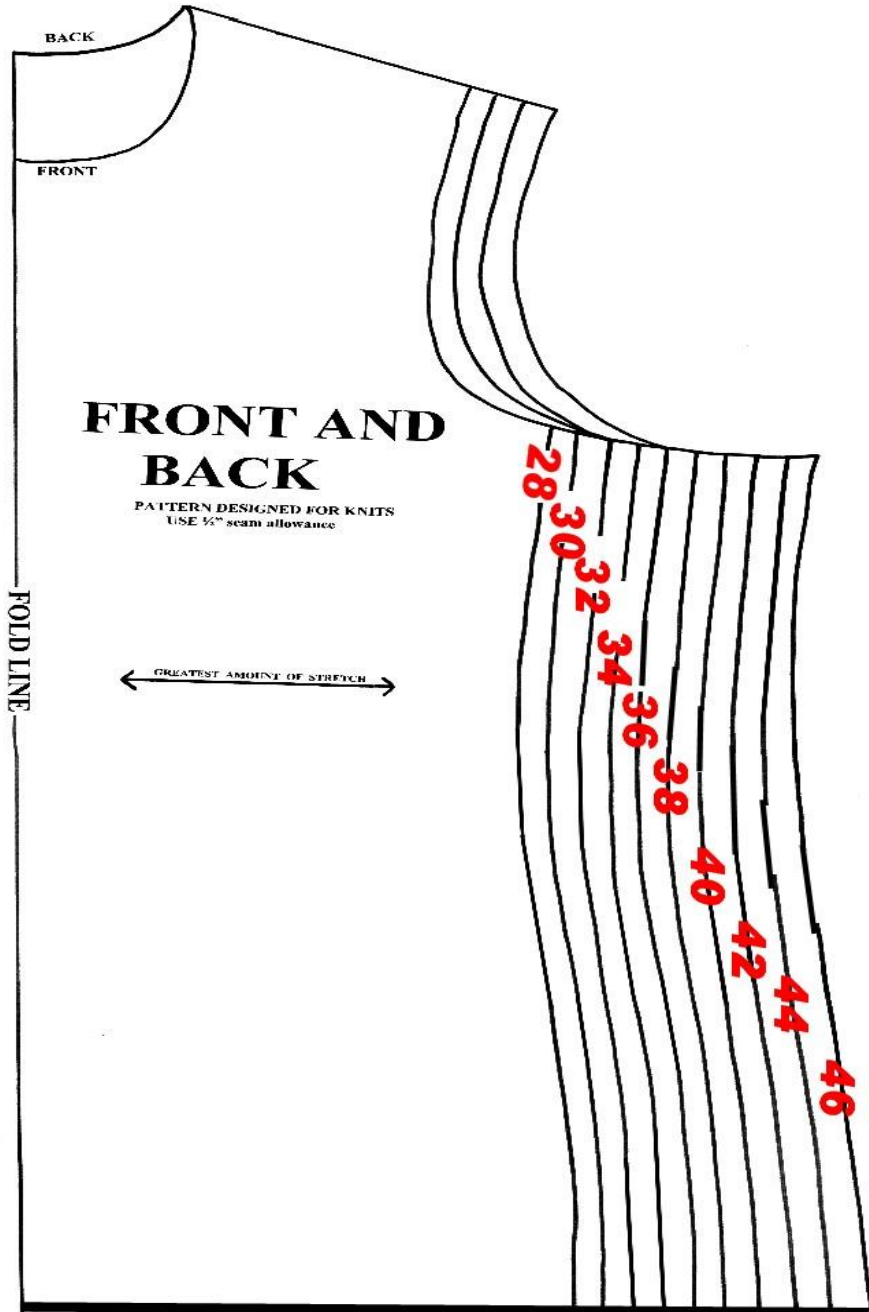
**Here are four different looks in the Dondi Top.
Aren't they beautiful? These ladies were at the
FitNice Retreat in Florida in**

Send me your pictures!



**Dondi...
dressed
up and
down**





BUST _____

WAIST _____

TUMMY _____ HIP _____

SLEEVE LENGTH _____

KNIT TOP LENGTH _____

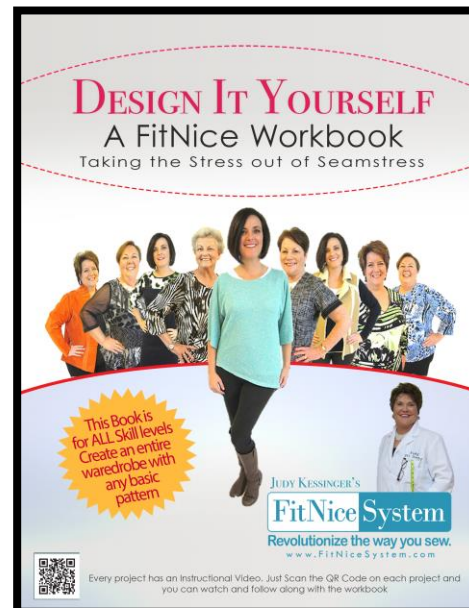
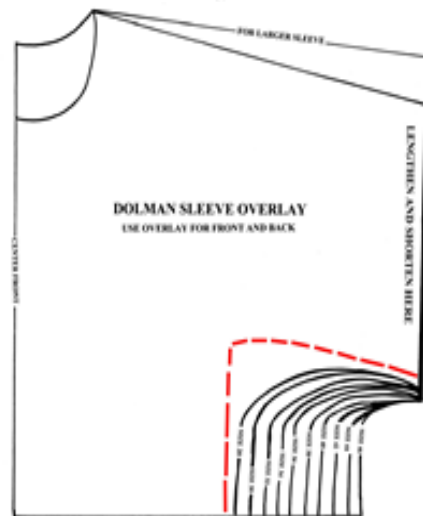
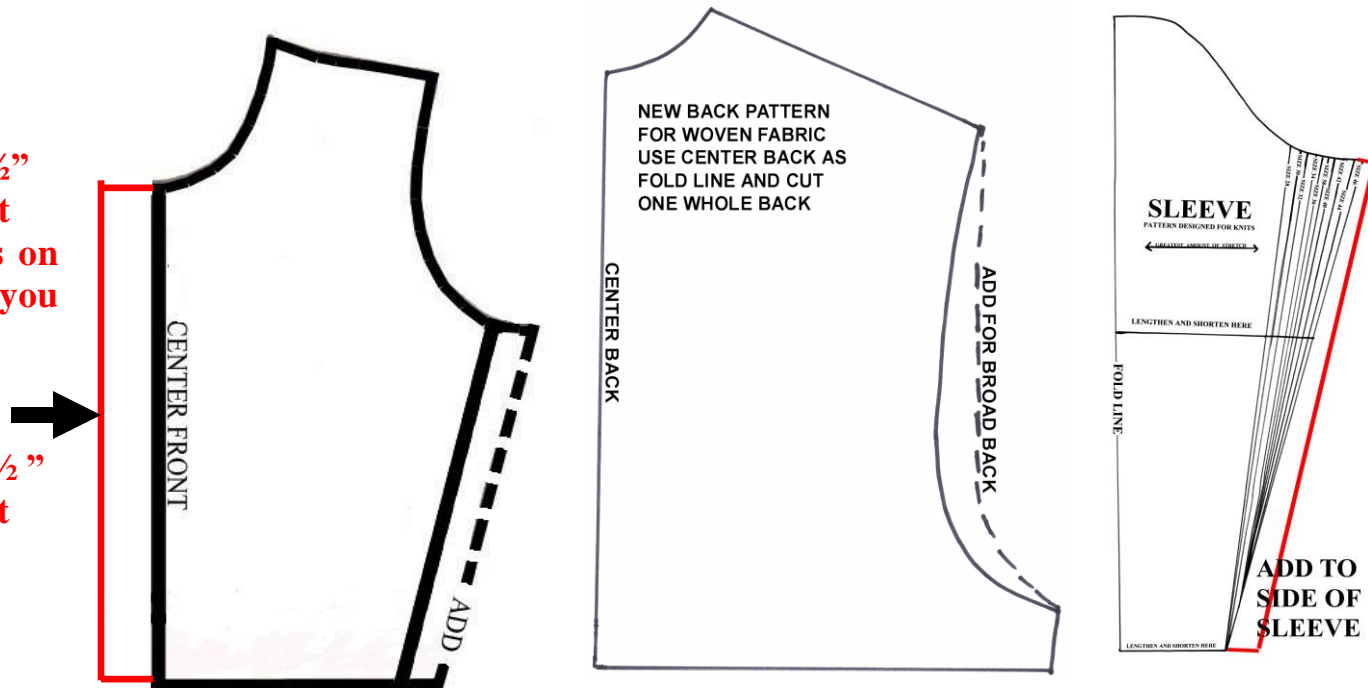
APPROXIMATE FINISHED MEASUREMENT

SIZE	BUST	HIPS
28 FINISHES WITH A	32"	33
30 FINISHES WITH A	33"	33 ½
32 FINISHES WITH A	36"	36 ½
34 FINISHES WITH A	37"	37 ½
36 FINISHES WITH A	37 ½"	40 ½
38 FINISHES WITH A	40 ½"	41 ½
40 FINISHES WITH A	41 ½"	44 ½
42 FINISHES WITH A	44"	45 ½
44 FINISHES WITH A	45 ½"	48
46 FINISHES WITH A	48 ½"	49 ½

LET'S USE WOVEN FABRIC

Once you are satisfied with the fit of your knit top, you can NOW use woven fabric. **MAKE A NEW PATTERN AND MARK IT WOVEN.** Add $\frac{1}{2}$ " TO 1" to the side seam and $\frac{1}{2}$ " to 1 $\frac{1}{2}$ " to center front depending on the style you are making. Whatever you added to the side seam, add to the sleeve seam as well. Follow the illustration to broaden back.

Add $\frac{1}{2}$ " to 1 $\frac{1}{2}$ "
in center front
It all depends on
the style you
have chosen.
If you are full
busted—start
out adding 1 $\frac{1}{2}$ "
to center front
and “tweak”
(remove)
accordingly.



Have you ordered
your book? Go
from this basic to
over 100 different
fashions!