

LADIES  
MISSES & PLUS

# WOMEN'S ABB TEE

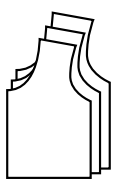
BEGINNER PATTERN BY DIBY.CLUB



0.5/5 DIFFICULTY



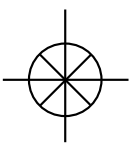
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LAYERS FEATURE



VIDEO INSTRUCTION



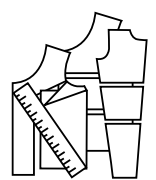
NO TRIM



INCLUSIVE SIZING



PDF PATTERN



CUSTOM FIT TUTORIALS

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## BEFORE YOU START

Please be environmentally conscious. View this ebook on your device and print as little as possible.

### ARE YOU PRETTY NEW TO SEWING CLOTHES?

We are so happy to be a part of your journey! This ebook includes everything you need to enjoy your sewing time. **If you need some help with the basics, check out [our online guide to learning how to sew](#).**



Get ready to say

**“YEP,  
I MADE  
THAT.”**

### NEED SOME BUDDIES TO SEW WITH?

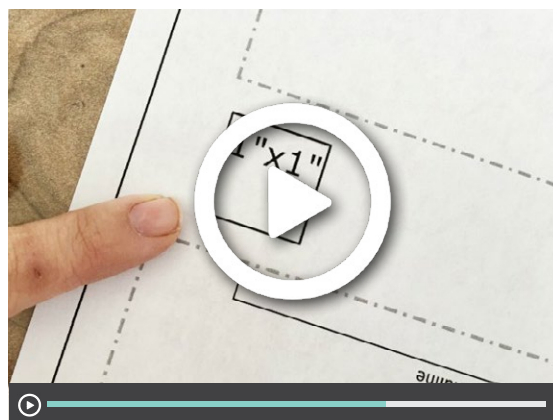
[Connect with our community in our Facebook Group](#) and get the support you need!

### IS THIS YOUR FIRST PDF PATTERN?

This pattern is made with a no-trim layout, so you won't need to trim the edge of your papers to assemble the pattern. Simply follow the guides printed on the pages. Not sure how? Check out [this article for a full tutorial](#) or watch the video below.



#### WATCH THE PDF PATTERN VIDEO



### HOW TO PRINT ONLY THE SIZES YOU NEED

This pattern is equipped with a layers option. This means you are able to print specific sizes from the pattern.

To use the layers feature, open your document in Adobe Acrobat Reader. Expand your layers by going to View > Navigation Panels > Layers. From here you can select which layers you'd like to view and/or print. [Read the article for a full tutorial.](#)

### TIPS FOR PRINTING SUCCESSFULLY

- Always print using Adobe Acrobat Reader. You can [download it for free here](#).
- Always set your "Scaling" to either "Actual Size" or "100%".
- Always measure the "Test Square" on your pattern to make sure the pattern printed at the proper scale.

# FIND YOUR SIZE

Do not cut your store size. Use the measurements below to find the right size(s).

## 1. HAVE SOMEONE MEASURE YOU AT THESE PLACES

While it's tempting to measure yourself, it's more accurate to have a helper measure you.

### MEASURE AROUND THE BODY

**Upper Bust** - Directly under the armpit

**Full Bust** - The fullest part of the bust

**Waist** - The narrowest part of the waistline

**High Hip** - Around hip bones where a traditional waistband would sit at midrise

**Full Hip** - The fullest part of the hip

**Thigh** - Midpoint between crotch and knee

**Knee** - The center of the knee cap

**Calf** - The widest part of the lower leg

### MEASURE FROM TOP-TO-BOTTOM

**Side Waist** - Vertical distance from armpit to the waist

### Arm Length -

Measured from tip of shoulder bone to wrist with arm bent 90 degrees.

**Inseam** - Vertical distance from the midpoint of the crotch to the ball of the ankle

## 2. SAVE YOUR MEASUREMENTS



[Download your personalized size chart](#)  
printable to have your measurements on hand for future patterns.

## TIPS FOR GETTING THE PERFECT MEASUREMENTS

Proper tools - Use a cloth tape measure to take your measurements.

Proper stance - Stand with your feet shoulder width apart, shoulders back with good posture.

### 3. COMPARE YOUR MEASUREMENTS TO THE SIZE CHART & CIRCLE WHAT SIZES YOU FIT INTO FOR EACH LOCATION *(metric size charts on the next page)*

You will likely measure into multiple sizes. No biggie! We'll teach you how to handle that soon.

#### WOMEN'S **MISSSES** SIZES (INCHES)

	00	0	2	4	6	8	10	12	14	16	18	20
Upper Bust	31 3/4	32 3/4	33 1/2	34 1/4	35	36	37 1/4	38 3/4	40	41 1/4	42 3/4	44
Full Bust	31	32	33	34	35 1/4	36 1/4	38	39 1/2	41	42 3/4	44 1/2	46
Waist	24	25	25 3/4	26 1/2	27 1/4	28	30	31 3/4	33 1/2	35 1/2	37	39
High Hip	29 1/2	30 1/2	31 1/2	32 3/4	33 3/4	34 3/4	36 1/4	38	39 1/2	41	42 3/4	44 1/2
Full Hip	34	35	36	37	38	39 1/4	41	42 1/2	44	45 1/2	47	48 3/4
Mid-Thigh	18 1/2	19	19 1/4	19 3/4	20	20 1/2	21 1/2	22 1/4	23 1/4	24	25	26
Calf	12	12 1/2	12 3/4	13	13 1/2	13 3/4	14	14 1/2	15	15 1/2	16	16 1/2

#### WOMEN'S **PLUS** SIZES (INCHES)

	14	16	18	20	22	24	26	28	30	32	34	36
Upper Bust	40	41 1/2	41 3/4	44	45 1/2	46 3/4	48 1/4	50	51 1/2	53	54 1/2	56
Full Bust	41 1/2	43 1/2	45 1/4	47 1/4	49	51	53	55	57	59	61	63
Waist	36	38	40	42	44 1/4	46 1/4	48 1/2	50 3/4	53	55 1/4	57 1/2	59 3/4
High Hip	44	46	48	50	52	53 3/4	56	58	60	62 1/4	64 1/2	66 1/2
Full Hip	45 1/2	47 1/2	49 1/4	51 1/4	53	55	57	59	61	63	65	67
Mid-Thigh	24	25	26	27	27 3/4	28 3/4	30	30 3/4	31 3/4	32 3/4	34	35
Calf	15 3/4	16 1/4	16 3/4	17	17 1/2	18	18 1/2	19	19 1/2	20	20 1/2	21

#### STANDARD MEASUREMENTS

The following measurements are the same for all sizes:

##### **Total Height – 5' 5"**

Measure from the crown of the head to the floor, taken while standing up straight and without shoes.

##### **Sleeve Length – 23"**

**Inseam – 28 1/2" to ankle bone**  
(30 1/2" to floor)

### WOMEN'S **MISSSES** SIZES (CM)

	00	0	2	4	6	8	10	12	14	16	18	20
Upper Bust	80 1/2	83	85	87	89	91 1/2	94 1/2	98 1/2	101	105	109	112
Full Bust	79	81	84	86	89	92	96	99	104	108	113	116
Waist	61	63 1/2	65 1/2	67	69	71	76	80 1/2	85	90	94	99
High Hip	75	77 1/2	80	83	86	88	92	96 1/2	100	104	109	113
Full Hip	86	89	91	94	96 1/2	100	104	108	112	116	119	124
Mid-Thigh	47	48	49	50	51	52	54 1/2	56 1/2	59	61	63 1/2	66
Calf	30 1/2	31 3/4	32	33	34	35	35 1/2	37	38	39	40 1/2	42

### WOMEN'S **PLUS** SIZES (CM)

	14	16	18	20	22	24	26	28	30	32	34	36
Upper Bust	101	105	106	111	115	119	122	127	131	134	138	142
Full Bust	105	110	114	120	124	129	134	139	144	150	155	160
Waist	91	96 1/2	101	106	111	117	123	129	134	140	146	151
High Hip	111	116	122	127	132	136	142	147	152	158	164	169
Full Hip	115	120	125	130	134	140	144	150	155	160	165	170
Mid-Thigh	61	63 1/2	66	68 1/2	70	73	76	78	80 1/2	83	86	89
Calf	40	41	42.5	43	44 1/2	45 1/2	47	48	49 1/2	50 1/2	52	53

### STANDARD MEASUREMENTS

The following measurements are the same for all sizes:

#### **Total Height – 165 cm**

Measure from the crown of the head to the floor, taken while standing up straight and without shoes.

#### **Sleeve Length – 58.4 cm**

**Inseam – 72.5 cm to ankle bone**  
(77.5 to floor)

## PICK YOUR OPTIONS

So many great choices! We're not sure how you're going to pick.

### CHOOSE THE OPTIONS YOU WANT TO SEW

The Basic Tee comes with several design options! Review them below and decide which one you would like to sew so we can tell you how much fabric you need and what pages to print.

#### 4 SLEEVE LENGTHS

Short // Elbow // 3/4 Sleeve // Long Sleeve

#### 3 NECKLINES

Scoop // Low Crew // High Crew



## PRINT THE CORRESPONDING PAGES

Save some paper by printing only the pages you need using these charts.

### PRINTING GUIDES **US LETTER**

This chart is for US Letter size pattern piece pages.

	MISSES	PLUS
All Options Must Print	1-11, 15-18	1-21, 25-29
Short Sleeve	-	-
Elbow Sleeve	12-14	14-16
3/4 Sleeve	12-14, 19-20	14-16, 22-24
Long Sleeve	12-14, 19-20	14-16, 22-24

### PRINTING GUIDES **A4**

This chart is for A4 size pattern piece pages.

	MISSES	PLUS
All Options Must Print	1-11, 15-18	1-13, 17-21, 25-29
Short Sleeve	-	-
Elbow Sleeve	12-14	14-16
3/4 Sleeve	12-14	14-16
Long Sleeve	12-14, 19-20	22-24

### MAKE A STATEMENT

Complete your handmade masterpiece! Make it an outfit with one of our favorite coordinating patterns:

[The Anna Button-Up Skirt](#)

[The Walker Shorts](#)



# WHAT YOU NEED

We'll spell out everything you need to make this project a success.



## YOU NEED THIS KIND OF FABRIC

You will want to use **knit fabric** for the Anything But Basic Tee **that stretches from side-to-side by at least 50% and up and down 30%.**

We recommend using knits that have a relaxed recovery. Anything with too strong of recovery or that are stiff will give your shirt a boxy appearance.



[If you don't know how to measure stretch percentage, see this article.](#) Don't worry, it's super easy.

## GET THIS MUCH OF IT

Don't forget to get some test fabric for your first version. It is always a best practice to sew any new pattern with inexpensive tester fabric first to nail down your Custom Fit Adjustments.

### FABRIC REQUIREMENTS **YARDS**

This chart is calculated for 60" wide knits and recorded in number of yards required.

	MISSES 00 - 20	PLUS 14 - 36
Bodice	1	1 7/8
Short Sleeve	3/8	3/8
Elbow Sleeve	1/2	1/2
3/4 Sleeve	5/8	5/8
Long Sleeve	3/4	7/8

### FABRIC REQUIREMENTS **METERS**

This chart is calculated for knits measuring 150 cm wide and recorded in number of meters required.

	MISSES 00 - 20	PLUS 14 - 36
Bodice	.91	1.71
Short Sleeve	.34	.34
Elbow Sleeve	.46	.46
3/4 Sleeve	.57	.57
Long Sleeve	.69	.69

## GET MOTIVATED TO START!

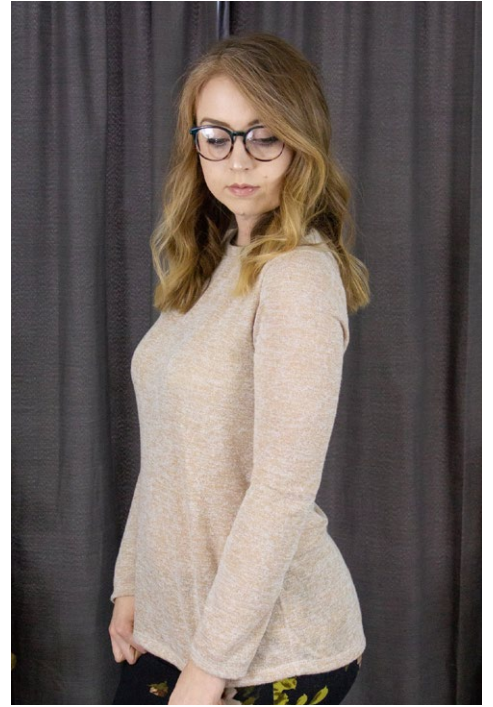
Here are a few version in the Basic Tee with with different styles, in different sizes, and using different options!



Short Sleeve



Scoop Neck



High Crew

## HOW IT WILL FIT

The finished garment measurements help you custom fit your garment just the way you like.

### REVIEW THE FINISHED GARMENT MEASUREMENTS *(metric charts on the next page)*

Remember to use the size chart to choose your size. This chart should only be used to help custom fit your correct size for your unique shape.

#### WOMEN'S **MISSSES** SIZES (INCHES)

	00	0	2	4	6	8	10	12	14	16	18	20
Full Bust	33 3/8	34 1/4	35 1/8	36	37	37 7/8	39 1/8	40 5/8	42	43 3/8	44 3/4	46 1/8
Waist	31 1/2	32.43	33 1/3	34 1/8	35	36	37 1/2	39 1/4	40 7/8	42 1/2	44 1/8	45 3/4
Bicep	10 5/8	10 7/8	11 1/8	11 1/2	11 3/4	12	12 3/8	12 3/4	13	13 1/2	13 7/8	14 1/8
Full Hip	36 1/2	37 1/2	38 1/2	39 1/2	40 1/2	41 3/8	43	44 1/2	46	47 5/8	49 1/8	50 3/4
Sleeve Length	23 3/4	23 7/8	24	24	24 1/8	24 1/4	24 1/8	24	24	23 7/8	23 1/4	23 3/4
Bodice Length Front	26 2/3	26 3/4	26 7/8	27	27	27 1/4	27 1/3	27 1/2	27 1/2	27 2/3	27 7/8	28

#### WOMEN'S **PLUS** SIZES (INCHES)

	14	16	18	20	22	24	26	28	30	32	34	36
Full Bust	39 1/4	40 7/8	42 3/8	44	45 5/8	47 1/8	49 1/8	51 1/8	53	55	57	59
Waist	38 3/4	40 3/4	42 3/4	44 3/4	46 3/4	48 3/4	51 1/4	53 2/3	56 1/8	58 1/2	61	63 1/2
Bicep	13 1/3	13 3/4	14 1/8	14 1/2	15	15 3/8	15.80	16 1/4	16 5/8	17	17 1/2	17 7/8
Full Hip	46 1/8	48 1/8	50 1/8	52 1/8	54 1/8	56 1/8	58 1/8	60 1/8	62 1/8	64 1/8	66 1/8	68 1/8
Sleeve Length	24 1/4	24 1/4	24 1/3	24 1/3	24 3/8	24 3/8	24 1/2	24 1/2	24 1/2	24 1/2	24 5/8	24 2/3
Bodice Length Front	27 1/2	27 3/4	28	28 1/3	28 1/2	28 7/8	29 1/8	29 3/8	29 3/4	30	30 1/4	30 1/2

Bodice Length is measured from the top of the bodice shoulder to the finished hemline of the shirt.

NOTE: Knit garments utilize the stretch of the fabric with negative ease. Some finished garment measurements may be smaller than your body measurements.

### WOMEN'S **MISSSES** SIZES (CM)

	<b>00</b>	<b>0</b>	<b>2</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</b>
Full Bust	84.8	87	89.3	91.5	93.8	96	99.5	103.1	106.6	110.2	113.7	117.3
Waist	80.1	82.4	84.6	86.8	89.1	91.3	95.5	99.6	103.8	108	112.1	116.3
Bicep	26.9	27.6	28.3	29.1	29.8	30.5	31.4	32.3	33.2	34.1	35.1	36
Full Hip	92.9	95.3	97.7	100.2	102.6	105.1	109	113	116.9	120.9	124.9	128.8
Sleeve Length	60.2	60.5	60.7	61	61.3	61.5	61.3	61.1	60.9	60.6	60.4	60.2
Bodice Length Front	67.7	68	68.2	68.5	68.8	69.1	69.4	69.7	70	70.3	70.6	70.9

### WOMEN'S **PLUS** SIZES (CM)

	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</b>	<b>22</b>	<b>24</b>	<b>26</b>	<b>28</b>	<b>30</b>	<b>32</b>	<b>34</b>	<b>36</b>
Full Bust	99.7	103.7	107.8	111.8	115.8	119.9	124.8	129.8	134.7	139.7	144.7	149.6
Waist	98.5	103.5	108.6	113.7	118.8	123.9	130.1	136.3	142.6	148.8	155.1	161.3
Bicep	33.8	34.9	35.9	37	38	39.1	40.1	41.2	42.2	43.3	44.3	45.4
Full Hip	117.1	122.2	127.3	132.3	137.4	142.5	147.6	152.7	157.7	162.8	167.9	173
Sleeve Length	61.5	61.6	61.7	61.8	62	62.1	62.2	62.3	62.4	62.5	62.6	62.7
Bodice Length Front	69.8	70.5	71.2	71.9	72.6	73.3	74	74.8	75.5	76.2	76.9	77.6

## PREPARE YOUR PATTERN

You are 100% unique and your clothes should be too. Learn how to do that with confidence.

### FIGURE OUT WHICH CUSTOM FIT ADJUSTMENTS APPLY TO YOU

While there may still be some adjustments you want to make after you sew your garment, there are many things we can adjust before we even start. (Saving you some seam ripping and wasted fabric. Woo hoo!) **See what applies to you by answering the following questions.**

1

#### DO YOU FIT INTO MULTIPLE SIZES?

If you answered yes, you will want to **use the grading tutorial.**

2

#### ARE YOU TALLER OR SHORTER THAN 5' 5"?

If you answered yes, you will want to **use the height adjusting tutorial.**

3

#### IS YOUR FULL BUST SIZE LARGER THAN YOUR UPPER BUST SIZE?

If you answered yes, you will want to **use the full bust adjustment tutorial.**

### RELAX, WE'LL WALK YOU THROUGH THEM STEP-BY-STEP

No need to worry. We've included step-by-step tutorials for all of these so you don't have to waste time figuring it out on your own. Just continue to the next pages.



### DON'T YOU DARE SKIP THIS SECTION

Don't waste your time and fabric making something that doesn't fit you well. You are capable of making this fit you better than anything you could ever find in a store.

# GRADING BETWEEN SIZES

For when you measure into multiple sizes.

	00	0	2	4	6	8	10	12	14	16	18	20
Upper Bust	31 3/4	32 3/4	33 1/2	34 1/4	35	36	37 1/4	38 3/4	40	41 1/4	42 3/4	44
Full Bust	31	32	33	34	35 1/4	36 1/4	38	39 1/2	41	42 3/4	44 1/2	46
Waist	24	25	25 3/4	26 1/2	27 1/4	28	30	31 3/4	33 1/2	35 1/2	37	39
High Hip	29 1/2	30 1/2	31 1/2	32 3/4	33 3/4	34 3/4	36 1/4	38	39 1/2	41	42 3/4	44 1/2
Full Hip	34	35	36	37	38	39 1/4	41	42 1/2	44	45 1/2	47	48 3/4
Mid-Thigh	18 1/2	19	19 1/4	19 3/4	20	20 1/2	21 1/2	22 1/4	23 1/4	24	25	26
Calf	12	12 1/2	12 3/4	13	13 1/2	13 3/4	14	14 1/2	15	15 1/2	16	16 1/2

## EXAMPLE MEASUREMENTS

The chart to the left shows some example measurements on the misses size chart. You can see that they span between three sizes.

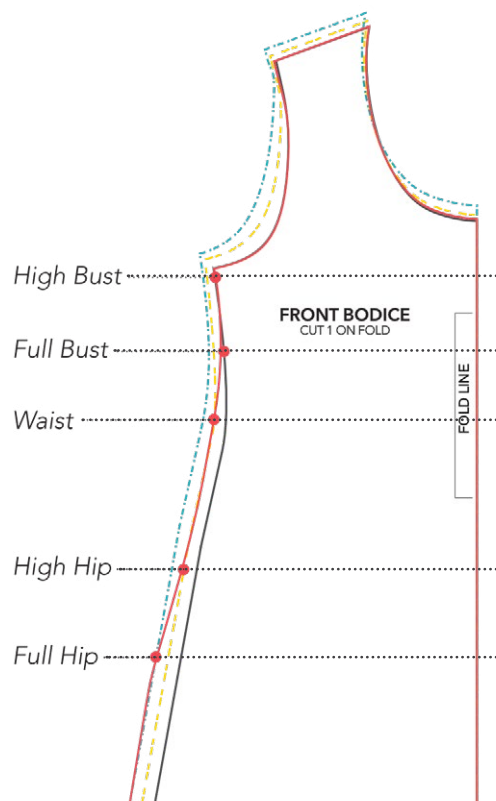
We will use this for our grading tutorial below.

## KNOWING WHERE TO GRADE

Knowing where to grade for each measurement can help alleviate some uncertainty. Use the illustration below to understand what part of the pattern these measurements are associated with.

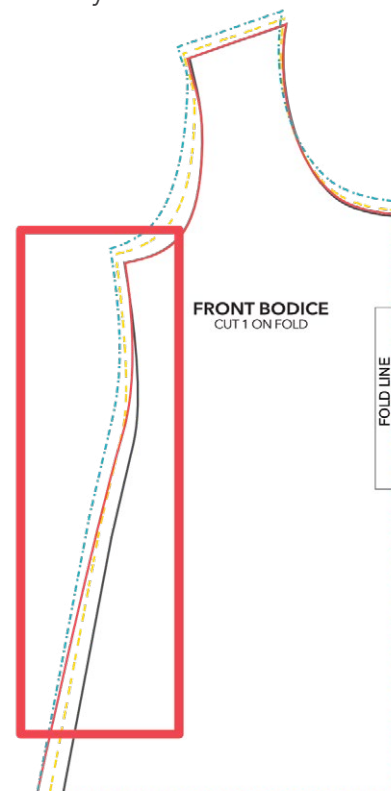
### NOTE: DO NOT GRADE OUT AT THE FULL BUST

Instead, continue your high bust size through the full bust location then do a full bust adjustment (tutorial included).



## CREATING THE GRADING PATH

Mark the locations where your measurements change sizes in the chart onto the bodice. From here you will simply create smooth transition curves between the dots along the lines. The finished line would look like the red line below. It's that easy!

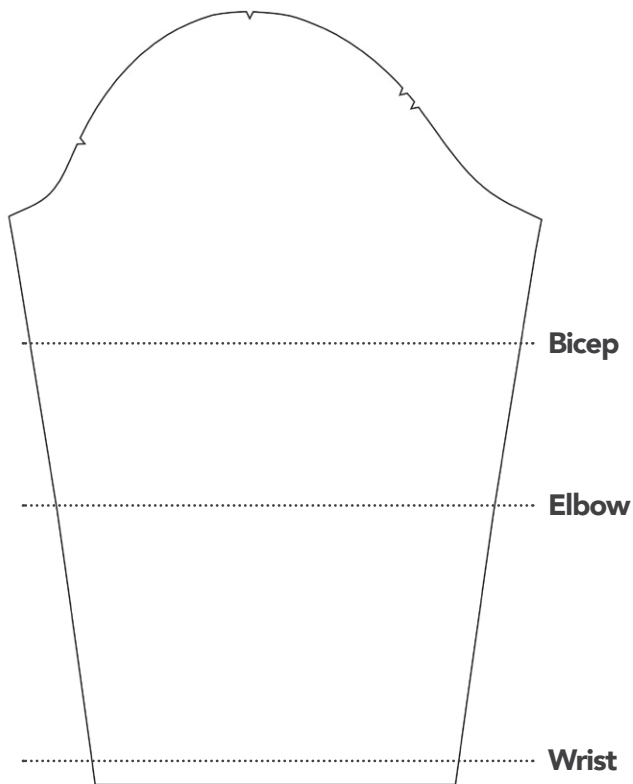


# GRADING SLEEVES

For when you need more or less room in the bicep

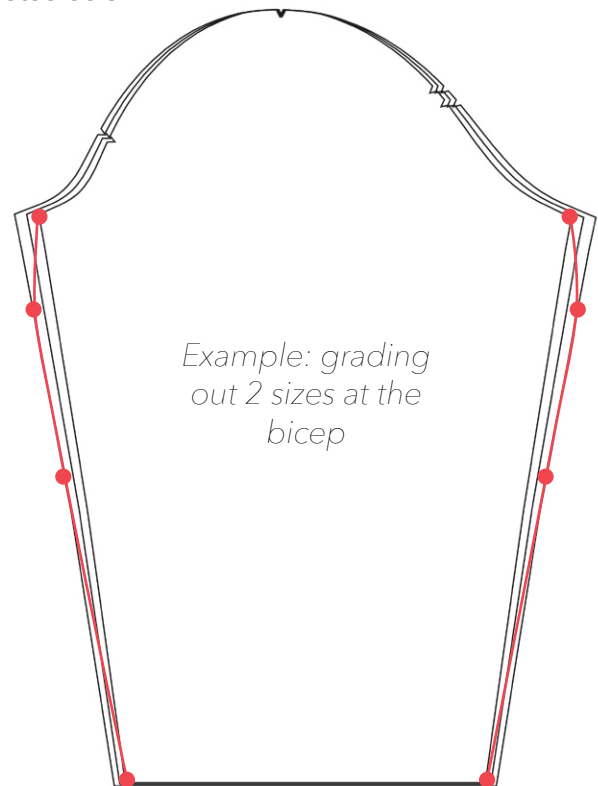
## KNOWING WHERE TO GRADE

Knowing where to grade for each measurement can help alleviate some uncertainty. Use the illustration below to understand what part of the pattern these measurements are associated with.



## CREATING THE GRADING PATH

**Start at the armhole of the size you measure into for your upper bust.** Then mark where you would like to grade either in or out to on the bicep, elbow and wrist of the pattern piece. From here you will simply create *smooth transition curves* between the dots along the lines like illustrated below.



**NOTE:** It is recommended that you use the same size for both the bicep and elbow of the sleeve to avoid creating a "bubble" around the bicep.



## TIPS FOR GRADING SIZES

For the best fit possible you must utilize grading. Use these tips to make it even easier:

Print specific layers - If you measure into several sizes it is best to select to print each of those size layers when printing the pattern so that you may easily adjust your curves.

Create smooth lines - The one rule above all others is to make sure that you draw your grading line gradually and smoothly as illustrated on the previous page.

What to do if you're between sizes - If you fall between sizes, as a general rule, mark your size location right in between those lines on the pattern.

# ADJUSTING FOR HEIGHT

For when you're taller or shorter than 5' 5".

## GRADE FIRST IF YOU NEEDED TO

Be sure to get all of your pattern grading done first. If you are unsure how to do this, please refer to the grading tutorial. Pssst! It's the tutorial right before this one.

## FIGURE OUT HOW MUCH YOU NEED TO ADJUST

Use the finished garment measurements with the following calculations to find your adjustment amount:

### FOR THE BODICES

You will **add or remove the difference between your measured hem length and the one listed in the finished garment chart in this tutorial**. DIBY drafts to an average height of 5'5" but height can be unequally distributed throughout the body.

Note: If you are unsure about how long your hem length should be, you can estimate your adjustment amount by taking the difference in your height from the pattern's (5' 5") and dividing it by 2.

### FOR SLEEVES

You will **add or remove the difference between your arm length and 23"**. You can use the finished garment chart to double check this against your preferences for sleeve length. It's your shirt. Make 'em the length you like!



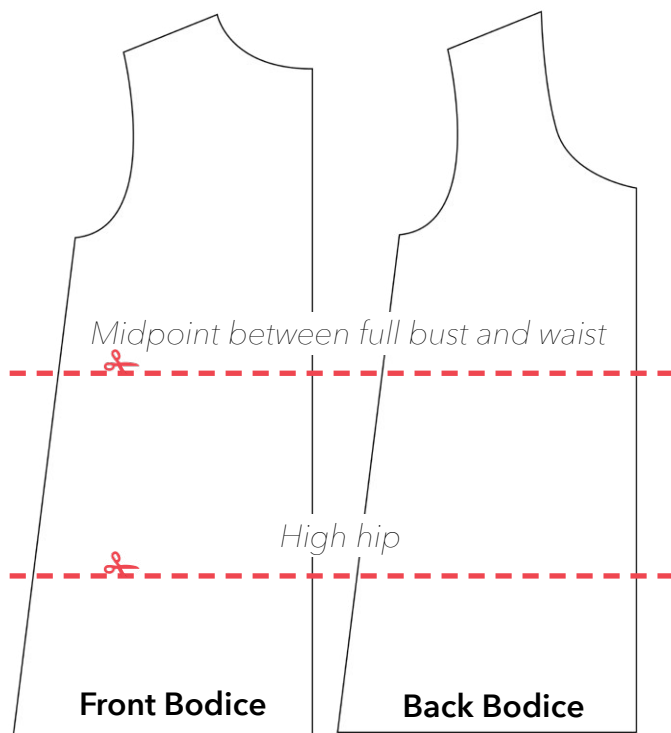
Danielle wearing The Melissa Sweatshirt with added height

## CUTTING & ADJUSTING THE PATTERN PIECES

Follow the prompts below to cut your pattern correctly. Then spread the sections to add length or overlap them to shorten:

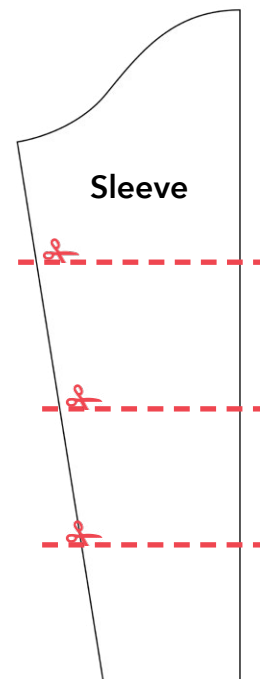
### THE BODICES

Divide your adjustment amount by 2. This is how far you will either separate or overlap your pattern pieces at the midpoint between the full bust and waist, and the high hip locations.



### SLEEVES

Take your adjustment amount and divide it by 3 for LONG sleeves. Cut your long sleeve piece into 4 equal parts and either separate or overlap them by that amount.



## TRUING YOUR PATTERN PIECES

Now that the pattern is taped back together the lines aren't matching up. So we need to smooth out these bumps. Simply draw smooth transition lines between your pieces.

You're all done!

# FULL BUST ADJUSTMENT

For when your full bust is larger than your upper bust.

## DO YOU NEED AN FBA?

Refer to the SIZE chart (not the finished garment chart) at the beginning of this instruction e-booklet.

Look at the full bust measurement in the same size column as your high bust measurement. If your full bust is larger than that number, you may want to do an FBA.

If this is your upper bust measurement...

	00	0	2	4	6
Upper Bust	31 3/4	32 3/4	33 1/2	34 1/4	35
Full Bust	31	32	33	34	35 1/4

and your full bust measurement is larger than this, do an FBA

## SUPPLIES NEEDED:

Please have these supplies on hand.

- Paper and pen
- Cloth tape measure
- Ruler
- Tracing or tissue paper
- Tape

## STEP ONE: HOW MUCH TO ADJUST

Before we start our FBA, we need to know how much we need to adjust the pattern. Use this formula:

**YOUR FULL BUST MEASUREMENT + R**

*For MISSES R = 0"; For PLUS R = -3.4"*

MINUS

**FINISHED GARMENT FULL BUST**

DIVIDED BY TWO, EQUALS

**TOTAL ADJUSTMENT AMOUNT**

## Why not just grade out at the full bust?

Simply grading out at the full bust will add fullness in the wrong place. Grading out on the front bodice and not the back bodice can also create a mismatch in your bodice pieces.



### IMPORTANT TIP:

Make sure your bodice pieces have been properly graded and height adjusted *before* doing your FBA



## STEP TWO: MEASURING YOURSELF

Next we need to find the fullest part of your bust to add fullness where we want it for our FBA.

1. To do this locate these areas of your bodice:

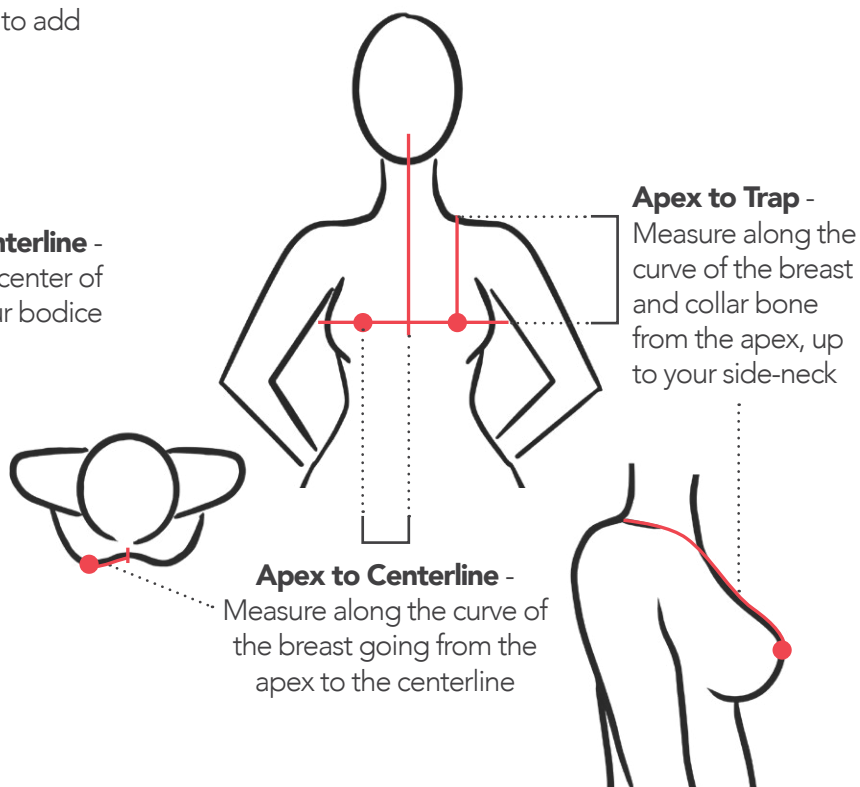
**Apex** - The fullest point of the breast. The part that protrudes the farthest from the body

**Centerline** - The center of your bodice

**Trap to Apex** -

Imagine drawing a line straight up from the apex to the top of your trapezius muscle (the muscle at the base of your neck)

2. Record these measurements:



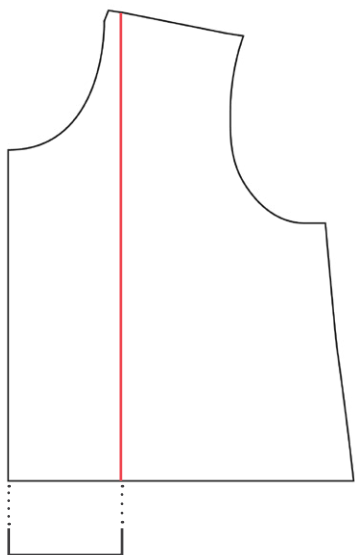
**Apex to Trap** - Measure along the curve of the breast and collar bone from the apex, up to your side-neck

**Apex to Centerline** - Measure along the curve of the breast going from the apex to the centerline

## STEP THREE: MARKING YOUR PATTERN

Now we will transfer the measurements we just made into markings on our *front bodice piece*.

1. Start by measuring out from the fold line (center of the final bodice piece) the distance from your Apex to Centerline. Draw a faint, straight line parallel to the centerline from the top to the bottom of the pattern.



Apex to Centerline

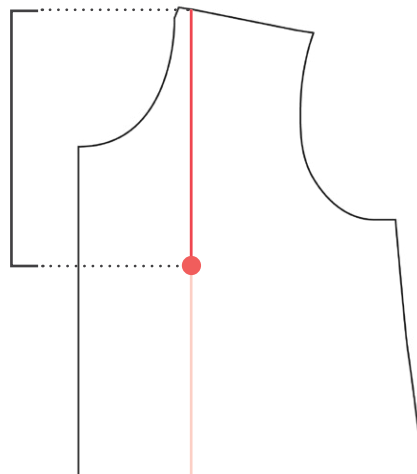


**WANT TO SAVE YOUR MEASUREMENTS FOR FUTURE FBA'S?**

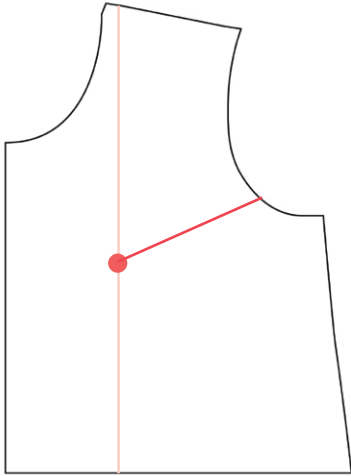
**Download** your personalized FBA measurement chart printable!

2. Starting at the top of your Apex to Centerline line, draw a line down the same measurement as your Apex to Trap PLUS THE 3/8" SEAM ALLOWANCE. Mark the base of your Apex to Trap line as your "Apex". Make this mark a very visible point.

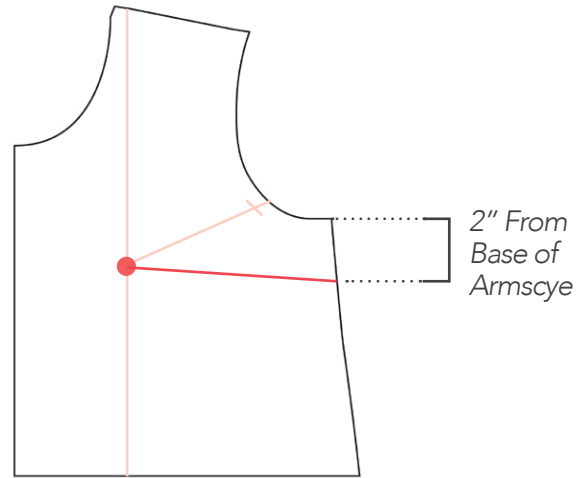
Apex to Trap PLUS 3/8" Seam Allowance



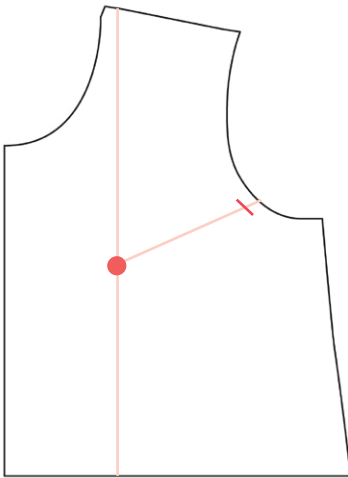
- Next, mark a point that's approximately 1/3 from the base of the armscye and connect it to the apex.



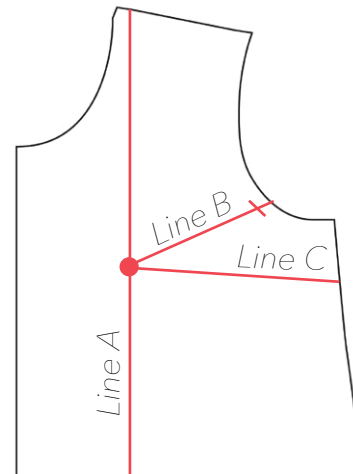
- Mark 2" down from the base of the armscye and connect it with the apex.



- Mark 3/8" in from this last line to account for your seam allowance.



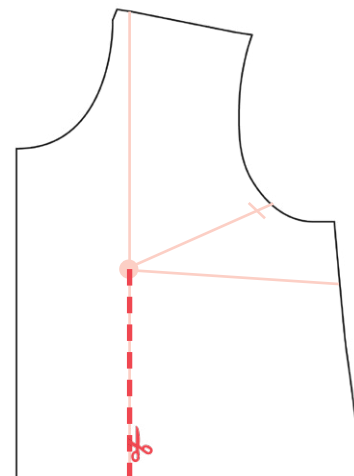
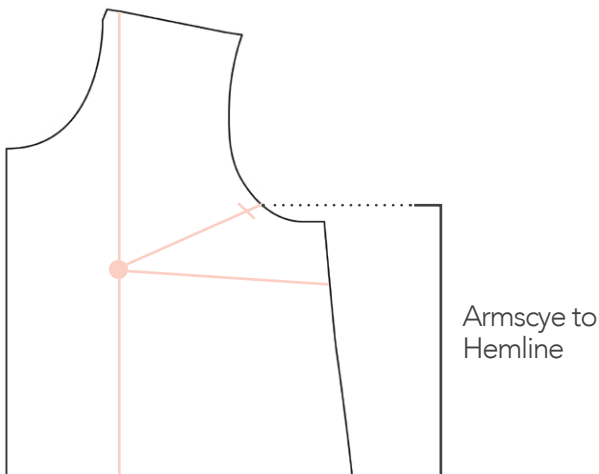
From this point forward I will refer to the lines as follows:



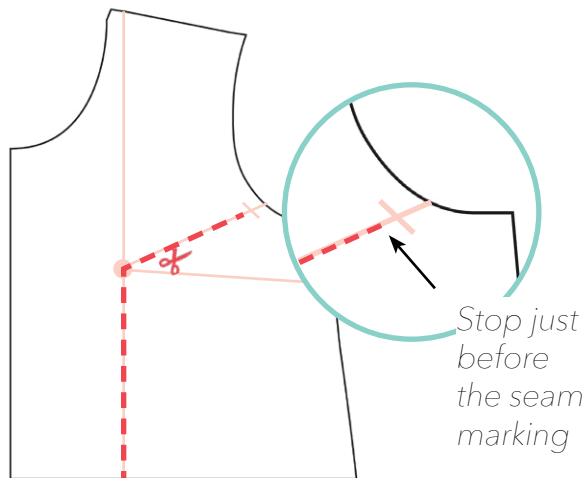
## STEP FOUR: ADJUSTING YOUR PATTERN

Time to cut!

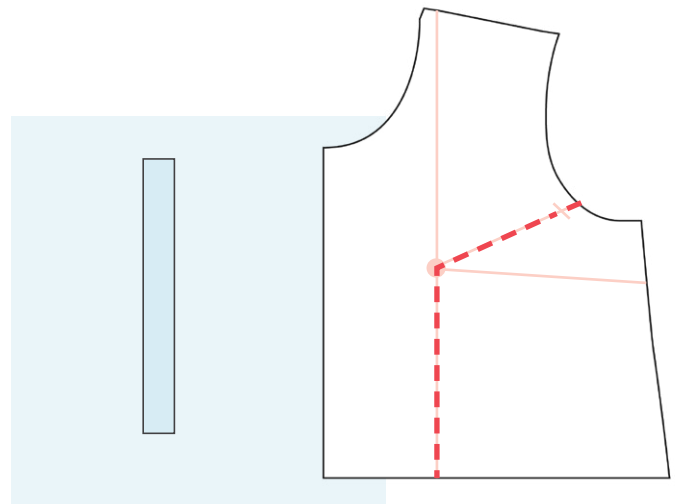
- Start by measuring from the point of your seam marking to the hem of the bodice. We're going to call this the Armscye to Hemline measurement.
- We're going to start cutting from the bottom of the pattern following Line A up to the apex.



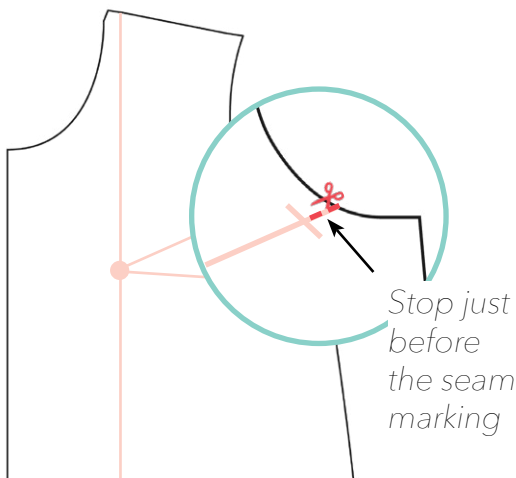
3. Then pivot and cut along Line B. **STOP JUST BEFORE THE SEAM ALLOWANCE MARKING.** Make sure you do not cross this marking with your scissors.



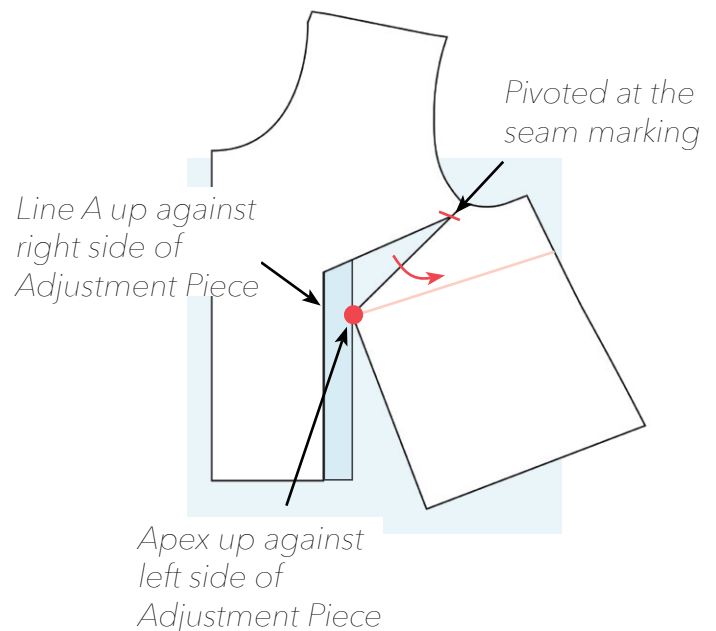
At this point you should have your bodice cut so that it can pivot just in from the armhole and your rectangular Adjustment Piece traced onto a large piece of tracing paper.



4. Cut in from Line B, **STOPPING JUST BEFORE THE SEAM ALLOWANCE MARKING.** This point that you haven't cut through will act as a "hinge" for you to move your pattern piece for the FBA.



6. Next you're going to align the right side of the Adjustment Piece with Line A and pivot the disattached bodice piece until the apex point is touching the left side of the Adjustment Piece.



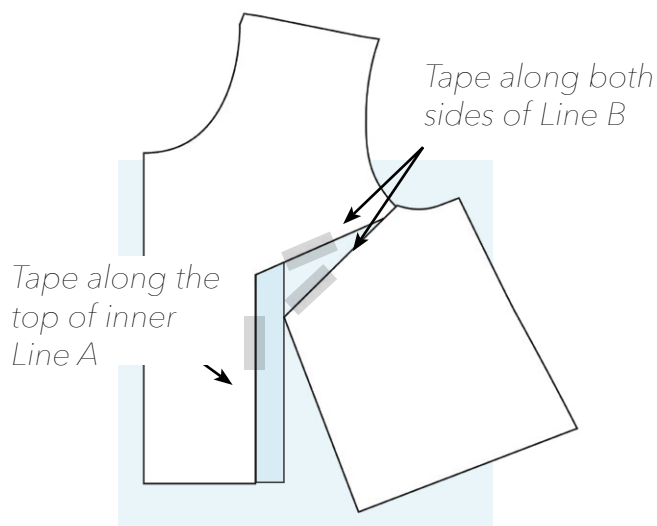
5. Grab a large, plain piece of tissue paper and trace out a rectangle as tall as your Armhole to Hemline measurement and as wide as your adjustment difference (which we measured at the very beginning of this tutorial). This will be referenced as your Adjustment Piece.



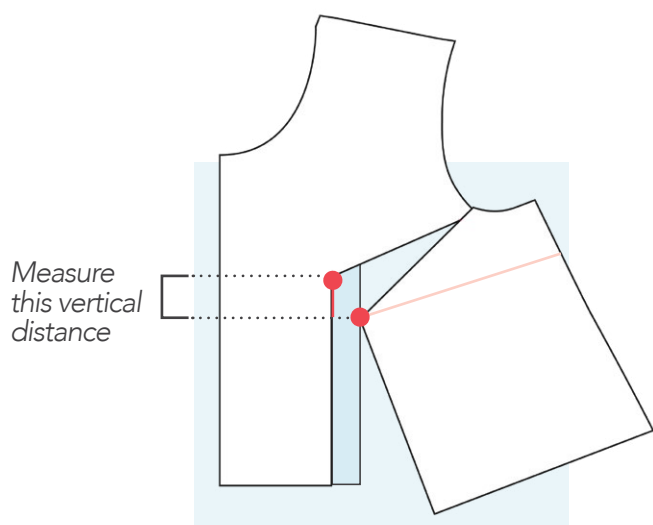
#### CUTTING SQUARE PIECES TIP:

Use a clear quilter's ruler to make accurate square/rectangular cuts.

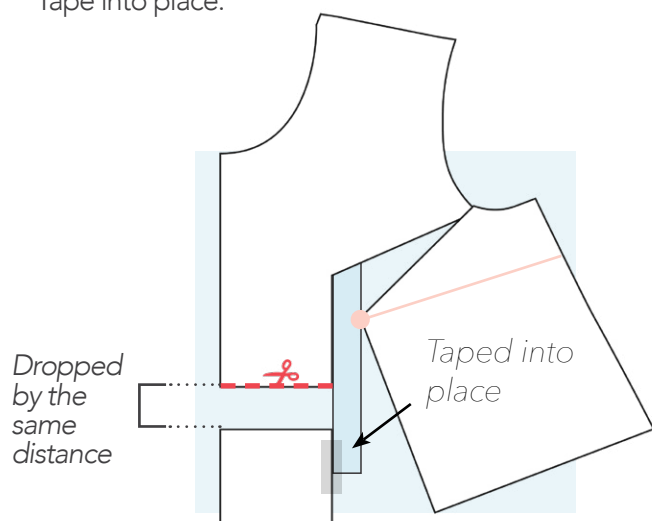
7. Tape along both sides of Line B and the top of the inner Line A only.



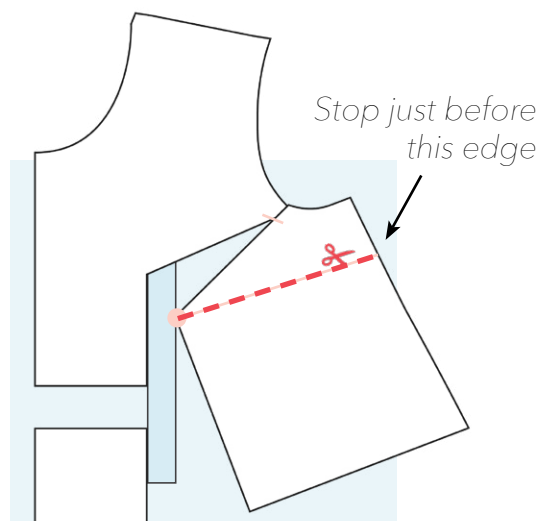
8. Measure the vertical distance between your two original apex points (do not measure on an angle).



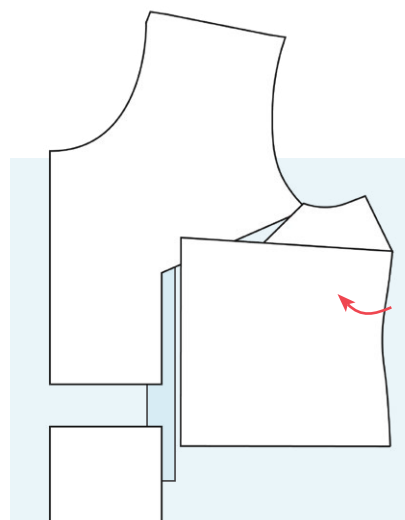
9. Cut across the bottom of your inside bodice and drop your bottom piece the distance you just measured. Tape into place.



10. Cut along Line C stopping just before the end to create another "hinge" to pivot the pattern piece.



11. Pivot your bottom left piece at your outside hinge so that the right side is now parallel to your Adjustment Piece.

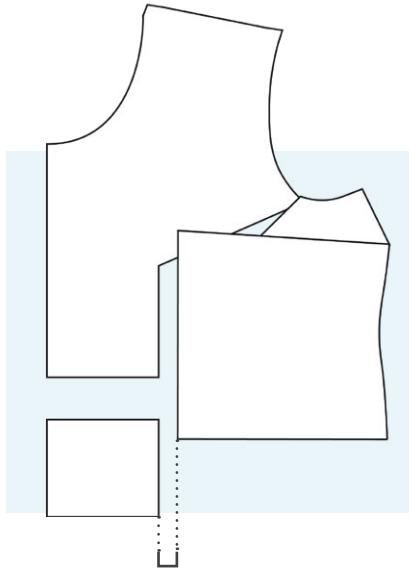


12. Tape everything into place.

## STEP FIVE: GRADING IN THE WAIST, HIP AND HEMLINE

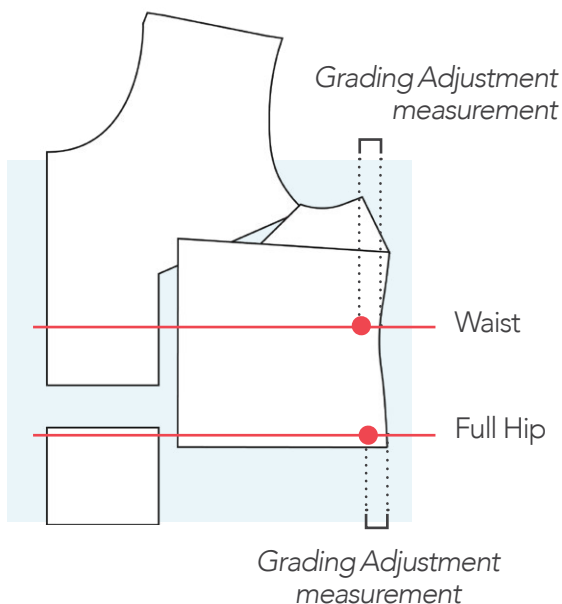
Your FBA is done! BUT we need to go back and correct our waist and hips since we moved the entire bodice out for the bust.

1. Start by measuring the horizontal space between the two main bodice pieces. We'll call this our Grading Adjustment measurement.

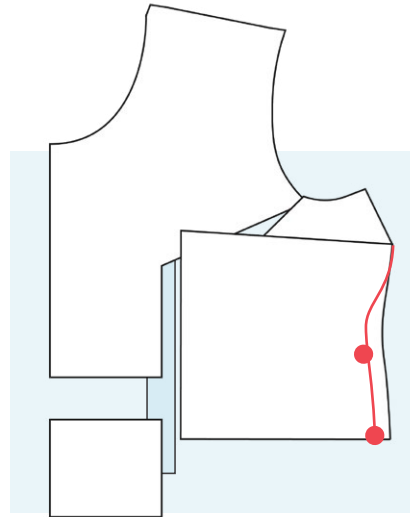


Measure this distance (Grading Adjustment measurement)

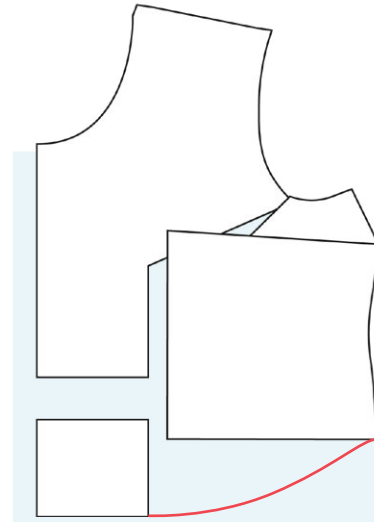
2. Locate and mark the waist and full hip of the bodice piece. Then mark in from the edge your Grading Adjustment measurement.



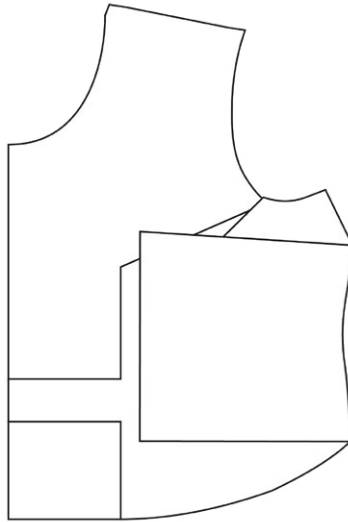
3. Starting at your side seam "hinge" draw a smooth grading path down to the new waist point and through to the new full hip point.



4. Cut along your path to reveal your new side seam. Then draw a smooth line from the bottom of your side seam to the inner bodice piece to create a new hemline.

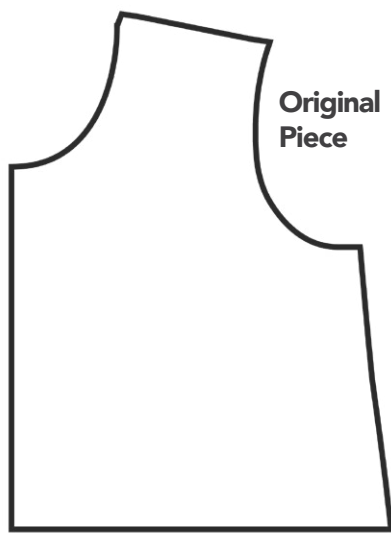


5. Cut it all out and it should look something like this:



## COMPARING THE PIECES

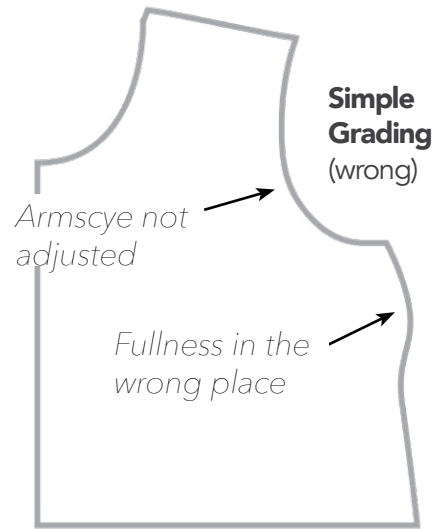
Take a look at this comparison between the original piece, the new FBA piece and what it would have looked like if you simply graded out to your full bust (Pssst! Don't do this).



**Original Piece**



**New FBA Piece**



**Simple Grading (wrong)**

*Armhole not adjusted*

*Fullness in the wrong place*

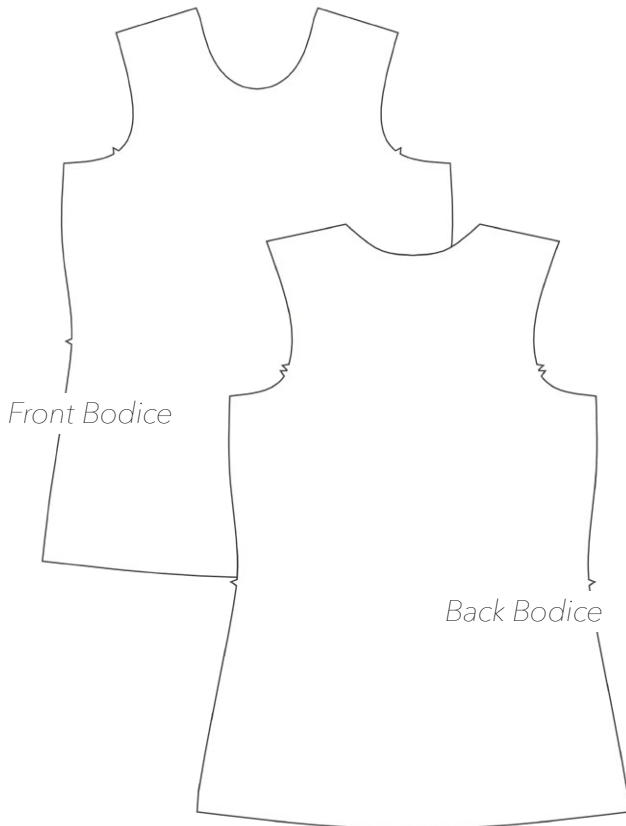
*Hemline not adjusted for lift from the bust*

# LET'S START SEWING!

Let's sew this together! You'll never get lost. We've got all the tutorials and videos you need right here.

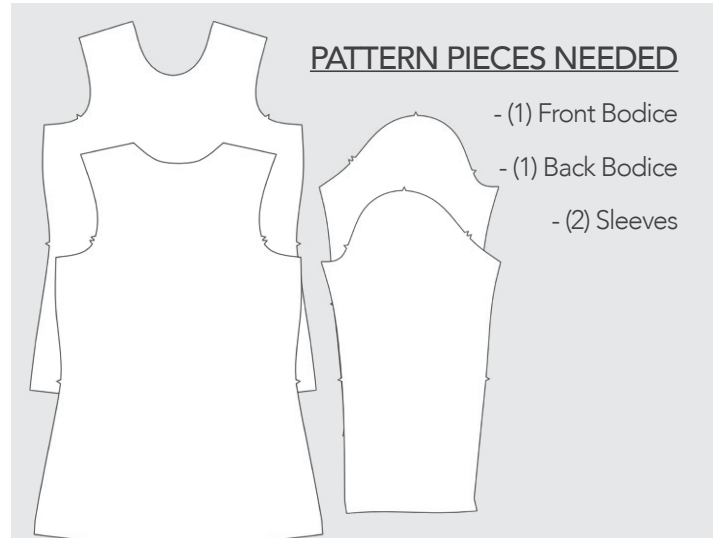
## BODICE CONSTRUCTION

1. Lay out your back bodice piece, and place the front bodice piece on top of it, *right sides together*.

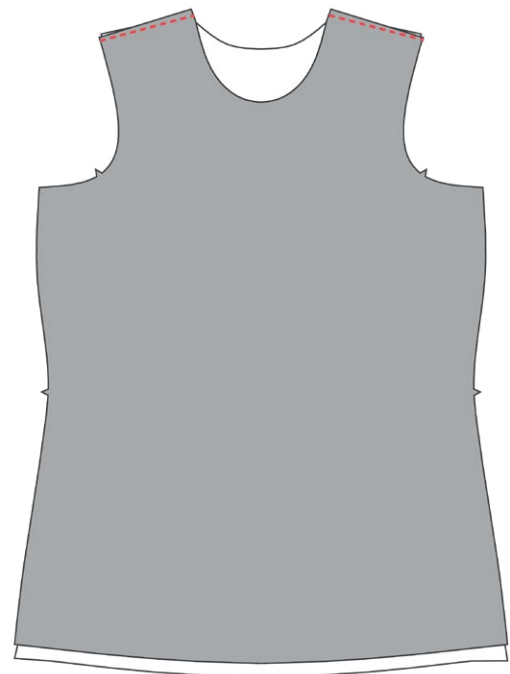


### PATTERN PIECES NEEDED

- (1) Front Bodice
- (1) Back Bodice
- (2) Sleeves



2. Align these at the shoulders and stitch in place using a 3/8" seam allowance.



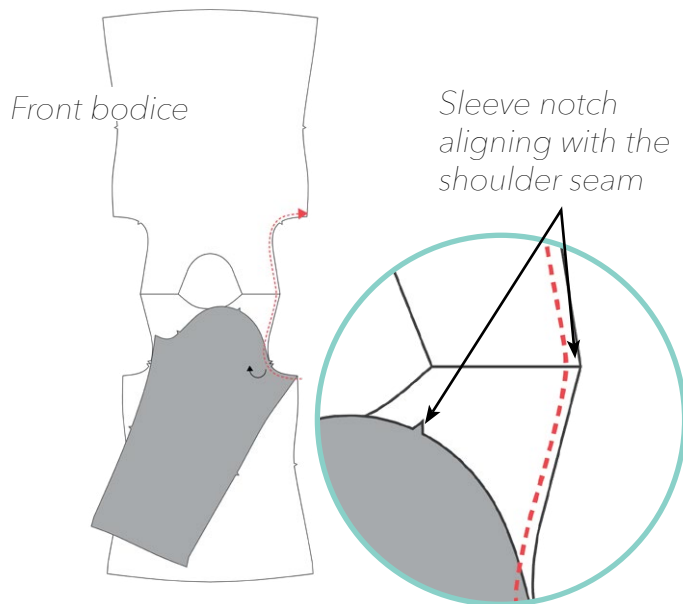
**UNSURE WHICH STITCH YOU SHOULD BE USING?**

Download our [stretch stitch cheat sheet](#).

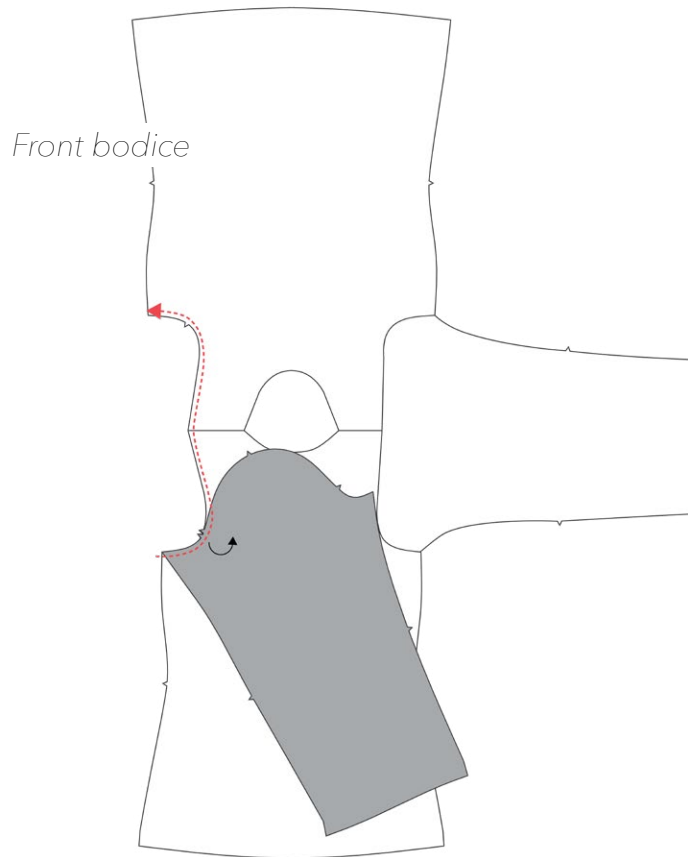
Stitch	Stitch	Favorite Place to Use It
Straight	Straight Stitch	Never, unless paired with stretch thread
Triple	Triple Straight Stitch	Construction seams on really tight garments and hemming
Zigzag	Zigzag Stitch	Finishing raw edges
Three Step	Three Step Zigzag	All main construction seams if others aren't available
Lightning Bolt	Lightning Bolt Stitch	All main construction seams
Honeycomb	Honeycomb Stitch	Attaching elastic or stretch lace
Overlock/Overedge	Overlock/Overedge Stitch	All main construction seams
Feather	Feather Stitch	Topstitching

3. Lay the attached bodice out flat, right side up.
4. Lay one of the sleeves on top with **right sides** together. Start by aligning the shoulder notches on the bodice to the center of the armhole. Pin the notches into place.

**NOTE: Be sure to match the notches on the sleeve with the matching bodice notches. The front of the sleeve is marked with a single notch and the back of the sleeve is marked with a double notch.**



6. Repeat for the other sleeve.

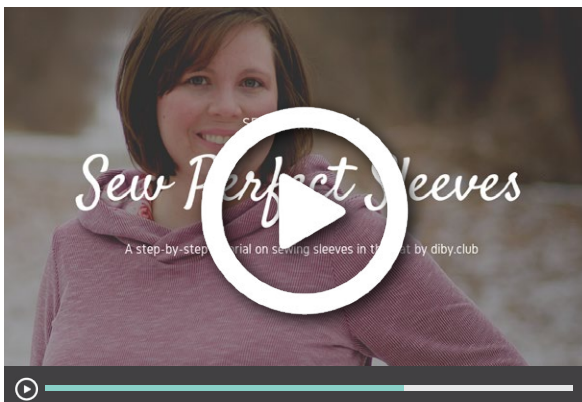


5. Pin the sleeve to match the notches on the bodices then ease the rest in. Once pinned in place, begin to stitch from one side to the other, pivoting and easing in the sleeve as necessary to line up the raw edges as you go. Stitch using a 3/8" seam allowance.

7. Once your sleeves are attached, fold the garment in half at the shoulders, **right sides together**. Line up the raw sleeve edges and bodice sides. Pin at the armpit seams and side bodice notches.
8. Pin the rest of the edges all the way from the sleeve end to the bottom of the bodice. Stitch together.

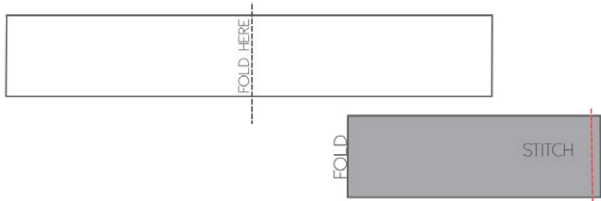


## WATCH THE VIDEO TUTORIAL

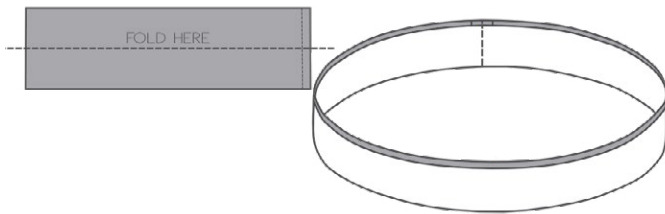


## NECKBAND ASSEMBLY

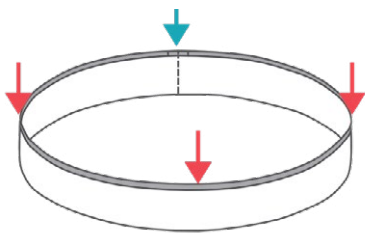
1. Create the neckband by folding the cut rectangle in half, meeting the short ends **right sides together**. Stitch in place.



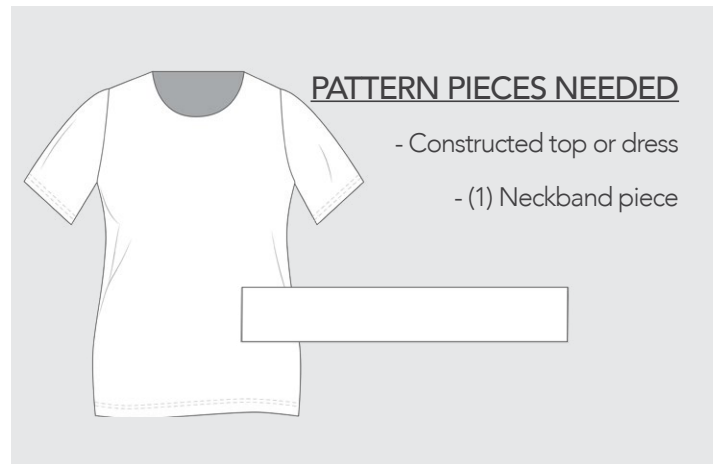
2. Now fold the circular neckband in half lengthwise, **wrong sides together**.



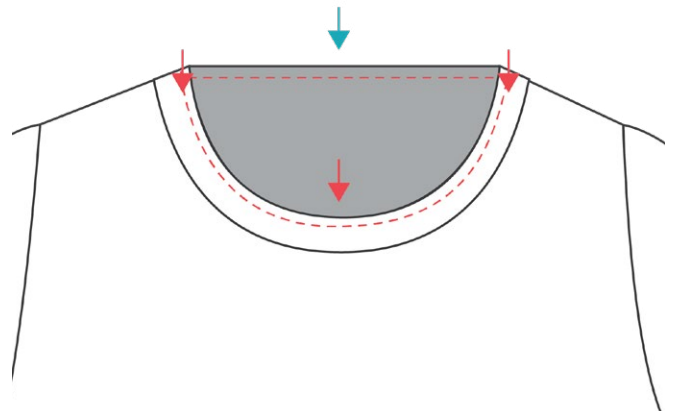
3. Pin the neckband in quarters starting at the seam. The seam you are going to designate as the 'back' (noted by the teal colored arrow).



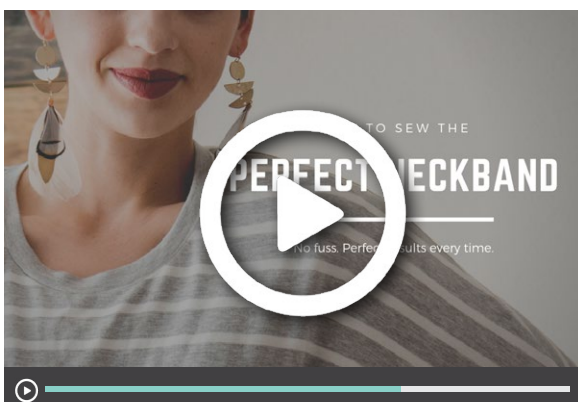
4. Mark quarter points on your garment's neckline using a washable fabric pen, pencil or chalk.



5. Lay your folded neckband around the outside of your garments neckline, **right sides and raw edges together**. Making sure that you match up your marked quarter-points starting with the 'back' and the 'front' marks first. Pin or clip in place. Add more pins or clips if it helps you.
6. Stitch the neckband on using a stretch stitch or a serger and a 3/8" seam allowance. Be sure **ONLY** to stretch the neckband to fit the garment hole and not to stretch the garment neck hole itself.



### WATCH THE VIDEO TUTORIAL



**OPTIONAL:** Top-stitch around the neckline to give it a nice finish.

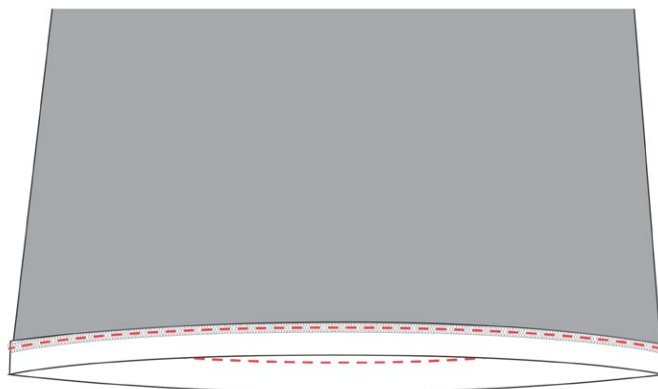


### TIP FOR SWEATER KNIT NECKLINES:

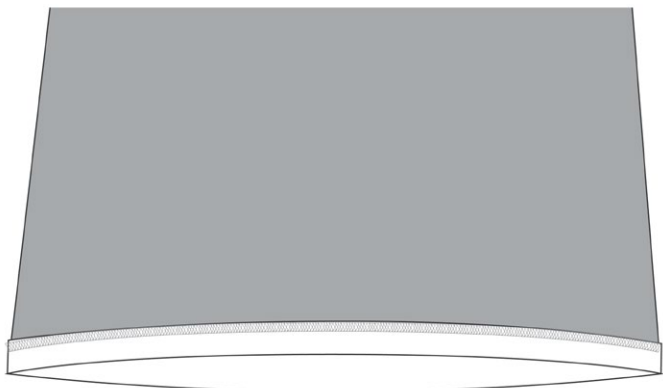
When sewing neck bands with open weave sweater knit, you can add 1/4" clear elastic into the neckline to prevent the neckline from stretching out over time.

## 1" SINGLE FOLD HEM

1. If you would like to have finished edges and do not own a coverstitch machine, you may start by finishing your hem with a serger or zig zag stitch. This is optional as your knit fabric will not fray if left raw.
2. Fold your hem up 1", steam press the edge and pin into place.
3. Use a coverstitch machine or lengthened straight stitch on your sewing machine to topstitch the hem into place. You may also use a double needle on your standard machine here.

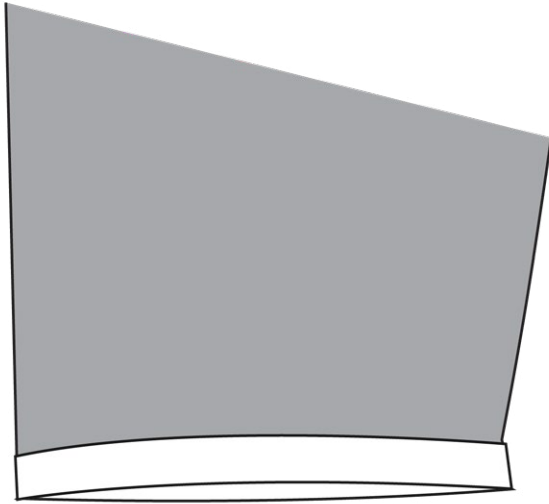


2. Fold your hem up 1", steam press the edge and pin into place.

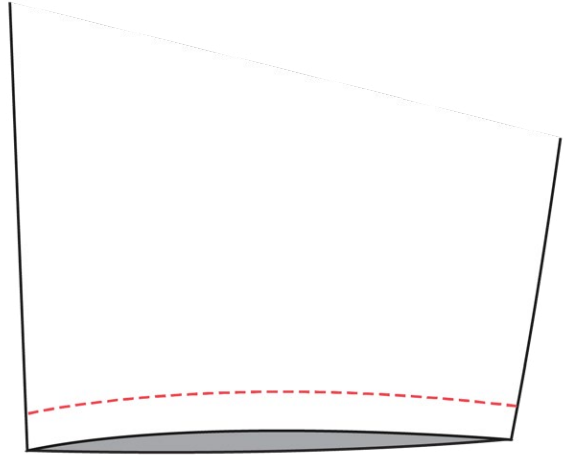
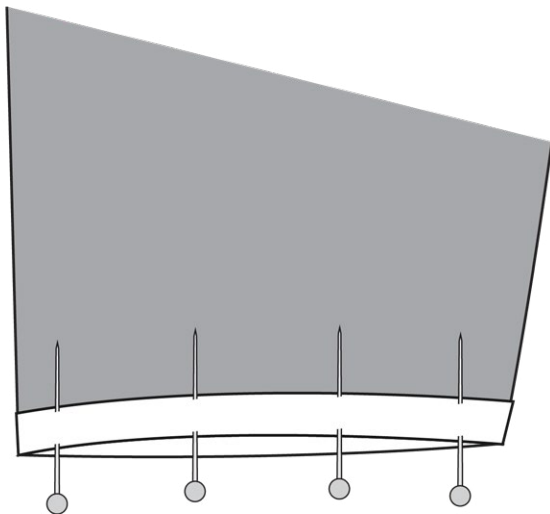


## 1" SLEEVE HEM

1. Fold the raw edges up 1", **wrong sides** together. Press with an iron to crease.
3. Flip right side out and topstitch into place using a coverstitch machine or a standard sewing machine. If you are using a standard sewing machine you will use a lengthened straight stitch or a double needle here.



2. Pin into place.



# Congratulations!

*(I knew you could do it...)*



## DID YOU KNOW YOUR JOURNEY CAN INSPIRE SOMEONE ELSE?

You are obviously a sewing rockstar, a brave and bold creator, a master of a lost art... but a lot of sewists don't believe they can be too. Can you help inspire them?

**Share your finished version in our Facebook Group, to help someone else believe they can do it too.**



**SHARE YOUR PICS**

