

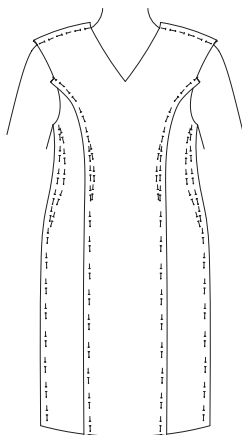
# Education

Fabric Fitting  
by Sheri McKillop



## Fabric Fitting

If every garment was made out of the exact same fabric **AND** you never lost or gained pounds **AND** gravity didn't play a factor **AND** you liked the exact amount of ease a pattern came with, then you could sew your pattern together from start to finish knowing it would fit the same every time. Wouldn't that be boring? We all like to use fun fabrics, varying weights, embroidery designs and embellishments to have garments that look different each time. Not to mention, some of us would like to lose a couple of pounds before we sew the pattern. Fabric fitting allows you to do all of this with the confidence that your garment will fit.



When a pattern is custom-fit to your measurements, Unique knows two things: the amount of ease in that particular pattern and your measurements. This allows us to draft patterns to fit your body. What we don't know is what kind of fabric you will sew with. No one can know exactly how the fabric you choose will react with the pattern custom-fit to your measurements. That is why every pattern requires fabric fitting. You're probably thinking to yourself, if I have to fabric fit, why did I pay for a custom-fit pattern? Good question! As Marta Alto says, "we take 90 per cent of the fitting out of your hands. The remaining 10 per cent depends on you".

Fabric fitting is not a time-consuming or knowledge-intensive procedure. It simply means trying on the garment at different stages of construction to see how the fabric is draping considering your pattern style and body shape. The adjustments you make will be minor and only require some pins and a marking pencil.

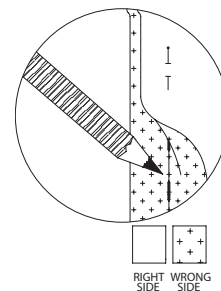
How to fabric fit? To begin fabric fitting, cut the pattern out of your fashion fabric. Pin the major seams, wrong sides together, with pins in the seam line parallel to the cut edges. Remember to pin darts. Try the garment on with the fabric right side out. This is very important to remember if you have left and right side differences. The seam allowances will be on the outside. You can now fabric fit your garment by pinning the seams deeper

or shallower to accommodate different fabrics, ease preference, minor weight fluctuations and different undergarments. Some styles may be more flattering if you take them in or let them out a little here and there.

Remove the garment. Mark only the changed pin positions by opening seam allowances and marking the pin on the wrong side of the fabric. Re-pin with right sides together and stitch using a 5/8" (1.6 cm) seam allowance and the chalk markings as your stitching line.

### SHERI'S METHOD

I find that I can actually stitch the garment together faster than pinning, so when I fabric fit, I stitch my seams with a basting stitch. I stitch with right sides together, as I have no left and right side differences.



I proceed to pin where necessary and mark the pin placements. I can then stitch over my basting stitches or remove them quickly to adjust. If your garment has many darts and design lines that would require a lot of pinning, you may find my method works faster.

Now you have the freedom to sew your patterns out of numerous fabrics and have a beautifully fitting garment. ♦

**"Fitting is 30 to 40 per cent of your sewing time. Unique is responsible for 90 per cent of that. You must fabric fit the remaining 10 per cent."**  
Marta Alto – Fit Expert