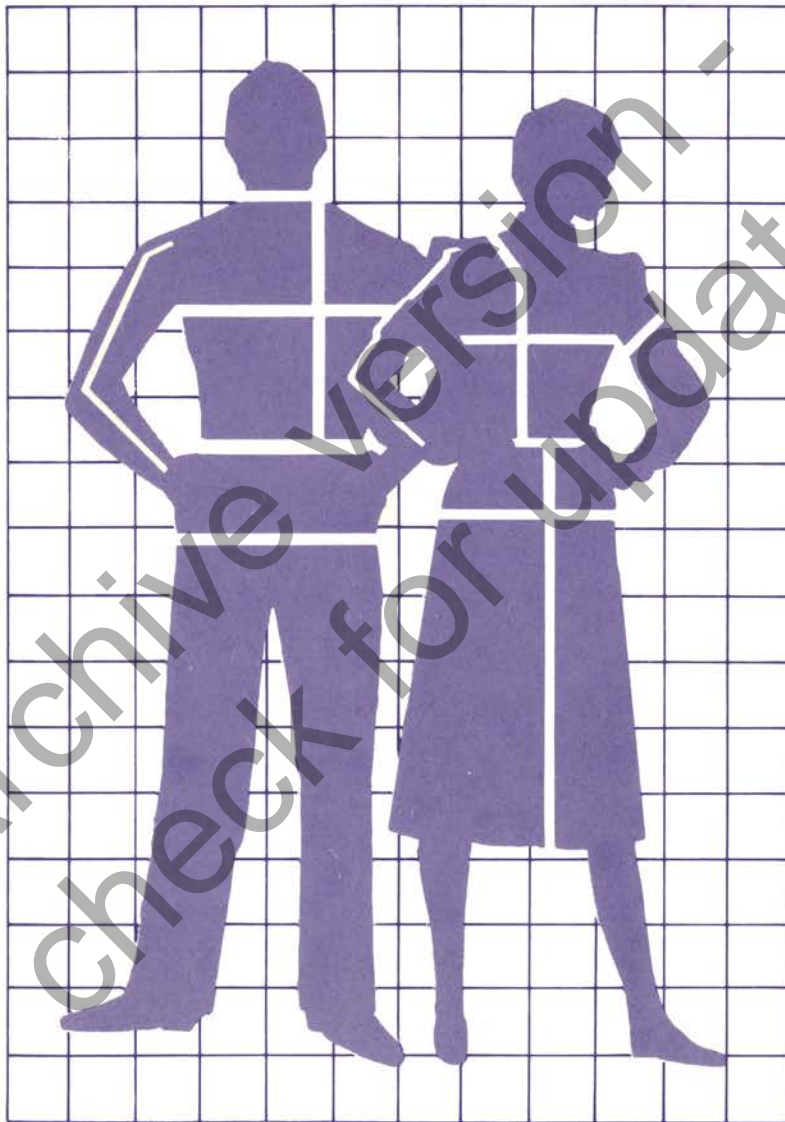


ALTERATIONS

For Good Fit

In Men's and Women's Apparel



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Good Fit in Men's and Women's Apparel



Purchasing clothes represents a sizable financial and time investment. It's not only important that you obtain the best value for your money, but the clothes should fit. Clothes are made to fit standard forms but most people don't conform to the standard measurements. Either the person is too tall or short, wide or narrow, and everything in between varies with the standard.

When selecting clothes, the

closer the person can come to good fit, the better. Try to select apparel that is proportional to your physique—no amount of alterations can correct major purchasing blunders. Ready-to-wear apparel lines address some of these needs through petite, half-size and tall fashions for women and regular, long, short and executive proportions for men.

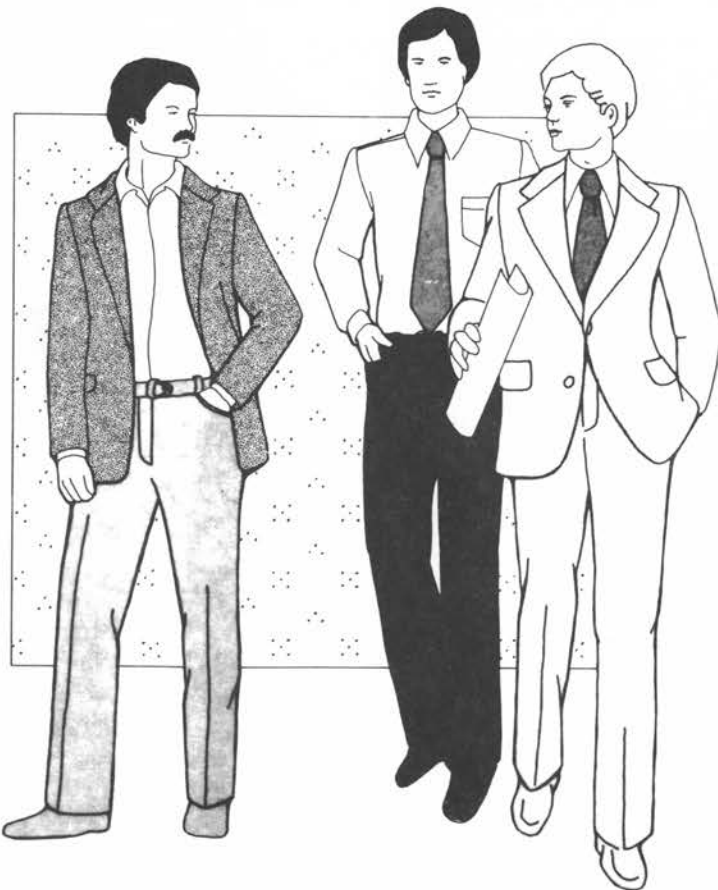
Men vary in size and shape just as women do and few people

can walk into a clothing store and buy a coat, suit or dress that fits perfectly. Often, more expensive garments have wider seams and can be made larger if the client needs more space. Less expensive and moderately priced garments provide satisfactory service but may be more difficult or impossible to release because of narrow seams.

Structural design features can limit alterations. Pockets on men's trousers and pockets on men's and women's jackets can cause problems when decreasing the waistline and shortening the jacket length. Alterations may interrupt the symmetry of garments with pleats or tucks.

Individual preference for garment fit varies. Some prefer a smooth, snug fit whereas others want smoothness with more room to move comfortably. Also, individuals may have figure irregularities to conceal or they may prefer additional garment space for comfort.

When you are deciding on adjustments to be made, make sure to consider the accessories, belt, wallet or keys, generally worn with the garment. It does little good to stand straight for a fitting and then resume a slouched position when wearing the garment. It is particularly important for women to wear the same undergarments that will be worn with the adjusted garment. Men, too,



need to wear the shirt or jacket and the keys, wallets and other essential items that will be worn with the garment. Both men and women should wear the same height shoes they plan to wear with the garment, so the hem length will be correct.

Standards of good fit remain the same over time but garment fashions do change. At certain periods, clothing styles fit the body more closely than at other times. Within the framework of current fashion, good fit is essential for comfort and an attractive appearance on the body.

Ease is the difference between the individual's body measurement and garment measurement. With sufficient ease, the garment should feel comfortable without a feeling of fullness or tightness.

The outline or silhouette of the garment should enhance your appearance. Slimming silhouette lines can conceal actual body shape. Structural lines within the garment can also improve the image.

A restful, unified effect is created when the garment is properly balanced. The garment should hang equidistant from opposite sides of the body in the skirt, bodice and sleeves.

"Set of the garment" on the body indicates there are no wrinkles or sags where they do not belong. The garment should move with the figure as the individual sits, stands or walks.

The grain of the fabric is in the alignment. The lengthwise grain should be perpendicular to the floor and the crosswise grain should be parallel to the floor.

Judging the Fit of Men's Trousers

- Suit trousers are cut with a higher rise and should be worn so the waistline seam rests just above the hip bone.

- Sport slacks generally have a shorter rise and can be worn lower on the hip. Adjust the trousers so they feel comfortable and there are no visible wrinkles. Wrinkles generally indicate tension from a body area that does not have enough fabric to cover it, which results in pulling.
- Pleated trousers should not pull open when you are standing. A wider cut may be necessary to accommodate the hip when sitting down. The pleated style may not be flattering to heavier individuals.
- Seat area should be smooth when standing or seated. If the seat is to be taken in, have it pinned so other areas can be evaluated.
- Crotch area should not be too baggy nor too tight.
- Length of trousers depends upon the bottom finish. If you choose cuffs, the depth of the cuffs should be similar to the waistband, and they should be parallel with the ground and just touch the top of the shoe. Plain finish trousers should touch the top of the shoe in front and be $\frac{1}{2}$ " to $\frac{3}{4}$ " (1.25-1.9 cm) longer in the back.
- Break occurs if the trousers are fit correctly above the knee and finished correctly at the hem. It is a slight indentation midway between the knee and ankle.

Judging the Fit of Men's Jackets

- Jackets should be fitted with a vest if they are to be worn together.
- The jacket must feel good. The person should be able to move freely in it and not notice any binding.
- The collar should fit low and close around the neck, exposing $\frac{1}{2}$ " (1.25 cm) of collar in

the back. It should not gap nor fall away from the neck. Many collars do not fit because of posture problems. The entire collar may need to be removed and set deeper into the neckline if there are wrinkles or bulges.

- The waist area should be smooth and form a slight indentation when the jacket is buttoned.
- The lapel should not gap nor sag.
- The length of the jacket is critical. It should cover the seat; the bottom edge should be even and parallel to the floor. The correct length is determined by standing with the arms at the side, curl up the fingers and the bottom of the jacket should fall into that curl.
- Jacket sleeve length should be approximately 5 inches (12.5 cm) from the tip of the thumb. The shirt sleeve should be $\frac{1}{2}$ inch (1.25 cm) longer than the jacket sleeve.

Judging the Fit of Men's Vests

- The vest should be buttoned and fit smoothly while sitting or standing.
- Armholes are large enough for comfort but do not gap.
- The vest should overlap the waistband of the trousers.
- The vest should have a smooth back, free of wrinkles, without a tendency to ride up.

Judging the Fit of Men's Shirts

- The shirt collar is the focal point of the well-dressed man. There should be sufficient room to put the finger between the neck and inside collar band. If the finger feels squeezed and collar band looks like it will stretch, consider a larger size.
- The body of the shirt varies

with the style—dress or formal shirts fit more closely than sportshirts. Although western and tapered shirts fit the body fairly close, individual preference is more the rule for fit of the shirt body.

- The sleeve should come just a fraction below the wristbone and extend $\frac{1}{2}$ " (1.25 cm) below the jacket sleeve.
- Inexpensive shirts frequently are cut too short. A better shirt has sufficient length so it stays in place during normal activity.
- A tie will make the best impression if it is an appropriate length, coordinating width and well tied. The bottom edge of the necktie should be even with the top of the belt buckle. The width of the tie should be harmonious with the width of the jacket lapel. For example, narrow ties are appropriate with narrow lapel jackets.



Judging the Fit of Women's Skirts/Trousers

- Waistband—The waistband should fall at the natural waistline, it should not bind nor roll or be so loose it appears to stand away from the body.
- Hip area—The fabric should be controlled through darts, gathers, pleats or seams to fit the body smoothly. There should not be wrinkles nor expanded pleats indicating the garment is too tight. Two or three inches of ease should be allowed through the hip area to permit adequate body movement and adequate garment drape.
- Side seams should be perpendicular to the floor, and seams should not swing either toward the front nor back of the garment.
- Hem should be parallel to the floor and hang evenly. The length should be suitable to

the style of the garment and becoming to the individual.

Judging the Fit of Women's Bodices

- Neckline or collar should fit snugly enough that it does not gap and loosely enough that it does not bind. The neckline treatment should not cause pulling nor wrinkles at the shoulder nor in the body of the bodice.
- The shoulder seam should lie directly over the top of the shoulder. Usually the shoulder seam is not visible from the front or back when viewed at eye level.
- For a traditional set-in-sleeve, the seam should begin at the end of the shoulder and gently curve ending one inch below the armpit. Wrinkles should not radiate from the seam in either the body of the sleeve or bodice.

- Elbow darts or patches should coincide with the elbow. Elbow darts should be arranged so they point directly to the elbow.
- Sleeve length can affect the appearance of the entire garment. Shorter lengths should end where they are becoming to the individual. Avoid a length that adds width to the bust or hips. Long sleeves should end at the wrist bone.
- Body of the bodice should have several inches of ease at the bustline. Waistline and bustline darts should point to the fullest part of the bust.
- Waistline seam of the bodice should fit the person's normal waistline. Tying a ribbon around the waist will identify where the bodice should fit.

Judging the Fit of Women's Jackets

- Collar and lapel should fit snug-

ly but smoothly and stay in place with normal movements.

- Shoulder area should allow for movement without wrinkles forming across the chest or back.
- If fitted, the jacket should button without any evidence of strain.
- Sleeve length should be just long enough so the wristbone is not exposed when the arm is at the side.
- Jackets should be fitted with the garments with which they are to be worn. The length of a jacket to be worn with a dress or skirt will differ from the length of a jacket to be worn with trousers.
- Length of the jacket should be in proportion to the wearer's height and length of the skirt or trousers. Normally, jackets worn with skirts are in better proportion if they are shorter; longer jackets look better with trousers.

Summary

The most carefully selected and coordinated garments will not flatter the individual unless they fit properly. Unfortunately people do not come in standard sizes—therefore the shopper needs to know what constitutes good fit in a garment.

The guidelines suggested in this guidesheet are general ones and the shopper should always keep in mind that fabric texture, weight and color as well as their individual body proportions affect the overall appearance.

Before you purchase a garment that you think may need alterations, ask the sales personnel or alteration seamstress if the garment can be altered to fit you. There is a limit of type and extent of alterations that can be done to garments. Because of the shaping and underpressing

that has been done in the manufacturing process, alterations may not be possible or so expensive, they are not practical.

Check These Points

1 Neckline should lie at the base of the neck, snugly enough so it will not gap, loosely enough so it does not bind. No pulls or wrinkles should show in the bodice below or at the sides of the neckline. A low neckline should follow the same principle.

2 Shoulder seam should lie directly over the top of the shoulder. Unless the pattern design intentionally changes the shoulder line, it should fall 1 inch (2.5 cm) behind the lobe of the ear. The shoulder seam usually is not noticeable from the front or back when viewed at eye level. Width of the shoulder will be dictated by the style of the garment and current fashion.

3 Armhole seam should begin at the end of the shoulder and curve smoothly, both front and back, around to where the arm breaks from the body. The seam usually ends about 1 inch (2.5 cm) below the armpit, depending on the style of the garment. No wrinkles or pulls should show in either bodice or sleeve areas near the armhole seam.

4 Sleeves should hang straight from the shoulder with no pulls or extra folds of material. Sleeve caps should be smooth and round with no puckers.

5 Elbow darts or ease are necessary for comfort. If there is one dart, it should point directly to the end of the elbow when the arm is bent. Two darts should fall on either side of the elbow. Three darts should be arranged so the center dart points to the elbow. If the sleeve has ease allowed or is two-piece, the ease should fall where the elbow bends.

6 Sleeve length for long sleeves should end at the wrist bone. Shorter lengths should end where they are most becoming to the individual. If possible, avoid a length that will seem to add width to the bust or hips.

7 Waistline should fall at the natural waistline. Current fashion may not have a waistline defined at the natural waistline, but slight shaping at this area improves the fit and appearance of a garment. Whether garments are joined at the waist or merely shaped to follow body contours, they should not bind or be so loose they look baggy.

8 Bodice should have several inches of ease at the bustline. The amount of ease will depend on current fashion, body build, activity and personal preference. Waistline and bustline darts should point toward the fullest part of the bust. They should stop short of this point. If a cluster of darts are used, they should be balanced in regard to the full part of the bust.

9 Skirt darts should be directed to the full portions of the body. Hip darts should end above the fullest part of the hip. The number of darts or amount of gathers allowed will depend on the roundness of the figure through the hip and abdomen. Allow several inches of ease, depending on the current fashion.

10 Side seams should hang straight from the lower part of the armhole seam to the hem. Side seams usually divide the body into pleasing back and front proportions.

11 Hem should be parallel to the floor and hang evenly all the way around. The length should be suitable for the style of garment and becoming to the individual within the current framework of fashion.

Alter To Fit



Fitting the Garment

- Garments should always be fitted from the right side to insure accurate fit. For example, people have body variations that result in one hip or shoulder being higher or lower than the corresponding hip or shoulder. Alterations are more readily identified if the garment is fitted as it will be worn.



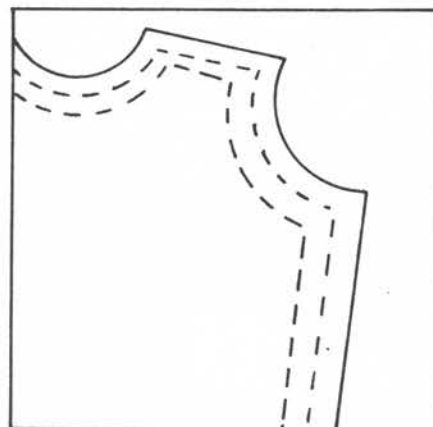
- All garment openings should be fastened (the buttonholes, buttoned; zippers, zipped; and other fasteners, fastened) before the garment is evaluated and pinned.
- Belts, scarves or ties should be on as the individual plans to wear it.
- The client should wear appropriate undergarments that would be worn routinely with the garment. Undergarments will drastically affect the fit of the garment.
- Adjust the garment neckline and shoulders so they are placed properly. Many individuals wear their garments incorrectly and may appreciate knowing how they should be worn. However, be sure to alter to the preference of the wearer.
- The same height of shoes should be worn for the fitting

as will be worn with the altered garment if the hem of pants or skirts is to be adjusted.

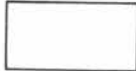




Fittings to Avoid

Some types of fittings and alterations **cannot** be done successfully. They are:

- Garments that are more than two sizes too large or one size too small will require recutting so that the major design lines will not be displaced.



- Permanent press fabrics retain the original creases and these cannot be removed nor reset.
- Problem fabrics particularly those with a napped or special finish such as:
 1. Velvet, corduroy and suede cloth
 2. Satin or moiré finish
 3. Leather, vinyl or plastic finish
 4. Sequin or bead trim

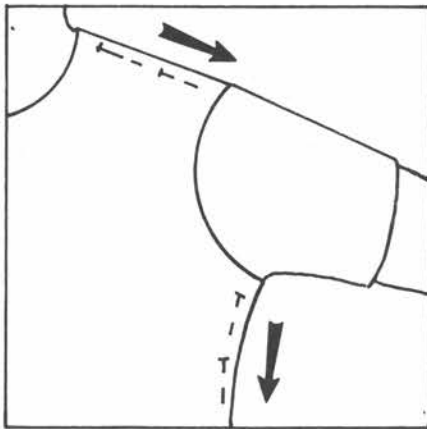
	right side of fabric
	wrong side of fabric
	right side of lining
	wrong side of lining
	interfacing

- Soiled or spotted garments. Pressing required during alterations will force the soil into the garment. Suggest cleaning the garment prior to alterations and releasing the hem if it is to be altered.

Pinning

Pinning is used as a guide for the amount the garment is to be taken in or released. Generally, pins are placed where the garment is to be adjusted. Pins are used also to position the garment for hard to adjust areas such as the inseam, crotch, sway back or short bodice front.

- Pin vertical seams, such as side seams or sleeves, with the points toward the hem.



- Pin shoulder seams with the points toward the shoulder not toward the neckline.
- Pins may not stay in position in sheer or silky fabrics. Cut a strip of tissue paper and pin through the tissue and fabric.

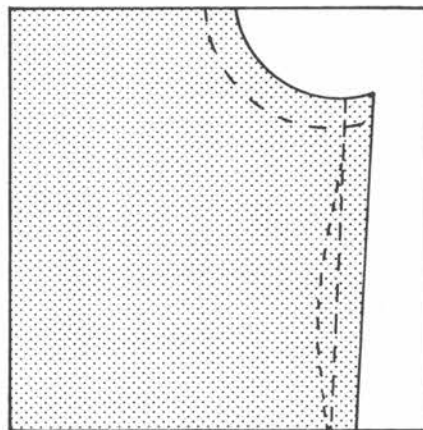
Order of Alteration

- One alteration may affect another alteration and the order in which alterations are made is very important. The rule is to start at the top of the garment and work progressively down to the hem. Start with the neckline, then the shoulders

before adjusting the waistline, hips or hem.

The goal in alterations is to retain the original garment lines. Alterations are different from constructing a new garment. With alterations you are starting with a finished product and working backwards. There is an advantage, because you can observe how it was originally put together. If you choose, you can repeat the procedure or can re-assemble it by your own method. Different skills are needed for alterations. If it works and is time efficient, then use it.

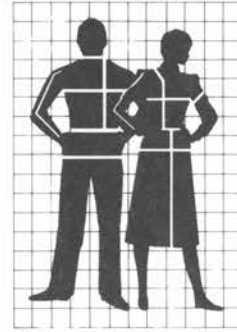
- Stitch new seamlines before ripping out the original seams whether taking in or releasing seams. The original seam will hold the garment in place while you restitch, which avoids puckers and provides a stitching guide.



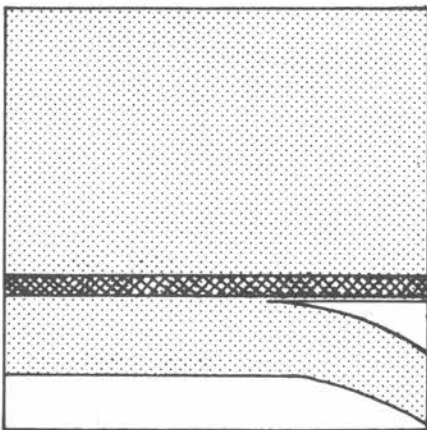
- When taking seams in, leave a more generous seam allowance than the original $\frac{1}{2}$ - $\frac{5}{8}$ inches (1.25 to 1.5 cm).
- Stitch new seams outside of the fitting line so the final fit of the garment is not tighter than planned.
- Mark the new seamline on one side of the seam, preferably the side that will be stitched.
- Place pins at right angles to the new seamline, then the seams will not shift as you stitch.

- Avoid basting when pinning will do the job. Avoid pinning if pressing will be effective.
- When changing *only part* of a seam, always overstretch the original seam at the beginning and end. That procedure will prevent a gap when the original stitch line is removed.
- Use 8-10 stitches to the inch for most machine stitching. Larger stitches are easier to remove and take less time to remove than shorter stitches. Use shorter stitches (12-15) for narrow seams or places that have been clipped or slashed close to the seamline.
- Stitch the garment from the top toward the bottom; this procedure makes it easier to follow body contours.
- When possible, work inside the circles of a garment section. Armholes, sleeves, waistlines, pant legs and hems are all a series of circles. When you stitch around these circles, keep the open part of the circle above the part you are stitching rather than underneath. The work is easier to guide and there will be less danger of getting the underneath part caught in the stitches.

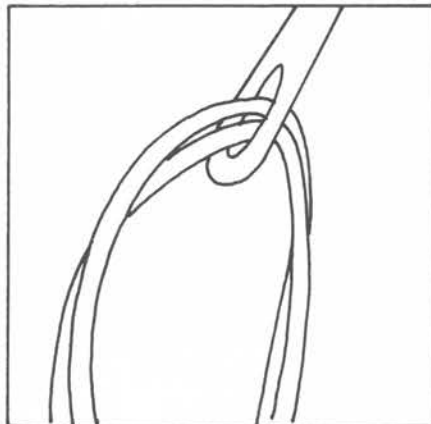
Techniques



- When shortening the hem, apply the new finish lace or tape along the top of the new hem allowance before cutting away the excess fabric. This technique provides better control and a straighter hem allowance.



- Avoid hand work as much as possible. Use machine stitch-in-the-ditch for inside control of facings, linings or waistbands. Use blind hemmers and overlock attachments for quick professional results.
- If taking in a dart, there is no reason to rip out the old dart, unless the old dart will be visible from the outside. If the new dart needs to be released later, the original dart remains. If the fabric is sheer or exceptionally heavy, stitch the new line before ripping out the original stitching.
- To save time when hand sewing buttons, thread the needle with a *double strand* of thread, double it and every time the



button is stitched, it is stitched with 4 strands of thread. Run the thread from one button to the next (when they are placed close together), avoiding re-knotting and cutting the thread.

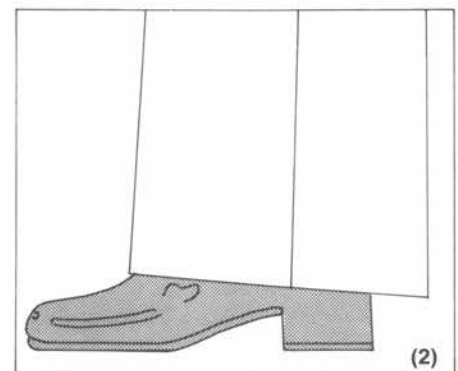
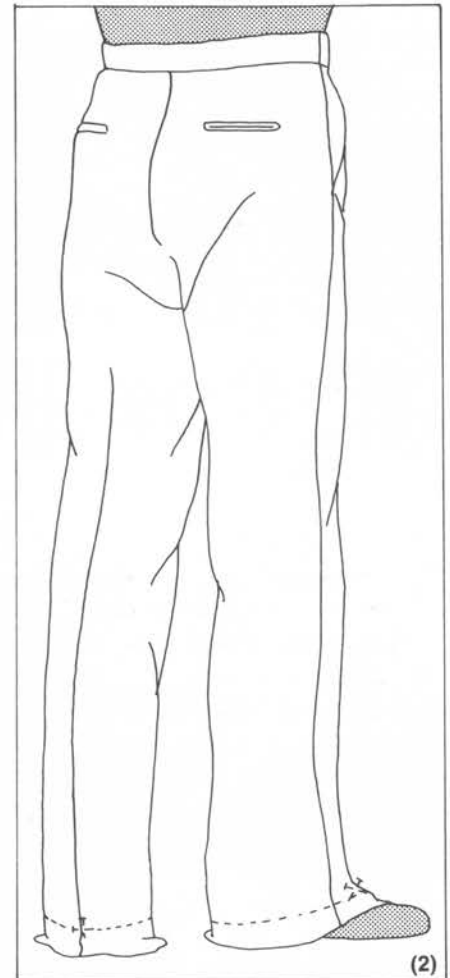
- Organize your tasks so that you can do similar operations at one time. There is time and energy saved by doing similar tasks such as measuring, stitching, ripping and pressing at one time.

Trousers

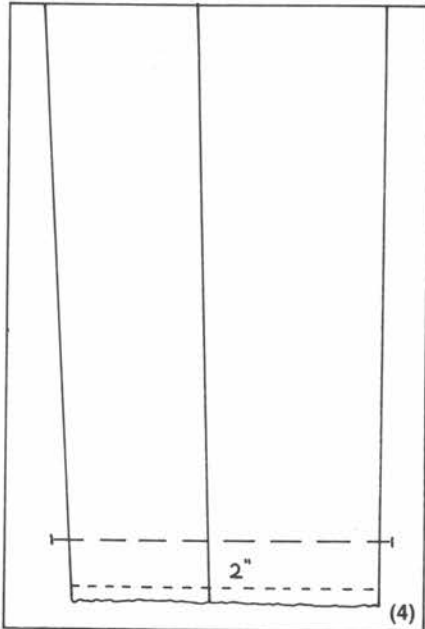
The problem: Trousers need to be shortened or lengthened.

The solution: To shorten trousers, make them shorter in the front than back or add a facing to lengthen them.

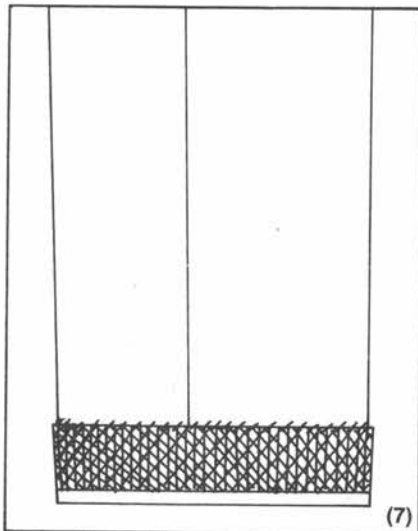
1. Release the hem and press out the crease.
2. Try on the trousers and mark the desired length on one leg using pins at the back and front crease. Usually the back is $\frac{1}{4}$ inch (0.6 cm) longer than the front.



3. Unless the person has one leg shorter than the other leg, measure only one leg.
4. Place the pants on a flat surface, match all four seams and creases. Draw the hem allowance 1½-2 inches (3.75-5 cm) below the pins. Cut off excess fabric.



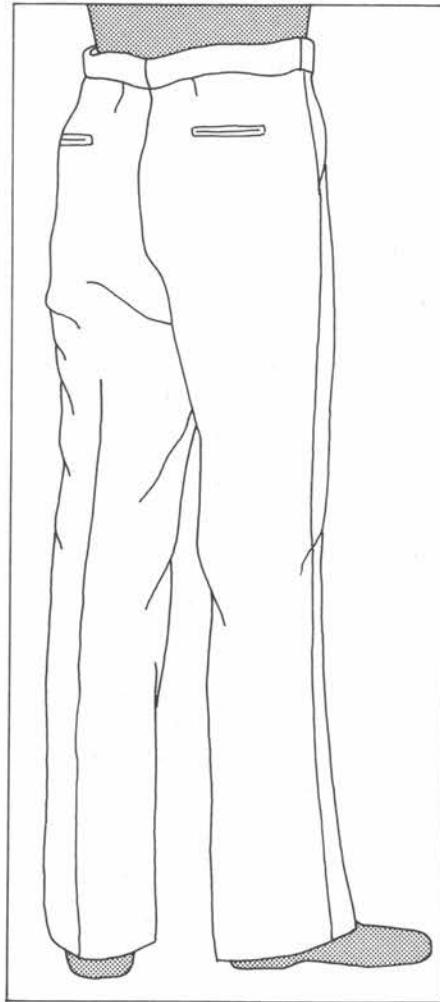
5. Finish raw edges using a zig-zag or overedge stitch. Press hem up along the pinned marks.
6. Machine blindstitch in place or hem by hand; press.
7. To lengthen, pin and stitch hem tape on the raw edge of the lower trouser edge.



8. Press facing to inside of pant leg. Hem by hand with a catch stitch. (Refer to section on Adjusting Hem Lengths.)

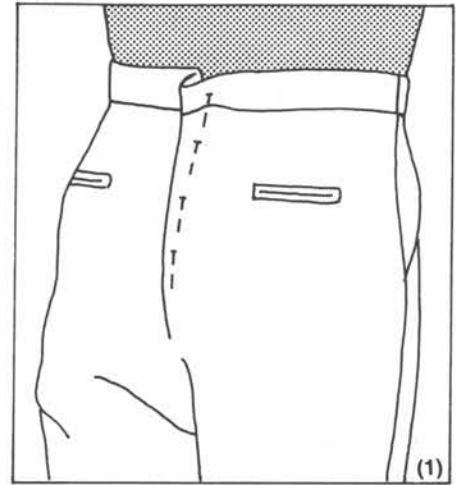
Trousers

The problem: Waistline does not fit. The alteration is generally easier if the waistband is too loose. For waistbands that are too tight, the possible alteration depends upon adequate seam allowance to be released and extending the waistband.

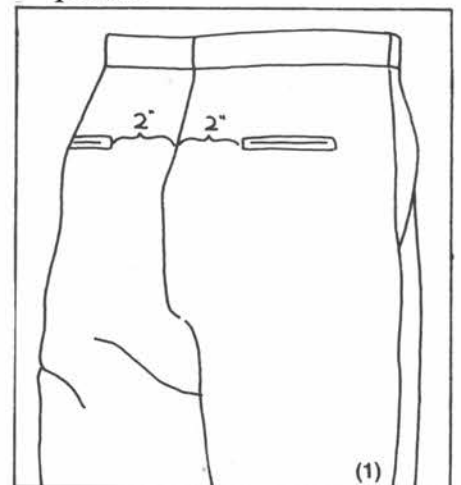


The solution:

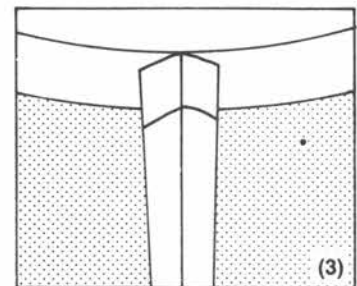
1. Try the trousers on right side out, pin the amount to be taken in or amount that can be released (let out). Take special notice of back pockets or darts in the taking in process. Taking the back seam in more than 1 inch



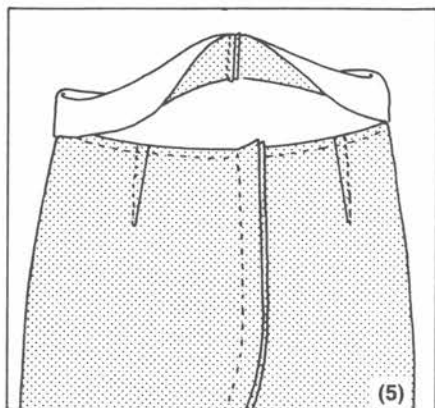
(2.5 cm) on each seam may require the pockets or darts be moved if possible. The pockets should be no closer than 2 inches (5 cm) on each side of the center back seam after the alterations are completed.



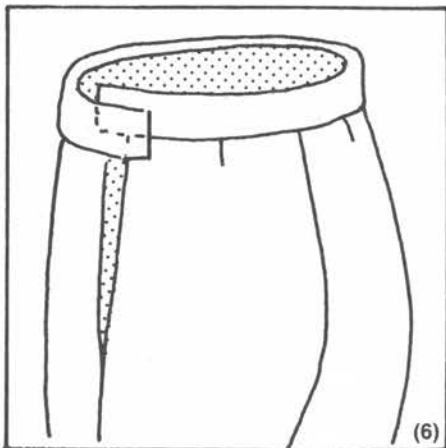
2. Turn the trousers inside out and chalk the pin marks.
3. In men's trousers, the pants and waistband are sewn in one continuous seam, therefore, the waistband does not need to be ripped from the trousers.



- In women's trousers, the waistline seam is usually sewn after the center back seam is stitched. Open the waistline seam almost to the side seams.
- If the trousers have a fly front, make a new seam at the center back of the waistband. Make sure the center back seam of the trousers and waistband match when the band is stitched to the trousers.



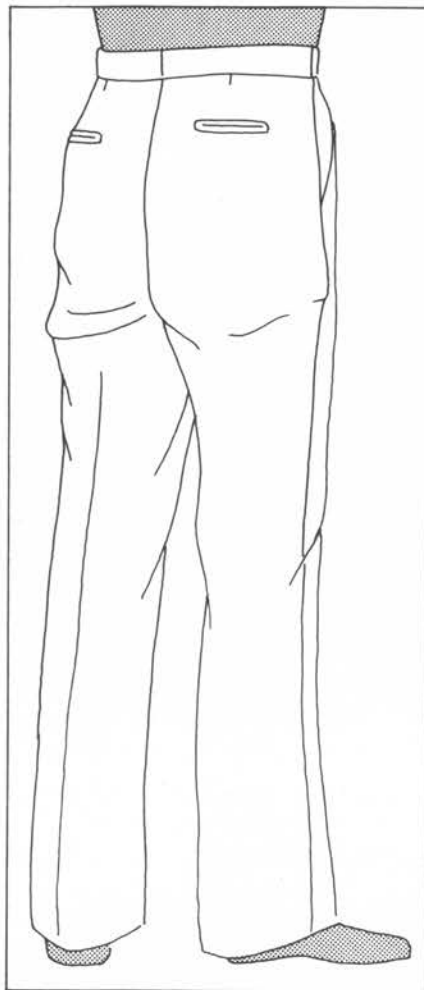
- For trousers with a side zipper placket the waistband can be moved toward the placket, providing it is concealed by the front waistband.



- If the waistband seam was opened, pin in place and stitch from the waistband side along the original seamline.
- Stitch-in-the-ditch to fasten the back waistband seam allowance. Press.

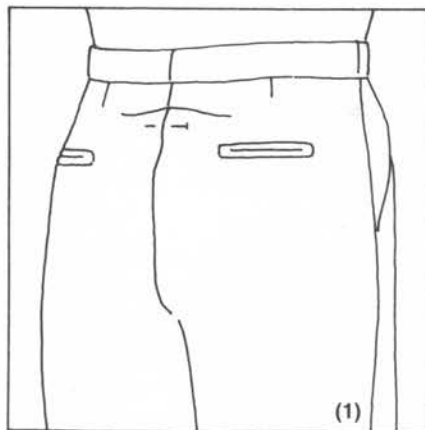
Trousers

The problem: The seat of the trousers is too baggy.



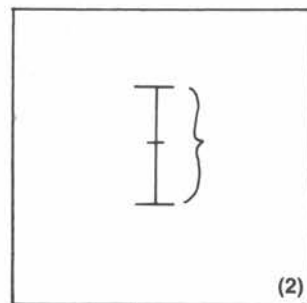
The solutions: Take in the back inseam seam allowance, if the leg is full, provide a greater taper.

- Try on the trousers right side out. Pin a tuck crosswise to

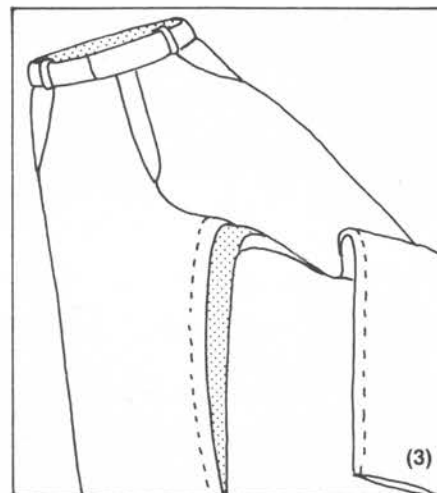


lift the trousers in the crotch area.

- Turn the trousers inside out. Chalk the pin marks and measure between them to determine the amount to be removed from the crotch area.



- Rip the inseam because the fullness comes from only the back part of the inseam.



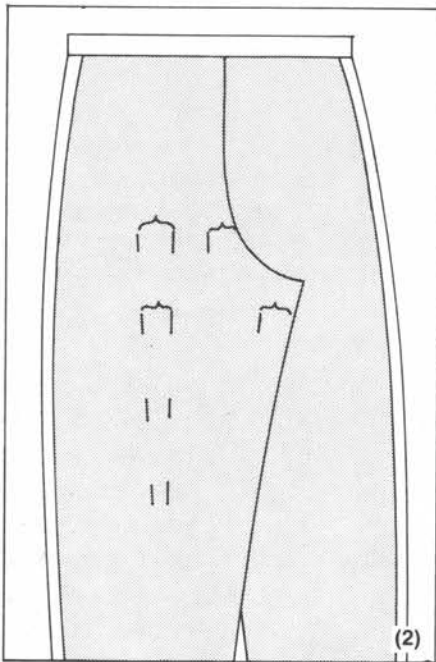
- The amount to be removed has been determined but the amount of taper on the inseam will be determined by the fullness in the trouser leg. If the trouser leg fits well, the taper will be shorter. If the trouser leg is too full, extend the taper towards the knee. For exceptionally wide trouser legs, see the next alteration.
- Once the amount to be removed and taper has been determined only the back seam allowance should be taken. The front inseam allowance should remain the same.

Trousers

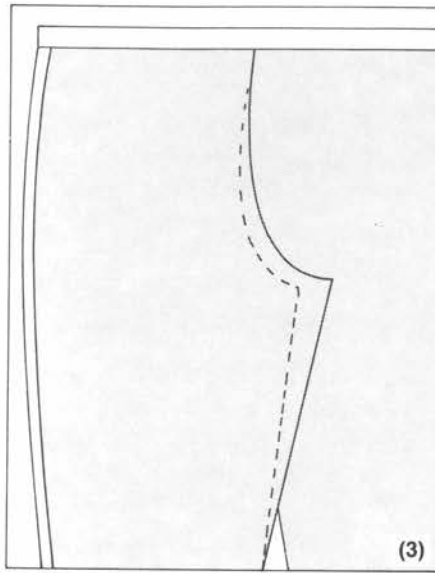
The problem: Trouser legs are too wide through the hip area.

The solutions: Decrease the lower center back seam and inseam. *Caution!* The back trouser leg should *never be narrower* than the front trouser leg. Take some fullness out of the front leg rather than too much from the back trouser leg.

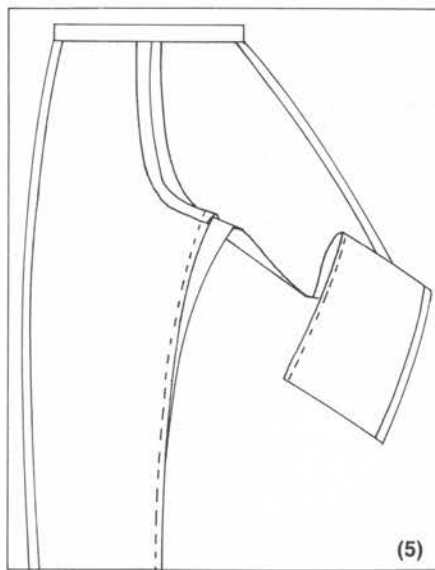
1. Try the trousers on right side out; pin vertical tucks through the hip area and upper thigh area.
2. Turn the trousers wrong side out, chalk the pin marks. Measure the amount in the tuck and take that amount from each back and inseam. Rip original inseam 4 inches (10 cm) past the last marking.



3. Blend all markings into smooth curves.



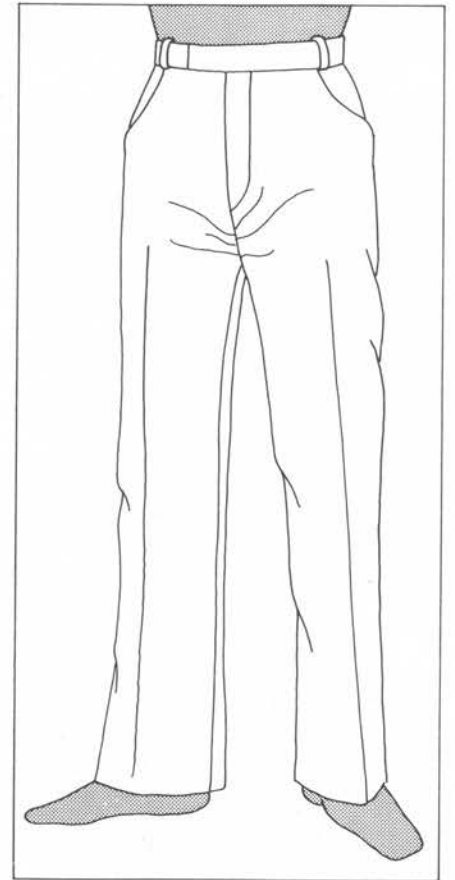
4. Stitch center back seam on new line.
5. Shift the back seam allowance forward until the new seam allowance coincides with the original front inseam. Stitch, blending into original seam lines at ends.



6. Trim the seam allowance to the same width as original seam. Overcast edges together and press to one side.

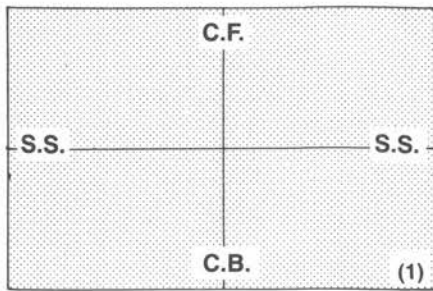
Trousers

The problem: Crotch seam is too tight, this causes wrinkles in the trousers while person is standing.

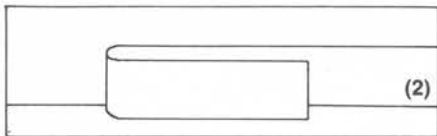


The solution: Increase the rise if possible but there is usually very little seam allowance to use this technique. Another approach is to insert a gusset. The amount of ease that can be provided by a gusset is usually in a width range of 1½-3 inches (3.75-7.5 cm).

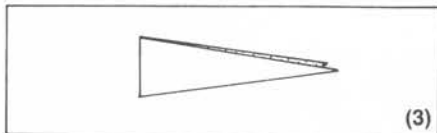
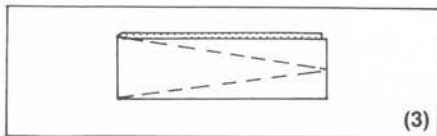
1. Turn the trousers inside out and open the center front, center back and two side seams approximately 3 inches (7.5 cm) on each seam.



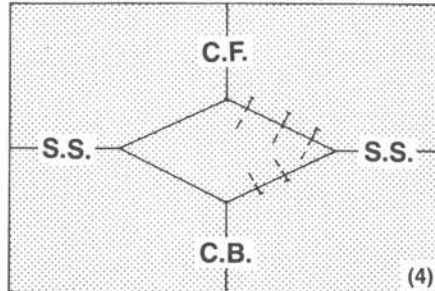
2. Fabric for the gussets can come from scraps cut from previously shortening the trousers. Otherwise try to match fabric as close as possible. As this area is not easily seen an exact match is not essential.



3. Cut double triangles of matching fabric the width needed between the center front and center back and the length to ease them in.



4. Pin one corner of the triangle (gusset) to the center front seam, pin the other corner of the gusset to the center back seam. Pin gusset into side seams evenly, so there are no puckers.



5. All three seams, each gusset seam and the original leg seam must meet if the gusset is to lie flat with no bulge. Repeat on the other leg.

6. Press, turn right side out.

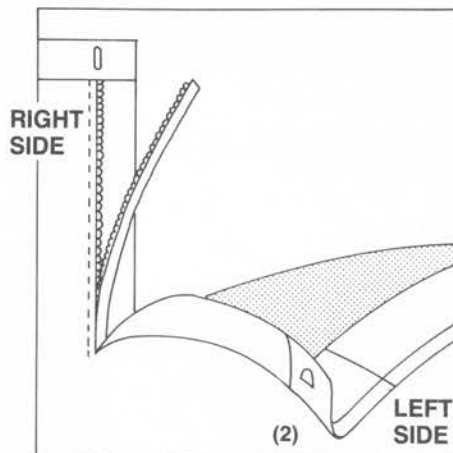
Trousers

The problem: Zipper needs to be replaced.

The solutions: Replace the zipper by machine or hand.

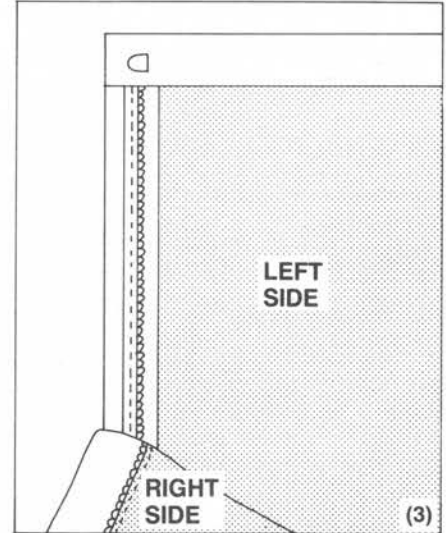
1. Rip the old zipper from both sides of the fly. Rip just enough at the top of each fly to allow you to remove the old zipper. Rip out the top stitching on the left fly, and release left fly facing.

2. Use a zipper foot so you can stitch close to the zipper. Stitch the right side of the



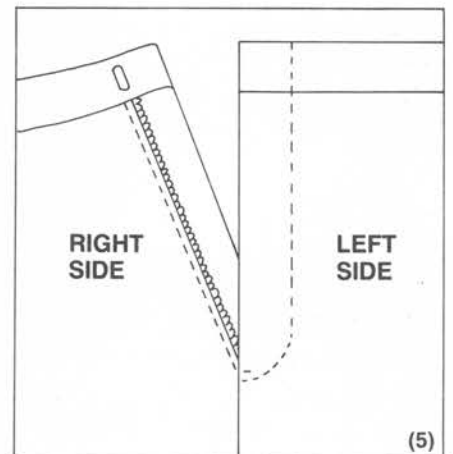
new zipper to the right fly, in the same place as the old one. Insert the zipper in the waistband and stitch.

3. Place the left side of the zipper in the original stitchline on the left fly facing and stitch.



4. Restitch the top of the fly at the waist.

5. Turn the trousers right side out with the zipper open. Turn fly area to original position and top stitch. Be sure that you follow the original stitching line.



6. Replace the tacking at the end of the fly.

7. An alternate hand stitch method eliminates removing the original top stitching on the left fly. Follow step 1 except for releasing the left fly front.

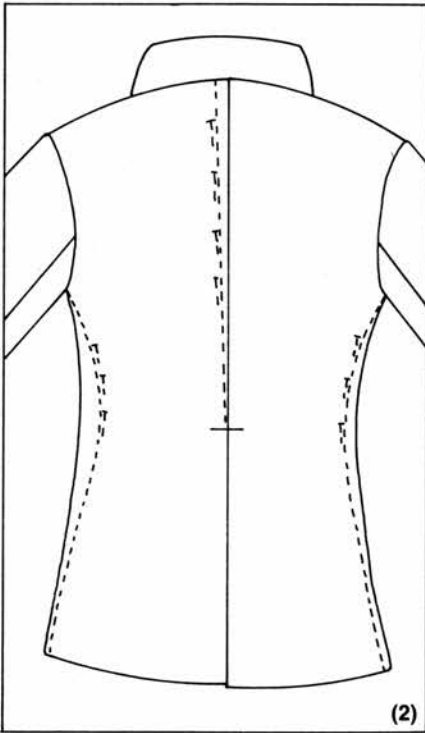
Do step 2. Rather than step 3, hand sew with a back stitch the left side of the zipper to the left inside facing. Repeat step 4 and 6. Eliminate step 5.

Jacket

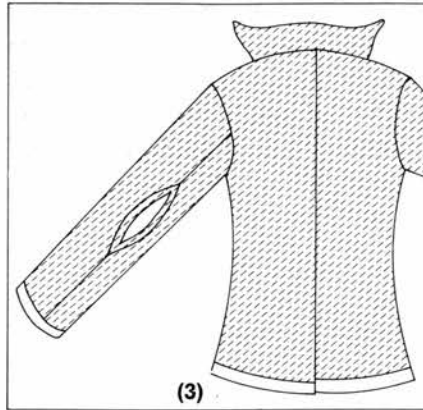
The problem: Jacket is too large through the body. When the jacket is buttoned there should be some ease. Two sizes is the most a jacket can be taken in.

The solution

1. Try the jacket on, over the garment it is to be worn with. Button the jacket.
2. Pin the amount needed to adjust the fit of the jacket.



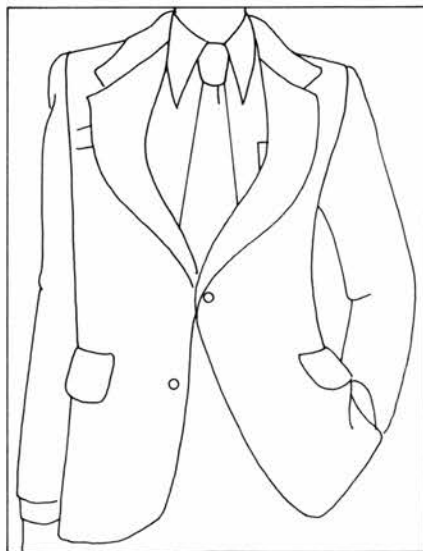
3. Open the sleeve lining in one sleeve midway between the wrist and the elbow. Turn the jacket inside out through the sleeve lining.



4. Chalk the inside seams as they were pinned in fitting. A french curve may be useful to draw accurate curved lines. Stitch new seams before ripping original seams.
5. If the lower edge of the jacket needs to be reduced, the hem will need to be released and the seam extended through the hemline.
6. If the jacket is fitted and is taken in more than 1 inch, (2.5 cm) make identical changes in garment lining.
7. Rip out original stitching and press the seams open.
8. Turn garment inside out and repress.

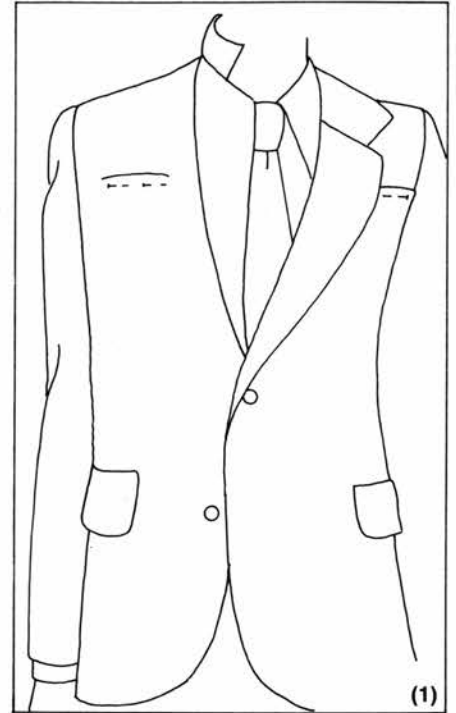
Jacket

The problem: The front jacket lapel stands away from the chest, it should lay against the chest.

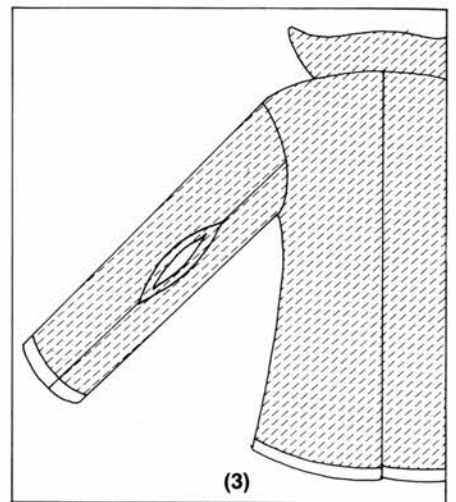


The solution:

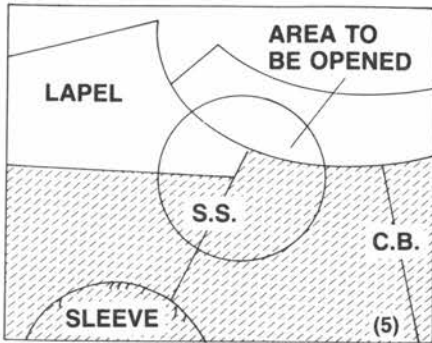
1. To make the jacket lay flat against the chest, pinch the amount needed under the collar.



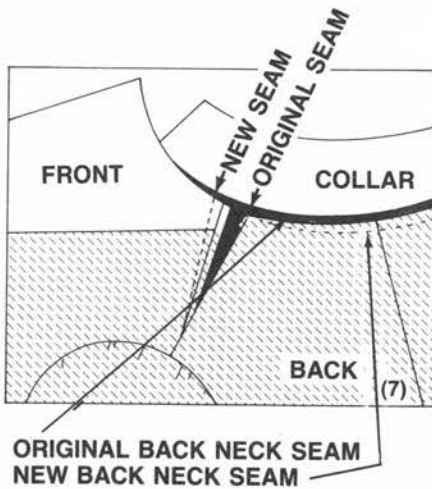
2. Pin, chalk, and measure the amount to be removed from the front shoulder area.
3. If the jacket is lined and attached at the hem, rip the sleeve lining at midseam and pull the jacket through.



- The maximum amount that should be removed is approximately 1 inch (2.5 cm).
- Rip open the shoulder seam area and collar.



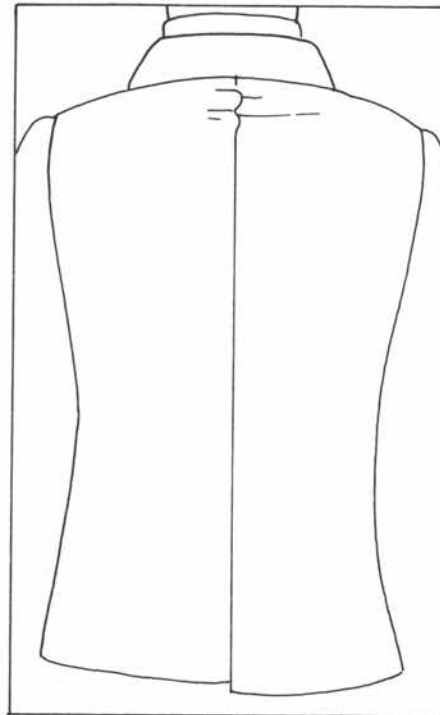
- Raise the front shoulder seam the amount to be removed from the front. Taper the front shoulder to nothing; stitch to the original back seam allowance.
- Lower the collar at the center back to compensate for the amount removed from the front shoulder seam.



- Stitch collar to the jacket back; adjust lining if necessary.
- Press and turn jacket right side out.

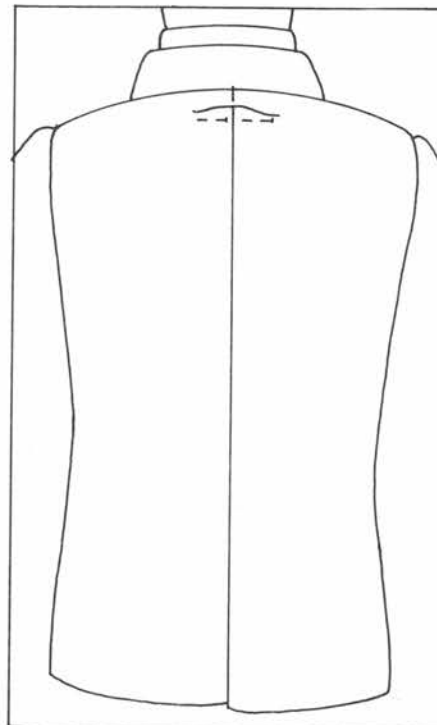
Jacket

The problem: Wrinkles show across the back shoulders directly underneath the collar.

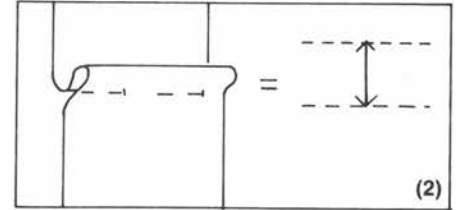


The solution

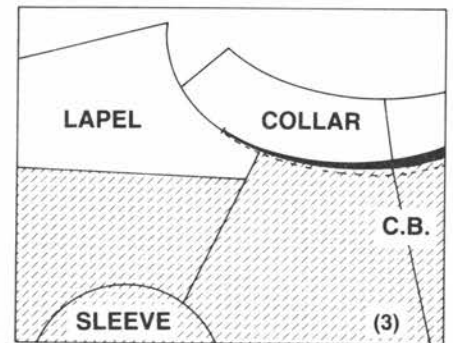
- Pinch the extra fabric into a crosswise tuck at the center back seam to determine the amount of fabric to be removed. Pin.



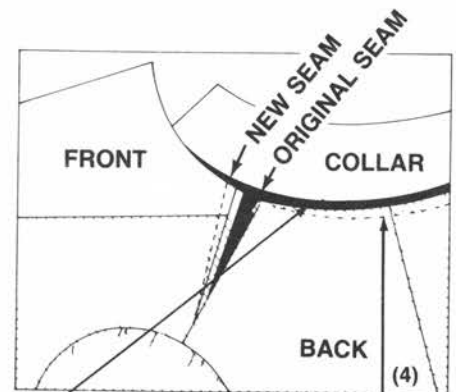
- The most that should be removed is 1 inch (2.5 cm) for women's jackets, 1½ inches (3.75 cm) for men's jackets; chalk the pinned tuck and measure the distance between the pins.



- Rip the center back collar 2 inches (5 cm) past the shoulder seam (into the jacket front).



- Rip open the shoulder seam in the jacket and lining for about 2-3 inches (5-7.5 cm).



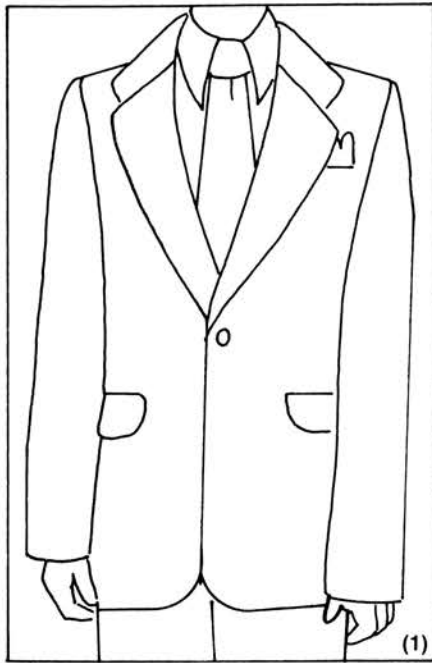
- Measure down the amount to be altered in the center back and gradually taper to each edge.

Jacket

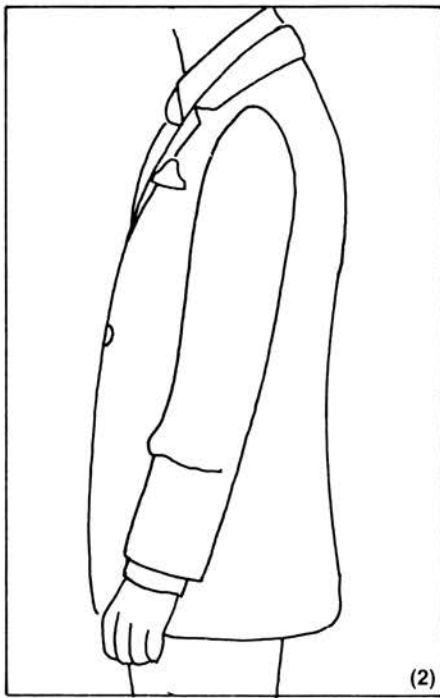
The problem: How to shorten a jacket sleeve without a vent.

The solution

1. Try on the jacket to determine if the sleeves need to be altered.

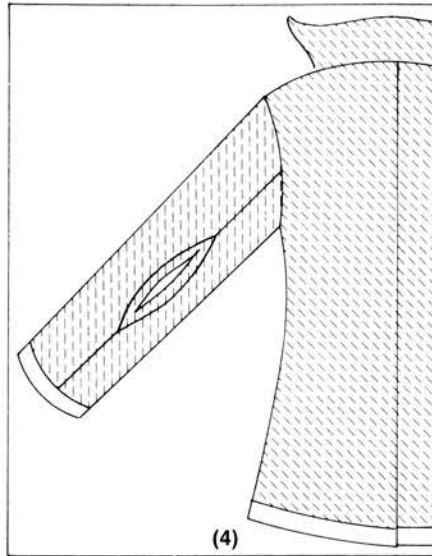


2. Take a tuck to raise the sleeves to the desired length. Chalk the pins and measure the amount to be removed from the sleeve.



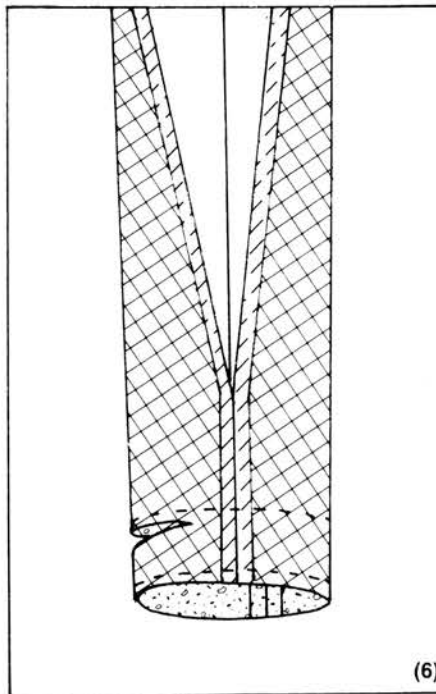
3. Remove the buttons on one sleeve only.

4. Turn the jacket sleeve inside out. Open the lining seam midway between the wrist and the elbow. Pull

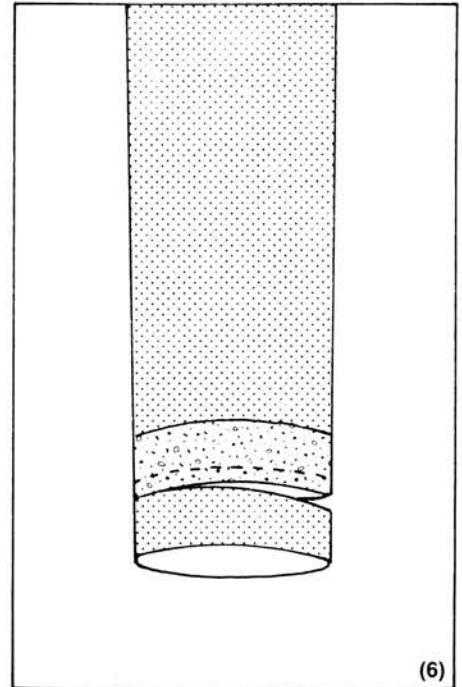


the jacket sleeve through the opening in the lining. Leave the lining attached at the hem for shortening.

5. On the inside, measure the amount to be shortened from the stitching line of the jacket sleeve and lining fabrics; mark with chalk. Machine-stitch along the marked line and trim.



6. Add new interfacing to the jacket sleeve, if the interfacing has been trimmed away use the old interfacing to cut the new interfacing.



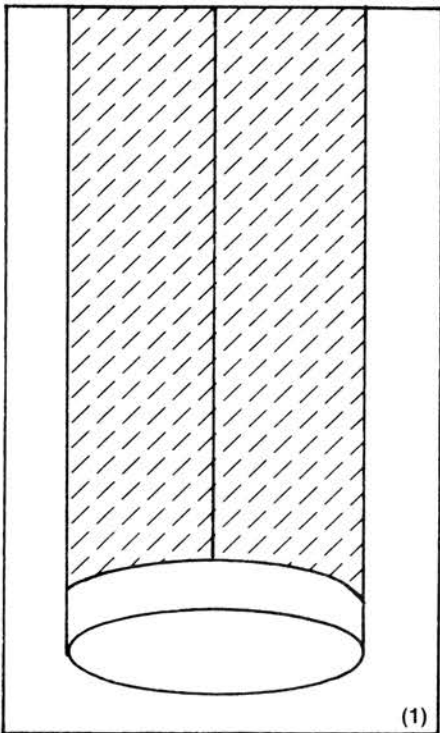
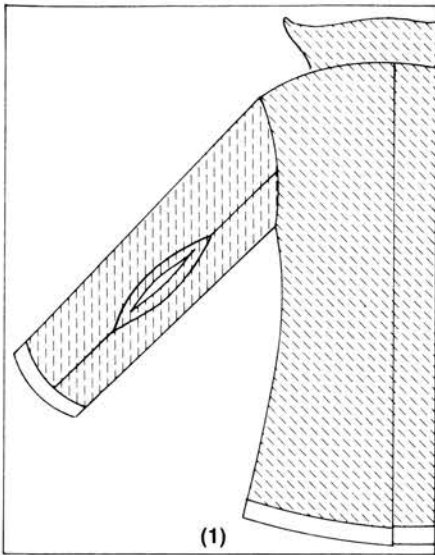
7. Tuck the sleeve back through the opening in the lining.
8. Turn the jacket sleeve right side out and press along the marked hemline.
9. To hold the hem in place, stitch-in-the-ditch at the sleeve seams.
10. Replace the buttons using the other sleeve as a guide for placement.
11. Repeat this procedure for the other sleeve.

The problem: How to lengthen a jacket sleeve without a vent.

The solution

1. Try on the jacket and determine the amount to lengthen the sleeves. The new length will be taken from the sleeve hem so the alteration can be no longer than the hem depth. Mark the new length on the

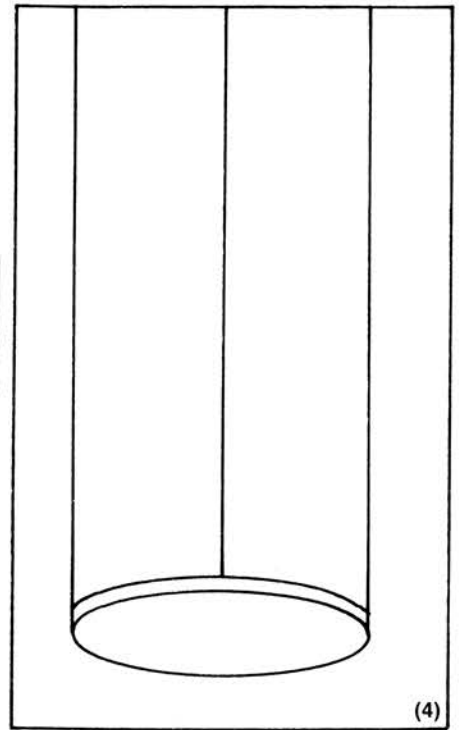
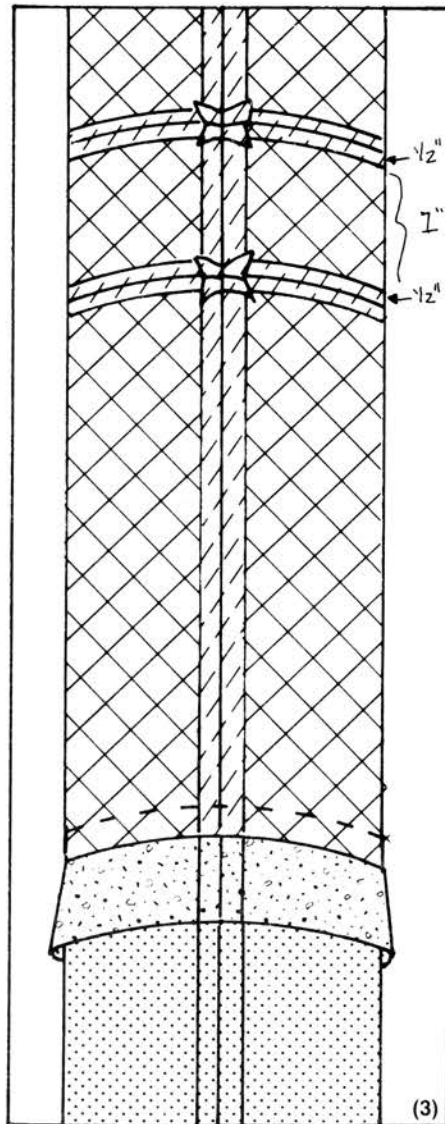
sleeve hem. Repeat steps 3 and 4.



2. Cut across the lining 2-3 inches (5-7.5 cm) below the elbow; press out the hem crease in the jacket and lining.
3. Cut a piece on the straight of fabric, the width to be lengthened plus seam allowance.

For example, if you are lengthening the jacket sleeve $\frac{1}{2}$ inch (1.3 cm), you will need 1 inch (2.5 cm) to accommodate the new $\frac{1}{2}$ inch (1.3 cm) length in the jacket sleeve fabric and $\frac{1}{2}$ inch (1.3 cm) in the lining fabric plus two $\frac{1}{2}$ inch (1.3 cm) seam allowances for a $(1 + \frac{1}{2} + \frac{1}{2})$ total measurement of 2 inches (5 cm).

4. Insert the fabric strip into the sleeve lining to accommodate the added length in the jacket sleeve. Press seams open. Repeat steps 6, 7, 8, and 9 in "Shortening a sleeve without a vent."

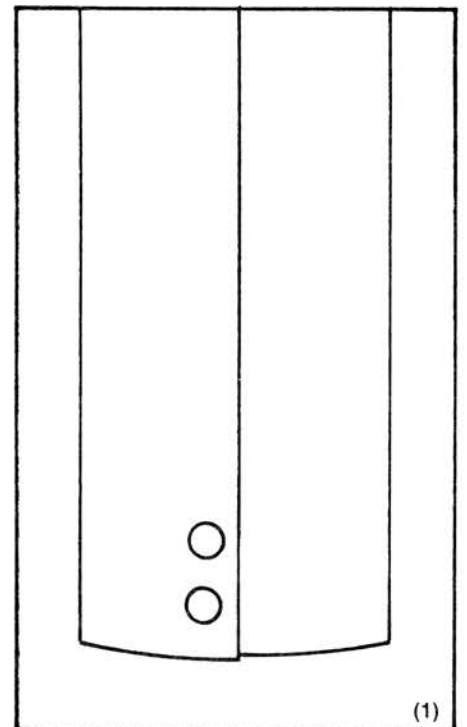


5. To remove the original hem crease, apply diluted white vinegar and press. (Be sure to test first where it will not show.)

The problem: How to shorten a jacket sleeve with a vent.

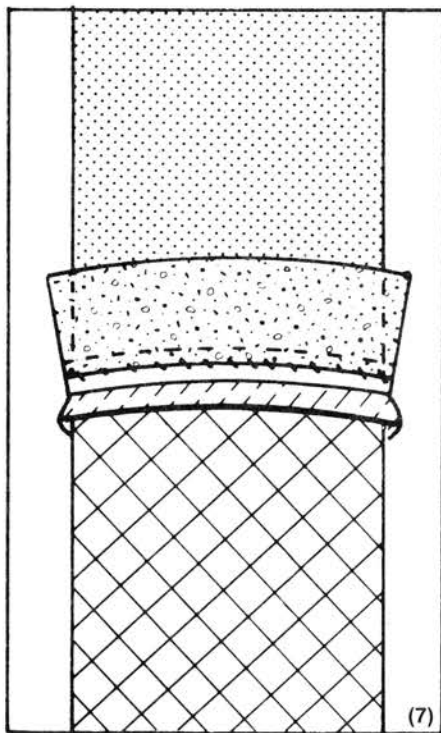
The solution

1. To shorten a sleeve with a

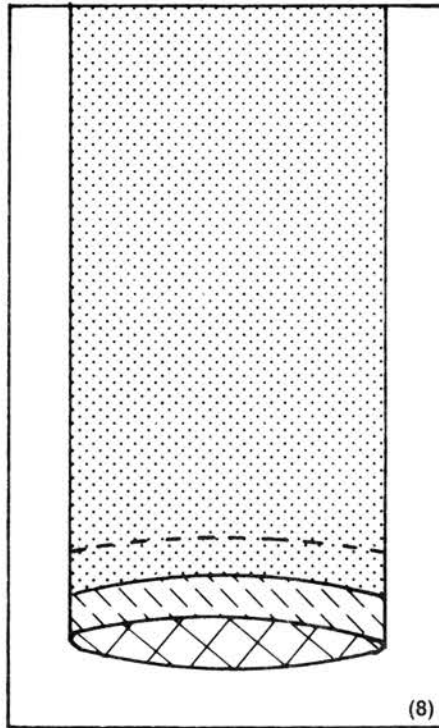


vent is more time consuming and limiting than without a vent.

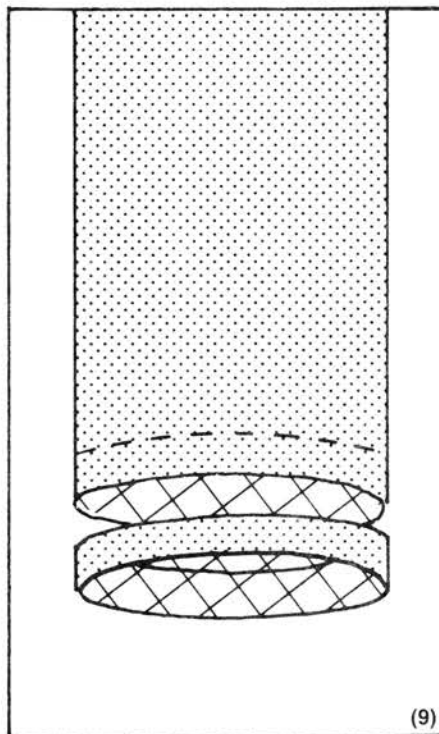
2. Try on the jacket and determine the amount to shorten the sleeves. Mark the new length on the outside of the sleeve.
3. Remove the buttons on one sleeve only.
4. Determine if the vent can be shortened. If the vent has been cut out or mitered and trimmed, eliminate the vent by stitching it closed. Then, follow the technique for shortening a sleeve without a vent. If the vent has not been cut or mitered, continue with step 5.
5. Open the vent seam and press out creases in jacket and lining fabrics.
6. Turn the jacket sleeve inside out and open the lining seam midway between the wrist and the elbow. Pull the jacket sleeve through the opening in the lining.
7. Leave the lining attached to the hem for shortening.



8. Mark the amount to be shortened.

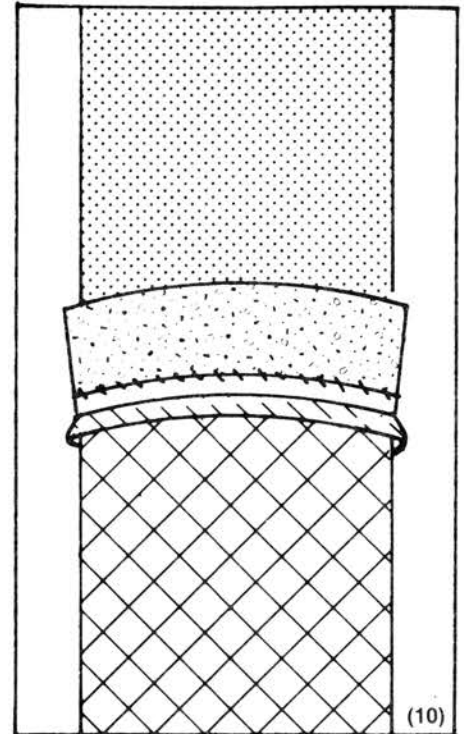


9. Stitch the new seamline and trim off excess fabric. The

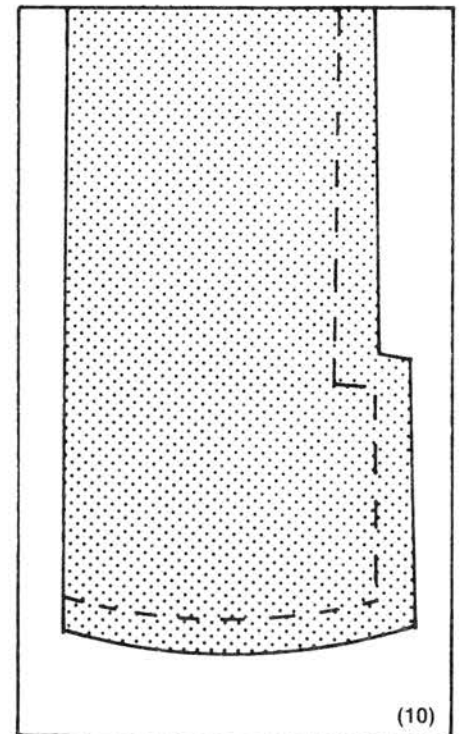


corners that form the vent are shortened the same amount that the seam is.

10. Move or add new interfacing to the new seam of the sleeve hem.

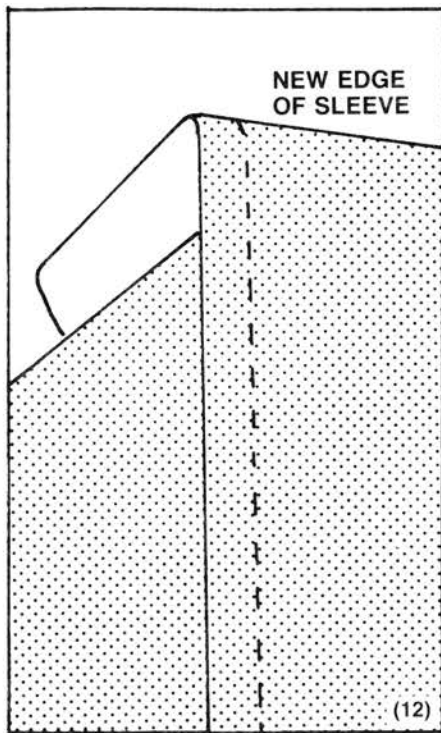


11. Pull the sleeve lining into the sleeve. Note the shape of the vent.

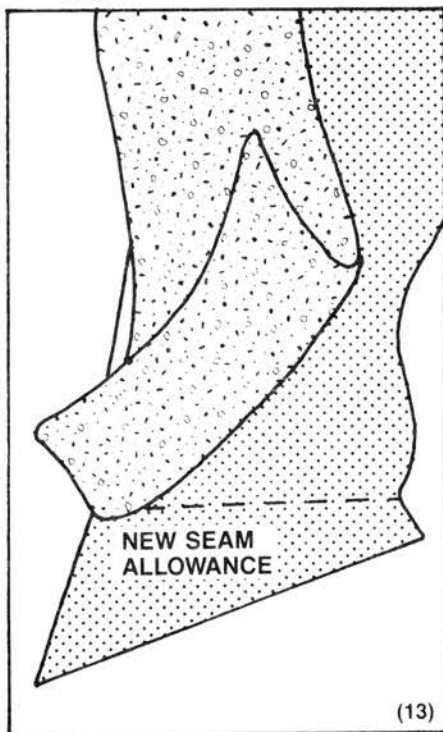


12. Fold the corners that form the vent and stitch those the same amount as was

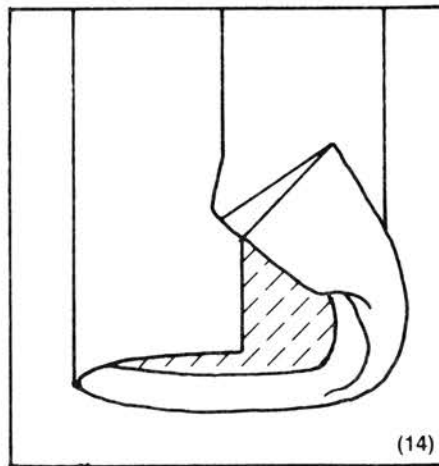
used to shorten the sleeve. There will be a short area where the vent and lining fabric is not machine stitched, this will be done later by hand.



13. Replace the interfacing. Stitch it to the new seam allowance or the new sleeve seam.

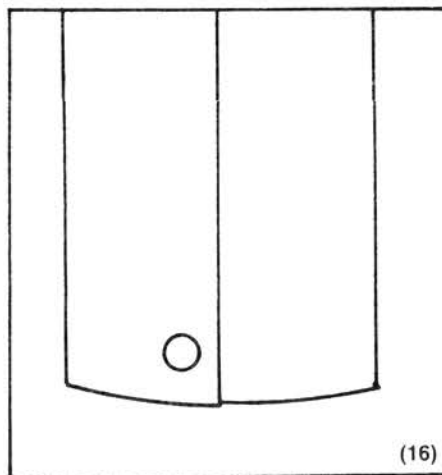


14. Turn the sleeve right side out. Hand hem lining to coat in the vent area.



15. To hold hem in place, stitch-in-the-ditch at the sleeve seams.

16. As the vent has been shortened, it may give a better proportion to use fewer buttons in the vent. Give a final press.



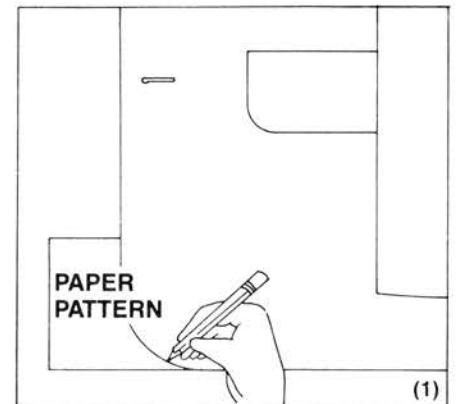
Jacket

The problem: Jacket is too long.

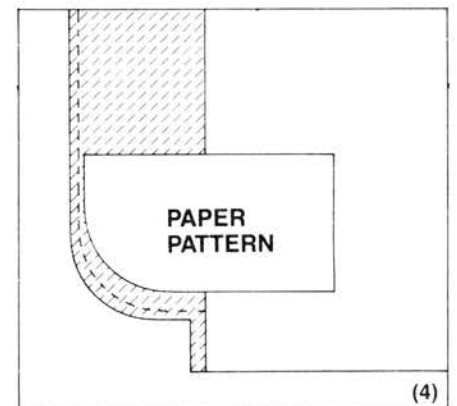
The solution: Shorten the jacket, providing the new hemline does not interfere with the pockets. Some pockets can be raised or removed. The most difficult part is retaining the original curved front edge.

1. Try on the jacket and mark the new length. The jacket length should cover the but-

tocks. Make a paper pattern of the curve of the front jacket curve.



2. Remove the top stitching on the curved edge of the jacket.
3. Turn the jacket inside out. Press the hem and facing seams flat.
4. Lay pattern for new curve even with the new hemline.



The front edge of the pattern should lay along the front seam of the jacket.

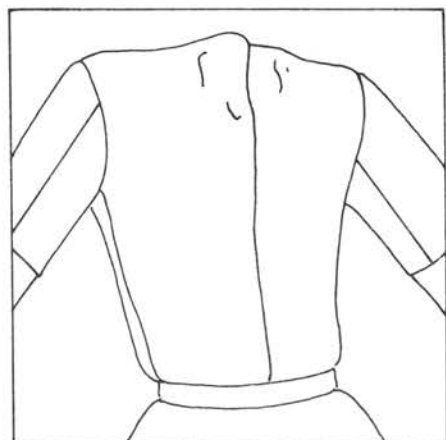
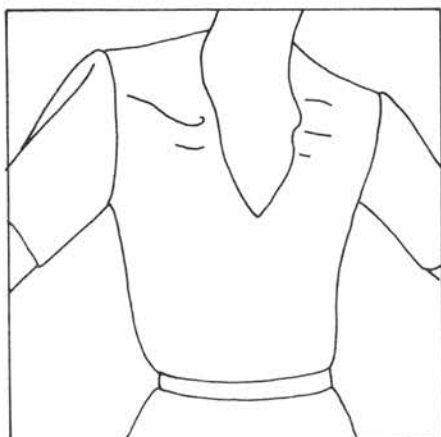
5. Draw new curve around the edge of the pattern for your new stitching line on both jacket front sections.
6. Stitch along marking. Check to be sure both fronts are stitched to exactly the same length.
7. Starting $\frac{1}{2}$ inch (1.25 cm) from the inside edge of the facing, trim seam to $\frac{1}{4}$ inch (0.6 cm).
8. Turn right side out, smooth all layers, and press facing

seam carefully on the facing side.

9. For jackets with a back vent, the lining will need to be repositioned along the vertical seams and hand stitched in place.
10. Trim excess fabric, retaining the same hem depth as the original one.
11. Replace the hem with a tailor's stitch.
12. Slip-stitch lining back in place.

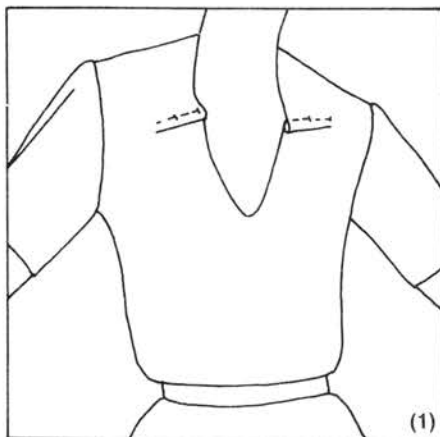
Dress/blouse

The problem: The neckline gaps in front or back.

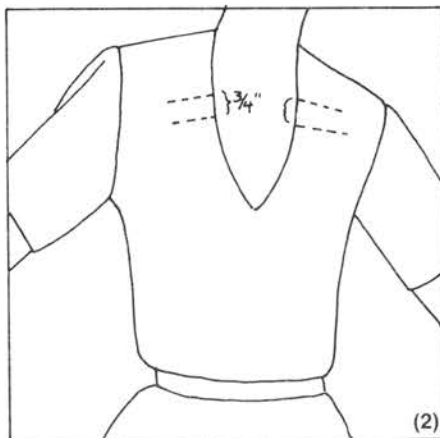


The solution: Necklines that are too large can be corrected by increasing the shoulder seams, adding darts, or easing and shrinking out fullness.

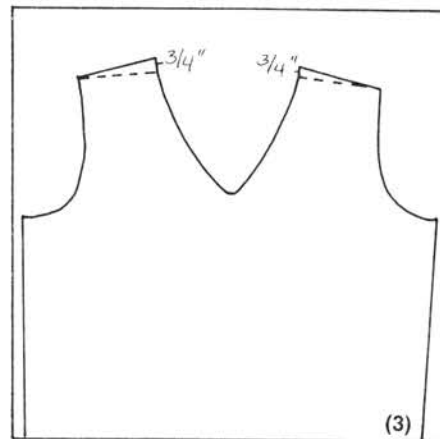
1. Try on the garment, right side out, and pin the amount of fullness to be removed.



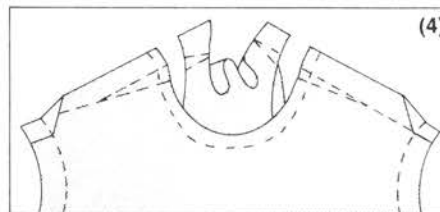
2. Remove any facings or collar at the shoulder seams. Facings or collars will need to be taken in the same amount as the bodice front. A collar might be eased in without making it smaller; this depends upon the amount to be removed from the neckline.
3. Chalk and measure the amount of fullness to be removed. As the fullness is



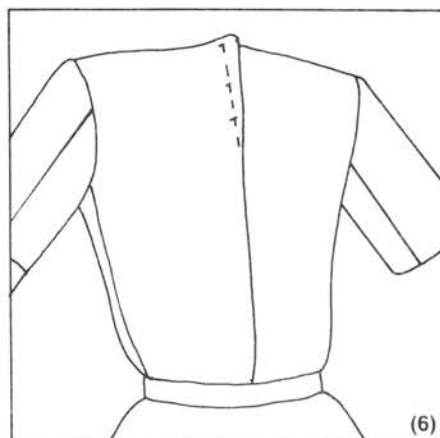
in the front only, remove the same amount from both shoulder seams. Example: $\frac{3}{4}$ inch would be $\frac{3}{4}$ inch on each front bodice shoulder seam.



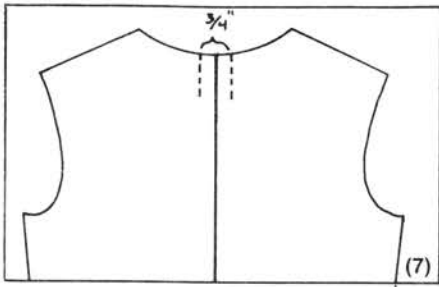
4. Mark the bodice front and facing so the same amount will be removed from both. Stitch the shoulder bodice seam and facing at the same time. Taper the seam so it coincides with the original shoulder seam.



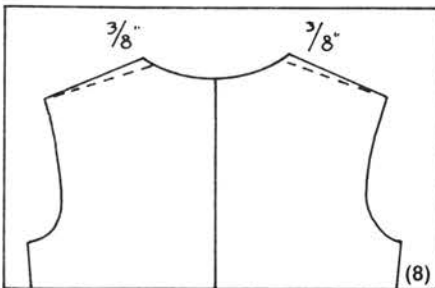
5. Press both seams and replace facings or collar.
6. If the neckline gaps only in the bodice back (4), repeat steps 1 and 2.



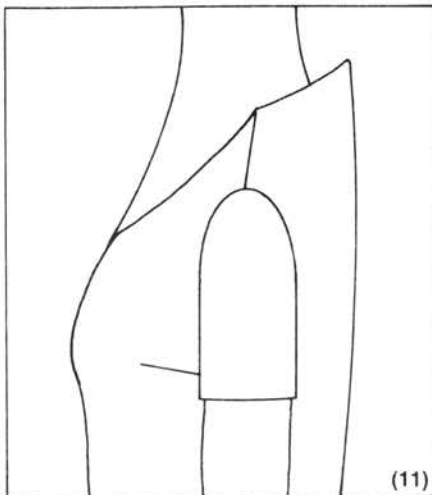
7. Chalk and measure the amount of fullness to be removed.



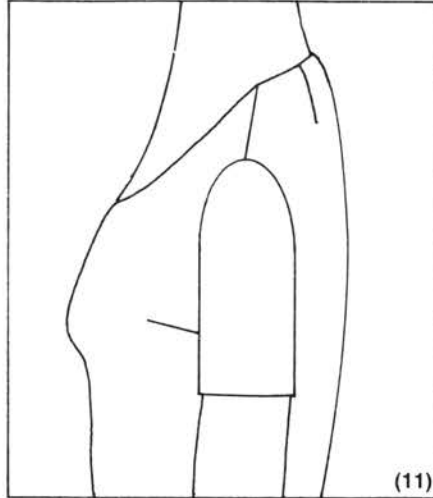
8. Divide the amount to be removed from the two shoulder seams. Example: $\frac{3}{4}$ inch would be $\frac{3}{8}$ inch on each of the back bodice shoulder seams.



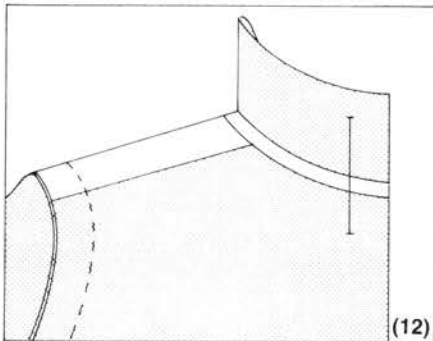
9. Readjust facings or collar as in the front bodice adjustment.
10. Darts are sometimes used in the bodice back to eliminate a gap. These darts should be no more than $2\frac{1}{2}$ inches (6.25 cm) long and $\frac{1}{2}$ inch (1.25 cm) deep. To determine amount to be removed repeat step 1.
11. To correct a gapping neckline that has a facing, add-



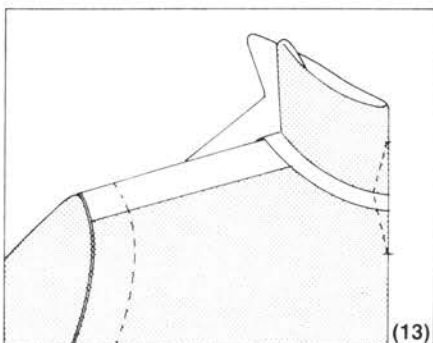
ing back darts through the facing and bodice will correct the problem.



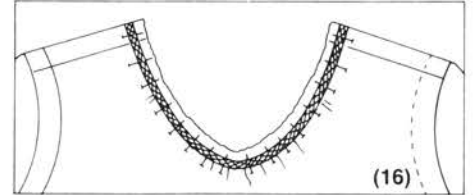
12. On the wrong side of the garment and facing, draw a $2\frac{1}{2}$ inch (6.25 cm) line on the straight of the grain.



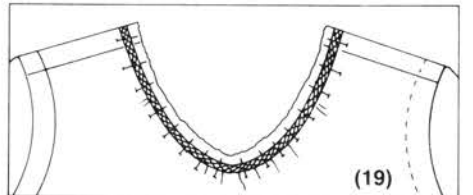
13. Fold the fabric along this straight of the grain, and make a two pointed dart with the greatest width, $\frac{1}{4}$ - $\frac{1}{2}$ inch (.6-1.25 cm), at the neckline. Stitch the dart from the facing point to the bodice point.



14. Press the dart toward the center back of the garment.
15. Replace the line or facing to original position.
16. To correct a gapping V or round neckline without a collar, ease the neckline to twill tape.



17. Be sure to use a piece of pre-shrunk twill tape that is the exact measurement of the finished neckline.
18. Remove facings. Pin tape to neckline. Ease fullness to tape. *The fullness will be so slight that it will almost be smooth.*
19. Adjust fullness, stitch the tape within the seam allowance so it doesn't show.



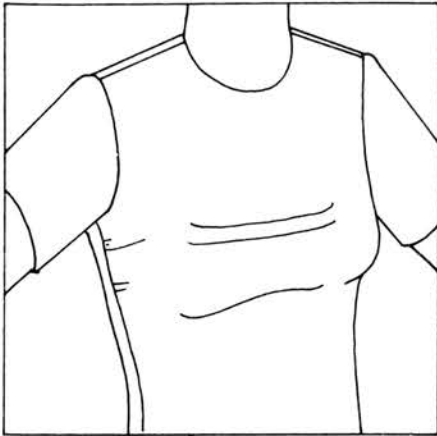
20. Press, shrinking out fullness.
21. Replace facing, adjust at the shoulder seam to ensure perfect fit.

Dress/Blouse

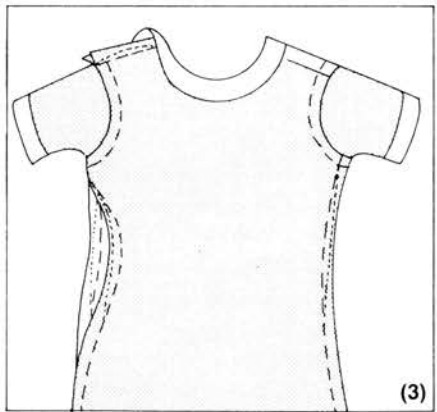
The problem: Bust line is too tight.

The solutions: There are a few limited remedies for this problem. Shoulder darts can be released as gathers or the front shoulder and side seams can be released to provide an additional inch cov-

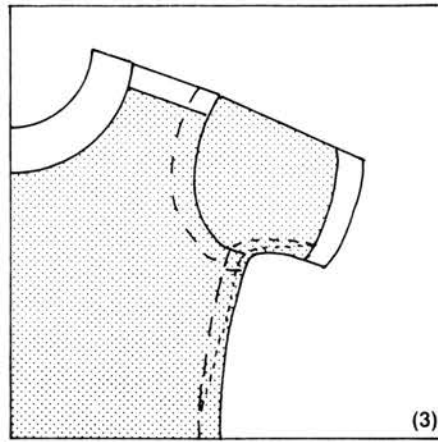
erage on each side of the front bodice. Since the amount of additional fabric released may not be sufficient to satisfy the need, it may not be worth the individual's investment.



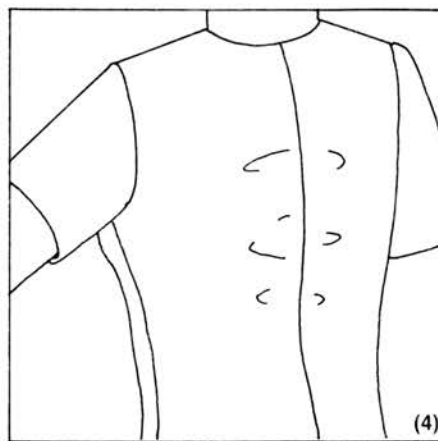
1. Measure the individual's bust and the garment to be altered. Check the shoulder and side seams for seam allowances that can be released. If the bustline measurement is more than 2 inches (5 cm) larger than the garment bustline measurement, the garment can't be altered satisfactorily.
2. For ideal fit, the garment should measure 2 inches (5 cm) more than the body measurement.
3. Rip the shoulder seams, facing, side and underarm seams about 4-5 inches (10-12.5 cm) into the original seam.



All joining seams will need to be adjusted by the same amount.



4. If the garment fits smoothly in the back bodice, retain the original back side seam allowances. However, if the garment is tight across the back release both front and back bodice seams as much as possible.



5. The amount of seam allowance released at the shoulder would start at 1/8 inch (0.3 cm) and taper to the original seamline. If a front shoulder dart is in the bodice, it can be converted to gathers for a softer look, but will not add additional length.
6. Restitch shoulder, facing and side seams. Press.

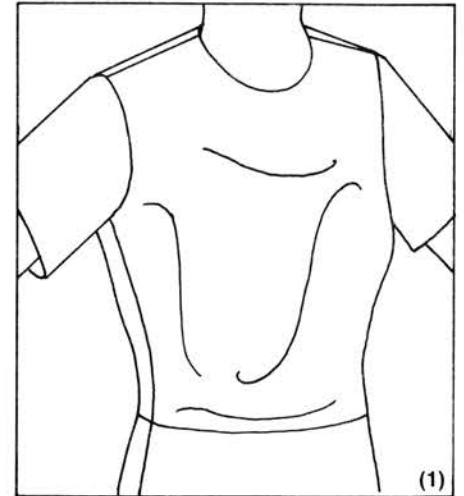
Dress/Bodice

The problem: Bodice front fits very loosely.

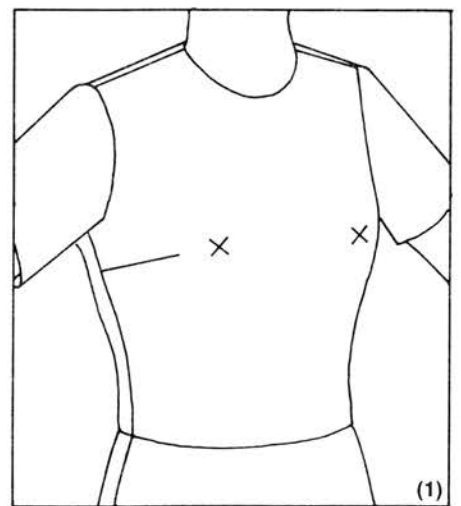
The solution: Add front bodice darts. This will not change the

bodice bust measurement but will give the garment more shape. Unless you have sufficient length in front of dress or blouse this alteration should not be done.

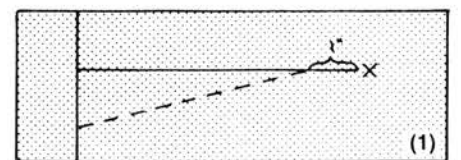
1. Try the garment on right side out.



Mark the bust position.

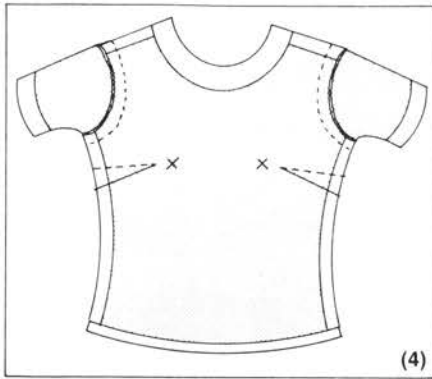


Darts usually end 1 inch (2.5 cm) from the bust point.

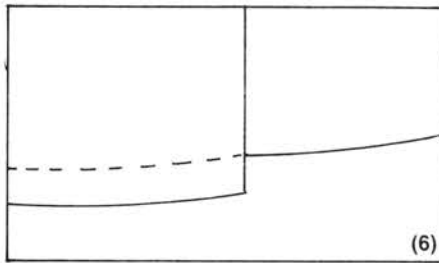


2. Pin the depth of the desired dart. Chalk the width of the dart.
3. Rip the side bodice seams.
4. Position both darts so they

are identical in placement, length and depth. The darts should end 1 inch (2.5 cm) from the bust point.

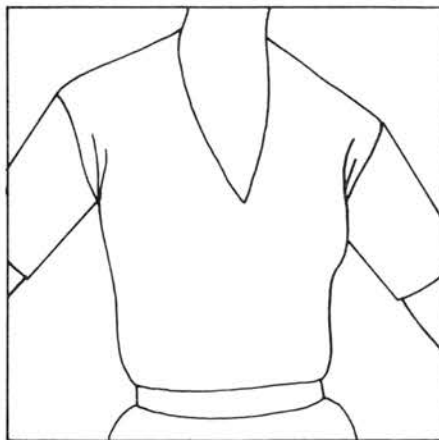


5. Stitch darts in place, press and restitch side seams.
6. The addition of darts will create a shorter front length. Even the blouse hemline.



Dress/Blouse

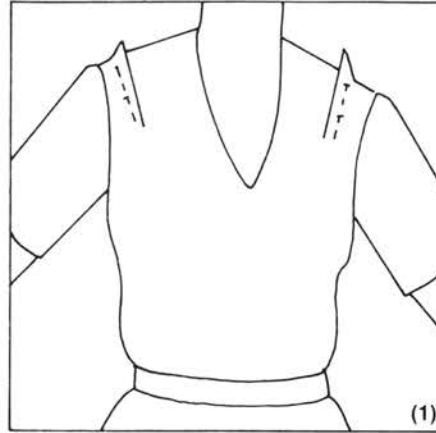
The problem: The garment shoulder seams are too long and hang over the person's shoulder.



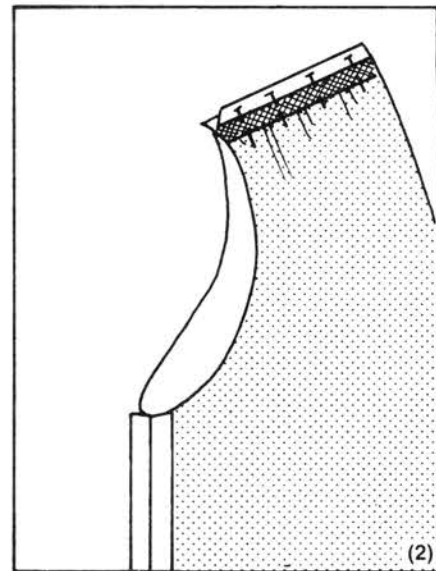
The solution: The shoulder seam can be shortened by adding gathers or darts at the shoulder line.

Correcting the problem by taking a deeper seam will be illustrated.

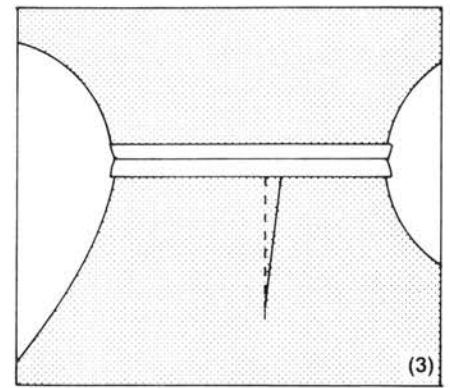
1. Try the garment on right side out and pin the amount to be reduced at the shoulder. Measure that amount. Mark the end of the shoulder.



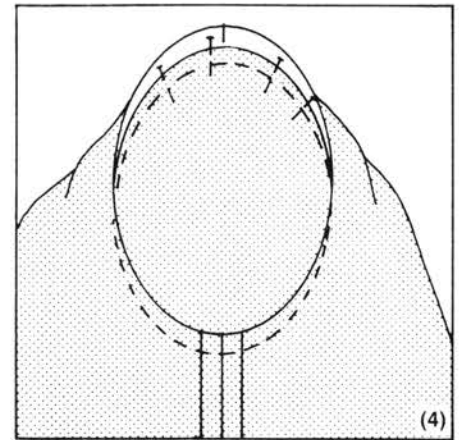
2. For gathers at the shoulder, use the tape technique to eliminate a gap at the neckline.



3. For darts at the shoulder, use the dart technique to eliminate a gap at the neckline.



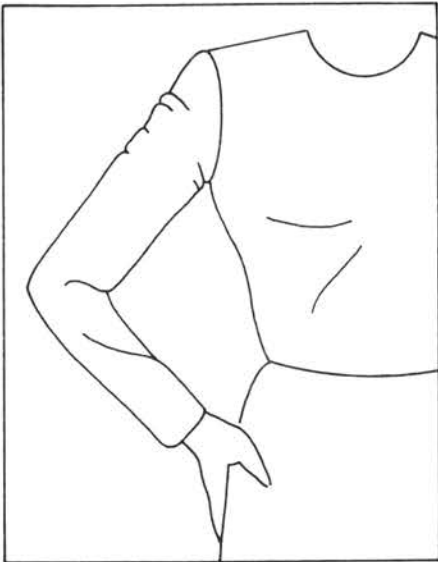
4. For a deeper armhole seam: rip the top of the armhole seam to midway of the back and front armholes.



5. Draw a new stitching line from the pin at the end of the shoulder to the original seamline midway between the back and front armhole.
6. Stitch on the inside of armhole circle along the seam, overlapping the original seams at each end.
7. Trim away excess fabric in the armhole area.

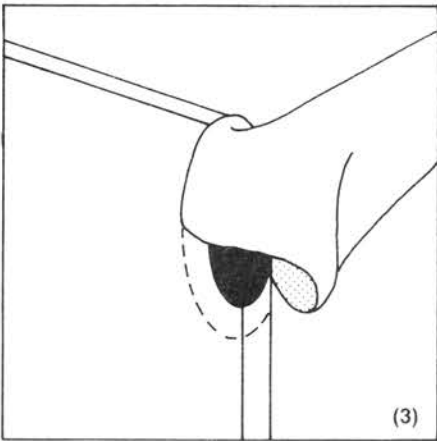
Dress/Blouse

The problem: Upper sleeve is too tight.

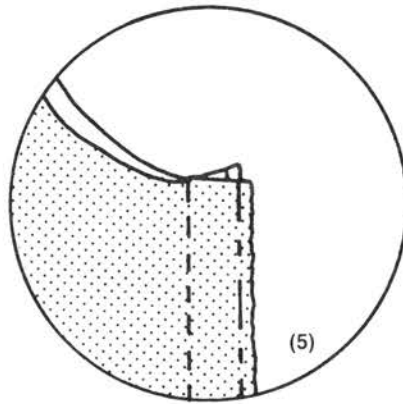


Solution A: The upper sleeve can be enlarged by releasing the seams.

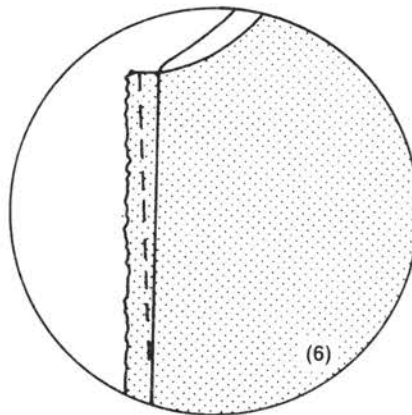
1. Measure the upper arm and the sleeve that would cover that area. There should be 2-3 inches (5-7.5 cm) ease in the sleeve.
2. If the measurements are equal or if the sleeve is one inch (2.5 cm) greater than the arm measurement, plan to release $\frac{1}{2}$ inch (1.25 cm) on each inside arm seam allowance.
3. Rip the armhole seam 2 inches (5 cm) on each side of the sleeve seam.



4. Press the sleeve seam flat.
5. Stitch the new sleeve seam allowance, providing as much additional fabric as possible.



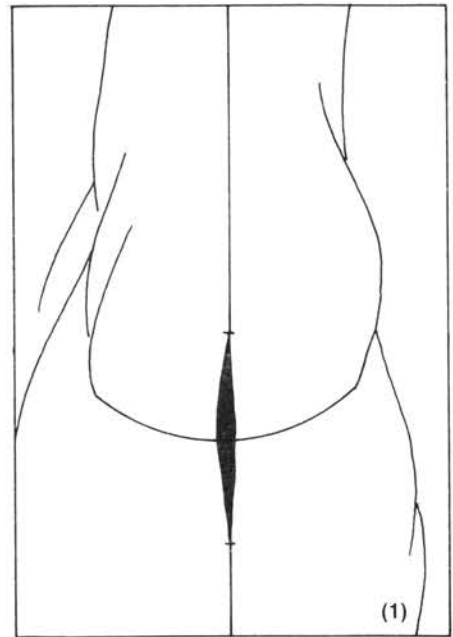
6. Stitch the side seams as shallow as the sleeve seams blending into the original side seam.



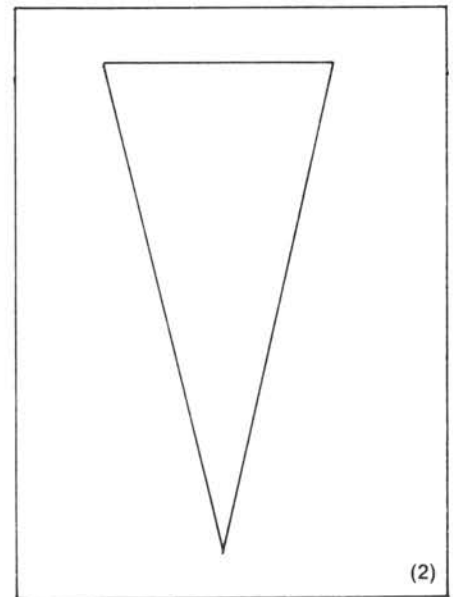
7. Overcast the seam edges with a zigzag to provide additional strength.
8. Remove original seams and press flat.
9. Restitch the armhole seams.

Solution B: The upper sleeve can be enlarged by adding fabric or a gusset to the sleeves.

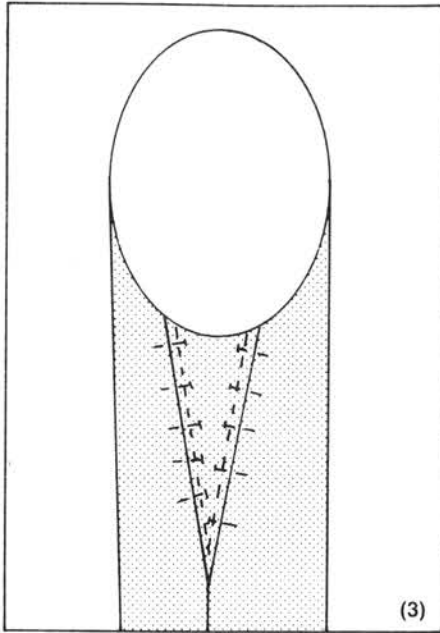
1. Rip 2 inches (5 cm) into the underarm seam and the bodice side seam.



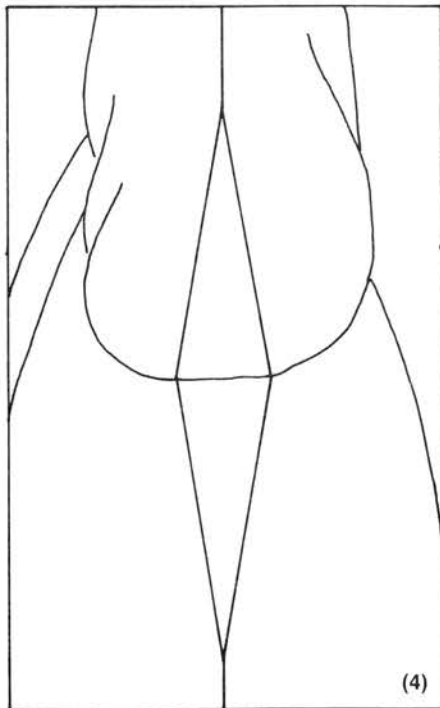
2. Cut 2 triangles of matching fabric the length of the sleeve seam opening and the width needed to provide additional circumference plus seam allowances.



3. Match the seam edges of the gusset to the edges of the sleeve seams; stitch on old seam allowances. Repeat for the other side of the gusset.



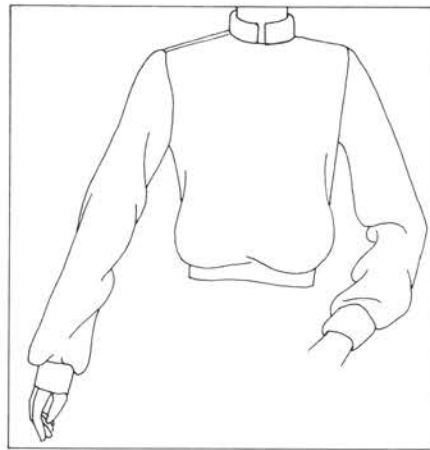
4. Restitch the armhole seam, including the width of the gusset.



5. Press and trim as needed to smooth out any extra ease in the sleeve.

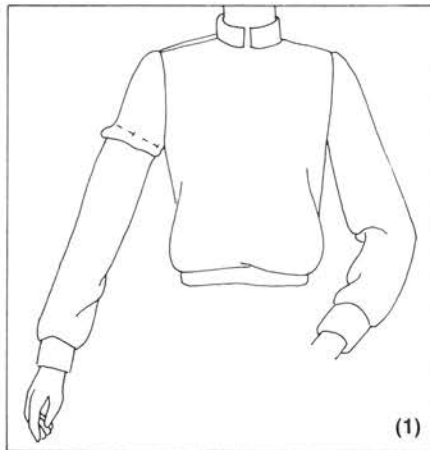
Dress/Blouse

The problem: Cuffed sleeve is too long.

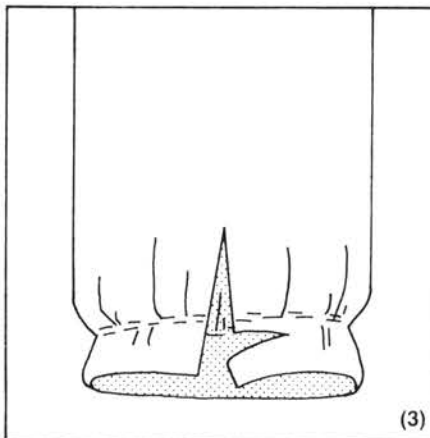


Solution A: Shorten the sleeve by repositioning cuff.

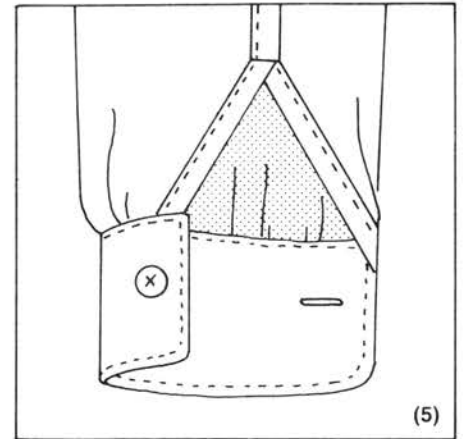
1. Try the garment on right side out. Pin a tuck in the sleeves to determine the amount to be shortened. Chalk mark the tuck, measure the depth of the tuck.



2. Remove the sleeve cuff.
3. Cut the amount designated by the tuck off the bottom of the sleeve.

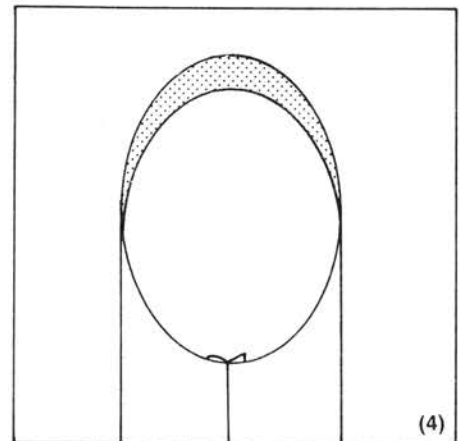


4. Depending on the amount removed, the placket will need to be shortened or moved.
5. Replace the cuff.

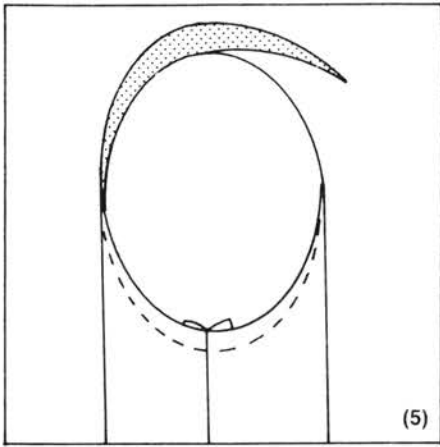


Solution B: Shorten the sleeve at the armhole. This method applies to a sleeve with fullness at sleeve cap.

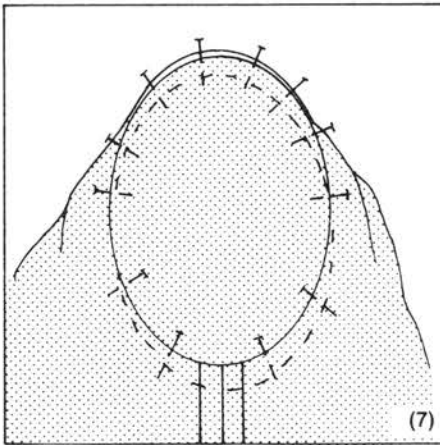
1. Repeat step 1 in Solution A.
2. The sleeve can be shortened 1-1½ inches (2.5-3.75 cm) by this method.
3. Remove both sleeves entirely from the armholes. Mark the sleeves and respective armholes.
4. Put one sleeve inside the other, wrong sides together, using the top sleeve as a pattern to shape the under one.



5. Slide the sleeves apart the amount to be shortened from the top center and the underarms.



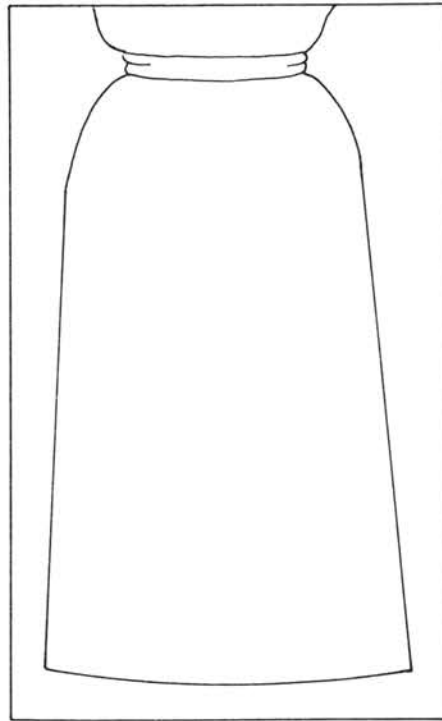
6. Use the sleeves to shape the contour, the amount cut off will not be the same all around the sleeve. Repeat with the other sleeve.
7. Pin the sleeve to the armhole. The sleeve should be larger than the armhole; if the armhole needs to be enlarged, release the shoulder and side bodice seams.



8. Stitch sleeves in place.

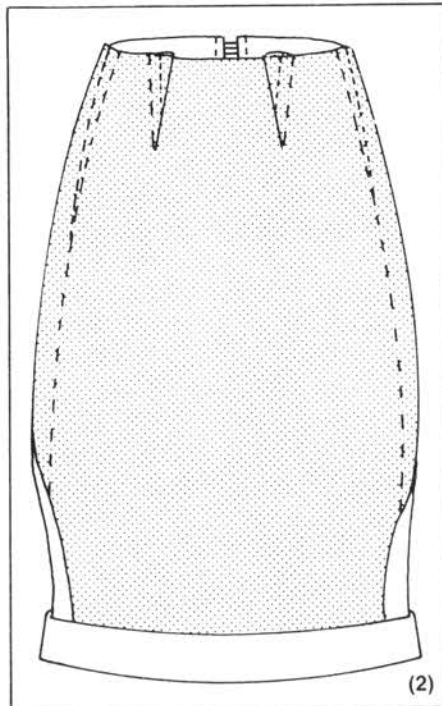
Skirts/Pants

The problem: Waistband is too tight.

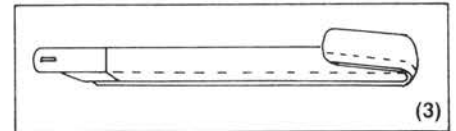


The solution: Matching fabric will be necessary to piece the waistband. Look within the garment for fabric that can be used, such as a facing, hem allowance or pocket.

1. Measure the individual's waistline and garment waistband to determine the size of piece to be cut. Ideally, there should be one inch (2.5 cm)

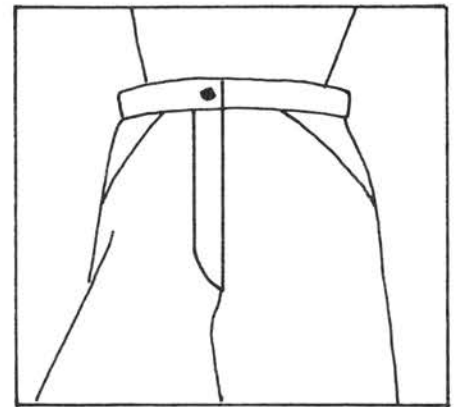


- of ease in the waistband.
2. The skirt may need to be increased at the upper edge. Alterations include stretching the upper edge, releasing gathers or darts, or reducing the seam allowances.
3. Piece the waistband at an inconspicuous location such as at the side or as an under extension.

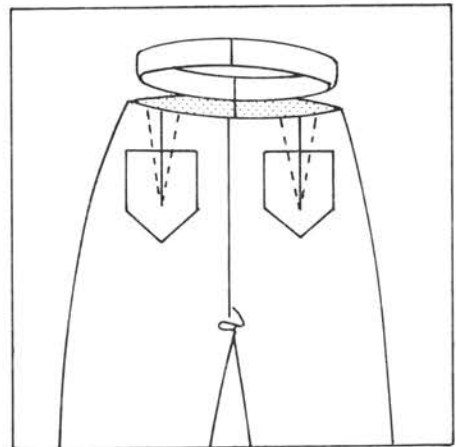


Skirts/Pants

The problem: Waistband of jeans is too loose.

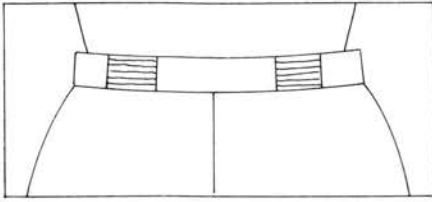


The solution: Create darts in the back of the pants. Darts can be concealed behind the patch pockets if the pants have patch pockets.



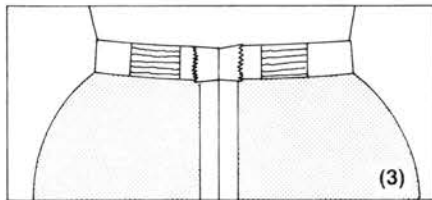
Skirts/Pants

The problem: Waistband too large with elastic insets.



The solution: Create a center seam in the waistband.

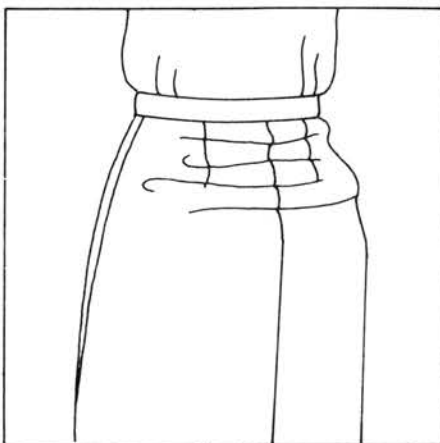
1. Compare waist measurements of the individual and garment.
2. Open the waistband in the center back.
3. Zigzag edges of the cut center back waistband seam.



4. Take up the desired amount in the waistband.
5. Restitch waistband and center back pants seams in a continuous seam so they match.

Skirts/Pants

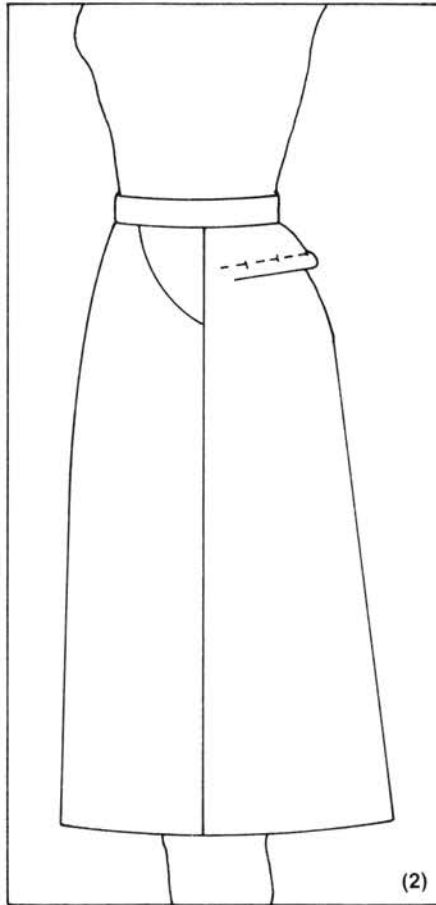
The problem: Skirt/pants wrinkles across lower back (sway back).



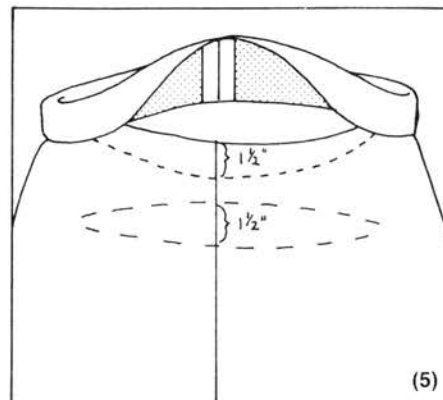
The solution: Raise the back waistline seam.

1. Try on the garment.

2. Pinch and pin the amount from the lower back area until the fabric no longer wrinkles.



3. Chalk and measure the amount of fabric to be removed from the center back of the garment.
4. Remove the waistband, at least to the side seams.
5. Taper from the center back seam to the sides of the pants/skirt to the original waistband seam.



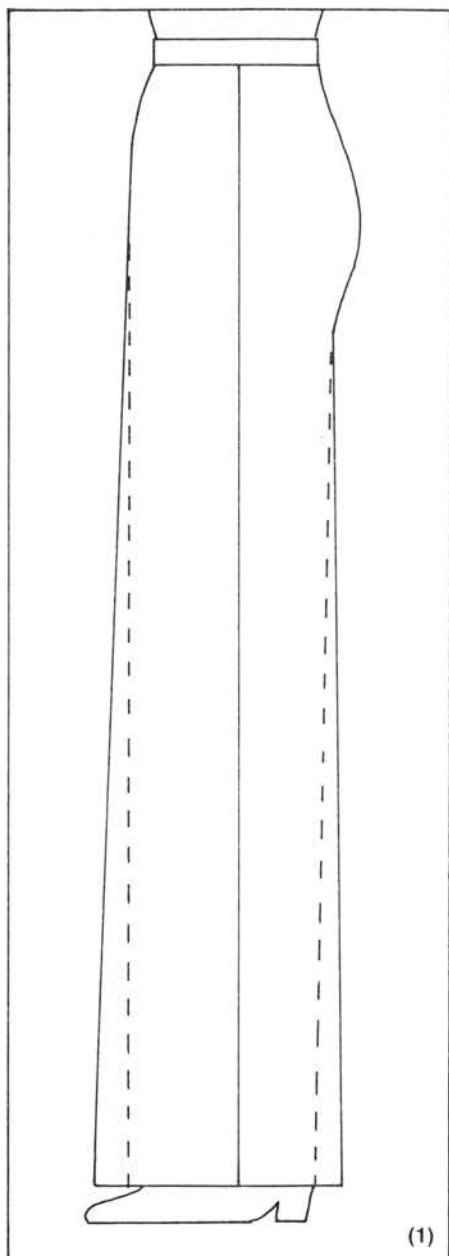
6. Stitch the waistband and press.

The problem: Pant legs are too wide.

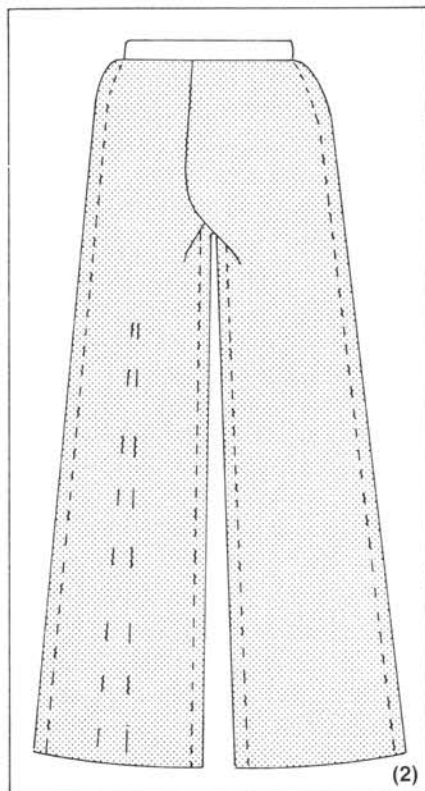


The solution: Remove width evenly from both inseam and outseam.

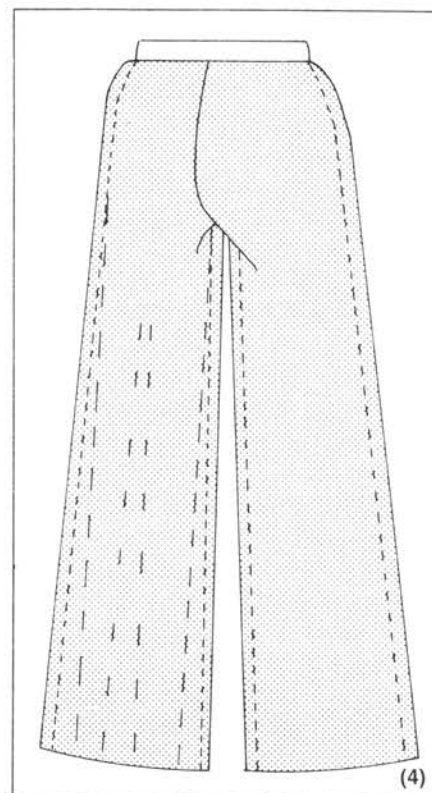
1. Pin out fullness at front and back crease of one pant leg until desired width is achieved.



2. Turn inside out. Transfer pin markings to chalk.



3. Remove hems, press. Press outseam and inseams flat.
4. Work with either the front or the back at one time. Measure the amount to be removed from the front. Divide the amount evenly between the front inseam and outseam parallel to the original seam.



5. Repeat procedure for the back of the leg.
6. Repeat for the other leg.
7. Blend new seamlines into the old seamlines.
8. Stitch new seamlines. Rip out original seams.
9. Press seams open.
10. Rehem.

Adjusting Hem Length



The most frequent alteration is changing the hem length. One authority estimates that about 85 percent of all clothing alterations are the hem adjustments. Many people earn a living altering only hems.

Tools and equipment needed for hem adjustments can run from very little to commercial blind hemmers. If you do a quantity of hems, the cost of the blind hemmer will be paid for quickly. A full-length mirror, hemmarker or yardstick, good quality pins and ripper, plastic or metal hem clips and sewing machine are all of the equipment needed to adjust hems.

General Guidelines

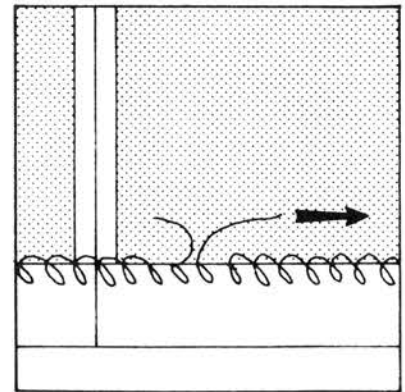
- Hems should be the final adjustment for the garment. If several other alterations are needed for the garment, check the fit of those alterations before adjusting the hem. A second fitting may be necessary to mark the hem.
- The client should wear the same shoes (or same heel height) as they plan to wear with the garment.
- Ask the client to stand erect and not look down as you pin the hem.
- Ask the client to turn slowly as you pin the new hemline.
- If the original hemline is even, it is not necessary to mark the complete hemline.

- If the hem is uneven, it will be necessary to mark the entire hemline.
 - Some fabrics are difficult to pin or will leave pinhole marks. Examples of such fabrics include leather, vinyl and some fake furs. Use metal or plastic clips to mark hem length for those fabrics. Note the new hem length and remove the clips, as they too may leave marks if left in the fabric for long periods of time. Some hems may be glued in place rather than sewn by needle and thread.
 - Luxury fabrics (velvet, satin, Ultrasuede, silks) may retain pin and needle holes, so only the finest quality pins should be used. Clips may be used to temporarily hold the hem in place.
 - Hem length should be determined by the clients but keep in mind their body proportions, the garment style and fashion trends.
1. Garment styles that have strong unbroken vertical lines can be worn shorter than garments that have several horizontal lines such as belts, trim or fabric fullness.
 2. A short-waisted person will appear better balanced with a shorter hemline. The long waisted person will be in better proportion with a longer hemline.
 3. Full length coats should be at

least 1 inch (2.5 cm) longer than the client's street garments. The length of formal gowns are set by style. Bouffant styles are usually worn floor length, while straight styles should touch the top of the shoe in front.

General Techniques

- Learn to quickly remove commercially hemmed garments. To remove a machine-blind stitch, hold the hem in your left hand and with a good ripper break the top loop and the thread under it. If done correctly, with one pull the entire hem can be quickly released. Practice until the technique is perfected.



- Release both the garment and lining hems at the same time. They can be pressed, measured, cut (if needed) and pinned all at once.
- Use a hem gauge for marking. Some persons prefer to use cardboard markers from seam tape cards 5 x 2 inches (12.5 x

5 cm) and these can be notched for frequently used hem depths such as 1½ inches (3.75 cm).

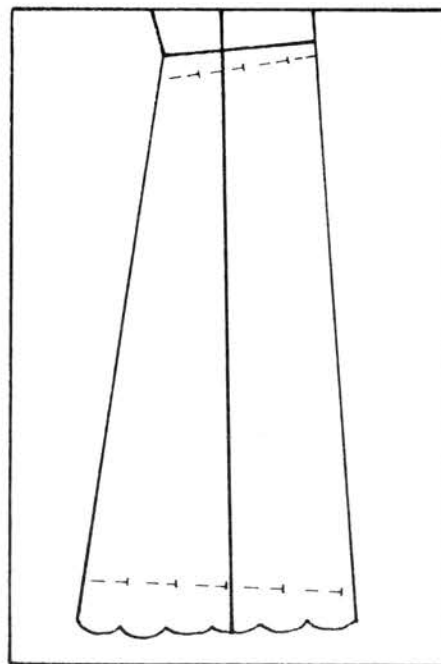
- Follow hem depths used in better ready-to-wear as your guide. Some clients may prefer to retain as much depth as possible for future lengthening. For straight or slightly A-line women's garments, 1½ to 2 inches (3.75-5 cm); for full skirts ½ to 1 inch (1.25-2.5 cm).
- Gather and steam out fullness at the top of the hem before sewing to create a smooth hem.
- For rehemming a narrow garment (where the hem allowance may be equal to or a little less than the garment) pull and stretch the top of the too narrow hem before sewing.
- Begin and end all machine and hand stitching at a side or back seam. For pants, begin and end the hems at the inseam.
- Use garment vertical seams to anchor the hem. Do not sew through the seams to the fabric. Whip the hem stitches to the vertical seam allowance for additional hem support.
- Lining hems should be slightly shorter ½-1 inch (1.25-2.5 cm) than the garment. For sheer fabrics the linings should be only ¼ inch (0.6 cm) shorter.
- Press woven fabric hems before stitching. Knit fabrics should be pressed after hand stitching, because a looser hem stitch is used which allows it to shift. For evening and cocktail dress hems, only steam press on the wrong side above the hem fold - the hem will not have a sharp edge crease.

Measuring Hemlines

- Check the hemline to determine if it is even. Place the yardstick or hem marker along side the skirt at the side seams, center back or center front. If the measurement is the same

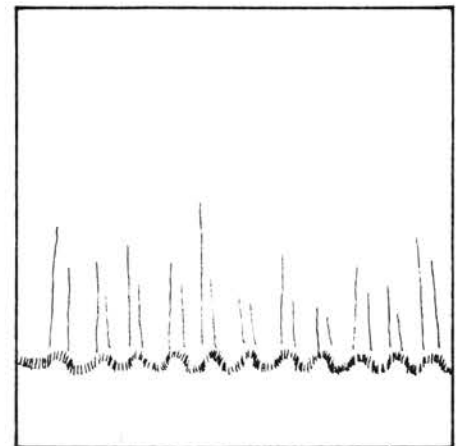
at these points, the original hemline is even.

- To alter an even hemline, place a line of pins around the hem using 3 to 4 inches (7.5-10 cm) for straight skirts and 2 inches (5 cm) for full skirts.
- To alter an uneven hemline, establish the amount to be lengthened. Measure and pin as close to the bottom of the hem as possible. Be sure to note that this hem is to be lengthened. The pin marks will provide an even line to establish the new longer length.
- Garments with linings can be measured together if the lining is the same width as the outer garment. If the lining is to be measured separately, then the outer garment should be pinned out of the way until the lining is measured.
- Coats should be fitted with the type of garments they are worn over such as blazers, bulky sweaters, etc. These undergarments affect the length and drape of the coat. Coat linings are adjusted during the alteration process and do not need separate measurement.
- Garments that have a special



treatment such as scallops, ruffles, pleating or borders at the hemline require attention. Some of these treatments will necessitate being shortened at the waist, above the treatment or perhaps not at all.

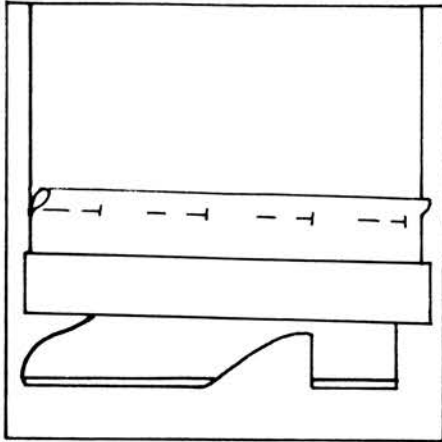
- Garments may need to be shortened at the waist if the bottom edge includes embroidery, scallops, border print or permanent pleats. Check the hemline for evenness and determine the amount to be shortened. Remove the excess fabric from the top of the skirt, this may increase the waistline slightly. Ease the skirt and bodice together.
- Garments can be shortened from the bottom of the skirt just above the ruffle or pleated area. Pin a tuck at the top of the trim to re-position it correctly.
- Garments that have a pleated or lettuce leaf finish can be shortened from the bottom. To re-hem these garments, practice and test needle, thread color and stitch size on similar or scrap fabric to duplicate the original stitch.



- Pants usually come just to the top of the shoe in front with a ½ inch (1.25 cm) drop in the back. Start at the center front crease and turn under the extra length. Insert pins vertically with the points down and

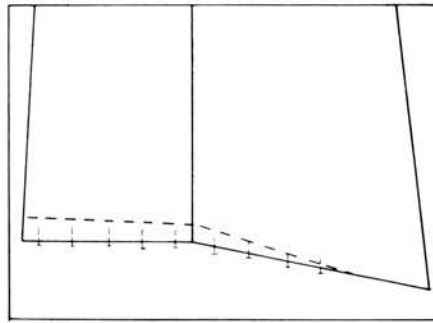
enough pins to hold the new hem in place.

- Pants with cuffs can be shortened by using a crosswise tuck to determine the correct length. Follow the procedure used in the original construction of the cuff to restore it.



- Pants can be lengthened if there is sufficient hem allowance for the face fabric. Piecing or hem tape can be used for the new hem allowance.
- Floor-length garments should be shortened with the client wearing the shoes that will be worn with the garment. The hem should be measured on the floor; it may be desirable to use a sheet to prevent the garment from becoming soiled. Using a 6 inch (15 cm) ruler, measure on top of the excess length but do not pull on the fabric or it will not be even.
- Bridal gowns with an attached train, should be treated as floor length garments. Measure across the front of the gown. Do not pin all the way to the side seams. The side seam should be half the amount shortened in the front and then tapered to the train in a gradual curve. If the line across the front has been pinned at 2 inches (5 cm) the side seam should be 1 inch (2.5 cm). Turn the hem up inside the gown and pin vertically. It is sufficient to

pin half of the gown, providing there are no body irregularities.

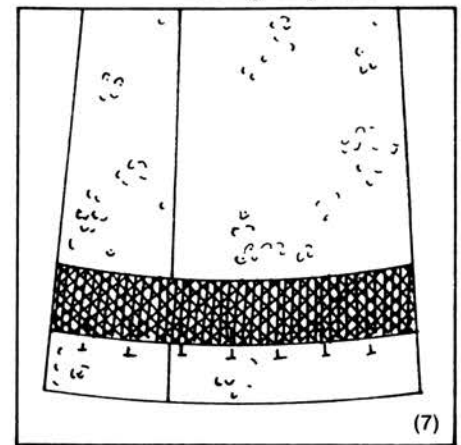


Hemming Special Garments

A. Beaded or sequined garment

1. A hem facing is required to protect the wearer's hosiery.
2. Select a lining fabric of similar color and weight.
3. Measure the width of the garment and add 1 inch (2.5 cm) for seam allowances. Cut the facing to accommodate the measured width and depth of hem plus a 1/2 inch (1.25 cm) seam allowance.
4. Stitch the ends of the facing strip together forming a circle. Turn one edge of the facing 1/2 inch (1.25 cm) and press.
5. Place the garment on an ironing board with the right side out. Place the right side facing circle to the right side of the garment.
6. Position the facing seam so it will fall on a garment seamline. Adjust the depth of the facing circle, so when the facing is pulled over the garment hem the fold will be slightly 1/8 inch (0.3 cm) above the hem edge.

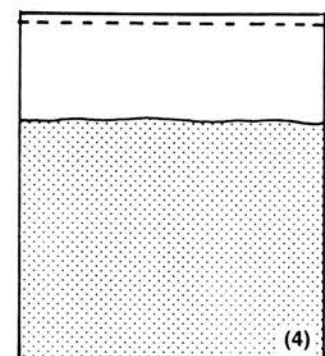
7. Pin facing in place.



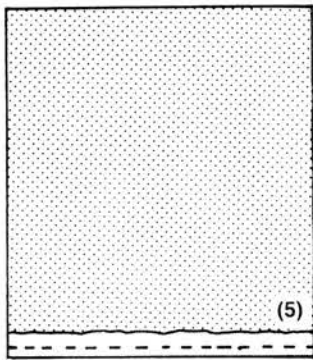
8. Using a fine hand running stitch, attach the facing to the hem on the pressed fold line.
9. Pull the facing over the hem allowance. Baste the facing to the hem allowance. Machine stitch the top edges together. Treat the two edges as one and finish with seam or lace tape.
10. Finish hem with hand blind stitch or tailor stitch.

B. Sheer, slippery fabric with rolled hem.

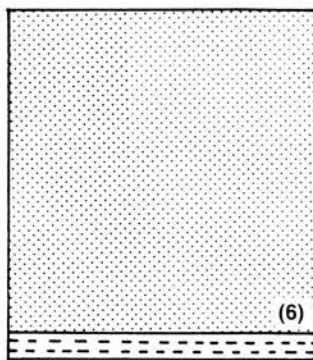
1. Establish the new hemline.
2. Make the first fold, 1/8 inch (0.3 cm) lower than the new hemline.
3. Turn up and press hem plus excess to be trimmed off.
4. Stitch 1/8 inch (0.3 cm) from the edge of the fabric



- Trim off excess fabric leaving a $\frac{1}{8}$ inch (0.3 cm) hem allowance



- Turn under $\frac{1}{8}$ inch (0.3 cm) stitched line and make a new fold line.
- Stitch new fold line about $\frac{1}{8}$ inch (0.3 cm) from the edge

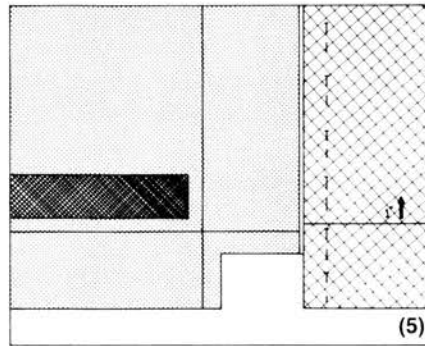


- Press to make the hem hang smoother.

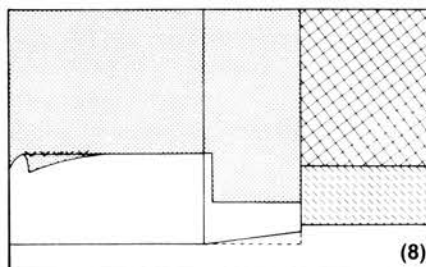
C. Shorten a coat with lining.

- Establish the new hem length.
- Match the front opening edges from the neck to the hemline to make sure they match exactly. If the hems do not coincide, make them even.
- Lay the coat on a flat surface and adjust the lining so it resembles the position when worn. Pin the lining in position, about 12 inches (30.5 cm) above the hemline around the interior of the coat.

- Replace pin markings with basting thread or chalk.
- Remove the original hem of the coat and lining as well as top stitching along the facings, to 5 or 6 inches (12.5-15 cm) above the new hemline.



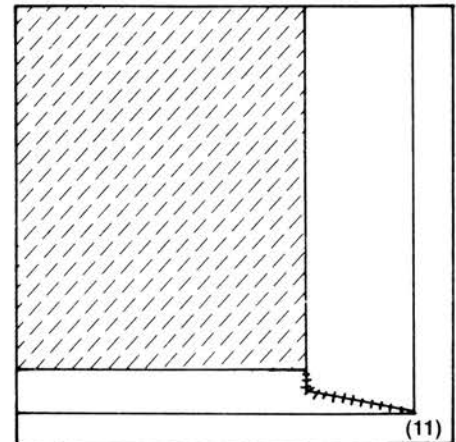
- Press flat the original hemline of the coat and lining. Reposition any interfacing to the new coat hemline.
- Press the hemline of the coat. Trim to desired depth.
- Bring the lining over the hemline of the coat. Mark the lining so that it is even with the coat, then measure up one inch (2.5 cm) above the mark. Press the new lining hemline.



- Sew the lining hem in place with a hand hemming stitch or machine blind hemmer.
- Restitch the edges of the lining hems to the edge of the facings in line with

the original lining/facing seam.

- Reposition the front facings before hemming the coat. The front facing should cover the hemline and should be $\frac{1}{8}$ inch (0.3 cm) shorter than the coat hem.



- If the coat is made of bulky fabric and the client does not wish to lengthen the garment in the future, some of the bulkiness can be cut away from the corner resulting in a flatter, smoother appearance.
- Hem the coat with a tailor's catch stitch within the hem allowance.
- Bring the coat facing over the hem, pin the facing over the coat hem. Slipstitch the hem folds together at the bottom. Whipstitch the edge of the facing to the coat hem.
- Press front facings on the wrong side, use a clapper to flatten edges. Press entire hem.

D. Lengthening coats with a lining.

- Check if there is sufficient hem to lengthen the coat the desired amount. There will need to be an additional $\frac{1}{2}$ inch (1.25

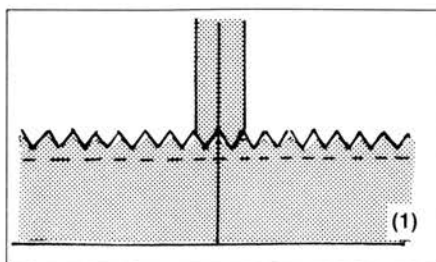
- to attach the facing.
2. Check if there has been any fabric removed from the hem or side facing the front overlap.
 3. Repeat steps 1-6 of shortening a coat.
 4. If the hem needs to be faced, pin the hem facing $\frac{1}{2}$ inch (1.3 cm) above the hem marked line. The facing should extend into front edge facings one inch (2.5 cm). The lining may also need facing.
 5. Repeat steps 8-15.

Hem and Edge Finishes

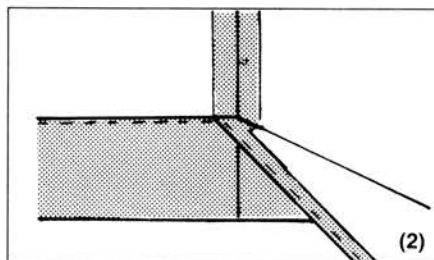
• The hem and edge finish adds the final touch to the garment. Hems should never show on the right side unless the intent is a decorative finish. Various fabrics and garment styles require different hem techniques. Edge finishes can be used instead of conventional hems on many garments, especially those made of knit fabrics.

A. Select the proper **hem finish** for your particular fabric and garment, and secure the hem using one of the techniques given below.

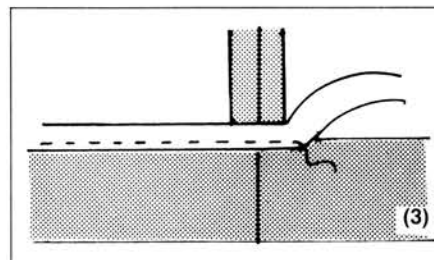
1. **Pinked and Stitched:** Use this hem finish on fabrics that don't ravel very much. Straight stitch $\frac{1}{4}$ inch (.6 cm) below the top of the hem and then pink the edge.



2. **Turned and Stitched:** Select this finish only on lightweight, woven fabrics. It is too bulky for most other fabrics. This finish is commonly used on washable cottons. Turn under $\frac{1}{4}$ inch (.6 cm) of the hem edge and edge-stitch. If you are working with a sheer fabric, you can eliminate the edge-stitching and just baste the fold in place.

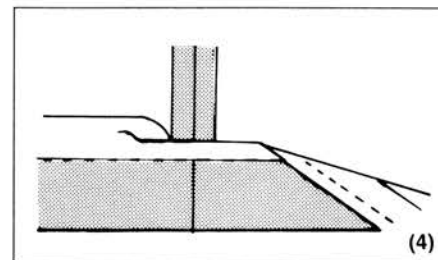


3. **Taped Hem Finish:** Seam binding is used for loosely woven fabrics and washable garments that would be too bulky if the hem edge is turned and stitched. Use ribbon seam binding or stretch lace for straight hems and bias seam binding for flared or curved hems. Pre-shrink the seam binding if the garment is to be washed. Overlap the hem edge one half the binding width and edgestitch to the hem.



4. **Hong Kong Finish:** Bulky fabrics that tend to fray can be finished with the elegant Hong Kong finish. This finish was first used on elegant silk dresses made in Hong Kong,

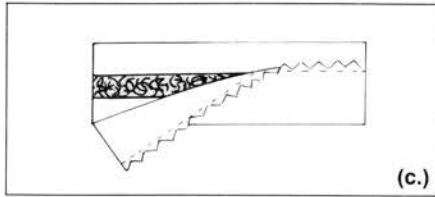
hence the name. This is a good method to use if the garment is unlined. Cut $\frac{3}{4}$ " (1.9 cm) wide bias strips of lightweight lining fabric to use for the binding. Stitch the bias strip to the hem edge with a $\frac{1}{8}$ " (.3 cm) seam, right sides together. Turn the strip over the hem edge to the wrong side. Secure the bias strip by hand or stitching-in-the-ditch.



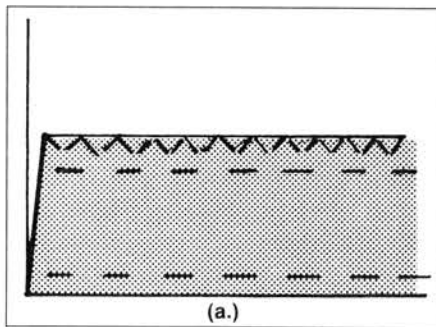
B. Three **hemming techniques** will be outlined here: fused, machine and hand hemming. The technique selected depends upon the garment and skill of the seamstress. Fine garments are always hemmed by hand.

1. **Fused hems** are quick and easy to do; be sure to follow the manufacturers directions for fusing. Always test the fusible web on a scrap of fabric to see if the fused web will be invisible on the right side. A hem should not appear stiff or boardy.
 - a. Cut the fusible web $\frac{1}{4}$ " (.6 cm) narrower than the hem width or use pre-cut web strips.
 - b. Finish the hem edge as desired and prepare as previously discussed. If the hem is circular, ease in the fullness with ease stitching.
 - c. Insert the web between the hem and garment,

making sure it is just below the hem edge.

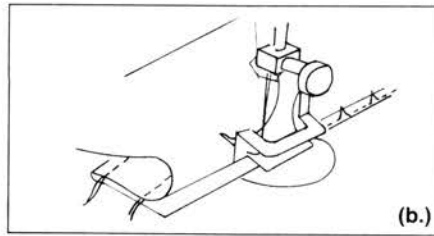


- d. Fuse following manufacturer's directions.
2. **Machine hems** can be done with a machine blindhemmer or topstitching techniques. Hems put in by machine are quite durable and well suited for sportswear, children's clothes and knits.
- a. **Topstitching** does not require special attachments, can add design interest and is quick to do. Many designers use topstitched hems in their clothes.



1. Prepare the hem allowance and finish the edge as desired (knits do not need an edge finish).
 2. Topstitch the hem from the right side of the fabric, using a guide to ensure a straight line.
 3. Multiple rows of topstitching can be used for decorative purposes.
- b. **Machine blind hemming** is especially

good for children's wear, double knits, draperies and men's trousers but does require a special machine attachment.

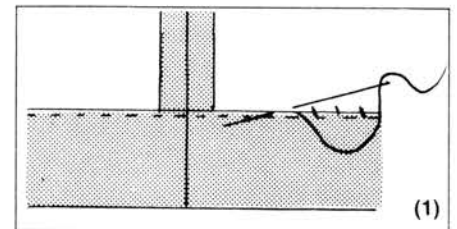


1. Prepare the hem allowance.
2. Baste the hem in place $\frac{1}{4}$ " from the top and bottom edge.
3. Adjust the machine to the proper setting.
4. Test the hem stitch on a sample.
5. Fold back the garment, so that $\frac{1}{4}$ " of the seam allowance is exposed for blind hemming.
6. The needle should just catch the edge of the garment and stitches should only faintly show on the right side of the garment.

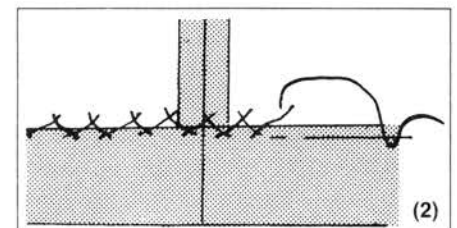
3. **Hand-hemming** is probably the most used sewing hemming technique. Whatever the technique, the hemming thread should never be pulled tightly or the hem will show on the right side. Basically hand hemming involves two techniques -the flat finish and the inside hem.
- a. **The flat finish** has the hem edge sewn flat to the garment. The hem is stitched in place

with a hemming stitch, catchstitch, or slipstitch, depending on the hem finish.

1. **The hemming stitch** can be used with a variety of hem finishes. Using a single thread, working from **right to left**, take a stitch in the hem edge and then just catch a thread of the garment.

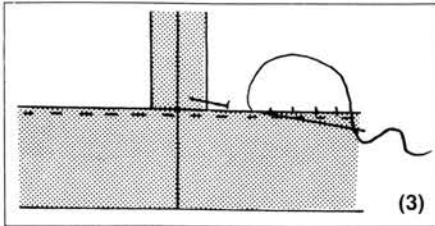


2. **The catch stitch** provides a more flexible hem. Working from **left to right** make a horizontal stitch in the hem allowance, alternately with a thread or two of the garment. Alternate stitching in a zig-zag fashion.



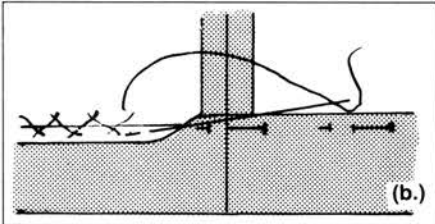
3. **Slipstitch.** This technique is used only on a flat finished hem that has been turned and stitched. Work from **right to left**. The needle runs along the hem fold, coming out peri-

odically to catch a thread of garment fabric.



- b. The **inside finish** is done between the garment and hem fabric using a **tailor's catch stitch**. Because the garment and hem are lightly layered together, a hem ridge on the outside of the garment does not develop. This method is appropriate for fine knits and wovens.

Fold the hem back as illustrated.



Working from left to right, do a catch-stitch between the hem and the garment fabric. Insert the needle into the fabric opposite to the hemming direction and the threads will cross over each other, locking each stitch. If one stitch breaks, the others will stay in place until repairs can be made.

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