

Solving Fit Issues

by Lisa Shanley and Karen Campbell

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Fashion Design and Sewing Pattern Software
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The Wild Ginger Fitting Guide provides detailed descriptions and illustrations on the most common fitting problems. Suggestions for measurement changes, design settings and style options are made for each fitting issue. **No changes should be made to your measurements or settings until you have done your initial fitting garment using the defaults settings. Do not try to guess what changes you might need to make.**

NOTE: For ALL fittings, check the bustline, waistline, hipline and pants crotch line to be sure they are level.

Neck and Upper Back

Forward Thrusting Neck

Fitting Problem:

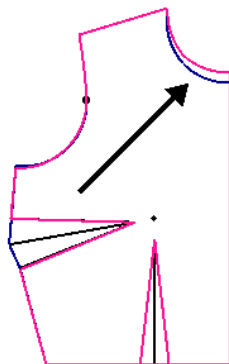
A horizontal fold forms just below the base of the jewel neckline and the front jewel neckline is too tight. The shoulder seam pulls forward at the neck point. The back jewel neckline may rise at the center back.

Fitting Solution:

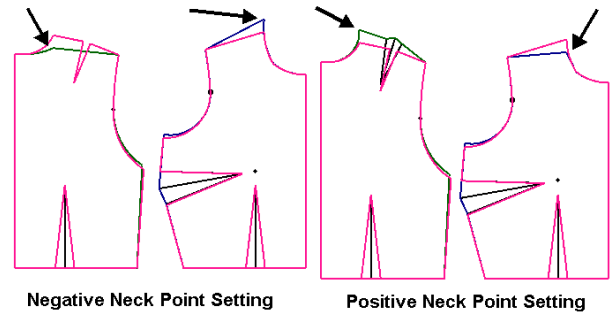
- Some changes are only necessary when the jewel neckline is chosen.
- Increase the Front Neckline Depth setting first. This increase may be sufficient to push the shoulder seam back to the correct location.
- If necessary, use the Neck Point setting to change the position of the shoulder seam at the neck point.



Forward Thrusting Neck



Front Neck Depth Adjustment



Negative Neck Point Setting

Positive Neck Point Setting

Neck Point Settings

Neckline Settings	
Front Neck Depth:	1
Back Neck Depth:	0.5
Neck Width:	0.25
Neck Point:	0

Neckline Settings

Dowager Hump

Fitting Problem:

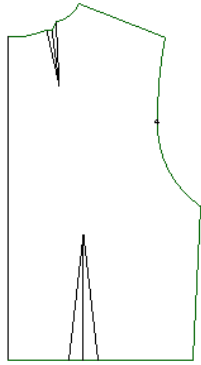
The length and width of the upper back increases. The fitting bodice pulls tightly across the back of the neck and upper back area. The back jewel neckline may not be wide enough to accommodate the flesh in this area.

Fitting Solution:

- Choose the Back Neckline Dart style option.
- Increase or decrease the Back Neckline Dart length as needed to release fabric over the largest body bulge.
- Increase the Center Back Length measurement
- If you increase the Center Back Length, you must also increase the Back Shoulder Slope the same amount.
- Increase the Neck Circumference measurement slightly if more back neck width is needed.
- Decrease the Back Jewel Neck Depth setting.
- Increase the Neck Point setting if more fabric is needed in the upper back at the shoulder/neck intersection.



Dowager Hump



Back Neckline Dart

Dart Lengths	
Upper Front:	1
Lower Front:	3
Upper Back:	1
Lower Back:	4
Back Shoulder:	3

Back Dart Length

Measurements	
Chest Circumference:	38
Center Back Length:	16.5
Back Shoulder Width:	15.5
Neck Circumference:	12.5
Natural Waist:	30
Hip Circumference:	37
Crotch Length:	25
Bicep Circumference:	11.25

Center Back Length Measurement

Rounded Upper Back

Fitting Problem:

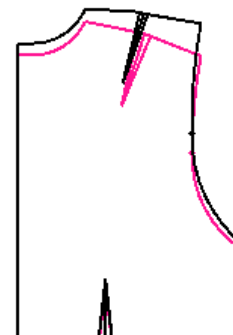
The bodice is too tight across the upper back. Diagonal wrinkles form from the mid point of the back armscye across the shoulder blade area up to the back neckline.

Fitting Solution:

- Increase the Center Back Length measurement.
- Increase the Back Shoulder Slope measurement the same amount as the Center Back Length.



Rounded Upper Back



Rounded Upper Back

Measurements			
Chest Circumference:	38	Height:	66
Center Back Length:	16.5	Bra Cup Size:	C
Back Shoulder Width:	15.5	Weight:	148
Neck Circumference:	12.5	Center Front Length:	15 <input checked="" type="checkbox"/>
Natural Waist:	30	Front Shoulder Width:	15 <input checked="" type="checkbox"/>
Hip Circumference:	37	Front Shoulder Slope:	18 <input checked="" type="checkbox"/>
Crotch Length:	25	Back Shoulder Slope:	17.75 <input checked="" type="checkbox"/>
Bicep Circumference:	11.25		

Center Back Length, Back Shoulder Width, and Back Shoulder Slope Measurements

- You may also have to increase the Back Shoulder Width measurement.

Erect Upper Back

Fitting Problem:

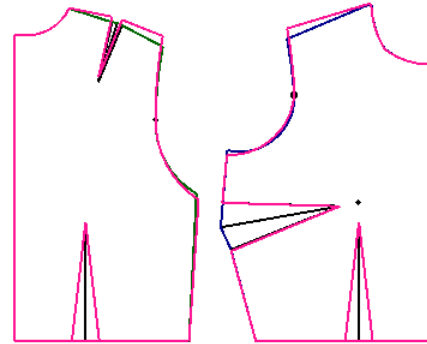
The bodice is too loose across the upper back. Loose horizontal folds form across the shoulder blade area.

Fitting Solution:

- Decrease the Center Back Length measurement.
- Decrease the Back Shoulder Slope measurement the same amount as the Center Back Length.
- You may also have to decrease the Back Shoulder Width measurement.



Erect Upper Back



Negative Shoulder Height Setting



Erect Upper Back

Square Shoulders

Fitting Problem:

The shoulders angle out from the neck at an almost 90 degree angle. Diagonal wrinkles form from the shoulder, blade, and biceps areas. The sleeve cap appears to be too short and pulls up.

Fitting Solution:

- Increase the shoulder height setting.

Shoulders

Sloping Shoulders

Fitting Problem:

The shoulders angle down from the neckline at a sharper angle than average. The sleeve cap falls off the top of the shoulder and the armhole appears to be large. Diagonal wrinkles form from neck to the lower armhole.

Fitting Solution:

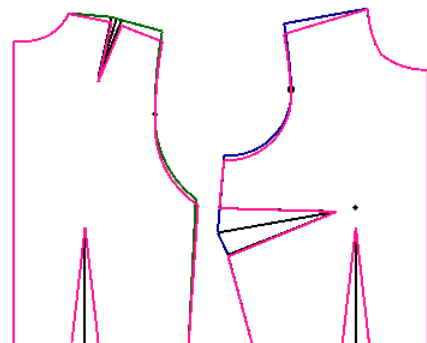
- Decrease the shoulder height setting.
- To create the illusion of square shoulders, wear shoulder pads.



Square Shoulders



Sloping Shoulders



Positive Shoulder Height Setting

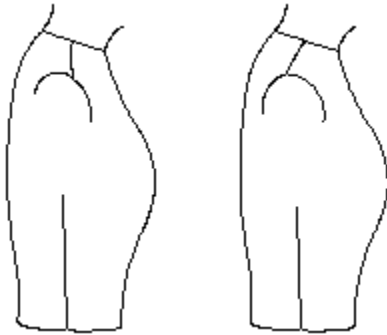
Shoulder Tip

Fitting Problem:

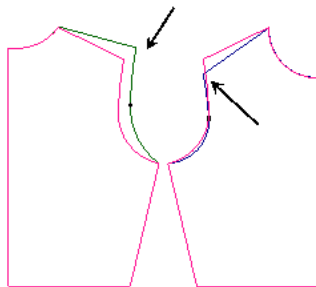
The shoulder seam on the fitting bodice is in front of or behind the shoulder tip.

Fitting Solution:

- To move the shoulder point forward, increase the shoulder point setting.
- To move the shoulder point backward, decrease the shoulder point setting.

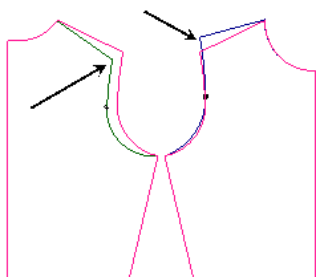


Shoulder Tip



positive shoulder point

Positive Shoulder Point Setting



negative shoulder point

Negative Shoulder Point Setting

Shoulder Height:	0	▼
Shoulder Length:	0	▼
Shoulder Point:	0	▼

Shoulder Settings

Chest and Shoulder Blades

Front Chest or Back Shoulder Blades Too Tight

Fitting Problem:

Horizontal wrinkles pull across the front or back of the body from armhole to armhole. The sleeve cap pulls toward the center front or center back of the body and the armhole looks too small.

Fitting Solution:

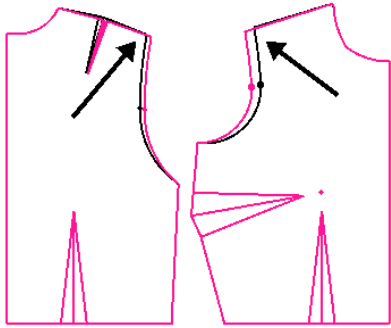
- Increase the Front or Back Shoulder Width measurements.
- The Armhole Shape Tool can be used to increase the width across the front chest and the back shoulder blade area.
- The armhole unsewn back dart style can be chosen to add room in the upper back area.



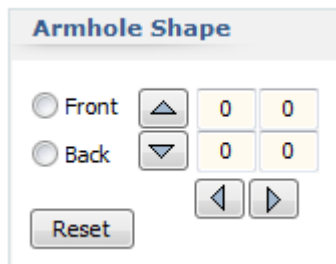
Front Chest or Back Shoulder Blades Too Tight

Measurements			
Chest Circumference:	38	Height:	66
Center Back Length:	16.5	Bra Cup Size:	C ▼
Back Shoulder Width:	15.5	Weight:	148
Neck Circumference:	12.5		
Natural Waist:	30	Center Front Length:	15 <input checked="" type="checkbox"/>
Hip Circumference:	37	Front Shoulder Width:	15 <input checked="" type="checkbox"/>
Crotch Length:	25	Front Shoulder Slope:	18 <input checked="" type="checkbox"/>
Bicep Circumference:	11.25	Back Shoulder Slope:	17.75 <input checked="" type="checkbox"/>

Front and Back Shoulder Width Measurements



Increase Front / Back Shoulder Widths



Armhole Shape Tool

Front Chest or Back Shoulder Blades Too Loose

Fitting Problem:

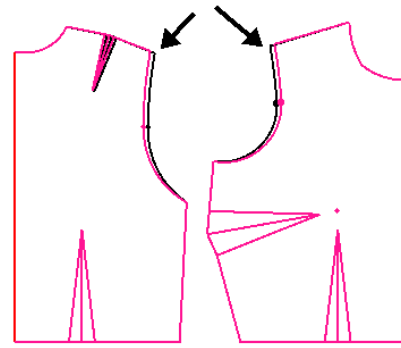
Vertical folds form at the center front or center back of the garment. The sleeve cap falls off the shoulders and the armscye looks too large.

Fitting Solution:

- Decrease the Front or Back Shoulder Width measurements.
- You may also have to decrease Shoulder Slope measurements if the shoulder points were not marked correctly.
- The Armhole Shape Tool can be used to decrease the width across the front chest and the back shoulder blade area.



Chest or Blades Too Loose



Front Chest or Back Shoulder Blades Too Loose

Bust and Bust Darts

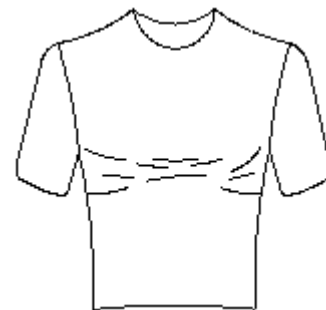
Bust Area Too Tight

Fitting Problem:

The fitting bodice is too tight over the fullest part of the bustline. The garment appears to be too short-waisted. Diagonal wrinkles form over the most curved part of the bust out to the sideseams and waistline seam. Bustline feels as though it were "squished".

Fitting Solution:

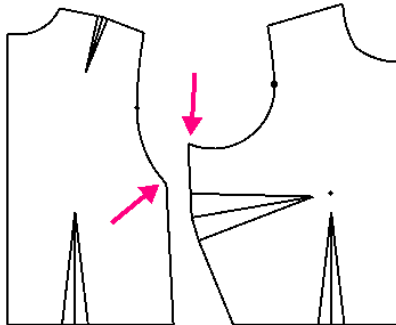
- Increase the Chest Circumference measurement if the garment is too tight and cannot easily be closed.
- Increase the Bra Cup Size to increase the bust cup adjustment, lengthen the center front seam and increase the dart uptake to provide more room for the bustline. For button front styles, add a buttonhole at the bust level to prevent gaping.
- If the overall circumference of the garment is comfortable, increase the Side/Arm Point setting to move more fabric to the bodice front.
- If the side bust dart is too large, decrease the Dart Override setting to reduce the size of the side bust dart and add fabric to the armscye area.



Bust Area Too Tight

Measurements			
Chest Circumference:	38	Height:	66
Center Back Length:	16.5	Bra Cup Size:	C
Back Shoulder Width:	15.5	Weight:	148
Neck Circumference:	12.5		
Natural Waist:	30	Center Front Length:	15 <input checked="" type="checkbox"/>
Hip Circumference:	37	Front Shoulder Width:	15 <input checked="" type="checkbox"/>
Crotch Length:	25	Front Shoulder Slope:	18 <input checked="" type="checkbox"/>
Bicep Circumference:	11.25	Back Shoulder Slope:	17.75 <input checked="" type="checkbox"/>

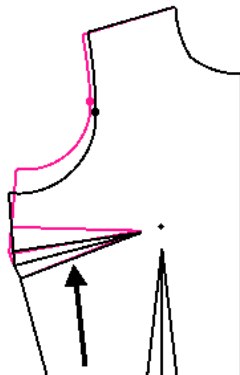
Chest Circumference and Bra Cup Size



Increase Side/Arm Point Setting

Sideseam Placement	
Side/Arm Point:	0
Side/Waist Point:	0
Side/Hip Point:	0

Sideseam Placement Settings



Negative Dart Override Setting

Dart Size	
Dart Override	0
Bust Cup Adj:	0

Dart Override Setting

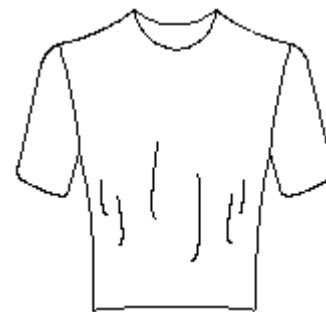
Bust Area Too Loose

Fitting Problem:

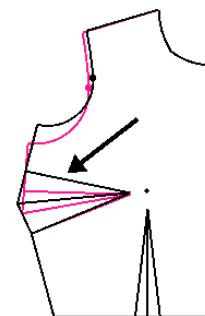
The fitting bodice sags over the bust area. Loose vertical wrinkles form over the side bust dart.

Fitting Solution:

- Decrease the Chest Circumference measurement if the garment is too loose overall when closed.
- If the overall circumference is comfortable, decrease the Bra Cup Size to reduce the size of the bust dart and the amount of fabric spread over the bustline.
- If the side bust dart is too small, increase the Dart Override setting to increase the size of the side bust dart and remove fabric in the armhole area.



Bust Area Too Loose



Positive Dart Override Setting

Too Much Fabric Under Arm or in Armscye

Fitting Problem:

When the sleeves are sewn to the fitting bodice, a dart tries to form in the armhole area or there is too much fabric under the arm or in the armhole seam.

Fitting Solution:

- If the armhole sags below the armpit, decrease the Front Shoulder Slope measurement.

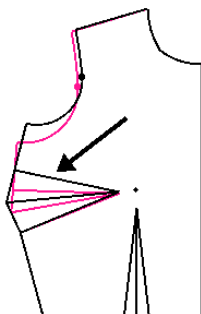
- If the armhole does not sag, the dart uptake may not be sufficient to accommodate the fullness of the bustline. Pinch out and pin the dart formed in the armhole.
- Measure the depth of the pinch up and set the Dart Override setting to this amount. The dart override setting will increase the size of the side bust dart uptake and will reduce the size of the front armhole.



Too Much Fabric Under Arm



Pinch out and pin dart



Positive Dart Override Setting



Set Dart Override

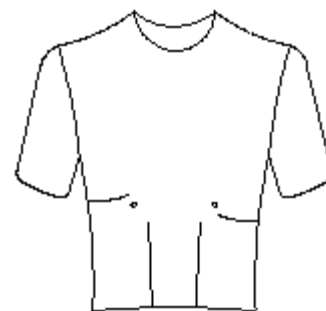
Bodice Darts Do Not Point to Apex of Bust

Fitting Problem:

The dart points of the side and waist darts are too high above the bustline or too low below the bustline.

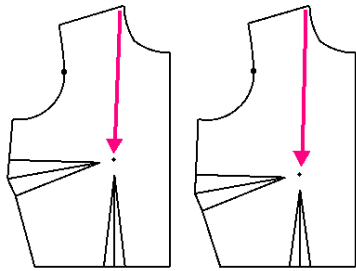
Fitting Solution:

- Increase the Bust Point Vertical measurement to lower the darts.
- Decrease the Bust Point Vertical measurement to raise the darts.
- Increase the Bust Point Horizontal to widen the darts.
- Decrease the Bust Point Horizontal to narrow the darts.

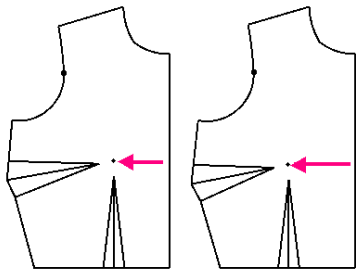


Dart Points Do Not Point to Bust Apex

Dart Position	
Bust Pt Vert:	10.5 ▼
Bust Pt Horz:	3.75 ▼



Bust Point Vertical



Bust Point Horizontal

Waist

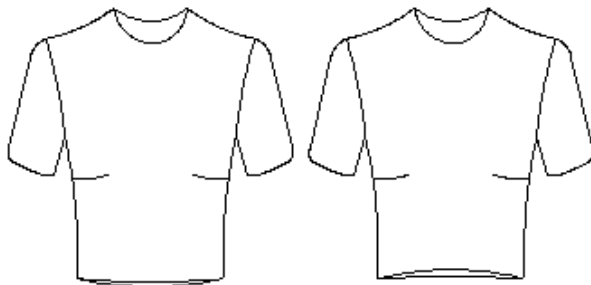
Waistline Not Parallel to Floor

Fitting Problem:

The waistline seam does not lie parallel to the floor at center front or center back. The bodice pulls up or sags at the waistline center front or center back. **NOTE:** Center front length CANNOT be longer than Center Back Length.

Fitting Solution:

- Increase the Center Front or Center Back measurement if the waistline seam is pulling up.
- Decrease the Center Front or Center Back measurement if the waistline is sagging.
- Adjust front and back shoulder slopes the same as center front and center back length.
- The waistline should feel a bit too "high" but is correct if it lies parallel to the floor about 1" (2.5 cm) above the navel and where the smallest indentation of the waistline at the sideseam occurs.



Waistline Not Parallel

Measurements			
Chest Circumference:	38	Height:	66
Center Back Length:	16.5	Bra Cup Size:	C
Back Shoulder Width:	15.5	Weight:	148
Neck Circumference:	12.5	Center Front Length:	15
Natural Waist:	30	Front Shoulder Width:	15
Hip Circumference:	37	Front Shoulder Slope:	18
Crotch Length:	25	Back Shoulder Slope:	17.75
Bicep Circumference:	11.25		

Center Lengths and Slopes

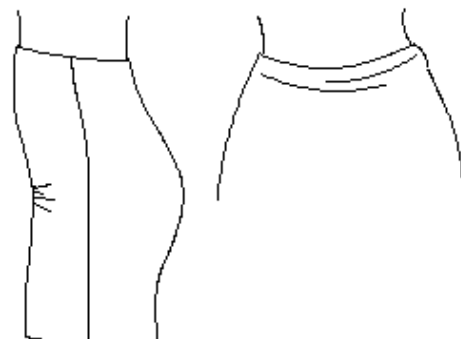
Curved Back

Fitting Problem:

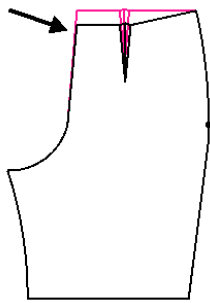
The fitting garment is too long just below the waistline at center back. A tapering horizontal dart forms across the back just below the waistband indicating too much fabric in this area. This dart is frequently the result of the curved back posture. The horizontal dart may not form on pants if the garment is binding in the crotch. The fabric under the buttocks is too tight and forms wrinkles that slant toward the garment inseams. The hip line and waistband may pull down in the back.

Fitting Solution:

- Drop the center back at that waistline using the CB/Drop setting. If the drop is extreme, you may also need to drop the sideseam using the SS/Drop setting to smooth the waistline.
- If the waistband stands away from the body, check the pant waist setting.
- If the area of the body closest to the center back is fairly flat, the distance of the darts from center back may need to be increased. Use the Dart Position setting to move the dart away from center back.
- Two back darts will likely be needed to control the fabric correctly above the buttocks.
- The Wild Cut may also be useful if the center back seam is standing away from the body. The Wild Cut increases the length of the center back crotch curve providing more room for the protruding buttocks.



Sway Back



Center Back/Waist Drop

Adjustments	
Sideseam Move:	0
Cf/Waist Drop:	0
Cb/Waist Drop:	0
Side/Waist Drop:	0
Front Crotch Ext:	0
Back Crotch Ext:	0
Ft Crotch Break:	0
Bk Crotch Break:	0

Back Darts	
<input type="radio"/>	1 Dart
<input checked="" type="radio"/>	2 Darts
<input type="radio"/>	3 Darts

Dart Position	
1st Front Dart	3
1st Back Dart	3

Pants Adjustments

Armscye, Sleeves, and Biceps

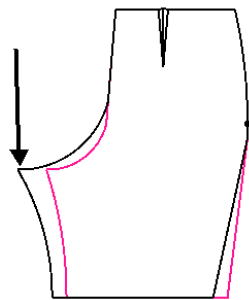
Armscye Too Small

Fitting Problem:

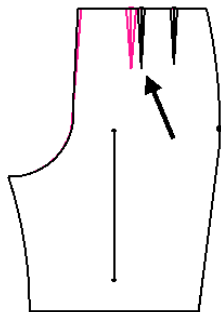
Tight diagonal wrinkles form from the bust point to the upper armscye area in the front and/or from mid center back to the upper armscye in the back. The sleeve cap rises and appears to be too short to fit over the ball of the upper arm. The arm cannot easily be raised.

Fitting Solution:

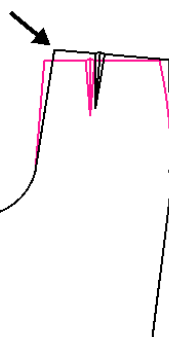
- Increase the Front and/or Back Shoulder Slope measurements, if available OR Shoulder Height setting.
- Make sure sleeve seam is trimmed and clipped.



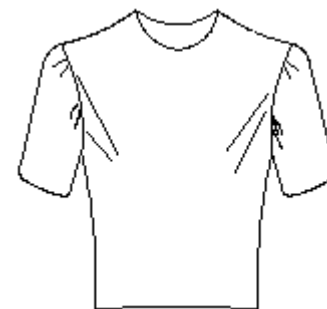
Increase Back Crotch Extension Setting



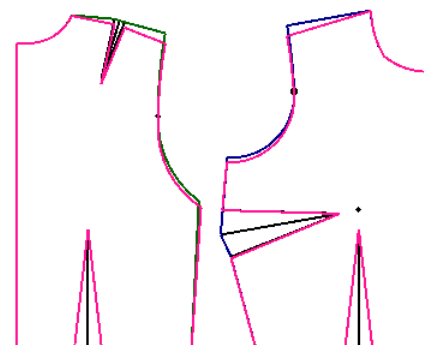
Position of 1st Back Dart Closest to Center Back



Wild Cut



Armscye Too Small



Increase Shoulder Height Setting

Armhole Too Large

Fitting Problem:

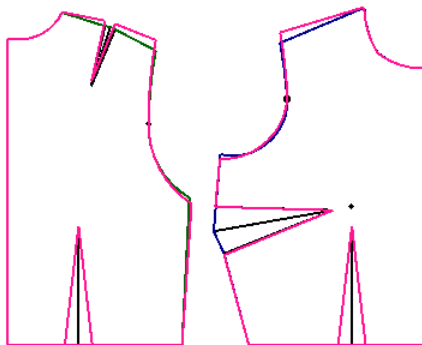
Loose diagonal folds form from the mid point of the armhole up to the neckline in the front and/or from the mid point of the armhole to the back neckline. The sleeve cap falls off the shoulder and the armhole is too large. The shoulder seam slants up from the neck point instead of down.

Fitting Solution:

- Decrease the Front and/or Back Shoulder Slope measurements, if available OR Shoulder Height setting.



Armhole Too Large



Decrease Shoulder Height Setting

Sleeve Too Tight Across Bicep

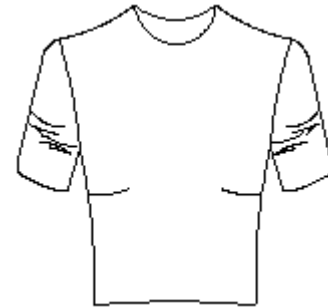
Fitting Problem:

Tight horizontal wrinkles form across the sleeve. **WARNING:** It is possible when increasing the cap height setting to make the bicep width smaller than the bicep measurement.

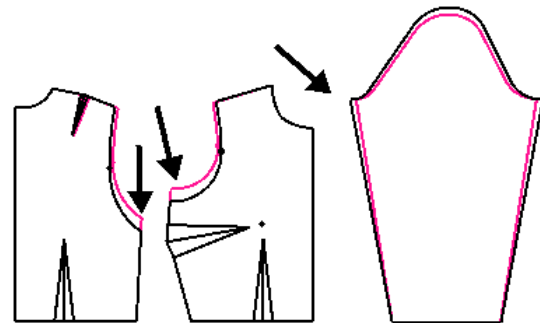
Fitting Solution:

- Solutions will vary depending upon the sleeve chosen.
- Increase the Bicep Circumference measurement and/or increase the Armhole Depth setting to increase the overall size of the sleeve.
- Decrease the Sleeve Cap Height to increase the width across the sleeve in the bicep area. Decreasing the sleeve cap height forms a "gusset" under the arm.

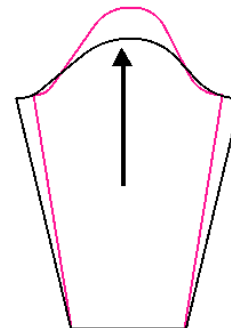
Wrinkles will increase with this method but the sleeve will become more comfortable to wear.



Sleeve Too Tight Across Bicep



Increase Armhole Depth

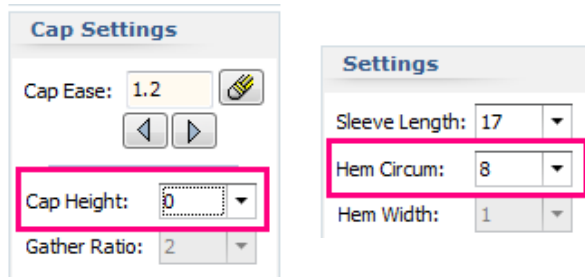
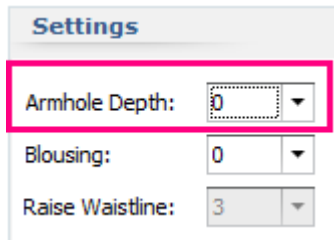


Decrease Sleeve Cap Height



Increase Sleeve Hem Circumference

- Increase the Sleeve Hem Circumference setting to increase the sleeve below the underarm point and along the length of the sleeve.
- Choose the Straight Underarm Seam sleeve option.



Armhole and Sleeve Adjustments

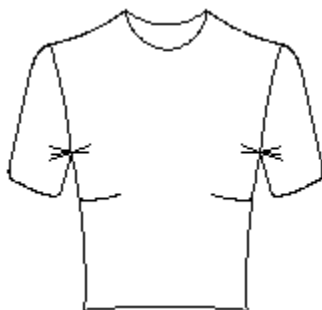
Sleeve Cap Appears Too Short

Fitting Problem:

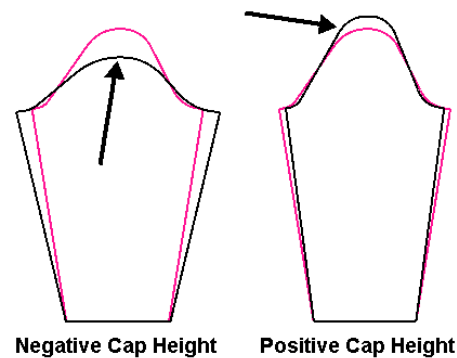
The arm cannot be raised comfortably when wearing the fitted set-in sleeve.

Fitting Solution:

- Sufficient fabric is needed to go over the ball of the upper arm. If the upper arms are large or fleshy, more fabric is needed.
- Increase the Sleeve Cap Height and the Sleeve Cap Ease to give more room in the upper arm area for a formal sleeve.
- Decrease the Sleeve Cap Height to increase freedom of movement for a casual sleeve.



Sleeve Cap Too Short



Negative Cap Height Positive Cap Height

Sleeve Cap Height Setting

Hips

NOTE: For ALL, pant and skirt fittings, check the waistline, hipline and pants crotch line to be sure they are level.

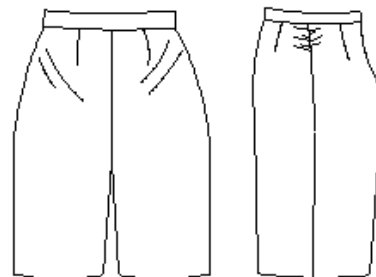
Curvy High Hip

Fitting Problem:

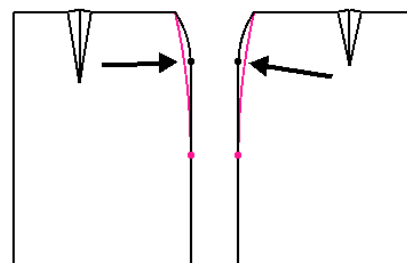
The garment is too tight at the sideseams in the high hip area. The high hip may curve out abruptly just below the waist. On pants, diagonal wrinkles may form from the crotch point upward to the high hip area.

Fitting Solution:

- Decrease the Hip Depth measurement.
- Use a negative crotch break setting to reshape crotch.
- The Front Darts may also need to be shortened to release the fabric over the high hip area.
- Use the Hip Shape setting to straighten the pant sideseam if desired.



Curvy High Hip



Decrease Hip Depth Setting

Adjustments	
Sideseam Move:	0
Cf/Waist Drop:	0
Cb/Waist Drop:	0
Side/Waist Drop:	0
Hip Depth:	3

Dart Length	
Front:	3
Back:	4

Hip Depth and Dart Length Settings

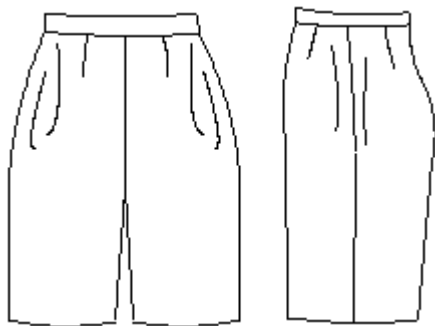
Flat High Hip

Fitting Problem:

The garment is too loose at the sideseams in the high hip area. The sides of the body slope from the waistline down to the hipline instead of curve.

Fitting Solution:

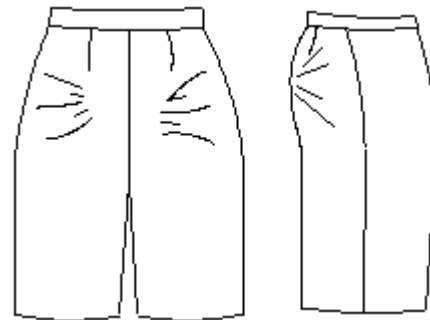
- Increase the Hip Depth Measurement to flatten the sideseam at the high hip area.
- Lower the sideseam at the waistline using the SS/ Drop setting, if necessary, to reduce the length of the sideseams in the high hip area.
- Increase the Hip Shape setting to flatten the hip curve.



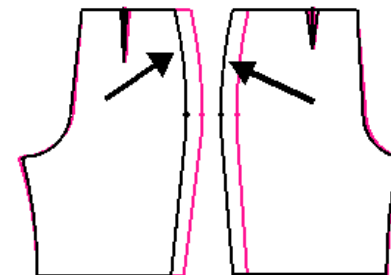
Flat High Hip

Fitting Solution:

- If the abdomen area is larger than the hip area, use the Abdomen Circumference as the Hip Circumference measurement.
- Lengthen or shorten the Front Darts to release the fabric above the largest body bulge.
- Increase the Sideseam Movement setting to add more fabric across the front. Use this setting carefully as it may cause the back to be too tight.
- Decrease the Hip Depth measurement to increase the width across the front panel.
- Raise the Center Front at Waist by choosing a negative number for the CF/Drop setting.
- Use the Slim Cut leg style and Knee Width setting to reduce the amount of fabric in the thigh area.



Prominent Abdomen



Positive Sideseam Movement Setting

Abdomen

Prominent Abdomen

Fitting Problem:

The garment is too tight across the abdomen and there is not enough fabric to go over this area creating horizontal folds just below the waistband. Diagonal wrinkles form outward to the sideseams. In skirts, the center front may cup up under the abdomen. In pants, the crotch binds tight up against the body. Front pleats will tend to pull open and not lie straight. The sideseams slant forward near the waistline. Elastic waist pants may pull downward at the center front.

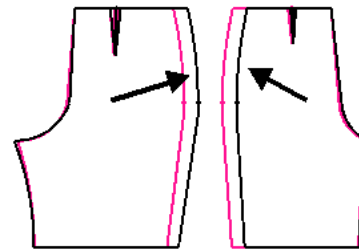


Center Front at Waist Raised

Adjustments	
Sideseam Move:	0
Cf/Waist Drop:	0
Cb/Waist Drop:	0
Side/Waist Drop:	0
Front Crotch Ext:	0
Back Crotch Ext:	0
Ft Crotch Break:	0
Bk Crotch Break:	0

Settings	
Inseam Length:	9
Hem Circum:	22
Knee Width:	1
Knee Depth:	24

Pant Adjustments and Settings



Negative Sideseam Movement Setting

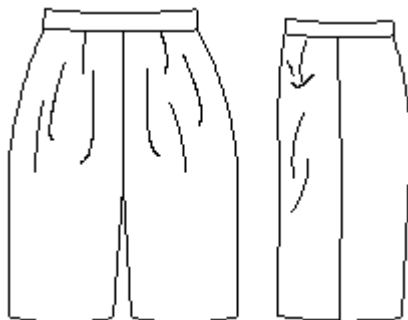
Flat Abdomen

Fitting Problem:

There is too much fabric over the abdomen area causing vertical wrinkles to form below the darts closest to the center front of the garment. The darts closest to the center front are creating too much shaping in that area. The hip line at the center front may droop.

Fitting Solution:

- Choose one front waist dart for both skirts and pants.
- Increase the Dart Position setting to move the darts closer to the sideseam.
- Decrease the Sideseam Movement setting to move the sideseam forward giving more fabric across the back. Use this setting carefully as it may cause the front to be too tight.
- You may need to drop the center front at waist using the CF/Drop setting to eliminate excess fabric in the front tummy area.
- Shorten or lengthen the Front Darts such that the release fabric just above the largest body bulge.



Flat Abdomen



Center Front Waist Drop

Front Darts	
<input type="radio"/> 0 Darts	
<input checked="" type="radio"/> 1 Dart	
<input type="radio"/> 2 Darts	
<input type="radio"/> 3 Darts	

Dart Position	
1st Front Dart	3
1st Back Dart	3

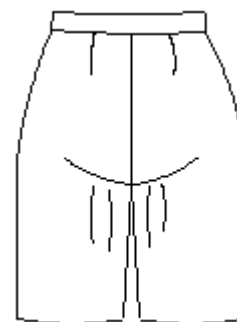
Pant Darts

Buttocks

Pants Too Loose Under Buttocks

Fitting Problem:

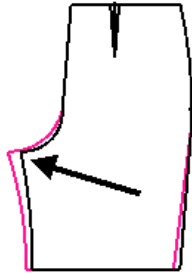
There is too much fabric between the legs below the crotch point. Vertical wrinkles form as a result of the excess fabric and restricts movement.



Pants Too Loose Under Buttocks

Fitting Solution:

- Decrease the Back Crotch Extension setting and possibly the Front Crotch Extension setting if excess fabric appears between the legs in the front.



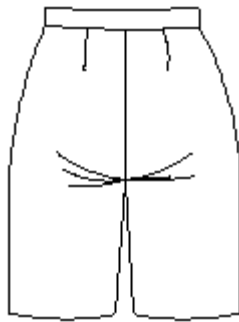
Decrease Back Crotch Extension Setting

Drooped Buttocks**Fitting Problem:**

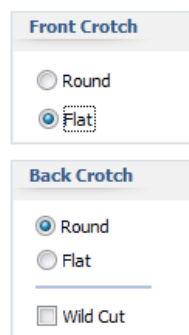
Horizontal wrinkles form below the buttocks.

Fitting Solution:

- Use the Round Back Crotch.
- The back crotch curve can be dropped below the crotch depth using the Crotch Shape Tool to scoop it slightly.
- For less fabric, use the slim cut leg. Raise the knee depth slightly.



Drooped Buttocks



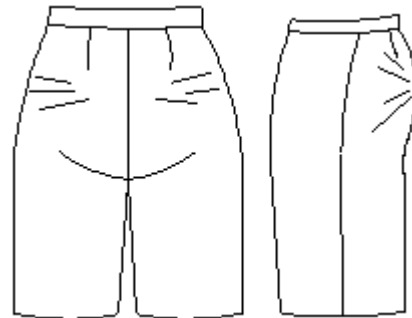
Round and Flat Crotch Curves

Prominent Buttocks**Fitting Problem:**

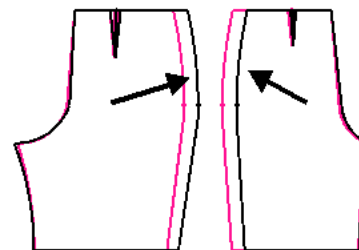
- There is not enough fabric to go over the buttocks. Diagonal wrinkles form outward to the sideseams. In skirts, the front may be pulled enough to cup under the abdomen. In pants, the fabric forms diagonal wrinkles across the buttocks and in the legs below the buttocks. The sideseams slant backward near the waistline.

Fitting Solution:

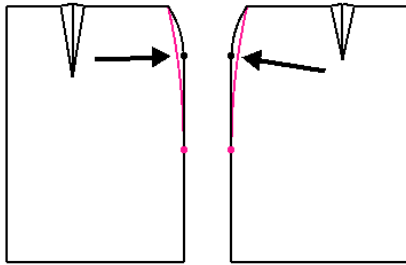
- The Hip Circumference measurement needs to be taken at the largest circumference of the body below the waist. Increase the Hip Circumference measurement, if necessary.
- Lengthen or shorten the back darts to release the fabric above the largest body bulge.
- Increase the Sideseam Movement setting to move the sideseam forward adding more fabric across the back. Use this setting carefully as it may cause the front to be too tight.
- Decrease the Hip Depth measurement to increase the width across the back panel.
- Raise the Center Back at Waist by choosing a negative number for the CB/Drop setting or possibly use the Wild Cut setting to increase the crotch length in the back.
- Use the Slim Cut leg style and the Knee Width setting to reduce the of fabric in the thigh area.



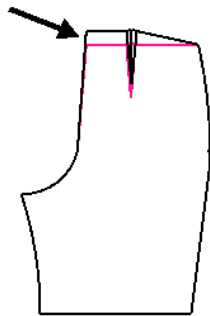
Prominent Buttocks



Negative Sideseam Movement Setting



Decrease Hip Depth Setting



Center Back at Waist Raised



Wild Cut

Flat Buttocks

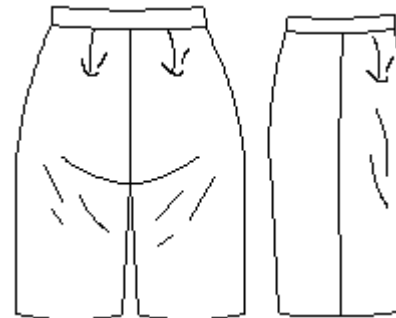
Fitting Problem:

The garment is loose under the buttocks and there is too much fabric area causing vertical wrinkles to form below the darts. In pants, loose vertical folds appear from the sideseams and inseams toward the crease line of the pant legs. The darts closest to the center back are creating too much shaping in that area. The hip line at the center back may droop.

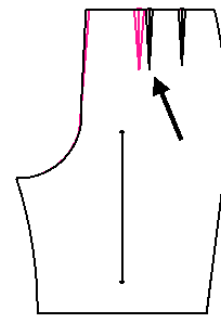
Fitting Solution:

- Choose one Back Waist Dart for both skirts and pants.
- Increase the Dart Position setting to move the darts closer to the sideseam.
- You may need to drop the center back at waist using the CB/Drop setting to eliminate excess fabric in the upper back area above the buttocks.
- Check the back dart length. Shorten or lengthen such that they release fabric just above the largest body bulge.

- Use the Slim Cut Leg pant leg style and the Knee Width setting to control the amount fabric in the thigh area.
- Decrease the Sideseam Movement setting to move the sideseam backward decreasing the amount of fabric across the back. Use this setting carefully as it may cause the front to be too loose.



Flat Buttocks



Position of 1st Back Dart Closest to Center Back



Center Back at Waist Dropped

Crotch

NOTE: Make sure crotch seam is trimmed and clipped.

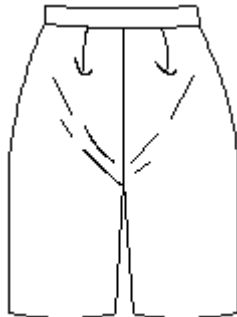
Front and Back Crotch Too Short

Fitting Problem:

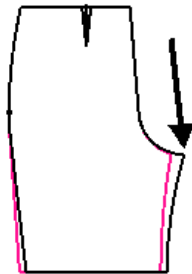
The fabric pulls into the crotch crevice binding against the crotch and forming diagonal wrinkles from the crotch point outward to the hip bones and buttocks. The fabric is loose above the hipline at the sideseam and just below the back dart points.

Fitting Solution:

- Increase the Crotch Length measurement and/or Crotch Ease setting, or the Front Crotch Extension.
- You may need to increase the Hip Depth measurement.
- Increase the Back Dart Length setting.



Crotch Too Short



Increase Front Crotch Extension Setting

Ease Settings	
Waist Ease:	0.75
Hip Ease:	2.5
Crotch Ease:	0.75

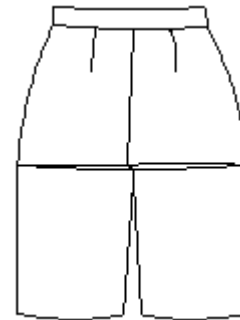
Pant Ease Settings

Front and Back Crotch Too Long**Fitting Problem:**

The crotch seam is too far below the body surface and inhibits walking. Diagonal wrinkles appear as the leg is moved forward. A horizontal dart folded out across the front from sideseam to sideseam indicates there is too much fabric vertically.

Fitting Solution:

- If a horizontal dart can be pinned across the front, measure the depth of this dart. Multiply by 4 to determine the amount to decrease the Crotch Length measurement.
- For a small adjustment, reduce the crotch ease.
- Hip Depth setting may also have to be decreased.
- Shorten the back darts, if necessary, so that they release the fabric just above the largest area of the body.



Crotch Too Long



Decrease Back Crotch Extension Setting

Measurements	
Chest Circumference:	38
Center Back Length:	16.5
Back Shoulder Width:	15.5
Neck Circumference:	12.5
Natural Waist:	30
Hip Circumference:	37
Crotch Length:	25
Bicep Circumference:	11.25

Crotch Length Measurement

Back Crotch Too Tight**Fitting Problem:**

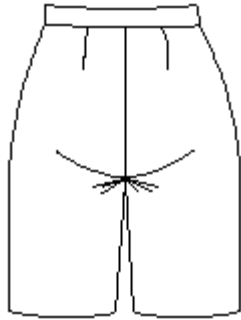
The fitting pants pull into the crevice of the buttocks forming tight diagonal wrinkles (wedgie) in the back when walking or sitting. There is not enough fabric to curve under the buttocks and between the legs to facilitate walking.

Fitting Solution:

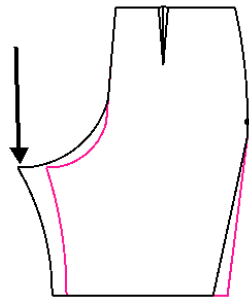
- Crotch length is not sufficient. Remeasure crotch length to the level natural waistline and increase crotch length measurement.
- For a minor adjustment, increase the crotch ease.
- Add length to the back crotch by increasing the Back Crotch Extension setting.
- You may also need to add length to the front crotch by increasing the Front Crotch Extension setting if diagonal wrinkles appear in the front of the pants.

Front Crotch Too Tight

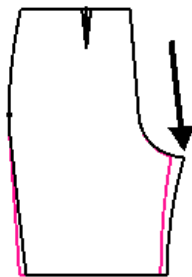
Fitting Problem:



Back Crotch Too Tight



Increase Back Crotch Extension Setting



Increase Front Crotch Extension Setting

Adjustments	
Sideseam Move:	0
Cf/Waist Drop:	0
Cb/Waist Drop:	0
Side/Waist Drop:	0
Front Crotch Ext:	0
Back Crotch Ext:	0
Ft Crotch Break:	0
Bk Crotch Break:	0

Crotch Extension Settings

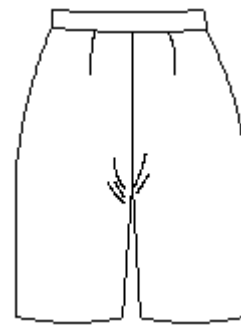
Vertical pull lines appear where the front crotch curve begins to curve between the legs. The waistline is not at the natural waist.

Fitting Solution:

- Remeasure the crotch length to a level natural waistline. Increase the crotch length measurement, if necessary.
- Use the Round Front Crotch Curve and/or the Crotch Shape Tool to scoop out or deepen the front crotch curve.
- For a minor adjustment, increase the Front Crotch Extension setting.

Thighs

Thigh and Leg Too Tight



Front Crotch Too Tight



Increase Front Crotch Extension Setting

Crotch Shape			
<input type="radio"/> Front	▲	0	0
<input type="radio"/> Back	▼	0	0
		◀	▶
Reset			

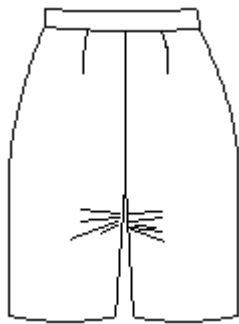
Crotch Shape Tool

Fitting Problem:

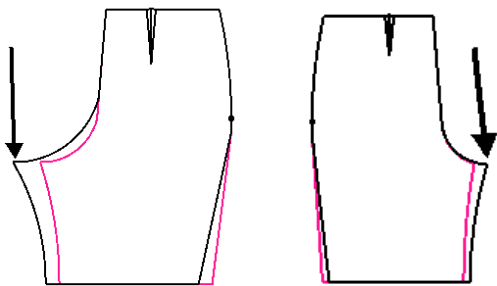
Horizontal wrinkles form around the thigh area indicating that there is not enough room in the pants legs for the thighs.

Fitting Solution:

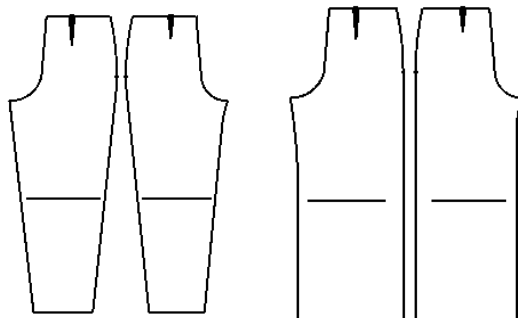
- Increase the hip ease setting and/or increase the Front and Back Crotch Extensions.
- Use the Tapered or Straight pant leg styles.
- Increase the Hip Shape setting to straighten the sideseams and add ease through the thigh area.

Thigh and Leg Too Loose**Fitting Problem:**

Thigh Too Tight



Increase Crotch Extensions Setting



Tapered Leg Cut and Straight Leg Cut

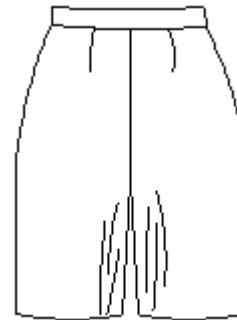
Adjustments	
Sideseam Move:	0
Cf/Waist Drop:	0
Cb/Waist Drop:	3
Side/Waist Drop:	0
Front Crotch Ext:	0
Back Crotch Ext:	0
Ft Crotch Break:	0
Bk Crotch Break:	0

Crotch Extension Settings

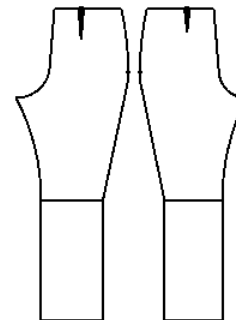
Vertical folds form between the legs in the thigh area indicating too much fabric in the thigh area.

Fitting Solution:

- Use the Slim Cut pant leg style and the Knee Width setting to reduce the fabric in the thigh area.



Thigh Too Loose



Tips for Fitting Bras

1. Breasts should not droop or sag inside the bra cups. The bra should hold the breasts firmly against the chest.
2. The breasts should be held in a somewhat upright and forward position such that the arms when held at the side do brush the breast flesh.
3. The breasts should not be squished inside the bra cups and there should be a slight separation between the breasts.
4. The cup volume should be sufficient to hold the breast flesh. It should not spill out over the top or sides of the bra cup.
5. Adequate cup volume and a bra band that fits snugly around the rib cage are necessary before the fit of the underwire can be determined.
6. Once the underwire is inserted, it should lie flat against the chest and around the breasts under the rib cage.
7. The neckline of the bra should fit snugly so as to keep the wire in place between the breasts.
8. The bra back should fit snugly with no gaping or sagging at the top of the bra back. It needs to be substantial enough to pull the wires apart just slightly and behind the breast tissue at the sideseam.
9. The underwire at the armpit should pull the breasts forward toward the front of the body and should not poke into the armpit or the underside of the arm.
10. Wider straps provide greater support and reduce digging into the shoulders.
11. Larger breasts need the full cup style with the straps attached closer to the center front of the bra. This will provide greater support and uplift to the breasts.
12. Larger breasts need a larger, more substantial bra back. Firmer fabrics should be used.
13. Wider elastic along the lower band will also provide greater support. The minimum recommended width is 3/8 inch (1 cm). Elastic that is 1/2 to 5/8 inch (1.25 to 1.5 cm) wide is better for larger bustlines.
14. Straps sewn closer to the sideseams of the bra are better for push up type bras. They force the breast tissue up and closer to the front producing "cleavage".
15. If one breast is larger than the other, create the bra cups for the larger side. The smaller side can be padded as much as needed to provide the illusion of even distribution.
16. Choice of fabrics will dramatically change the fit of the bra. The greater the stretch of the fabric, the greater the increase in cup volume.
17. The greatest fabric stretch should run vertically (up and down) on the pattern piece for the lower bra cup. The greatest stretch of the fabric should run horizontally (across) on the pattern piece for the upper bra cup.
18. Larger breasts need firmer, more stable fabrics for the lower bra cup. Stabilizers made from non-stretch nylon knit can be fused to fabrics for the lower cup to provide more support. Bonded lace and nylon tricot are both good choices for the lower cup fabrics.
19. Some breast shapes cannot wear bras with underwires. If the breast flesh extends back under the arm, a non underwire bra is likely to provide greater comfort.
20. Underwire casings can be sewn to the bra cup seams in non underwire bras to provide greater support. Wider elastic can also be used in non underwire bras to increase support.

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Printed and Manufactured in the United States of America