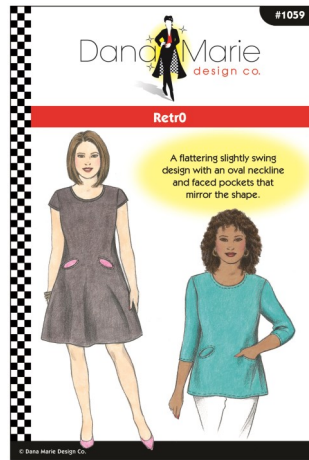


# Full Bust Adjustment Instructions

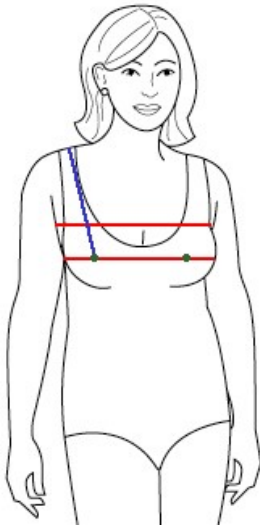
Specifically for designs without darts or princess seams.

Like #1055 My Favorite Pullover or #1059 RetrO



The following step-by-step instructions will allow you to make an FBA that does not change the intrinsic styling of the pattern. You are certainly welcome to make any changes you'd like, but we know "just because it's knit, doesn't mean it fits". These instructions will achieve a better fit for a larger bust.

Before you begin your pattern alterations, you will need a few crucial measurements to know your correct cup size (which may or may not be your bra size).



**Chest:** Measure under the arms and above the fullest part of the bust.

**Bust:** Measure around the fullest part of the breasts keeping tape measure level across the back.

**Bust Point:** Measure from top of shoulder to apex of bust.

**Bust Point to Bust Point:** Measure across bust from apex to apex and divide in half.

<b>If bust is larger than chest by</b>	1 1/2 to 2 1/2 in.	2 1/2 to 3 1/2 in.	3 1/2 to 4 1/2 in.	4 1/2 to 5 1/2 in.	5 1/2 to 6 1/2 in.	6 1/2 to 7 1/2 in.	7 1/2 to 8 1/2 in.	8 1/2 to 9 1/2 in.	9 1/2 to 10 1/2 in.
<b>Your Cup Size Is</b>	B	C	D	DD/E*	DDD/F*	FF/G*	GG	H/HH*	I/II*

A Bust cup alteration will allow you to use a smaller size pattern than you may have thought, providing a better fit through the neck and shoulders. Choose your size based on the **chest measurement** and then alter to fit your cup size.

## MAKING THE CHANGES

You'll need to increase the width and length of the front pattern piece to accommodate any cup size larger than D (knits are pretty forgiving up to this point).

Here are the *approximate* amounts to add:

DD - Add 1/2"

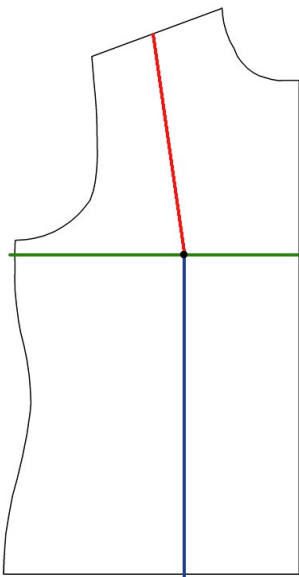
F - Add 3/4"

G - Add 1"

H - Add 1 1/4"

I - Add 1 1/2"

J - Add 1 3/4"



**Always** make a pattern tracing (preserve your original) and do fittings in test fabric.

For most women with a full bust, the bust point is often lower and wider than the pattern. Measure from the shoulder stitching line (3/8" away from the cutting line) the amount of your **bust point measurement**, mark (Red line). Measure from center front the **half measurement** of your bust point-to-bust point. Where these two lines intersect is your actual **bust point**.

Extend the horizontal line from CF to the Side Seam. (Green line)

Draw a line perpendicular to the center front to the hem from the **bust point**. (Blue Line)

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## HERE WE GO!

Because I'm a visual person, I learn better if I have a picture to look at and refer to. So here is the step-by-step process I took to create a better fitting Pullover Top for my more well endowed lady.

As pictured, this Size Medium fits fine everywhere except the bust. It rides up in front, pulls the sleeve forward and there are lines created by trying to cover the bust.

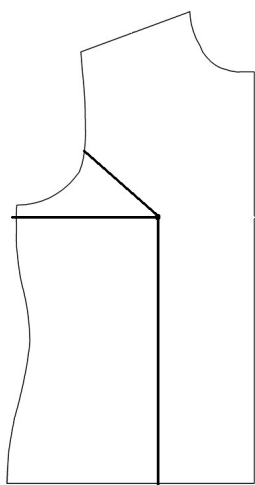
And it's no wonder, our lady is a 38DD, yet the rest of her frame is a size medium.

The adjusted top (in grey), hangs evenly at the hem, the sleeve is sitting properly and the back no longer pulls forward.

**Such a simple adjustment for amazing results!**

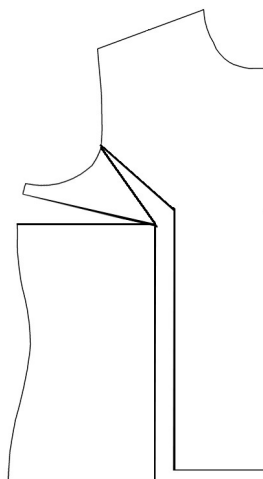


### STEP 1



Draw a line from the bust point up through the armhole. Draw another line from the bust point to the side seam.

### STEP 2

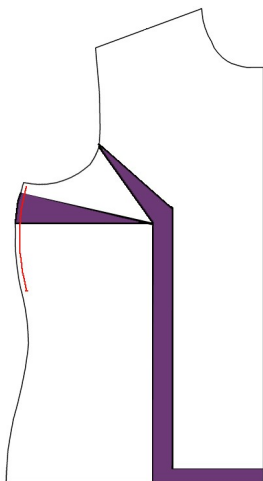


Cut on the marked lines, leaving a **hinge** at the armhole and at the bust point. *Place paper under your pattern so you have something to tape your alterations to.*

Spread the **vertical** section apart the **amount needed for your cup size** adjustment. Keep the **front edge parallel**, the side will automatically drop down and a dart will open in the side seam.

Not to worry! We'll be addressing this side dart in a moment so the design stays intact. **NOTE:** This alteration will increase the garment width through the waist area. If no extra is needed here, it can be taken out at the side seam. It is easiest to do this during your fitting.

### STEP 3



Be sure to have paper under your pattern so you can tape the alteration down. The front will now be **longer**, and that is exactly what you want as the number one problem large breasted women experience in a knit top is it riding up in the front!

That dart that formed at the front side seam will now be **eased** into the back side seam. The pattern already has this in the instructions, now you will just have a bit more to work in. I try to ease as much as I can (without causing gathers) as close to the apex as possible. This is where you need it, over the fullest part of the bust. Ease the remaining down along the side seam until the bottom of front and back match.

If your alteration is more extreme and there is too much to ease in, consider making this an actual dart at the side seam. You may find you will only need to make the dart half of what is seen, the rest can be eased in.

**Remember: When you do this adjustment you are ADDING length to the front. This allows the garment to hang properly without riding up over a full bust.**