



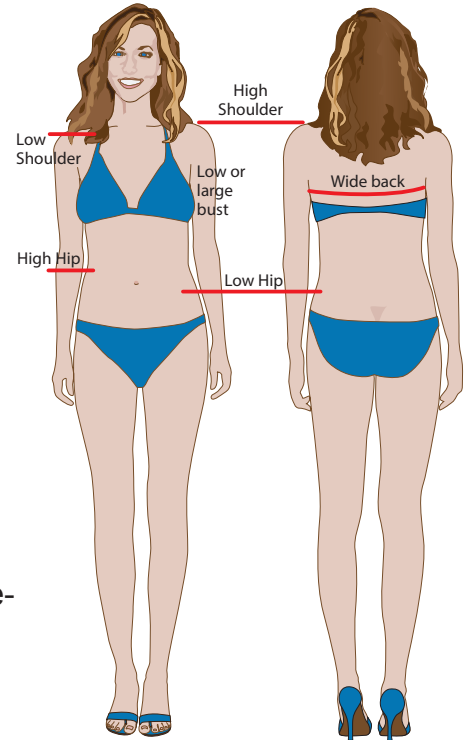
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Product Tutorial

How to Pad and Cover a Dressform

FINE TUNING YOUR DRESSFORM

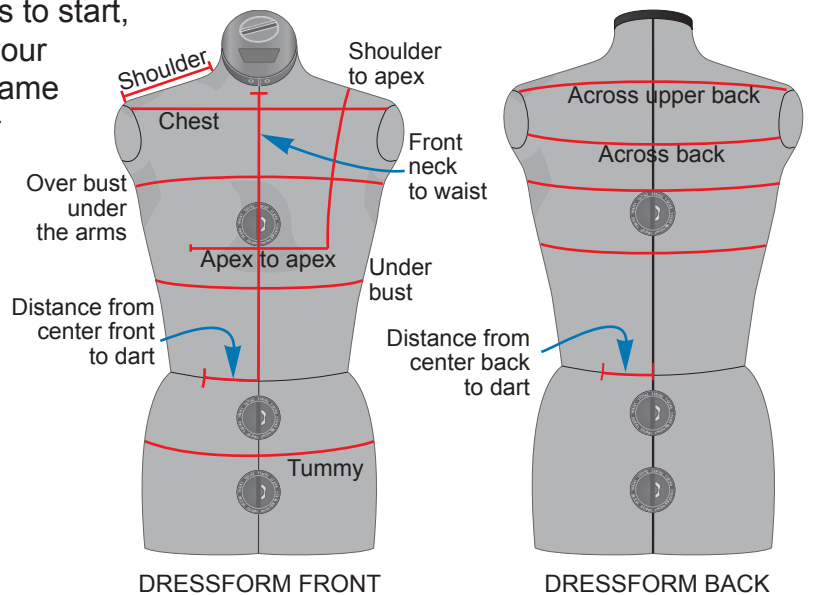
Your new dressform has been designed to accommodate as many varied adjustment needs as possible. However there will be occasions when the form has been adjusted, but it still requires reshaping. We all have differently shaped bodies. For example, a 36" bust measurement is different on everyone – some have a full cup size while others have a broad back that contributes to the total measurement. Here is how to adjust your form to mirror your own body shape.



1. ADD PADDING TO PERSONALIZE YOUR DRESSFORM

First, analyze your body. Have a friend help take varied measurements such as those in the drawings to the right. Do you have a high hip or shoulder? Do you carry weight over your tummy? An honest appraisal will net you the best fitting clothes!

You may not need all of the measurements to start, but the more you have, the more correct your form will be. Later on you can use those same measurements to add design lines to your form.



TIP
Take a selfie to refer to when padding the form. Don't forget the back! Ask a friend to help.

Date	Shoulder	Chest	Front neck to waist	Over bust	Under bust	Apex to apex	Shoulder to apex	Upper Back	Across Back	Tummy	Front to dart	Back to dart



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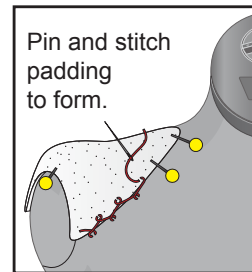
2. CREATE SMOOTHLY PADDED SURFACES

Determine where padding is needed. Use foam, fiberfill, batting, or shoulder pads to fill the area. Foam is best for adding firm shape. Once you like the position and proportion, shave the edges to create a smooth surface with no bumps. Use fiberfill to add smaller amounts of padding. Cover with batting to hold in place. Insert straight pins at an angle to keep padding in place as you measure and add or subtract layers to finesse the size and shape. When satisfied with the padding you can cover it with a sheer layer of tricot, t-shirt fabric or woven fabric cut on the bias. To attach fabric, use a large straight or curved needle, taking criss-cross stitches over the edges to keep the fabric flat.

SHOULDERS: Most people have one shoulder that is higher than the other (it is usually opposite the higher hip). Layer strips of polyester batting across the shoulder, or add shoulder pads. For wide shoulders add a shoulder pad to extend the width.

BUST: Start by placing your own bra on the form (one that is comfortable and fits you well). The band corresponds to the under bust measurement. If the dressform matches your measurement but the bra is not filled, set the bust to a smaller size and add padding to the front to reshape. Measure with a tape until size is correct. Experiment until bra appears as it would if you were wearing it. If you have a broad back, you may need to decrease the size in the front, and increase the back; layer padding across the back as needed. Always measure as you pad until the correct measurement is achieved.

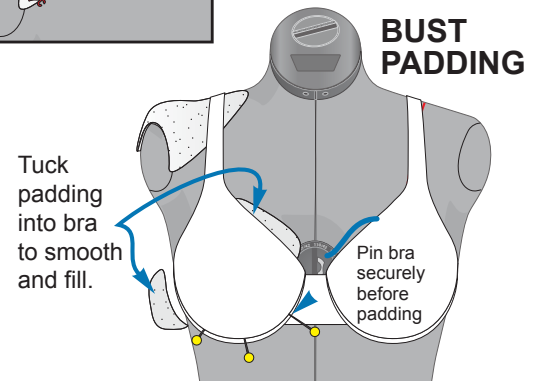
BACK: Adjusting the back is often part of correcting the bust measurement. Examine your body and pad as necessary.



Pin and stitch padding to form.

SHOULDER PADDING

If straps are loose, check measurement from shoulder to apex. Add a shoulder pad to increase height. This also adjusts a low shoulder.

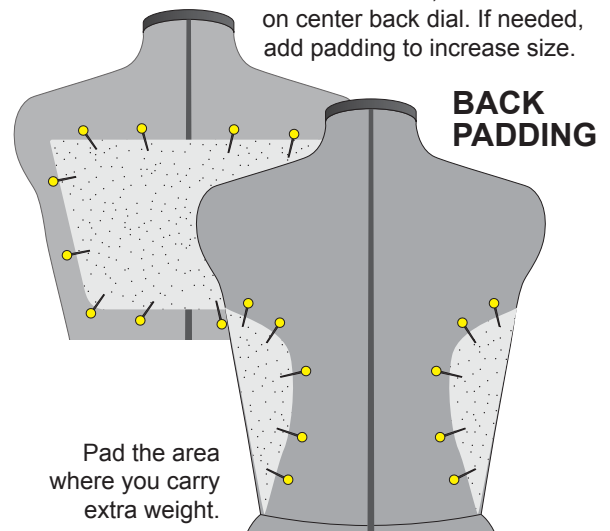


Tuck padding into bra to smooth and fill.

BUST PADDING

Pin bra securely before padding

For a wide back, increase size on center back dial. If needed, add padding to increase size.



BACK PADDING

Pad the area where you carry extra weight.

TIP

Be sure to put all pins in at an angle. They cannot be stabbed straight into the dressform.





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WAIST: Analyze your body to see whether you need extra padding at the front, back or sides. Use thin strips of foam and batting to reshape as needed and build up thickness until the correct measurement is achieved.

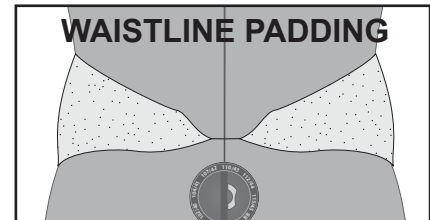
HIPS: Examine your body to see if one hip is higher than the other. This is very common. A foam shoulder pad is perfect for quick hip adjustment.

TUMMY: The tummy can be padded with layers of polyester fiberfill or foam. You may require both hip and tummy padding. Place some specific ovals or squares of batting where needed and then wrap with a thinner continuous layer of batting.

BUTTOCKS: The torso on most forms does not extend to the buttocks. Add foam strips and shoulder pads to reshape the back and hips. The My Double Deluxe has extended sides to aid in fitting pants and skirts. But you may still wish to reshape to match your own body. Don't forget to measure as you adjust!

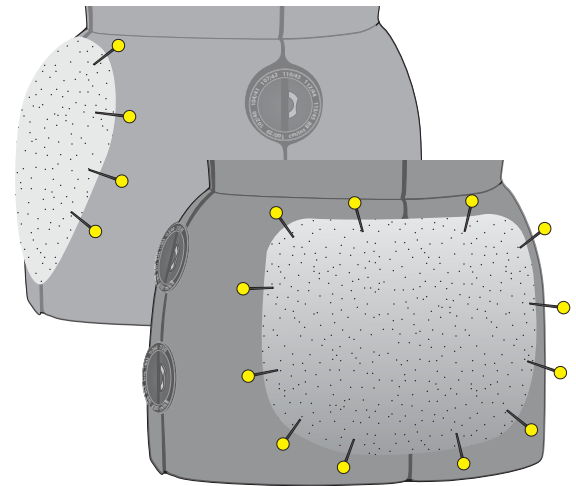
TIP

Place a pair of your panties over the buttocks to hold padding in place. Cut a hole in the crotch to fit over the pole.

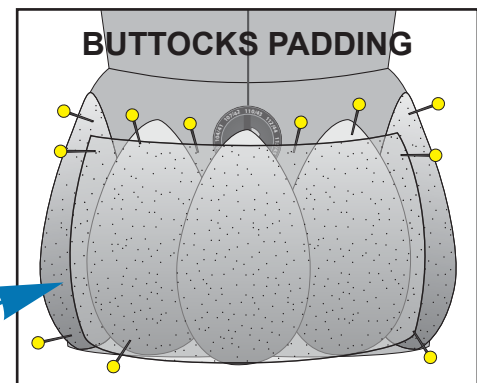


WAISTLINE PADDING

HIP PADDING



TUMMY PADDING



BUTTOCKS PADDING

Be creative! Multiple shoulder pads may give you the shape you need! Blend with hip padding for most realistic covering. Then cover and blend with more fiberfill.



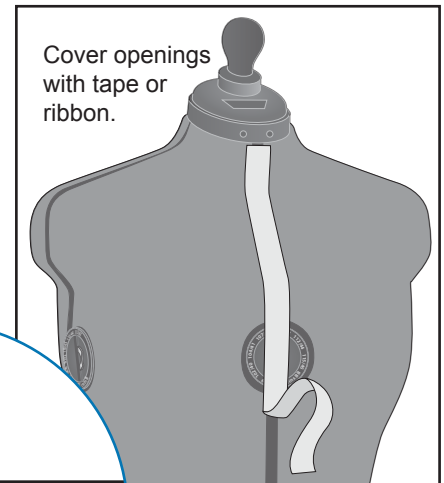
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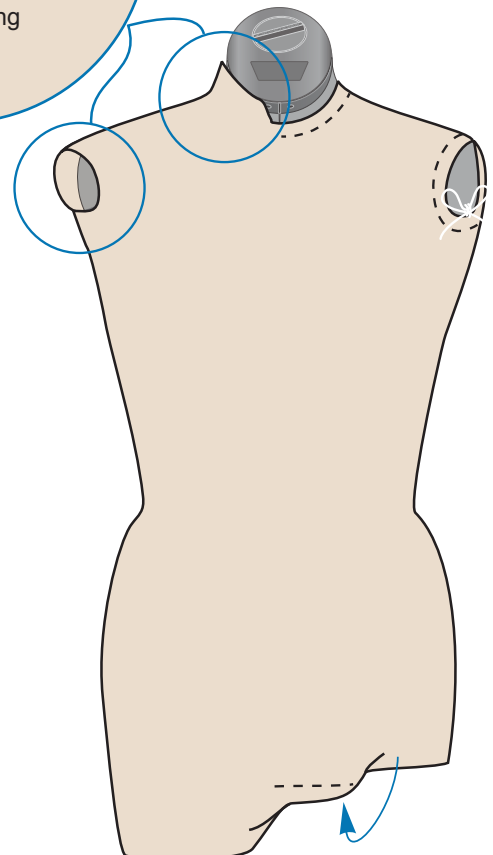
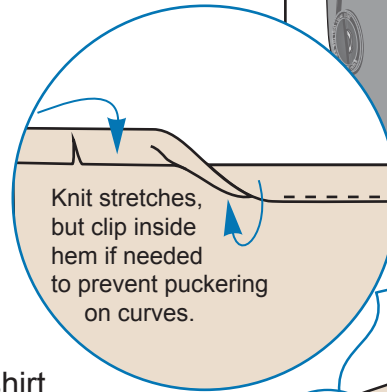
3. COVER OPENINGS BETWEEN SECTIONS

Once you are satisfied with the measurements and shape, use tape to cover the split between sections of the dressform. Wide masking tape or two-sided tape works. Bias fabric strips or wide ribbon can cover two-sided tape. If you plan to make a cover for your form, the tape will not be visible.



4. HOLDING IT ALL TOGETHER

Now that you have added fiberfill and shoulder pads all over your dressform, it might look pretty messy. Cover it with one smooth surface. Use a tight t-shirt to smooth all the surfaces. (Cut the sleeves off and tuck under excess fabric at the shoulders.) Or make your own cover with stretchy tricot or t-shirt fabric.



To make your own cover, use an tight t-shirt as a pattern. Make sure the stretch of your purchased cover fabric is equal to the stretch in your t-shirt. Otherwise the cover may not fit. Cut it long enough to cover the entire length of the adjusted dressform, adding 3" at the bottom to hem. Add 1-1/2" at the armhole openings and neckline. Stitch a double 1" hem at the bottom and a double 1/2" hem at armholes and neck, leaving an opening to insert cord. Use a bodkin to thread cable cord (5/32" or smaller) through the hem pockets. Cut cord long enough to tie a knotted bow at each opening. Pull the cord tightly and tuck the knotted ends inside the cover.



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5. DESIGN MARKINGS

You now have a dressform that looks just like you! At least for fitting purposes, that is. To make all this work worthwhile you need to use it. And, you want it to be easy. Remember all those measurements you recorded at the beginning? For easy designing and to align things like pockets, center front plackets and seam lines, add markings to your form for quick reference.

To mark your dressform: Use two-sided tape on the back of narrow ribbon or add stitch lines or marker lines. First mark all the positions with straight pins (see the X-marks at the right). To get a nice even line, wrap thread around the top or the outermost pin, and stretch it smoothly from point to point, wrapping the thread around the pin at the opposite end. Stitch or attach ribbon to this marked thread line.

Following your chart:

- Mark a center front and center back line.
- Mark the horizontal line around your bust, waist and hip.
- Mark side seam lines between form sections.
- Measure about half way between the center lines and the side lines at the waist; place a pin. This is the dart line, going upward into the bodice, or downward for pants or skirts.
- Mark the point apex to apex on the bust line.
- For a princess line, mark a line from the waist dart, across the apex to the shoulder. This line can vary; end it at the center of the shoulder, or curve it into the armhole. Make sure all lines are visually graceful and smooth.

See our other dressform tutorials: *How to Choose a Dressform* and *How to Use a Dressform* for more valuable information!

