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## EC71-477 The Fit of Your Garment

Jane Speece

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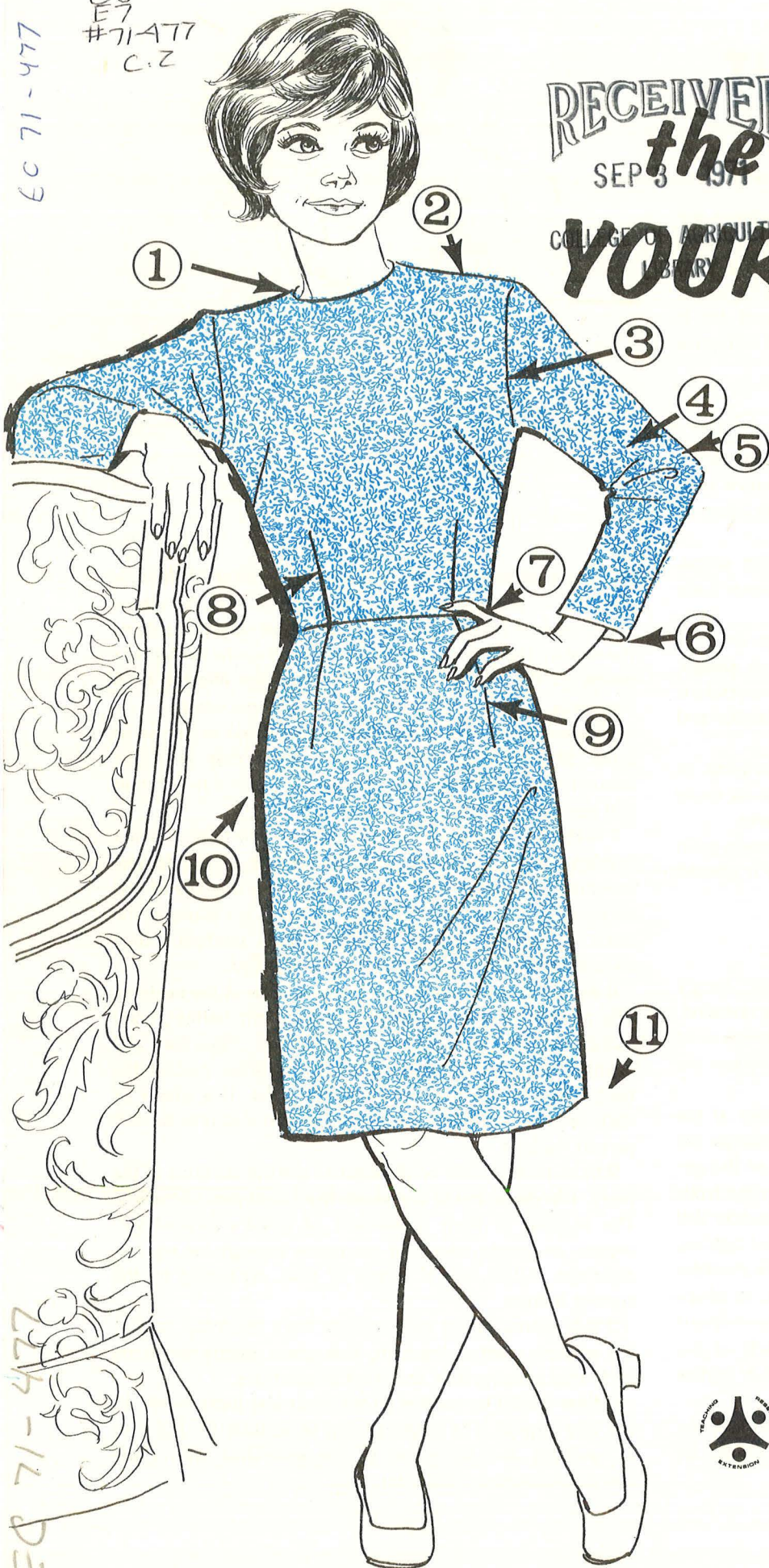
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# the fit of YOUR GARMENT



- 1 NECKLINE
- 2 SHOULDER SEAM
- 3 ARMHOLE SEAM
- 4 SLEEVES
- 5 ELBOW DARTS
- 6 SLEEVE LENGTH
- 7 WAISTLINE
- 8 BODICE
- 9 SKIRT DARTS
- 10 SIDE SEAMS
- 11 HEM



Extension Service  
University of Nebraska College of Agriculture  
Cooperating with the U.S. Department of Agriculture  
and the College of Home Economics  
E. F. Frolik, Dean J. L. Adams, Director



# the fit of YOUR GARMENT

By Jane Speece  
Extension Specialist (Clothing)

Standards of good fit remain the same throughout the years, though garment fashions may change from time to time. At times clothing styles may be tighter on the body than at other times, and certain styles may need a looser fit. Within the framework of current fashion, good fit is essential for comfort and for clothing to have an attractive appearance on the body.

## WHAT IS MEANT BY A GOOD FIT?

**Ease** is the difference between the individual's body measurement and garment measurement. The garment feels comfortable to wear without a feeling of constriction or excess fullness.

**Line** follows the silhouette of the body with seams. Design lines of the garment follow or flow into natural body lines.

**Balance** gives a smooth and balanced picture on your body. Each side is in balance with the other in design, structure and construction. The garment hangs equidistant from opposite sides of the body in the skirt, bodice and sleeve.

**Set** of the garment on the body means no wrinkles or sags where they do not belong. The garment should move with the figure as the individual sits, stands and walks.

**Grain** of the fabric is in alignment. The lengthwise grain is perpendicular to the floor. The crosswise grain is parallel to the floor.

## 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 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 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.