

# Fitting Thighs

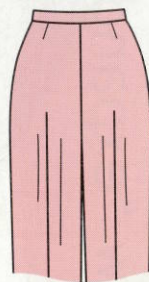
*Each thigh profile requires a slightly different approach to create an attractive and comfortable fit.*



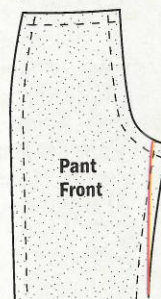
adjustment in fuller styles. It's not necessary to adjust the pattern—simply fit the skirt by taking in the side seams as you sew. Be sure to leave enough wearing ease—at least 2" at the full hip and thigh—to sit comfortably. If the skirt adjustment seems like an inordinate amount, the pattern is probably too large for your figure. If the garment has lots of design ease, it may be too much for a smaller frame.

In pants, the excess fabric creates vertical wrinkles (1). In most cases reducing the crotch extension is all that's needed (2). You may need to adjust only the front or back inseam. If both seams need altering, the amount may vary for the front and back.

- ❶ Excess fabric creates vertical wrinkles.



- ❷ Reduce crotch extension, tapering to cutting line just above knee.



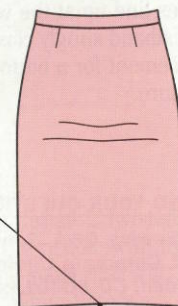
Experiment by adjusting the seams when tissue-fitting the pattern or after the pants have been cut out. It depends on the inner leg shape and where the weight is carried. Again, it isn't necessary to adjust the pattern—just take in the inseams (and outseams if necessary) as you sew to achieve a smooth, wrinkle-free fit.

## Full Front Thighs

A highly developed thigh muscle in the front is obvious when the profile is examined. When the thigh protrudes more than average, the groin area appears to indent.

In fitted skirts, this shows up as tight, horizontal wrinkles across the thighs. A fold may form above the thighs as the garment "crawls up" from lack of room. A fitted skirt hemline may also curve up at the center front for the same reason (3).

- ❸ Wrinkles and folds form above full front thighs.



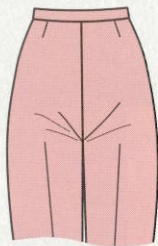
**T**hings come in several different shapes and sizes, requiring adjustments for fitted skirts and most pants styles. The first step: Measure your thigh and compare the measurement to the pattern to determine the adjustment amount. You'll need to look in a mirror to determine where the fullness occurs—outside leg, inside leg, or both, or at the thigh front—to adjust the pattern correctly.

## Thin Thighs

Slender thighs are easy to adjust for in fitted skirts and don't require any

In pants, full front thighs create diagonal wrinkles, pulling from the inside legs at the crotch. Fabric also pulls forward through the crotch from the back. Pants will hang off grain and crease lines pull toward the inseam (4 on page 18).

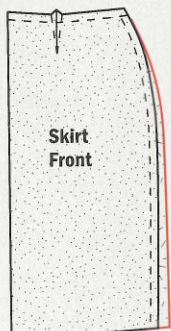
- ④ Full front thighs create diagonal wrinkles, pulling crease toward inseam.



A profile view may reveal the side seam pulling to the front and fabric cupping in under the derriere.

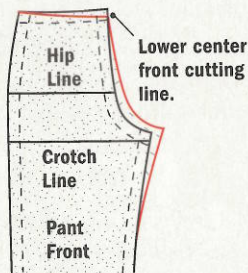
Purchase a pattern to fit the full hip measurement and adjust only the front pattern piece since that's where the fullness is. For skirts, add half the adjustment amount to each side seam. Add enough room for a comfortable fit at the fullest part of the thigh, tapering the addition into the pattern piece above the fullest part, and continuing the adjustment to the hem (5).

- ⑤ Add width for full front thigh; continue to hem and taper above thigh.



In pants, the extra width is usually added at the front inseam. It may be necessary to add extra room at the center front seam from the crotch curve to just above the full hip to allow for enough fabric to drape over the front thigh (6).

- ⑥ Add to crotch extension, tapering to original cutting lines above hip and at midthigh.



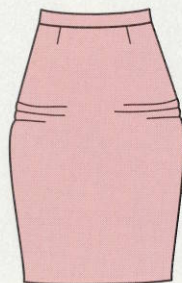
The waistline seam at the center front may need to be lowered, tapering it back to normal at the side seam. This can be determined and adjusted during the fitting as you sew.

### Full Inner & Outer Thighs

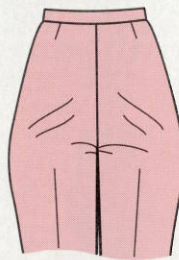
Full outer thighs usually occur below the natural hip line—generally 7" to 9" below the waist. Adjustments for a full derriere, long waist and swayback are also common for this figure type. The inner thighs usually touch or rub together. A smaller waist in proportion to the hip and thigh is also common.

In skirts, full thighs strain the fabric across the garment front and/or back and show up as horizontal wrinkles or fabric folds as the garment hikes up on the body (7). In pants, wrinkles form across the thigh fullest part and at the crotch. Creases usually pull toward the side seams (8).

- ⑦ Wrinkles and folds form above full thighs.

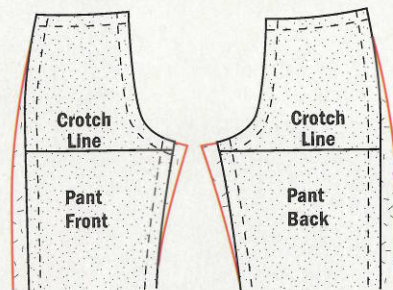


- ⑧ Diagonal wrinkles form at crotch and fullest part of thighs.



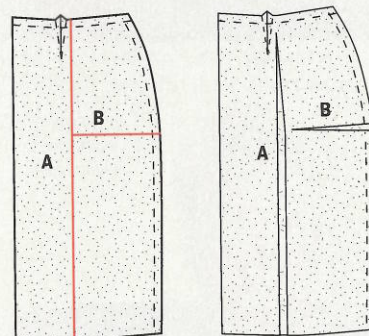
Two adjustments are needed for pants. Increase the crotch extension length at the front and back inseam. The addition to the crotch extension may be different in front than in back, depending on where the most fullness is carried. Also add room for the outer thigh curve at the side seam on both the front and back pattern pieces. (9).

- ⑨ Add identical amount to side seams. Inseam additions may vary on front and back.



For some figures, the thigh fullness is at the side seam only. Often the waist is small in comparison. In this case, don't buy a skirt pattern large enough to fit the full thigh measurement, as the pattern will be more difficult to adjust because of the excess fullness above the hip. Choose a pattern to fit the full hip measurement instead and adjust for the protruding thigh by drawing lines A and B on a skirt pattern. Slash and spread the pattern the amount needed (10), to give more room around the figure and more length over the large curve. Remember this rule of thumb: the larger the curve, the more room needed in width and length. A similar adjustment will work on pants—line A will extend to the leg lower edge.

- ⑩ Draw lines A and B on skirt front and back. Cut on lines and spread adjustment amount.



Barbara Weiland is a nationally known sewing, crafts and quilting author, editor and consultant. Her latest book is *Secrets for Successful Sewing*, published by Rodale Press Inc. She also is a contributing author to *Serger Secrets from the same publisher.*