



Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office – Muntinlupa City

SPECIAL PROGRAM IN TECHNICAL VOCATIONAL EDUCATION (SPTVE)
DRESSMAKING 9
Q3-Week-8

I. Topic: **Altering Completed Garments**

II. Objectives:

1. identify garment fitting problems.
2. alter garment fitting problems.
4. value the importance of altering garment fitting problems.

III. Brief Introduction of the Lesson

How does one judge a well-fitted garment? An understanding of the factors involved in fitting can enable one to recognize well-fitted garments. The following five concepts can serve as clues to good or poor fit: grain, line, set, balance, and ease.

Grain - the lengthwise or crosswise yarns or threads in a woven fabric.

Line- are construction lines and edges of the garment. The basic seamlines, shoulder, and side seams follow the general silhouette of the body, outlining its shape.

Set - A well-fitted garment sets smoothly, without undesirable wrinkles. Careful folds created by gather or other design features are not to be confused with wrinkles – slanting triangles – that form where the garment is strained over some curve.

Balance- the symmetry of the garment on the figure

Ease- looseness in a garment for comfort and appearance

Characteristics of a Well-Fitted Blouse

1. The neckline is properly done and laid flat over the shoulder.
2. The shoulder is flat and the armhole is comfortable for movement.
3. The darts are correctly sewn.
4. Seams are straight.
5. Hips are comfortably done.
6. The waistline is comfortable.
7. Closures are properly attached.

Evaluating Fit In Pattern or Garment

Large hips- the skirt becomes too tight around the hips. Its narrowness prevents its slipping far enough down to take its position on the larger circumference at the hip level to fit smoothly over the hips.

Evidence of Poor Fit. Set: Horizontal folds lie between the waistline and hipline, in both back and front. **Line:** Lie the side seam straight and flat in this area.

Correction in Fitting

1. Let out the vertical seams in the skirt (and bodice if it is tight at the waistline).





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2. If the side seam flares slightly and the hem is wide enough, the fit can be corrected by taking a deeper waistline seam to lift the skirt and bring a larger circumference measurement over the full hips.

Swayback - more length in the garment than is needed to cover this hollow of the body. If the rear hip has enough prominence, the side seam may hang in the correct position, with folds or wrinkles forming above the rear hip.

Evidence of Poor Fit. Set: Crosswise folds and wrinkles appear between waistline and hipline in the back.

Correction in Fitting

1. Move the hand across a wrinkle at right angles to push out the excess fabric width (at the wide end of the wrinkle) and indicate where to make a deeper seam,
2. In this case, the waistline seam of the skirt will require deepening,
3. Darts also, may need widening, to leave the length of the back waistline unchanged, or the excess length in the waistline may be eased to make the hollow less conspicuous.

Larger rear hip – large derriere

Evidence of Poor Fit. Set: Wrinkles point to rear hip, a. **Line:** Side seam swings to back; skirt hikes at back hemline. **Balance:** Skirt is unbalanced at the lower edge, hanging closer to the body in front than in the back.

Correction in Fitting

1. The technique shown in b might prove satisfactory in very mild cases, but usually more width will be needed in the skirt back.
2. If the waistline is too large to be eased successfully after letting outside seams, deepen the dart in a, or add another dart.
3. Rip side seam, lift back above the lower edge of the front, let outseam on back, and ease back, in line with the fullest part of the hip. To shrink its fullness, press-push the side of iron toward the seam over the fullness. Cut off the front skirt at the hemline to even the line.

Thick thigh - the problem is not sufficiently serious to show wrinkles.

Evidence of Poor Fit. Line: Side seam swings toward the front, a. **Balance:** Skirt is unbalanced at the hem and it hangs nearer to the body at the back than at the front.

Correction in Fitting. There are two alternatives:

1. If the difficulty is not great, the fit can be corrected by lifting the skirt at the back waistline, with the greatest deepening of the seam at the CB, decreasing in width gradually around to front darts, probably.
2. If the preceding procedure is not sufficient to correct the difficulty, then the side seam must be ripped. Pin-fit this seam to save time in determining the amount of change needed to permit the side seam to fall back into its correct position. Distribute the extra length of the front evenly along the basted line, or concentrate it beside any apparent bulge, such as the hip bone or thick thigh bulge.





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IV. Activities:

Activity 1

Directions: Choose a representative from your family to serve as a model. Describe her clothes. Is it well-fitted? Base your observations on the five concepts of a well-fitted garment. Write your answer on an extra sheet of paper.

Activity 2

Directions: Describe the picture below. Do you think it is well-fitted? Write your reasons based on the following concepts:

- a. Grain
- b. Line
- c. Set
- d. Balance
- e. Ease



Activity 3

Directions: Give your recommendations or remedies on the following fitting problem;

- a. Large hips
- b. Swayback
- c. Flat rear hip
- d. Large rear hip
- e. Thick thigh
- f. Narrow shoulders and chest



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V. Assessment:

Directions: Write the letter of the correct answer on a separate sheet of paper.

1. Which of the following is the factor to consider in judging a well-fitted garment?
A. color
B. ease
C. design
D. fabric
2. What is the cause of difficulty if the skirt is too tight around hips?
A. large bust
B. sway back
C. large hips
D. thick thigh
3. What is the cause of difficulty if the grainline across the chest is not parallel to the floor?
A. large bust
B. sloping shoulders
C. large hips
D. thick thigh
4. What is the cause of difficulty if the grainline rises above the curve of the bust?
A. large bust
B. square shoulders
C. sloping shoulders
D. sway back
5. Which best describes the statement, "Pressing and ironing are the same"?
A. false
B. true
C. sometimes
D. none of the above

VI. Reflection:

Directions: Answer the following questions briefly on a separate sheet of paper.

1. What significant learning did I gain from the lesson?

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