

Folkwear Sewing Tips

This information was shared by Folkwear pattern users like you, to ensure your creative sewing success.

#107 Afghani Nomad Dress: Tips for up-sizing

Size	Bodice length	Bodice width	Waistband length	Upper sleeve at shoulder edge	Middle sleeve at upper sleeve edge
Small	23"	10 7/8"	10 7/8"	26 1/8"	25 3/4"
Medium	25 7/8"	11 7/8"	11 7/8"	28 3/4"	27 3/4"
Large	28 5/8"	13"	13"	30 5/8"	29"
XL	32"	14"	14"	34 5/8"	match width of lower edge of upper sleeve
2XL	35"	15"	15"	37 5/8"	
3XL	38"	16"	16"	40 5/8"	

The Afghani Nomad dress is constructed primarily of rectangles, which makes it easy to alter for size and fit. The skirt, even in its narrower Westernized version, should require no adjustment for up-sizing since it measures 105" (267cm) wide at its lower edge. You can simply gather the skirt's upper edge more or less, as needed to attach to the bodice.

The measurements on the chart above for Small, Medium, and Large are the actual measurements of the pattern pieces themselves. The numbers shown for XL, 2XL, and 3XL are only **estimates** and should be treated as starting points to try out in paper or muslin. A quick test run in muslin or lightweight non-woven interfacing is an easy and inexpensive way to evaluate the fit of the adjusted bodice, waistband upper sleeve. Remember that the underarm gusset becomes part of the waistband, so you will have an additional 6" (15cm) on each side of the garment (each gusset is 6" [15cm] wide where it attaches to the waistband).

Adding bodice length

To increase the length of the bodice, simply add to the top and bottom edges of pattern piece A. Since the bodice and waistband, when stitched together, will extend further down the front and back body, you will also need to add to the bottom edge of the gusset (the edge that's stitched to the skirt) so that the top of the dress fits the skirt evenly.

Adding bodice width

The bodice and waistband widths should be the same, so if you widen the bodice piece, be sure to add the same width at each end of pattern piece B. A widened bodice will attach to the skirt without problem, because you can simply gather the skirt less.

Adjusting sleeve to fit lengthened bodice

The upper sleeve is pleated along the top edge where it joins the bodice to form the shoulder. The pleats in the sleeve can be made deeper or shallower to adjust to small changes in bodice length, but if you add a lot to the bodice length, be sure to add to the top edge of the upper sleeve pattern piece so that it is at least 2-2 1/2" (5-6.5cm) greater than the length of the bodice to allow for the pleating. The top edge of the middle sleeve should be cut to match the bottom edge of the upper sleeve, since no gathering or pleating is done on this seam.

A user's hint on gathering:

Mark the center front of the skirt and gather the skirt in three sections: from center front to the left side seam; from center front to the right side seam; and the back section. It's easier to achieve evenly adjusted gathers if you do it in sections, and there's less of a chance of the gathering threads breaking.