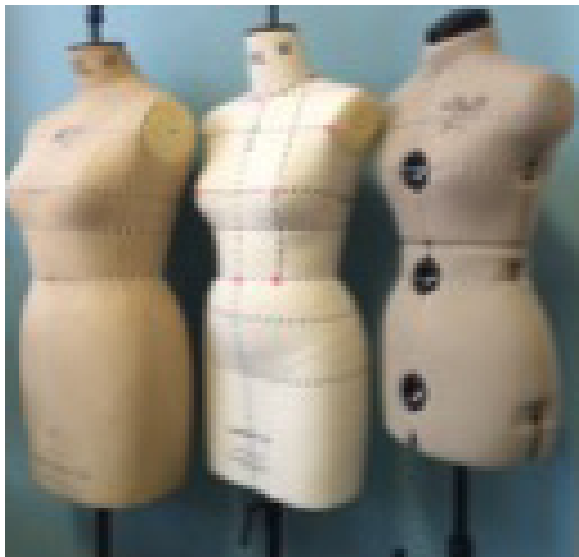


## Creating the perfect fit buddy by padding up your dressform

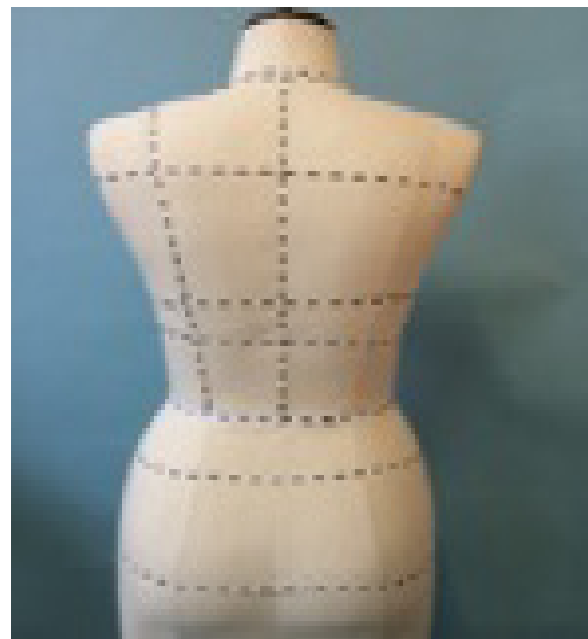
So, how can you get better results using an adjustable dummy? As a pro, I've invested in "fixed" tailors dummies, but as a home sewer it's really not worth the investment! The advantage of an adjustable aside from price, is that you can alter specific points around the body, saving the need to do quite as much padding!

So how do you know what size to go for? This image shows my 3 Dummies. The largest one has the same bust circumference as me, the smaller fixed mannequin has the same hip measurement as me, and the adjustable one appears way too small for me when set to its smallest size



The crucial measurement is actually your cross chest, or shoulder width. The cross chest defines your frame, anything other than that is merely "flesh" In fact, based on my cross front, cross back and shoulder width- the best dummy for me to pad up is the adjustable Prymadonna, as I'm small framed with additional flesh around my tummy and bust!

- Before getting started, take some pics of yourself to honestly assess your shape! I'm not gonna scare you with my pics, but wearing just underwear I took a front, side and back shot.
- Then get someone to assist you with your measurements. You need to record these to keep referring back to as you build up the padding on your dress form. All the crucial measures are indicated by the black and white draping tape
- NB- Not all circumference measures are a perfect circle! Think about the body in 2 halves, a back and a front and keep that in mind as you craft your padding.



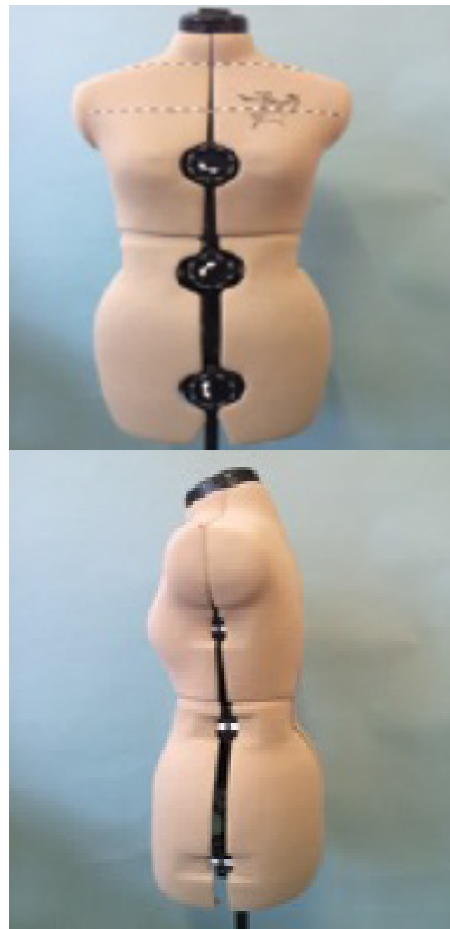
## Gather your Supplies

- 1-2 metres of 4 oz quilt wadding, cut into strips, lozenge shapes and triangles
- Pre-made **shoulder pads**( felt are ideal **but foam work** too) *not essential*
- foam bust cups- *not essential*
- moulded swimwear cups- *not essential*
- toy stuffing
- a bra that fits well
- some stretchy fabric to make a cover- (ponte roma with good recovery works) or a very large T shirt
- ½ inch **black cotton tape** or ribbon OR **White board tape**

## Assess where you need to adjust the dressform

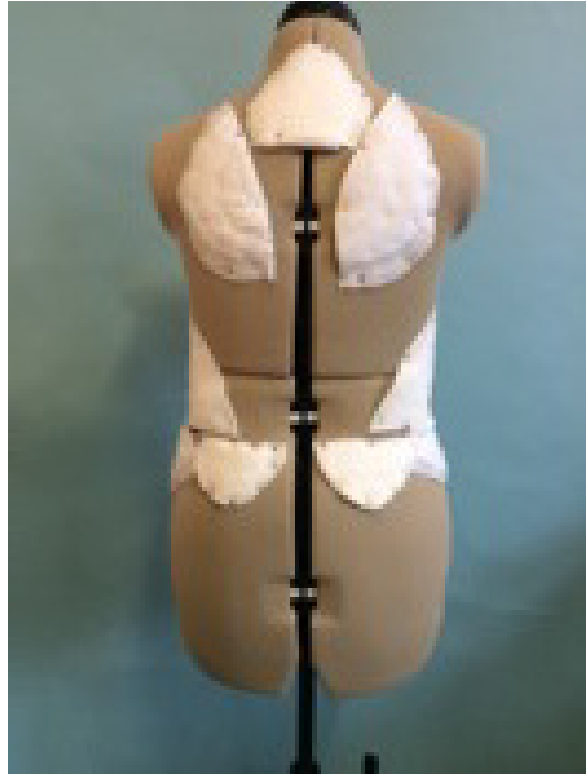
Had I adjusted the bust measurement at the front of my Pryma donna dummy, it would have increased the cross chest measurement, so I left this set to the smallest size. This tells me I'll need to pad up the bust area significantly.

I did increase the diaphragm ( under bust), waist and hip dials to the max. The nape to waist of the dressform matches mine, so I didn't need to shorten this. As you play with the dials, just keep checking in that you're not making your 'base' chest size too big.



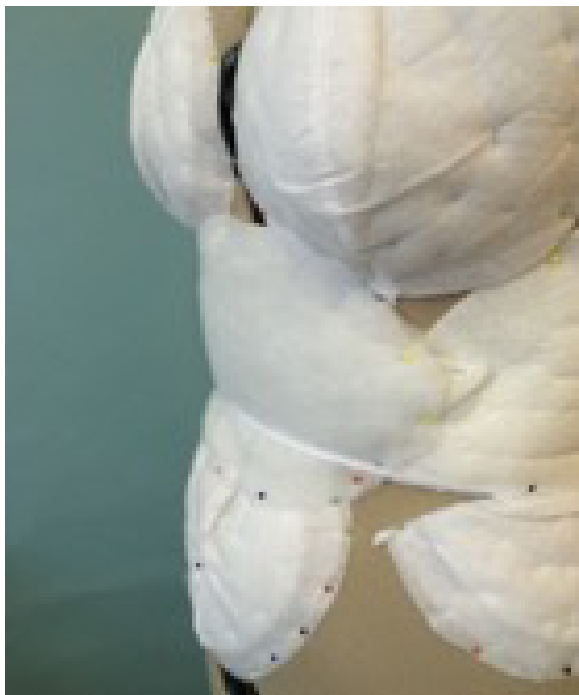
## Step 1 - Building up the padding

Shoulder pads are great for thickening up areas like the bust/waist and hips, as they are pre layered and firm. Use them in areas like the side of the waist, top of hips, rounded back neck and shoulder blades to make the dress-form more “human” Don’t pad up to the total size you need yet, as we need to add filler layers and smoothing.



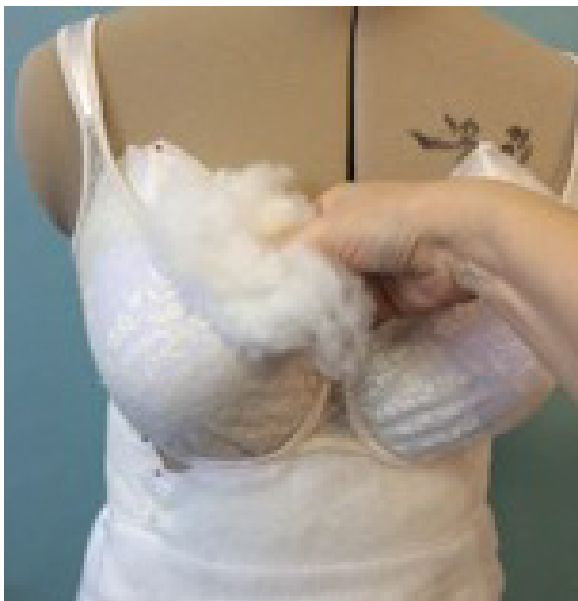
## Step 2- Filling in the spaces/gaps.

Using the quilt wadding strips, triangles or circles fill in the spaces between the shoulder pads to smooth out the overall padding shape. I layer 2 pieces of quilt wadding, with a slightly smaller piece on the underside. NB- Cut as mirrored pairs to ensure you are padding sym-metrically



### Step 3- Building up the bust area.

Once the diaphragm or under-bust matches your measurement, pop on your well fitting bra. Slide one of the moulded bra cups inside, then using some toy stuffing, fill out the cups of your bra.



#### Step 4- Final check of all the key body measures.

Once you are happy with the overall shape, double check all the key body measure areas especially bust to bust point, shoulder neck point to bust, waist and top hip.

If you've over padded, you can reduce now, you can also lower or raise the bust point if needed or add extra padding.



### Step 5- create a 'smoothing' cover.

To save time, you could use a pre-made stretchy cover to complete your fit buddy. Using a bigger size than my dressform, I altered the cover to fit my padded dummy more snugly. I will show you how to drape a cover or adapt a T shirt

Once you've covered your dressform, mark the waistline with a narrow cotton tape.

