



*Pattern
Alteration*

Hollow Chest

AgriLIFE EXTENSION

Texas A&M System

Extension Family Development
and Resource Management Specialists

Before attempting this alteration, review Extension publication E-372, *Principles of Pattern Alteration*, for basic instructions.

Hollow chest is a posture problem characterized by a depression in the upper chest area above the bust line and often accompanies round back and shoulder problems. (For this alteration, refer to Extension publication E-379, *Round Back and Dowager's Hump*.) Hollow chest causes clothing to fall in horizontal folds across the chest and causes the grainline to drop at the center front chest (Fig. 1).

Because measurement comparisons usually are ineffective for this alteration, you determine how much and where to alter the clothing by observing the wrinkles when it's worn. Pin a tuck across the chest to remove the excess fabric and taper it toward the armholes (Fig. 2). Note the location and depth of the tuck at the center front, and alter the pattern at the same point.

You can correct hollow chest problems in clothing with specific alterations.



Figure 1. Hollow chest



Figure 2. Pin excess amount

Basic, raglan or kimono bodice

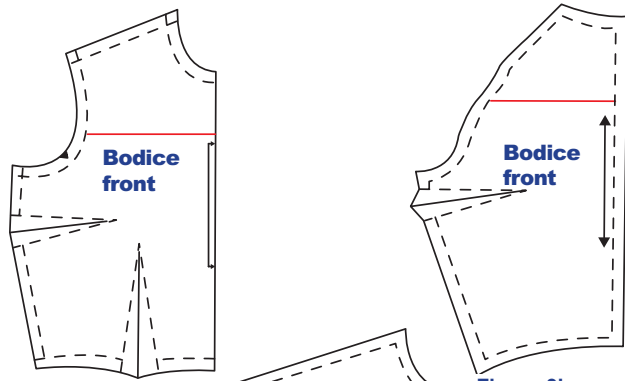


Figure 3a

Figure 3b

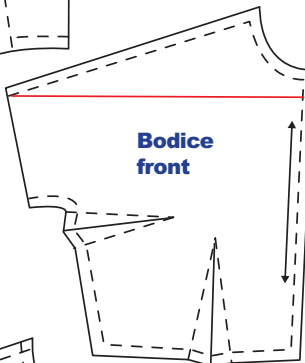


Figure 3c

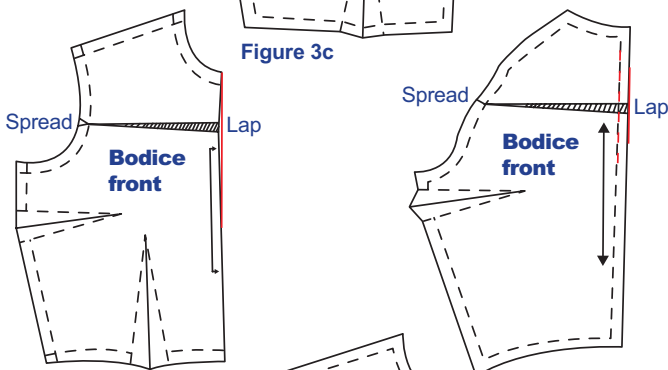


Figure 4a

Figure 4b

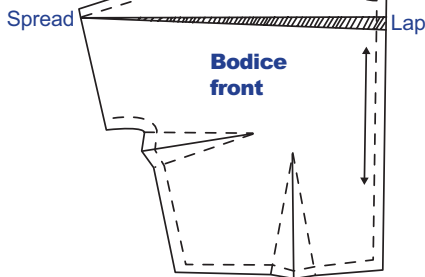


Figure 4c

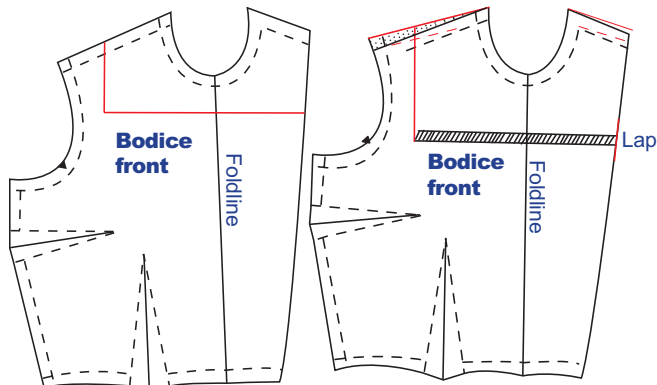


Figure 5

Figure 6

1. Measure from the neckline seamline at the center front to where you need the alteration.
2. Starting at the center front, draw a horizontal line at a right angle to the center front or to the lengthwise grainline across the pattern to the armhole, shoulder seamline or hemline (Figs. 3a, 3b and 3c).
3. Slash along the line *to, but not through*, the armhole or shoulder seamline. Clip the seam allowance at that point.
4. Lap the amount you need at the center front, tapering the pattern to the armhole, shoulder seamline or hemline. Tape the pattern in place.
5. Redraw the center front foldline or the seam and redraw the cutting lines to straighten the center front (Figs. 4a, 4b and 4c).

Bodice with attached front facing

Bodices with attached front facings are altered differently from those with sewn on facings.

1. Measure from the neckline seamline at the center front to where you need the alteration.
2. At that point, draw a horizontal line across the pattern and perpendicular to the center front or to the lengthwise grainline.
3. Draw a vertical line from the shoulder cutting line (about 1 inch or 2.5 cm from the armhole). The line will run to the horizontal line parallel to the lengthwise grainline or to the center front (Fig. 5).
4. Cut the pattern along the marked lines.
5. Lap the amount you need horizontally, making the center front lines straight. Keep the edges of the pattern together along the vertical slash and tape the pattern in place.
6. Tape tissue paper under the pattern at the shoulder. Redraw the shoulder seam and cutting lines, connecting the original armhole and neckline seam and the cutting lines. Redraw the shoulder seam and cutting lines on the facing, adding the same amount you have on the bodice shoulder seamline (Fig. 6).

Princess bodice

1. Measure from the neckline seamline at the center front to where you need the alteration. From there draw a horizontal line perpendicular to the center front across the bodice front (Fig. 7).
2. Slash the amount you need along the horizontal line and lap sections evenly, keeping the center front lines and grainline straight. Tape the pattern in place, and redraw the seam and cutting lines (Fig. 8).
3. Pin the bodice pieces together, matching seamlines from the notch to the shoulder seam.
4. Tape tissue paper under the shoulder area, and redraw the shoulder seam and cutting lines. Connect the original armhole and neckline seam and the cutting lines (Fig. 9).
5. Separate the pattern pieces, and complete the shoulder seam and cutting lines that you need (Fig 10).

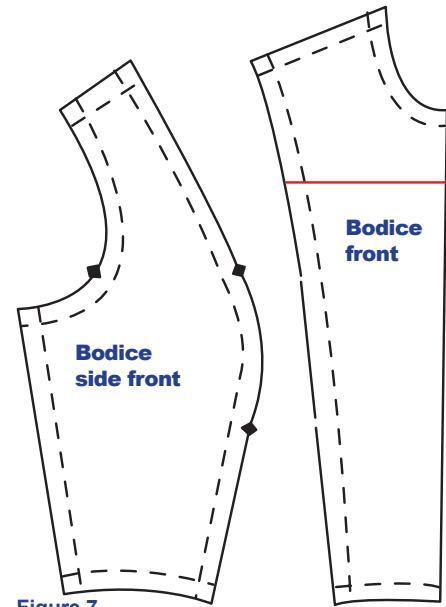


Figure 7

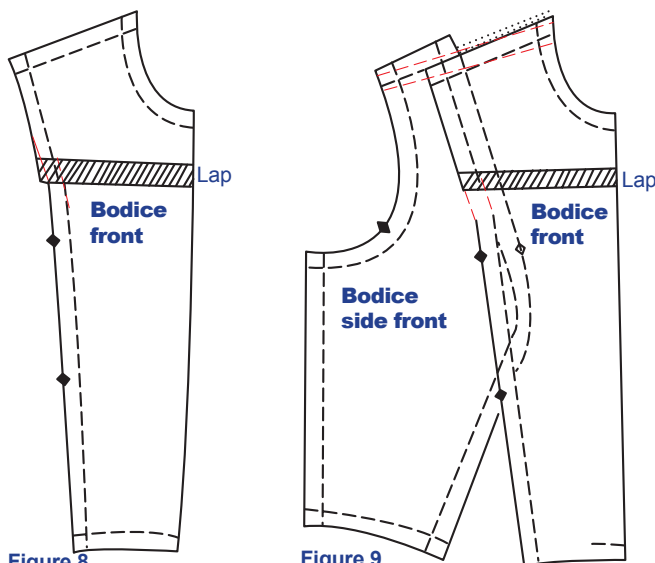


Figure 8

Figure 9

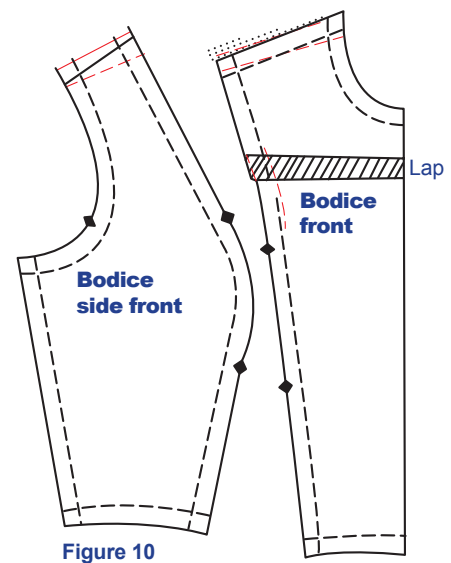


Figure 10

Ann Vanderpoorten wrote the original manuscript for this publication.

Produced by AgriLife Communications and Marketing, The Texas A&M University System

Extension publications can be found on the Web at: <http://AgriLifeBookstore.org>.

Visit Texas AgriLife Extension Service at <http://AgriLifeExtension.tamu.edu>.