

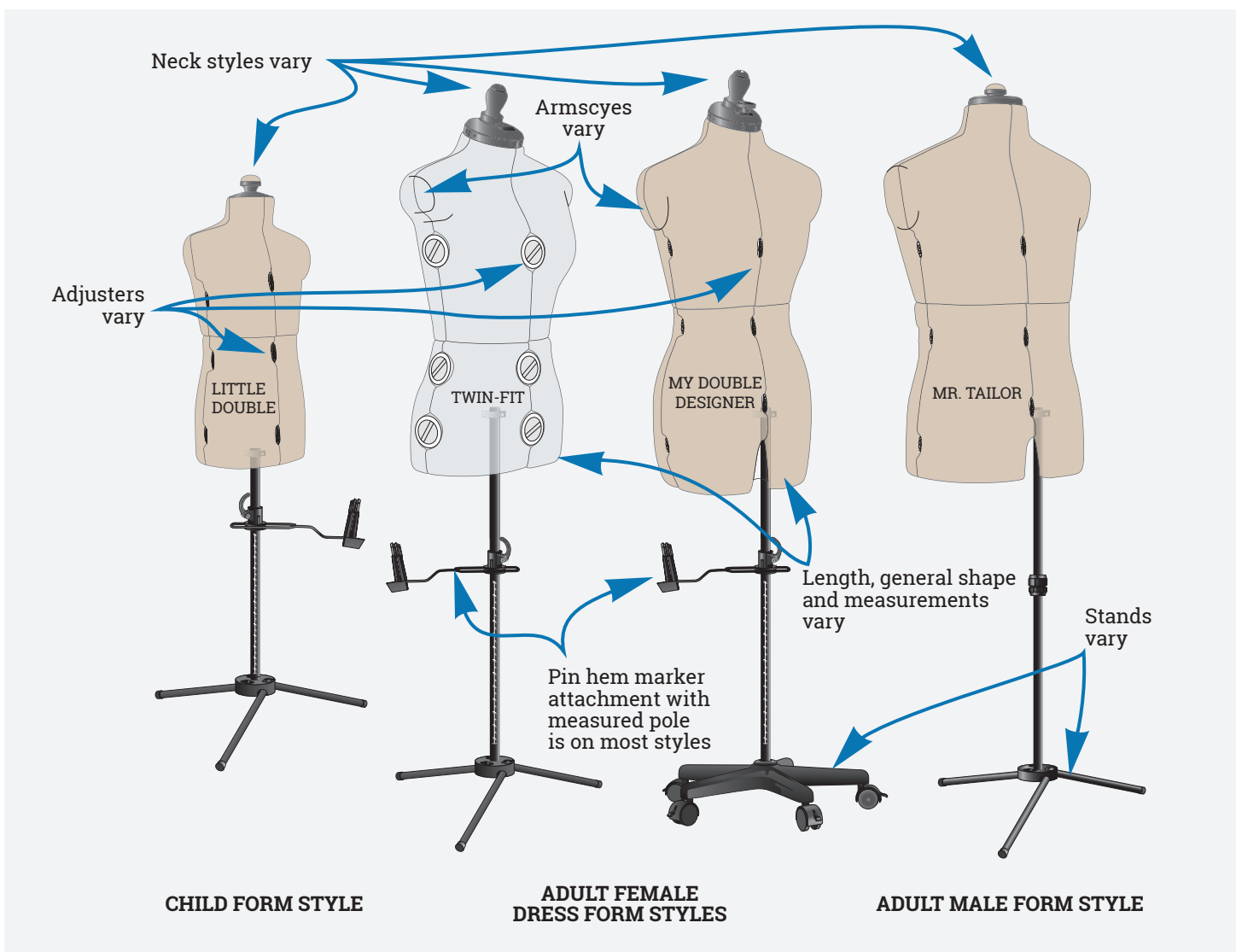
How to Choose a Dress Form

What is a dress form? A dress form is an integral part of the sewing process. It is a shaped form that mimics your own body measurements. Use it to pin on pattern pieces, test-fit seams during construction or to drape and design a garment. Fashion is much easier to create and fit when the garment is in front of you—also more accurate because you don't have to twist your body to fit and pin the garment!

Dritz dress forms are adjustable so you can personalize the form to match your own measurements. We have two different styles of dress forms for women, one form for a man and one for a young child (male or female). Each has different shapes and features. All the similarities and differences will be explained in this tutorial. Find the one that is perfect for you!



Dress forms not only have different fabric colors and top finial shapes, they have different proportions and size ranges as well. Note the difference in armscye shape and body fullness. Notice the waist and hip shapes and the body length. The Twin-Fit has a center pole, while the My Double Designer and Mr. Tailor have an off-set pole for pants fitting. (NOTE: The My Double Designer and the Mr. Tailor have both a center pole position as well as the off-set one. Only the off-set position is shown below.) Stands vary by style, and each features different shoulder to floor height measurements. Adjusters also vary. All forms have measurements on the pole and a hem marker except for the Mr. Tailor. See the following pages for specific size differences.



What is a dress form used for?

Use your dress form to:

- Plan and style an outfit by draping coordinating fabrics to see how they look together.
- Fit a tissue pattern.
- Design an outfit by draping fabric or marking pattern pieces.
- Check the placement of seams, darts, pockets and buttons.
- Establish the position and roll of collars and lapels.
- Position embellishments, such as lace, trims and appliqués.
- Plan the placement of machine embroidery designs.
- Position shoulder pads accurately.
- Check the position and fit of a lining.
- Mark hems.
- Fit pants - My Double Designer and Mr. Tailor have been specially designed for pants fitting with an off-set stand and hip and torso shaping to help achieve a professional fit.
- Fit and hang wedding gowns or costumes as you sew.
- Accessorize and display your completed outfit.
- Use for display—holiday decor, jewelry or party decorations.

What to consider when buying a dress form:

- Size—This is the most important. Take your own measurements and record them in the chart on the following page. Purchase a form that most closely matches your measurements. When in doubt, purchase a smaller form. You can always add, but you can't subtract from the original size. NOTE: Sewing pattern sizes do not always correlate with ready-to-wear sizes. They rely completely on measurements.
- Where do you plan to store your dress form? Will it sit in a closet until you need it, or will you display it in your living area? Colors and the style of stand may affect your decision.
- Will you be marking hems on your dress form? All have hem markers except Mr. Tailor.
- Adjustment dials—See the dress form list that follows showing the dials that adjust each style. Auto-set dials squeeze and turn to adjust. Adjustable wheels rotate with one finger.
- Do you plan to fit pants on the form? The off-set pole of the My Double Designer and Mr. Tailor is designed for this.
- Height—Dress form heights vary from 62.25" to 66", but the My Double Designer and Mr. Tailor have a second, longer off-set pole, which extends to increase the height. If you need additional height, consider placing the form on a raised surface.

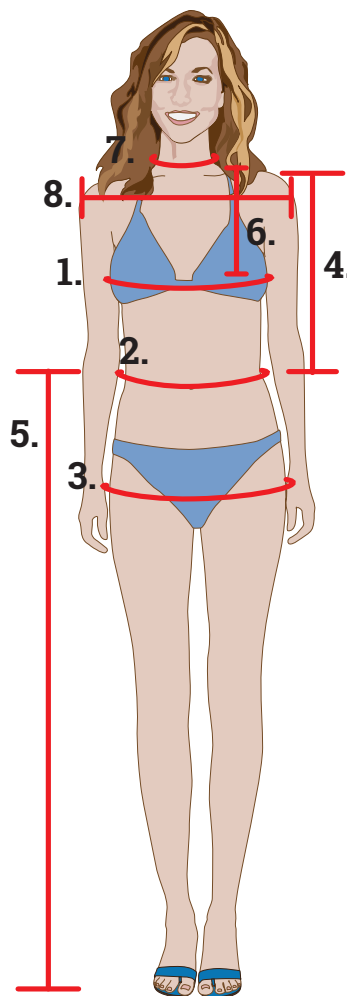


Measurements:

Take your measurements. It is easiest to have a friend assist you. Wear the type of shoes and undergarments you would normally wear. Fill in the chart below, date it and re-check often. Our bodies change; adjust your dress form as needed. The image shown is female, but the same measurements are taken for the male form.

1. Take the bust measurement over the fullest part of the bust. Tape should always be parallel to the floor.
2. Measure your natural waist—the area where your waistband most comfortably sits. (This may not be the smallest part of your torso.)
3. Take your hip measurement 7"–9" below the waistline. This should be the widest part of your hip area. Make a note of the distance to the measured point as well.
4. Have your friend measure your back waist length from neck to natural waist. (Start the tape at the prominent bone at the back of the neck.)
5. Measure from your waist to the floor. Add this to the back waist length to find the height from neck to floor.
6. Measure from the shoulder to the center of the bust (women).
7. Measure around the base of your neck.
8. Measure the shoulder across the back from side to side.

For each measurement, the tape should be snug but not tight. Compare your measurements to those of the different dress forms. Choose the form that most closely parallels your own measurements. Forms overlap size ranges, so you may have several from which to choose. Choose a form that matches or is slightly smaller than your measurements. You can always pad to fit, but you can't subtract inches from the smallest dimension.



Date	1 – Bust (women) Chest (men)	2 – Waist	3 – Hips	4 – Back Length from neck to waist	5 – Length from waist to floor	6 – Length from shoulder to center bust (women)	7 – Neck	8 – Width of shoulder taken across top of back



Special features of each form:



Little Double

- One size only. Designed and sized for children in the 6–10 age range
- Adjustable in precise increments at chest, waist & hips
- 12 soft-grip adjustment wheels roll easily with thumb or finger
- Wheel measurement markings include inches & centimeters
- Adjustable back waist length provides up to 2" of additional length
- Adjustable neck size
- Adjustable height for customizing to child's full body length measurement
- Pin cushion on neck cap for easy pin access & storage
- Center metal pole with printed measurements to assist with measuring hem height from floor
- Pin hem marker for creating accurate & even hems
- Sturdy tripod base folds for compact storage
- Cappuccino foam-backed cotton/polyester cover for easy pinning and marking
- Step-by-step instructions included



Adjustment Wheel

Size Adjustment Range	
Chest	24"–32"
Waist	22"–30"
Hips	26"–34"
Back Waist Length	11"–13"
Neck	12"–15"
Shoulder Width	11"
Waist to Hip	6"
Shoulder to Floor Height	59"



Special features of each form:

**twin-fit**

- Silver gray foam-backed polyester cover for easy pinning & marking.
- 12 Auto-set dials squeeze and turn (Petite includes 10 auto-set dials and 2 adjustment wheels at bust sides).
- Dial measurement settings include inches & centimeters.
- Adjustable in 1/2" increments at bust, waist & hips.
- Adjustable back waist length provides up to 2" of additional body length.
- Wood finial presses down & turns to adjust neck size.
- Pin cushion on neck for easy pin access & storage
- Pin hem marker for creating accurate & even hems
- Center metal pole with printed measurements
- Sturdy tripod base folds for compact storage.
- Step-by-step instructions included.

Auto-set
Adjustment DialAdjustment Wheel
Petite Only

Size Adjustment Ranges	Petite	Small	Medium	Large	Full-Figure
Bust	30"–36"	33"–39"	39"–45"	44"–50"	48"–54"
Waist	22"–28"	25"–31"	30"–36"	37"–43"	41"–47"
Hips	31"–37"	34"–40"	40"–46"	46"–52"	51"–57"
Back Waist Length	15"–17"	15"–17"	17"–19"	17"–19"	17"–19"
Neck	13"–16"	14"–17"	14"–17"	15"–18"	17"–19"
Shoulder Width	13.5"	14.5"	15.5"	17"	18.5"
Shoulder to Center Bust	8.5"	9"	10"	12"	12.5"
Waist to Hip	8"	8"	8"	8"	8"
Shoulder to Floor Height	64"	64"	66"	65"	66"



Special features of each form:



- Neutral cappuccino foam-backed cotton/polyester cover for easy pinning
- 12 soft-grip adjustment wheels roll easily with thumb or finger
- Adjustable in precise increments at bust, waist & hips
- Wheel measurement markings include inches & centimeters
- Shaped hips, bottom & thighs for design & pants fitting
- Extended shoulders for supporting & setting in sleeves
- Back waist expands by turning knob on neck cap
- Off-set pole allows for straight hanging of pants legs
- Center pole for dresses, skirts & gowns
- Adjustable height allows full body length measurement
- Adjustable back waist length provides up to 2" of additional length
- Decorative wood finial functions as knob for adjusting neck size
- Pin hem marker for creating accurate & even hems
- Printed measurements on pole assists with measuring hem height from floor
- Rolling base with locking casters provides movement & stability
- Pin cushion on center of adjustment knob for easy pin access
- Step-by-step instructions included



Adjustment Wheel



Size Adjustment Ranges	Petite	Small	Medium	Full Figure
Bust	28"–35"	33"–41"	39"–47"	45.5"–53"
Waist	23.5"–31"	26"–34"	32"–40"	39"–46"
Hips	31"–38"	36"–44"	41"–49"	47"–54"
Back Waist Length	14"–16"	15"–17"	15"–17"	16"–18"
Neck	14"–17"	15"–18"	15"–18"	15"–18"
Shoulder Width	13"	14"	15.5"	16.5"
Shoulder to Center Bust	7"	9"	10.5"	11.5"
Waist to Hip	8"	9"	9"	7"
Center Pole Shoulder to Floor Height	63"	65"	65.5"	64.5"
Off-set Pole Shoulder to Floor Height	66.5"	74"	75.5"	73.5"



Special features of each form:



Mr. Tailor



Adjustment Wheel

- Neutral cappuccino foam-backed cotton/-polyester cover for easy pinning and marking
- 12 soft-grip adjustment wheels roll easily with thumb or finger
- Adjustable in precise increments at chest, waist & hips
- Wheel measurement markings include inches & centimeters
- Pin cushion on neck cap for easy pin access and storage
- Shaped crotch area for design & fitting of pants
- Extended shoulders for supporting & setting in sleeves
- Adjustable neck size
- Off-set pole allows for straight hanging of pants legs
- Center pole for shirts & jackets
- Adjustable height allows full body length measurement
- Adjustable back waist length provides up to 2" of additional length
- Sturdy tripod base for compact storage
- Step-by-step instructions included

Size Adjustment Range	
Chest	37"–45"
Waist	33"–41"
Hips	40"–47"
Back Waist Length	15"–17"
Neck	15"–18"
Shoulder Width	16.5"
Center Pole Shoulder to Floor Height	62.25"
Off-set Pole Shoulder to Floor Height	72.25"

