



# ADJUSTING TROUSERS

based on the DINAH pattern:

## Lengthening the crotch seam

### Adjusting the crotch length

Example: The trousers are too short at the back or you feel like the crotch seam is too close to the body. In either case, you should measure your crotch length so that you can adjust it.

First off, measure the crotch length on your body. Make sure to add as much ease as you want your trousers to have.

Next, compare your measurement with the crotch length on the pattern. Choose the size you will sew based on the measurement chart. It is imperative to also check the thigh circumference (line 8 on the chart).

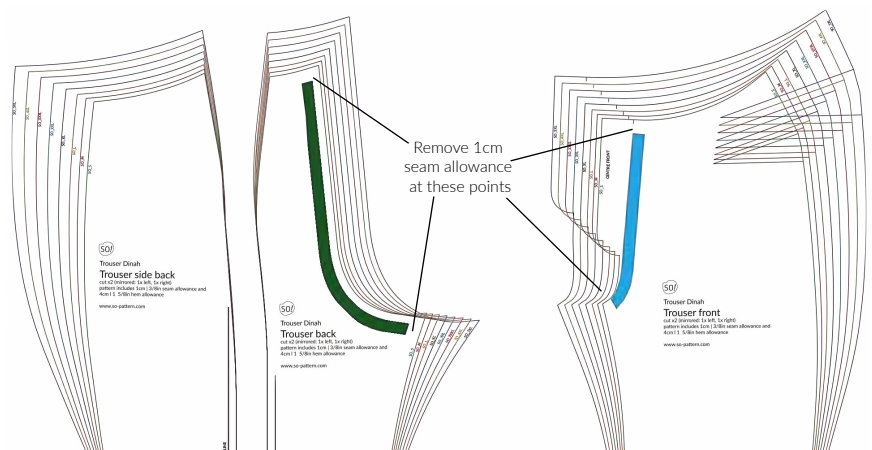
### 1. Measuring your crotch length

- (1) Tie an elastic band around your waist / where the trousers will finish.
- (2) Place your measuring tape between your legs and measure the length from the centre front of the waist elastic to the centre back. This is your crotch length.

### 2. Measuring the crotch length on the pattern

- (1) Measure the crotch length on the pattern at a distance of 1cm / 3/8in from the edge (seam allowance) in the size you will be sewing. Remember to also deduct the seam allowance at the ends of the line.
- (2) On the trouser front, measure along the centre front line and ignore the fly extension. When you get to the curved section below, measure at a distance of 1cm / 3/8in from the edge (seam allowance). Remember to also deduct the seam allowance at the ends of the line.

(In the example below, we used the smallest pattern size).





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based on the DINAH pattern:

## Lengthening the crotch seam

---> Compare the measurements of the pattern and your body <---

You won't necessarily need to adjust both pattern pieces. You could also try to determine the point where the inseam starts (it'll be between your legs, about half way between front and back) and see if you need to only lengthen the front or the back.

TIP: Flat tummy + round butt = extend the crotch seam at the back

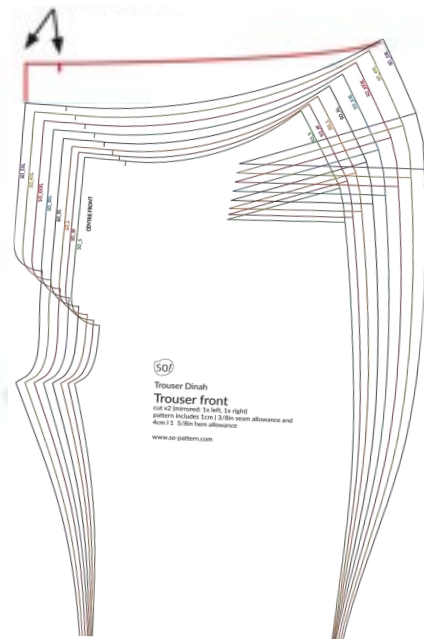
Round tummy + flat butt = extend the crotch seam at the front

However, make sure your total adjustment does not exceed the length you need to add! Add it all to front OR all to the back OR divide the adjustment between the front and the back.

### 3. Front

For the trouser front, you extend the centre edge (left arrow) and centre front (right arrow) by the required length. Connect this line smoothly with the outseam/side seam point at the top. (In the example below, we used the largest pattern size)

Extension at front



### 4. Back

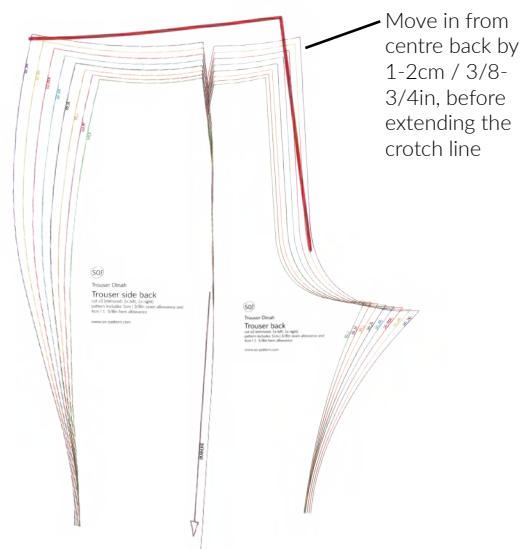
This adjustment is a bit more involved, because our sample pattern has two back sections. Place the centre back and side back patterns together, so the seam lines (1cm / 3/8in in from the edge) match up at the waistline. Now you need to move 1-2\*cm / 3/8-3/4\*in from the centre back along the waistline edge.

This new point is where you add the extra length (move up from the point) to add to the crotch seam. Make a smooth connection from here to the outseam/side seam, as well as to the centre back seam (match the lines up above the curve).

Now separate the centre back and side back pattern pieces again and add seam allowances to both pieces where needed.

\*If you have a rounded butt, it's better to adjust by 2cm / 3/4in.

(In the example below, we used the largest pattern size).



### 5. Facing

Finally, you need to check if your facings also need to be adjusted.

Place the front facing onto the front and match up the notches. Adjust the facing as necessary.

To check the back facing, match up side back and centre back again as in step 4 and then place the back facing on top. The facing should have the exact same shape and width as the upper section of the back. Adjust the facing as necessary.