

I want to throw something out there that may be helpful to sewers with asymmetric figures – something that took me a long time to understand.

I have a $\frac{3}{4}$ inch difference in my shoulder height and a curve to my spine. This affects my hips by $\frac{3}{4}$ inch as well. Also my arms torque. The low side hangs forward and the high side hangs back.

You might imagine I was always searching for solutions. And long ago I even paid someone to fit me (I actually did this twice). Throwing in a $\frac{3}{4}$ inch shoulder pad was their answer. However, I was disappointed. There is something about the way my low shoulder drops that takes the shoulder pad down with it and the garment resumes its droop. For every day dressing I prefer not to wear a shoulder pad anyway.

With the shoulders being $\frac{3}{4}$ different one anticipates length differences from waist to shoulder tips, but girth measurements will differ too. Measuring from CF, CB and from the waist to other points on the pattern there will be differences in girth from side to side and different dart intakes and dart lengths too. The differences for me were always relative to $\frac{3}{4}$ inch: $\frac{3}{16}$, $\frac{3}{8}$, $\frac{3}{4}$, $1 \frac{1}{8}$, $1 \frac{1}{2}$. For example, my back across the shoulder blades measures 16 inches. But instead of 8 inches on each side CB, the high side measures out $8 \frac{3}{8}$ and the low side measures out $7 \frac{5}{8}$ (a $\frac{3}{4}$ inch difference). Besides the asymmetry, I also had to sort through a myriad of more common fitting problems.

Anyway, I don't want other sewers with asymmetric figures to be stuck on the idea that measurements and darts must be the same on each side. That's the information I want to share. And they should all know about getting started by making an initial slash diagonally from the high shoulder to the low side and overlapping the amount of the difference in shoulder height – a helpful bit of knowledge that I had yet to discover, when I started out.

My fitting sheath dress became a distant memory, as I concentrated my efforts on a torso draft which is more useful to me. I think the waist seam in the sheath probably held the garment closer to symmetry which collapsed when I gave up the waist seam in the torso draft – but I don't know for sure.

With differently shaped pattern pieces, asymmetry makes it just about impossible to match plaids and such, but sewers don't have to stick with solids - they can be creative with color blocking and asymmetric design details.