

Dress pattern designing the basic principles of cut and fit Handbook

Dress pattern designing the basic principles of cut and fit

Dress pattern designing is a fundamental aspect of fashion and apparel creation that directly influences the overall appearance, comfort, and functionality of the finished garment. At its core, pattern designing involves translating a design concept into a precise, workable blueprint that guides fabric cutting and sewing. Central to this process are the principles of cut and fit, which ensure that the final dress complements the wearer's body shape, enhances aesthetics, and provides comfort. Understanding these principles is essential for fashion designers, pattern makers, and tailors alike, as they form the foundation for creating well-structured, flattering, and wearable garments.

Understanding the Principles of Cut in Dress Pattern Designing

Definition of Cut

The "cut" in dress pattern designing refers to the way fabric is shaped and divided into sections to construct a garment. Proper cutting ensures that the fabric pieces fit together seamlessly and that the finished product aligns with the intended design. It directly affects the drape, silhouette, and overall look of the dress.

Basic Principles of Cut

To achieve a well-structured garment, several fundamental principles govern the cutting process:

- **Grain Line Consideration:** All pattern pieces must be aligned with the fabric's grain line to maintain proper drape and stability. The grain line runs parallel to the selvage, and cutting along or across it affects the garment's fit and appearance.
- **Pattern Symmetry and Balance:** Symmetrical parts, such as front and back or left and right sides, should be cut accurately to ensure the garment hangs evenly and fits correctly.
- **Seam Allowances:** Including consistent seam allowances around pattern edges allows for proper stitching and adjustments without compromising the design.
- **Fabric Type and Pattern Design:** The nature of the fabric (stretch, woven, knit) and any print or pattern must be considered during cutting to achieve the desired aesthetic and fit.
- **Seam and Dart Placement:** Strategic placement of seams and darts influences fit and silhouette, especially in areas requiring shaping such as bust, waist, and hips.

- **Ease Inclusion:** Incorporating appropriate ease (extra space for movement and comfort) in the pattern ensures the garment is neither too tight nor too loose.
- **Pattern Notches and Markings:** Properly marked notches, darts, and grain lines facilitate accurate assembly and maintaining pattern integrity during cutting.

Types of Cuts in Dress Pattern Design

Different cuts create various silhouettes and styles:

- **Straight Cut:** Provides a simple, classic silhouette, often used in sheath dresses.
- **A-line Cut:** Flares out from the waist, creating a flattering shape suitable for many body types.
- **Fit-and-Flare:** Emphasizes the waist with fitted bodice and flared skirt, popular in evening and casual dresses.
- **Empire Cut:** Features a raised waistline just below the bust for a flowing, elongated look.
- **Princess Cut:** Involves vertical seams and panels that contour the body, often used in evening gowns.

Understanding the Principles of Fit in Dress Pattern Designing

Definition of Fit

"Fit" refers to how well a garment conforms to the body's shape without causing discomfort or restricting movement. Good fit enhances the wearer's appearance, provides comfort, and ensures durability.

Basic Principles of Fit

Achieving the correct fit involves applying several key principles:

- **Body Measurements Accuracy:** Precise measurements of the bust, waist, hips, shoulder width, arm length, and other vital points are essential for pattern drafting.
- **Proper Pattern Drafting:** Drafting patterns based on accurate measurements ensures the pattern will fit the intended body shape.
- **Dart and Seam Placement:** Strategic placement of darts and seams allows the fabric to contour the body, providing a tailored fit.
- **Ease Management:** Incorporating adequate ease ensures comfort; too little ease results in tightness, while too much causes looseness.
- **Consideration of Body Shape:** Different body types (hourglass, rectangular, pear-shaped, etc.) require adjustments in pattern design to enhance fit.

- **Fabric Behavior:** Understanding fabric stretch, drape, and recovery informs how patterns are adjusted for optimal fit.
- **Balance and Symmetry:** Ensuring that the garment is balanced on both sides and symmetrical enhances overall fit and appearance.

Factors Affecting Fit

Several factors can influence how well a dress fits:

- **Body Posture and Movements:** Patterns must accommodate natural postures and movements of the wearer.
- **Design Details:** Ruffles, pleats, and embellishments can alter fit and should be considered during pattern drafting.
- **Fabric Choice:** Stiff fabrics may require different pattern adjustments compared to stretchy or soft fabrics.
- **Seam and Darts Precision:** Accurate sewing and pressing impact the final fit and appearance.

Interrelation Between Cut and Fit Principles

How Cut Affects Fit

The initial cut of fabric determines the foundation of the garment's fit. Precise cutting respecting grain lines, seam allowances, and pattern markings ensures that the assembled garment aligns with the designed fit. Errors in cutting can lead to misalignment, tightness, or looseness that compromise the intended silhouette.

How Fit Principles Influence Cutting Decisions

Designers may modify the pattern or adjust the cut based on the desired fit:

- To create a snug fit, pattern pieces may be cut with minimal ease and tailored darts.
- For a relaxed fit, additional ease is incorporated into the pattern.
- Adjustments in seam placement and dart shaping can refine the fit around curves and protrusions.

Practical Approach to Dress Pattern Designing: Combining Cut and Fit Principles

Step-by-Step Process

Implementing these principles involves a systematic approach:

- **Measurement Collection:** Gather accurate body measurements.
- **Design Selection:** Choose the dress style and silhouette.
- **Pattern Drafting:** Draft initial patterns based on measurements and design features.
- **Incorporate Ease and Fit Adjustments:** Add or subtract ease depending on desired fit and fabric properties.
- **Cutting Fabric:** Follow grain line, notches, and markings carefully for precise cutting.
- **Sewing and Fitting:** Assemble the garment and conduct fitting sessions to identify necessary adjustments.
- **Pattern Refinement:** Modify the pattern based on fitting feedback for future iterations.

Importance of Prototype or Muslin Fitting

Creating a muslin or prototype is a crucial step that allows pattern makers to evaluate the cut and fit before cutting into expensive fabric. This trial garment helps identify fit issues related to seam placement, darts, and ease, enabling refinements for the final version.

Conclusion

The principles of cut and fit are the backbone of effective dress pattern designing. A thorough understanding of how fabric is cut, how patterns are drafted, and how garments should conform to the body ensures that the final dress not only looks aesthetically pleasing but also provides comfort and functionality. Mastery of these principles allows designers and pattern makers to craft garments that beautifully enhance the wearer's natural shape, embodying both artistic vision and technical precision. As fashion evolves, the core principles of cut and fit remain timeless, guiding the creation of garments that are both stylish and well-constructed.

Dress pattern designing: the basic principles of cut and fit is a fundamental aspect of fashion design that determines the overall look, comfort, and style of a garment. Whether creating a simple dress or a complex evening gown, understanding how to manipulate patterns to achieve the desired cut and fit is essential for designers, tailors, and fashion enthusiasts alike. This article explores the core principles behind dress pattern designing, focusing on the intricacies of cut and fit, their significance, and practical techniques to master these elements for flawless garment creation.

Understanding the Basics of Dress Pattern Designing

Before delving into the specific principles of cut and fit, it is important to grasp the overall concept of dress pattern designing. Patterns serve as the blueprint for garments—they translate design ideas into tangible templates that can be used to cut fabric accurately. Proper pattern drafting ensures that

the final product aligns with the intended style, size, and silhouette.

Key aspects of pattern designing include:

- Measurement accuracy: Precise measurements are critical to developing patterns that fit well.
- Draping and flat pattern work: Techniques to visualize how fabric will fall and conform to the body.
- Seam and dart placement: Strategic placement to enhance fit and aesthetics.
- Ease and design lines: Balancing comfort with style through appropriate allowances.

The Significance of Cut and Fit in Dress Pattern Designing

Cut and fit are often used interchangeably but hold distinct roles in pattern making:

- Cut refers to the shape, style lines, and silhouette created by the pattern?the visual and structural design of the garment.
- Fit pertains to how well the garment conforms to the wearer?s body, ensuring comfort and a flattering appearance.

Achieving the right cut and fit is crucial because:

- It influences the overall aesthetic of the garment.
- It affects comfort and wearability.
- It determines the garment's suitability for different body types.
- It enhances or diminishes the intended style statement.

Fundamental Principles of Cut in Dress Pattern Designing

The cut of a dress pattern defines the style and silhouette, affecting how the fabric drapes and how the wearer appears.

Design Lines and Silhouette

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Question Answer What are the fundamental principles of dress pattern designing related to cut and fit? The fundamental principles include proper measurement taking, understanding body proportions, ensuring ease of movement, and designing patterns that contour the body accurately for a comfortable and aesthetically pleasing fit. How does the choice of fabric influence the cut and fit in dress pattern designing? Fabric selection impacts drape, stiffness, and stretch, which in turn affect how the pattern should be designed for optimal fit and silhouette, ensuring the garment complements the fabric's characteristics. What is the importance of dart placement in dress pattern designing? Dart placement is crucial for shaping the garment to the body contours, providing a smooth fit around curves like busts and waistlines, which enhances overall comfort and appearance. How does understanding body shape aid in designing better dress patterns? Knowing body shapes helps designers create patterns that accentuate strengths and conceal concerns, ensuring a better fit and more flattering garment for the wearer. What are the basic principles of achieving the right fit in dress pattern designing? Achieving the right fit involves accurate measurements, proper pattern adjustments, understanding ease allowances, and testing patterns through muslins before finalizing the design. How does the concept of 'ease' influence cut and fit in pattern designing? 'Ease' refers to the extra space added to measurements for comfort and movement; understanding and applying the correct ease is vital for achieving desired fit and silhouette. What role does seam placement play in the principles of pattern cut and fit? Seam placement affects how the garment contours to the body, influences fit, and can be used to enhance or diminish certain body features for a tailored look. How do pattern makers ensure symmetry and consistency in cut and fit? Pattern makers use precise measurements, standardized drafting techniques, and careful pattern grading to maintain symmetry and consistency across different sizes and designs. What techniques are used to modify basic patterns for different fit requirements? Techniques include pattern grading, dart manipulation, slash and spread, and adding or removing ease to customize fit according to design needs and body variations. Why is testing a pattern with muslin important in dress pattern designing? Testing with muslin allows designers to evaluate fit, make adjustments, and ensure the pattern achieves the desired cut and fit before cutting into expensive fabrics, saving time and resources.

Related keywords: dress pattern, pattern drafting, garment fitting, fabric cutting, sewing basics, pattern making, fit adjustment, clothing design, pattern manipulation, couture techniques

Winifred Metric Pattern Cutting

Winifred Metric Pattern Cutting is a renowned method in the world of fashion design and garment construction, offering a systematic approach to creating perfectly fitting clothing patterns. Developed by the pioneering pattern cutter Winifred Aldridge, this technique emphasizes precision, mathematical accuracy, and a structured methodology that streamlines the pattern-making process. Whether you are a budding fashion student, a professional pattern cutter, or an enthusiast eager to learn more about pattern drafting, understanding the principles of Winifred Metric Pattern Cutting can significantly enhance your skills and improve the fit and quality of your designs.

What is Winifred Metric Pattern Cutting?

Winifred Metric Pattern Cutting is a traditional yet highly effective method of pattern drafting that utilizes metric measurements to develop flat patterns for various garments. It is characterized by its logical, step-by-step process that ensures accuracy and consistency. This technique is particularly popular among fashion colleges and design studios because it simplifies complex pattern drafting tasks and encourages a clear understanding of garment construction.

The Origins of Winifred Metric Pattern Cutting

Developed by Winifred Aldridge in the mid-20th century, this pattern cutting method was designed to be accessible and precise, making it ideal for educational settings. Aldridge's approach gained popularity for its emphasis on metric measurements, which facilitate precise calculations, and its systematic workflow that reduces errors common in manual pattern drafting.

Core Principles of Winifred Metric Pattern Cutting

- **Use of Metric System:** Ensures high precision with measurements in centimeters and millimeters.
- **Standardized Blocks:** Creates basic block patterns that can be adapted for various designs.
- **Flat Pattern Drafting:** Avoids draping or mannequin fitting, instead focusing on flat pattern development.
- **Accurate Measurement and Marking:** Emphasizes careful measurement to ensure garments fit perfectly.
- **Step-by-Step Process:** Guides pattern cutters through logical stages, from body measurements to complete patterns.

Benefits of Using Winifred Metric Pattern Cutting

Adopting Winifred Metric Pattern Cutting offers numerous advantages, especially for those seeking precision and efficiency in pattern development.

Key Benefits

- Enhanced Accuracy: Metric measurements reduce the chances of errors.
- Consistency: Standardized methods lead to repeatable results across different designs.
- Educational Clarity: Ideal for students learning fundamental pattern drafting principles.
- Time Efficiency: Structured process speeds up pattern creation.
- Flexibility: Can be adapted for various garment types, from casual wear to haute couture.
- Cost-Effective: Eliminates the need for expensive draping materials or complex machinery.

The Step-by-Step Process of Winifred Metric Pattern Cutting

Understanding the detailed steps involved is essential to mastering this technique. Here's an overview of the typical process:

Step 1: Taking Accurate Body Measurements

Before drafting any pattern, precise measurements are vital. Common measurements include:

- Bust
- Waist
- Hip
- Shoulder width
- Back width
- Armhole circumference
- Neck circumference
- Sleeve length

Step 2: Creating the Basic Block

Using the measurements, a basic block or sloper is drafted on paper. This serves as the foundation for all pattern modifications.

Step 3: Drafting the Basic Pattern

- Draw vertical and horizontal reference lines on the paper.

- Mark key points based on the measurements.
- Use mathematical formulas to determine side seams, armholes, neckline, and waistlines.
- Connect points smoothly to form the basic pattern.

Step 4: Adding Seam Allowances and Details

Once the basic block is complete, seam allowances are added, and style lines are marked for design features such as darts, princess seams, or pleats.

Step 5: Creating Pattern Variations

The basic pattern can be adapted to create different styles by adjusting darts, adding fullness, or changing neckline shapes.

Step 6: Pattern Testing and Fitting

The pattern is usually tested on muslin or toile fabric to check fit and proportions before cutting into final fabric.

Essential Tools for Winifred Metric Pattern Cutting

To achieve accurate results, pattern cutters require specific tools:

- Metric tape measure
- Clear ruler or straight edge (preferably in centimeters)
- French curve or hip curve
- Set squares and protractor
- Pattern paper (pattern drafting paper)
- Pencils and erasers
- Scissors and pattern weights

Key Points to Remember When Practicing Winifred Metric Pattern Cutting

- Always double-check measurements for accuracy.
- Use consistent measurement units (centimeters/millimeters).
- Take your time during drafting to avoid errors.
- Practice creating various pattern types to build versatility.
- Keep detailed notes on modifications for future reference.

Tips for Learning Winifred Metric Pattern Cutting

- Start with basic blocks: Master foundational patterns before moving to complex designs.
- Use visual aids: Diagrams and tutorials can clarify complex steps.
- Practice regularly: Consistent practice enhances precision and confidence.
- Attend workshops or courses: Hands-on guidance accelerates learning.
- Study existing patterns: Analyze commercial patterns drafted using this method.

Comparing Winifred Metric Pattern Cutting with Other Techniques

While Winifred's method is highly regarded, it?s useful to understand how it compares with alternative pattern drafting techniques:

Aspect	Winifred Metric Pattern Cutting	Draping Method	Drafting with Pattern Drafting Software
Measurement System	Metric system	Metric or imperial	Digital measurements
Process	Flat pattern drafting	Drape on dress form	Computer-aided design (CAD)
Learning Curve	Moderate, structured	Steep for beginners	Varies based on software familiarity
Suitability	Educational, precise fitting	Creative, experimental	Technical, production-focused

Applications of Winifred Metric Pattern Cutting in Fashion Design

This pattern cutting method is versatile and can be applied across various areas:

- Ready-to-Wear Garments: Ensures consistency and quality.
- Custom Fittings: Achieves tailored fits for individual clients.
- Costume Design: Drafting historically accurate or theatrical costumes.
- Pattern Development: Creating new designs based on standard blocks.
- Educational Purposes: Teaching foundational pattern drafting skills.

Advancing Your Skills in Winifred Metric Pattern Cutting

To deepen your expertise, consider the following steps:

- Enroll in specialized courses or workshops focusing on Winifred pattern drafting.
- Join online forums and communities for pattern cutters to share tips and resources.
- Practice creating a range of garment types to understand pattern adjustments.
- Study fashion history to see how classic techniques like Winifred's have evolved.
- Keep a pattern journal documenting your progress and modifications.

Final Thoughts

Winifred Metric Pattern Cutting remains a cornerstone technique for fashion designers and pattern cutters worldwide. Its emphasis on precision, simplicity, and systematic workflow makes it an invaluable skill for creating well-fitting, professional-quality garments. By mastering this method, you can develop a strong foundation in pattern drafting, opening doors to more advanced techniques and creative design possibilities. Whether you aim to work in fashion production, pattern development, or fashion education, understanding Winifred's approach will significantly enhance your pattern cutting proficiency and overall design skills.

SEO Keywords for Optimization

- Winifred Metric Pattern Cutting
- Pattern drafting techniques
- Garment pattern development
- Flat pattern drafting tutorial
- Fashion pattern cutting methods
- Basic pattern drafting steps
- How to create a pattern block
- Precision pattern cutting
- Educational pattern drafting courses
- Metric system in pattern making

By integrating these insights and following a structured approach, you can master Winifred Metric Pattern Cutting and elevate your fashion design projects to a professional standard.

Winifred Metric Pattern Cutting: A Comprehensive Guide to Precision and Elegance in Garment Construction

Introduction

Winifred metric pattern cutting stands as a pivotal methodology in the world of fashion design and garment production. Developed during the early 20th century, this technique revolutionized how designers and pattern cutters approached garment construction, emphasizing accuracy, efficiency,

and adaptability. Unlike traditional pattern drafting, which often relied on body measurements and manual calculations, Winifred's system introduced a structured, metric-based approach that streamlined the process and enhanced precision. Today, it remains a fundamental skill for fashion students, professional pattern cutters, and designers seeking to craft well-fitted, aesthetically pleasing garments with consistency and confidence.

The Origins of Winifred Metric Pattern Cutting

Historical Background

Winifred's contribution to pattern cutting traces back to the 1930s and 1940s, a period marked by rapid technological advancements and a shift toward mass production in fashion. During this era, pattern cutters faced the challenge of creating patterns that could be easily scaled and reproduced, ensuring uniformity across large quantities of garments. Winifred's innovative approach introduced the use of the metric system—centimeters and millimeters—as a standardized measurement tool, facilitating more precise calculations and adjustments.

The Rationale Behind Metrication

Why shift from traditional imperial measurements to the metric system? The answer lies in the inherent advantages of metric units:

- Simplicity and Consistency: The decimal-based system reduces calculation errors.
- Versatility: Easily adaptable to various sizing systems and body types.
- Global Standardization: Aligns with international industrial practices, making patterns more universally applicable.

Winifred's adoption of the metric system was a strategic move that made pattern cutting more scientific, consistent, and accessible.

Core Principles of Winifred Metric Pattern Cutting

- Precision in Measurement

At the heart of Winifred's system is meticulous measurement. Pattern cutters measure the body or dress form using metric tapes, noting key points such as bust, waist, hip, shoulder width, and arm length. These measurements are then translated into pattern components using a series of mathematical formulas and proportional relationships.

- Use of Mathematical and Geometric Techniques

Winifred's method employs geometric principles to manipulate measurements and create pattern shapes. For example:

- Dividing measurements into ratios to determine darts, seams, and grainlines.
- Using basic geometric shapes to draft bodices, skirts, and sleeves.
- Applying proportional scaling to adjust patterns for different sizes.

This scientific approach ensures that each pattern is accurate, symmetrical, and proportionally correct.

- Modular Pattern Development

Rather than drafting entire garments from scratch, Winifred's system advocates building patterns from modular components—blocks or slopers—that can be customized for various designs. These blocks serve as foundational templates that can be modified to create different styles, ensuring consistency and efficiency.

Step-by-Step Process in Winifred Metric Pattern Cutting

Step 1: Taking Accurate Measurements

- Use a flexible metric tape to measure key body points.
- Record measurements in centimeters with decimal precision.
- Note additional measurements such as shoulder slope, back width, and armhole depth for detailed fitting.

Step 2: Drafting the Basic Block

- Establish a set of standard measurements based on the client or dress form.
- Use the measurements to plot key points on drafting paper, aligned with the chosen measurement system.
- Draw vertical and horizontal lines to establish the center front/back, side seams, and other reference points.

Step 3: Applying Mathematical Formulas

- Calculate the lengths and widths of pattern segments based on measurement ratios.
- For example, the bust point might be located at a certain proportion of the bust measurement from the shoulder or armhole.
- Use these calculations to mark points accurately and draw smooth curves.

Step 4: Creating the Pattern Components

- Draft individual pattern pieces such as the front and back bodice, sleeve, and skirt panels.
- Add seam allowances, darts, and notches as per standard practice.
- Ensure all pattern pieces are proportionally scaled and symmetrical.

Step 5: Fitting and Adjustments

- Create a toile (muslin mock-up) from the pattern.
- Make adjustments based on fit, marking changes directly on the pattern.
- Use the same measurement principles to modify pattern dimensions for size grading or style variations.

Advantages of Winifred Metric Pattern Cutting

Accuracy and Consistency

By grounding pattern development in precise measurements and mathematical calculations, Winifred's method minimizes human error, ensuring each pattern piece fits together seamlessly.

Scalability and Reproducibility

The metric approach facilitates easy scaling for different sizes and grades, making mass production more straightforward and reducing wastage.

Flexibility and Customization

Modular patterns derived from basic blocks allow designers to quickly adapt and innovate, creating diverse styles from a standard foundation.

Educational Value

The systematic, scientific nature of Winifred's system makes it an excellent teaching tool, helping students understand the relationship between measurements, geometry, and garment fit.

Practical Applications and Modern Relevance

Despite the advent of computer-aided design (CAD) and digital pattern making, Winifred metric pattern cutting remains relevant in several contexts:

- Educational Settings: As a foundation for understanding pattern construction.
- Custom Bespoke Garments: Where precision and fit are paramount.
- Small-scale Production: Offering a cost-effective and adaptable method for designers and manufacturers.
- Historical and Adaptive Design: Providing insights into traditional techniques that can inspire modern innovations.

Many contemporary pattern cutting courses incorporate Winifred's principles to teach students the fundamentals of measurement and geometry, underscoring its enduring value.

Challenges and Limitations

While highly precise, Winifred's system requires:

- Meticulous Measurement Skills: Errors in measurement can propagate through the pattern.
- Mathematical Proficiency: An understanding of formulas and geometric principles.
- Time Investment: Detailed calculations may extend the pattern drafting process compared to more intuitive methods.

Moreover, in the era of digital pattern software, some view Winifred's approach as labor-intensive, though many practitioners appreciate its craftsmanship and educational depth.

Conclusion

Winifred metric pattern cutting is a testament to the blend of science and art in fashion design. Its emphasis on accuracy, geometric understanding, and modular construction provides a robust framework for creating well-fitted garments. While technological advancements have introduced new tools, the core principles of Winifred's system continue to influence pattern cutting practices worldwide. For students, designers, and pattern cutters committed to precision and craftsmanship, mastering Winifred metric pattern cutting offers a solid foundation upon which to build innovative and impeccable fashion pieces.

In essence, Winifred's legacy is one of precision, adaptability, and educational clarity—qualities that remain vital in the ever-evolving landscape of fashion design.

Question What is the Winifred Metric Pattern Cutting method? The Winifred Metric Pattern Cutting method is a systematic approach to drafting patterns based on precise measurements and geometric principles, enabling accurate and customizable garment patterns. How does Winifred's pattern cutting differ from traditional methods? Winifred's method emphasizes the use of metric measurements and mathematical calculations to create patterns, resulting in more precise fits compared to traditional flat pattern drafting that relies on manual adjustments. Can beginners learn Winifred Metric Pattern Cutting easily? Yes, with proper guidance and practice, beginners can learn Winifred's method as it provides clear steps and relies on fundamental measurement principles, making pattern drafting more accessible. What are the advantages of using Winifred's pattern cutting techniques? Advantages include accurate fit, customization to individual measurements, efficiency in pattern creation, and a deeper understanding of garment construction through precise measurements. Are there any online resources or courses for learning Winifred Metric Pattern Cutting? Yes, numerous online platforms offer tutorials, courses, and workshops dedicated to Winifred's pattern cutting methods, often taught by experienced pattern cutters and fashion educators. Is Winifred Metric Pattern Cutting suitable for all types of garments? While it is versatile and adaptable, Winifred's method is particularly effective for fitted garments like dresses, bodices, and tailored pieces, but can be modified for other styles with experience.

Related keywords: Winifred Metric Pattern Cutting, pattern drafting, garment fitting, clothing construction, pattern making techniques, fashion design, tailoring patterns, dressmaking, pattern grading, couture pattern cutting

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