

# Quick! – How To Take In Or Let Out Men's Pants WAISTS

by

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# QUICK!

*“I just need info on Taking in or letting out men’s pants waists!”*

*“Please – would somebody just bite-size this info for me without a lot of introduction?”*

*“I have a deadline and I need to see photos in a comprehensive layout with clear written instructions immediately!”*

*“I don’t need an entire manual covering everything about garment alterations right now!”*



If this is you, I’ve got what you need **starting on the very next page.**

Let’s go, super-hero sewer!



# Taking In & Letting Out Men's Pants Waist

Let's cover **Taking In** first. How to **Let Out** comes later.

*Note: See our accompanying YouTube video TRAILER on this subject. Search for Alterations by Phyllis on YouTube.*

<https://www.youtube.com/user/SpoofyToo>

Purchase the accompanying video here:

<http://www.alterationsbyphyllis.com/tutorials-store>



Determine how loose pants are by grasping or “pinching” the excess right at the back waistband while subject is in front of the mirror.

It’s usually too bulky to pin here, so you must measure how much excess there is.

No need to “pinch” in the rest of the seam as that would not usually be appropriate with a stranger or mere acquaintance.

The natural curve of the seam is guidance enough.

First Let's begin by looking at the rear seam. If there's a belt loop, remove it with the seam ripper.





On a different pair of pants, see how there's a continuous seam on through the waistband.



If only manufacturers would make women's pants in this same way with a seam in the waistband. You'll see shortly how slick this is.

Now look at this inside out. Release the white waistband facing over the back seam. Do this all the way in until you have freed the entire continuous seam through the waistband.





Waistband facings are attached in many and various ways besides that shown below; suffice to say, the objective is to get it all released.





If it's tight quarters -- and often is right where the waistband meets the pants -- release as much on either side of the rear seam as possible to be able to get in there with the machine.





In this case, the two nearby beltloops had to be loosened to free up the area.



See how much more room there is now to grasp the seam and pin it. Waist reduction needs to be 2-1/4" total, so 1-1/8" on each side of the existing seam.

This is what's so slick, the continuous seam run, rather than having to deal with the waistband separately, as in women's pants.

Chalk the sewing line. With practice, you'll be able to skip chalking and simply measure and pin, sewing from pin to pin.





Pin the sewing line taking care to match evenly where the waistband meets the pants.

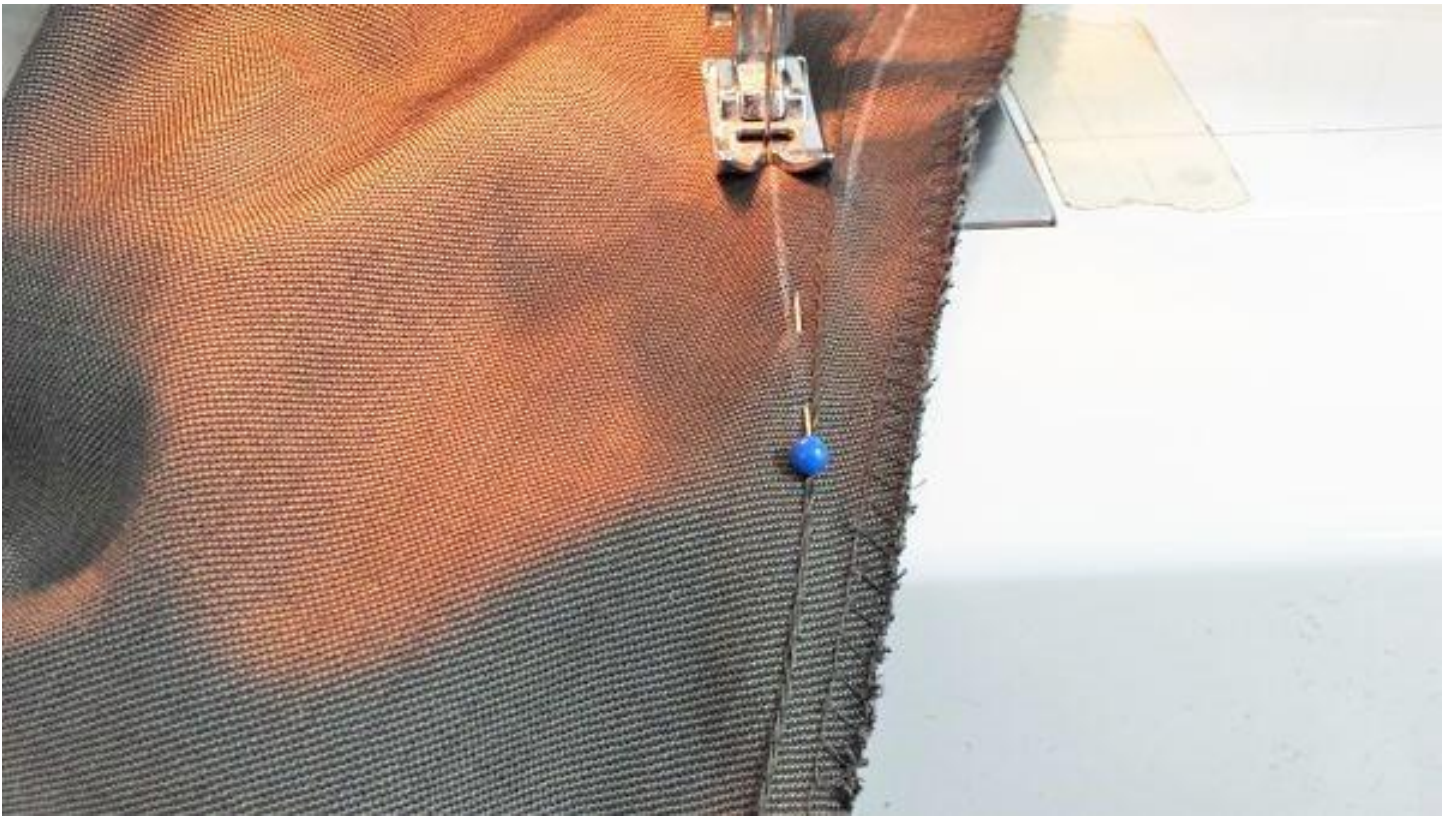


Time to sew a continuous line from waistband and down tapering and disappearing stitches into the original seam stitching closer to the crotch.













Check that you came out evenly at the waistband.



Run a second line of stitching on top or very close to the one just sewn for reinforcement.

Trim excess seam before ripping out old stitching. That way you'll have less old stitching to rip out.



At least pink the trimmed seam, ideally zig-zag the edge or serge.



Usually you can chain stitch unravel the old commercial seam stitching. Otherwise rip out old seam line as you would any other type of stitching.

Wrong side out, press the seam open flat.



Now stitch-in-the-ditch the waistband down. No need to put it all back the same way you found it, unless you want to.



Reattach any removed belt loops, usually by topstitching them back on as it is often not possible to sew them on as originally.

## Letting Out

If pants are too tight to zip up comfortably, let out as much as possible even up to as narrow as a quarter inch seam if necessary. That's a tiny seam but can be done. Be sure to double stitch the new seam.

Since all is dependent on how much seam allowance there is and the fact that it's impossible to measure, you'll need to use logic or intuition, whichever works best for you, to determine how much to let out.

If pants can be zipped and only somewhat uncomfortable, let out 1 to 1-1/2" total.



Do everything the same as for taking in except that you are working on the opposite side of the original seam as shown in the chalk line above the original seam (not pinned).



Later, you'll need to very carefully remove old seam line stitches and steam press to remove



old stitch holes because the area you've let out will show.

That's it! You're finished! Good job!

