

# SHIRT SHRINK

a method for shrinking an XL shirt but still making sleeves longer.

a **>SELF\_PASSAGE<** method

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1. get an old shirt some sizes too large, now ready to fit your new slender self.

2. cut away some cm:s from the sides.



3. stop before arm pit. measure how much you want to take away from shoulders, cut this distance from sleeve-seam.

4. make the cuts meet around arm pit. repeat on other side.

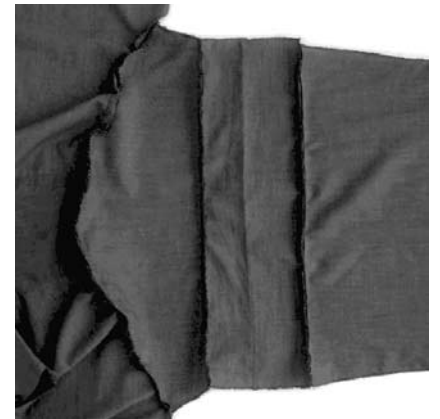
5. cut off sleeve from side. put it beside your new arm-hole. cut away surplus fabric from sleeve to make the hole.



6. attach the sleeve.



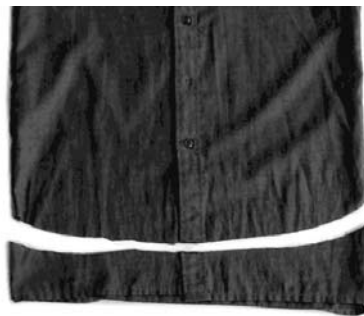
7. cut the sleeve apart and put in a piece of the side fabric.



8. attach with straight seam and make zig-zag seams on edges.



9. pin together along arm and side. join the pieces.



10. make the shirt shorter if needed. make a hem.



11. new fit - new image.