

choose your ideal pattern size

Find out how to use your own measurements to determine your pattern size.

LOOK AT SIZE WITH NEW EYES

Begin by discarding any assumptions you may have about what size you wear. Then think about the last time you went clothes shopping. Did every garment in “your” size fit you? Of course not! Standard body measurements vary from one garment manufacturer to another. And the measurements used by your favorite ready-to-wear brands may not correspond to other ready-to-wear brands or to the standard body measurements that are used to develop the patterns. The good news is that patterns are based on standard body measurements. Once you have compared your body measurements to the standard body measurements you can choose your pattern size (or sizes) and be all set to sew.

MEASURE & COMPARE

The way to determine pattern size is to take accurate body measurements, then compare them with the standards. In some cases, your pattern size may be one or two sizes larger than your ready-to-wear size. But PLEASE don't let preconceived notions stand in the way of good fit. Who's to know what pattern size you use? A good fitting garment looks great and there certainly won't be any size labels sewn into your finished garments! It's also a good idea to retake your measurements every six months. Body contours and measurements do change when losing or gaining, or just reshaping. It is these body measurements that are going to be your guide.

FITTING FAQs

Q Why don't all patterns that are the same size fit the same way?

A The reason is something called “ease”, the amount of fullness added to a pattern's design. There are two types of ease. Wearing ease is the minimum “wiggle room” built into the garment. All garments, except swimwear and some knit garments, contain wearing ease. Design ease is the extra amount that gives the intended fashion look. If a particular pattern is too large or too small for you, it may be because the amount of design ease is not in proportion to your bone structure. Before purchasing a pattern, study the artwork and the photographs. These will give you information about the designer's intent.

Q Is there anyway I can tell how much ease there is in a particular pattern?

A Photo and art presentations, technical drawings

and finished garment measurements on the pattern envelope indicate how the garment is designed to fit. Finished garment measurements in key areas are given on most pattern envelopes in addition to being printed on the pattern tissue. Note that the finished garment measurements will include the wearing ease and the design ease that is built into the pattern. If you can't visualize what these measurements mean, measure and compare them with garments you already have in your wardrobe. You can even use a tape measure to see how much room there is over your body.

Q What if my height and back-waist length measurements are shorter than standards for my pattern size?

A If you are shorter than 5'5" and your back waist is at least 1" shorter than the one that corresponds to your bust size, you are probably a Miss Petite. Look for

“Misses” patterns that have a special “Fit For Petite” logo. These will give you instructions for adjusting the pattern's lengthwise proportions to suit your petite figure.

Q What's my size in Small, Medium, Large Size Patterns?

A Patterns sized small, medium and large are cut for the larger size in each designation. Unisex patterns, because they are designed to fit both men and women, use the man's chest measurement to determine the size range. For these patterns, match your best measurement to the chest measurement.

Q I'm a different size top and bottom. Are there any shortcuts to pattern adjustment?

A Multi-size patterns are the perfect solution. Because several sizes are printed on the same pattern tissue, you can follow the cutting lines for the size you are in each body area.

FOLLOW THESE THREE SIMPLE STEPS TO DETERMINE YOUR PATTERN SIZES

We say “sizes” because you may find that your jacket/blouse/top/dress size is different from your skirt or pant size.

STEP 1: MEASURE YOUR BODY

Using a tape measure take and record your personal body measurements; bust, high bust/chest, waist and full hip.

STEP 2: PATTERN STANDARDS

Refer to the Misses or Women's Standard Body Measurement charts. Find the standard measurements that are closest to your personal measurements for bust, waist and hip. Enter each measurement and its corresponding pattern size (which will be your preliminary pattern size) in the appropriate spaces in the next two columns. If you fall between two sizes write both sizes down.

For example, if your bust measures 37½", the closest standard

measurement is 38", which gives you size 16 as the preliminary size. If your bust measures 37", your preliminary pattern size options are size 14 (a 36" bust) or size 16 (a 38" bust).

STEP 3: FINAL PATTERN SIZE

The Bust Measurement determines final pattern size for tops, dresses, jackets & coats.

There is, however, an exception.

Patterns are drafted for the B-cup figure. If your bra cup size is larger than a B, it will affect the way the pattern fits. Use Your Measurements Worksheet to determine your cup size. Subtract your High Bust/Chest measurement from your Bust measurement.

HERE'S WHAT THE DIFFERENCE MEANS:

Less than 2½": You're an A- or B-cup.

2½" to 3": You're a C-cup.

3½" to 4": You're a D-cup.

4" or more: You're larger than a D-cup.

If you are a B-cup or smaller, use your Bust measurement to determine your final pattern size.

If you are a C-cup or larger, match your High Bust/Chest measurement to the Bust measurement of the Standard Body Measurement Chart to determine your final pattern size. This will ensure good fit in those hard-to-adjust areas shoulders, neckline, chest and upper back.

FIT TIPS

If you fall between sizes, here are a few factors to consider:

1. Bone structure. If you're small boned, choose the smaller size; if you're large boned, choose the larger one.
2. Fitting preference. If you like a close fit, choose the smaller size; if you prefer a loose fit, go for the larger one.
3. Fashion silhouette. The more closely fitted the silhouette, the safer you are in choosing the larger size.

If you are larger than a B-cup size, you'll get a better fit if you look for designs with bust darts and increase the size of the dart. Look for Patterns with separate pattern pieces included for B,C and D cup sizes.

The Waist Measurement determines final pattern size for skirts that are not fitted in the hip area.

The Hip Measurement determines the final pattern size for pants and most skirts.

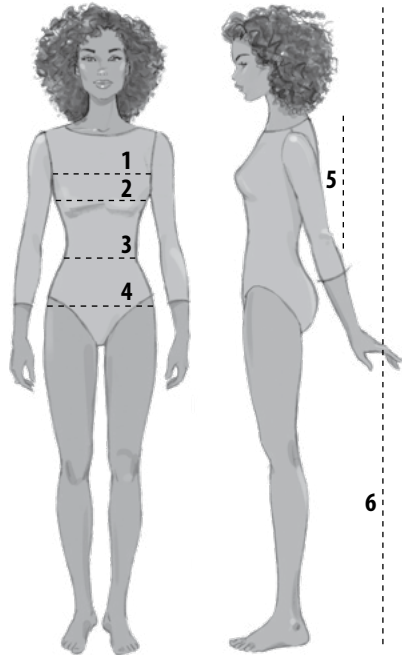
misses' body measurements in inches and centimeters

MISSES': About 5'5" to 5'6" (165cm to 167cm) height. **MISS PETITE**: About 5'2" to 5'3" (157cm to 160cm) height.
Misses patterns are made for a B cup with 2" (5cm) difference between bust and high bust measurement.

SIZE RANGE	XS		S		M		L		XL		XXL													
US	4	6	8	10	12	14	16	18	20	22	24	26												
European	30	32	34	36	38	40	42	44	46	48	50	52												
French	32	34	36	38	40	42	44	46	48	50	52	54												
BODY MEASUREMENTS	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.				
High Bust	27½	70	28½	73	29½	75	30½	78	32	81	34	87	36	92	38	97	40	102	42	107	44	112	46	117
Bust	29½	75	30½	78	31½	80	32½	83	34	87	36	92	38	97	40	102	42	107	44	112	46	117	48	122
Waist	22	56	23	58	24	61	25	64	26½	67	28	71	30	76	32	81	34	87	37	94	39	99	41½	104
Hip	31½	80	32½	83	33½	85	34½	88	36	92	38	97	40	102	42	107	44	112	46	117	48	122	50	127
Back Waist Length	15¾	39	15½	39.5	15¾	40	16	40.5	16¼	41.5	16½	42	16¾	42.5	17	43	17¼	44	17½	44.5	17¾	45	18	46
Petite Back Waist Length	14	35.5	14¼	36	14¾	37.5	15	38	15¼	39	15½	39.5	15¾	40	16	40.5	16¼	41	16½	42	16¾	42.5	17	43

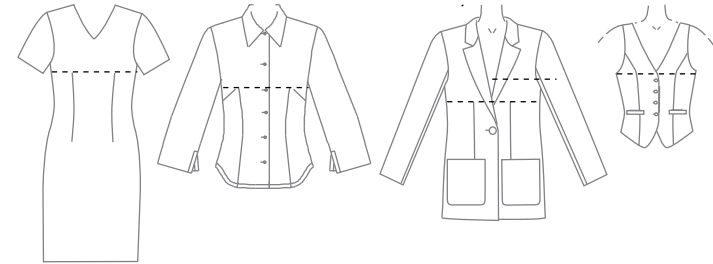
MISSES'

- High Bust
- Bust
- Waist
- Hip
- Back Waist Length
- Height



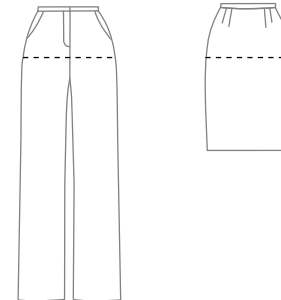
TOPS

The Bust measurement determines the size.



BOTTOMS

The Hip measurement determines the size.



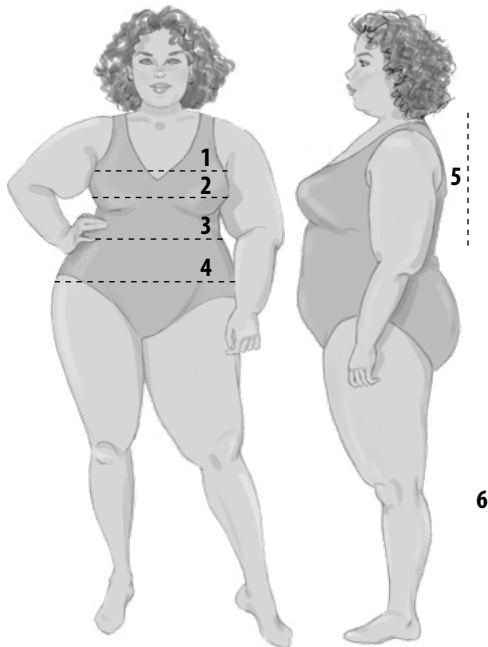
women's body measurements in inches and centimeters

WOMEN'S: About 5'5" to 5'6" (165cm to 167cm) height. **WOMEN'S PETITE:** About 5'2" to 5'3" (157cm to 160cm) height.
Women's patterns are made for a C cup with 1" (2.5cm) difference between bust and high bust measurement.

SIZE RANGE	L		1X		2X		3X		4X		5X													
US	16W	18W	20W	22W	24W	26W	28W	30W	32W	34W	36W	38W												
European	42	44	46	48	50	52	54	56	58	60	62	64												
French	44	46	48	50	52	54	56	58	60	62	64	66												
BODY MEASUREMENTS	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.						
High Bust	37	94	39	99	41	104	43	109	45	114	47	119	49	124	51	130	53	135	55	140	57	145	59	150
Bust	38	97	40	102	42	107	44	112	46	117	48	122	50	127	52	132	54	137	56	142.5	58	147	60	152.5
Waist	31	79	33	84	35	89	37	94	39	99	41½	105	44	112	46½	118	49	124	51½	130	53	134	54½	138
Hip	40	102	42	107	44	112	46	117	48	122	50	127	52	132	54	137	56	142	58	147	60	152	62	157.5
Back Waist Length	16¾	42.5	17⅞	43	17¼	44	17¾	44	17½	44.5	17%	45	17¾	45	17¾	45.5	18	46	18%	46	18¼	46.5	18¾	47
Petite Back Waist Length	16	40.5	16%	41	16¼	41.5	16¾	42	16½	42	16%	42.5	16¾	42.5	16¾	43	17	43	17%	43.5	17¼	44	17¾	45.5

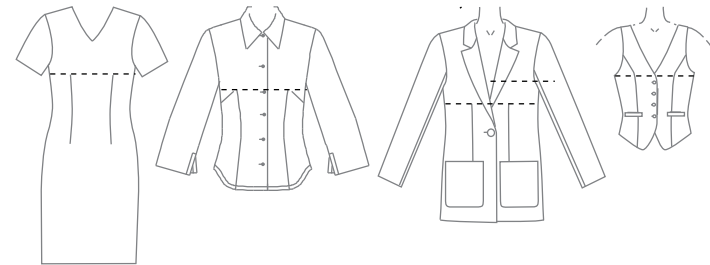
WOMEN'S

- High Bust
- Bust
- Waist
- Hip
- Back Waist Length
- Height



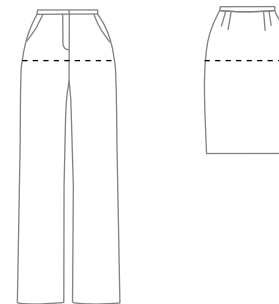
TOPS

The Bust measurement determines the size.



BOTTOMS

The Hip measurement determines the size.



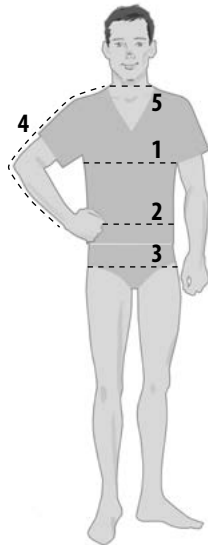
men's and unisex body measurements in inches and centimeters

MEN'S: For men of average build; about 5'10" (177cm) height.

MEN'S SIZE RANGE	XS		S		M		L		XL		XXL		XXXL													
US	32	34	36	38	40	42	44	46	48	50	52	54	56													
European / French	42	44	46	48	50	52	54	56	58	60	62	64	66													
BODY MEASUREMENTS	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.										
Chest	32	81	34	87	36	92	38	97	40	102	42	107	44	112	46	117	48	122	50	127	52	132	54	137	56	142.5
Waist	27	68.5	28	71	30	76	32	81	34	87	36	92	39	99	42	107	44	112	46	117	48	122	50	127	52	132
Hip (Seat)	34	87	35	89	37	94	39	99	41	104	43	109	45	114	47	119	49	124	51	130	53	135	55	140	57	145
Shirt Sleeve	31	79	32	81	32	81	33	84	33	84	34	87	34	87	35	89	35	89	35	89	35	89	35	89	35	89
Neckband	13½	34	14	35.5	14½	37	15	38	15½	39.5	16	40.5	16½	42	17	43	17½	44.5	18	46	18½	47	19	48.5	19½	49.5

MEN'S

- 1 Chest
- 2 Waist
- 3 Hip
- 4 Shirt Sleeve
- 5 Neckband



JACKET/VEST

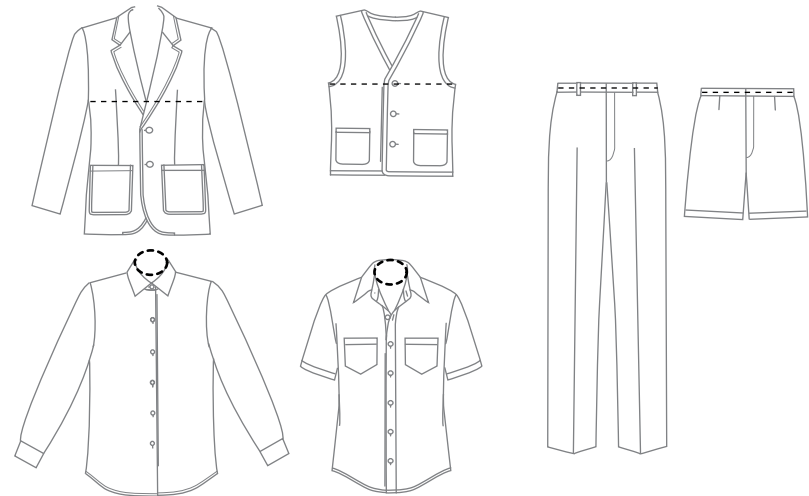
The Chest measurement determines the size.

SHIRT

The Neck measurement determines the size.

PANTS

The Waist measurement determines the size.



UNISEX: Unisex sizing is based on men's measurements.

UNISEX SIZE RANGE	XXS		XS		S		M		L		XL		XXL		XXXL	
	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.
Chest / Bust	28-29	71-74	30-32	76-81	34-36	87-92	38-40	97-102	42-44	107-112	46-48	117-122	50-52	127-132	54-56	137-142.5
Waist	29-30	74-76	31-32½	79-82	35-37	89-94	39-41	99-104	43-45	109-114	47-49	119-124	51-53	130-135	55-57	140-145

kids body measurements in inches and centimeters

INFANTS: For babies who are not yet walking.

INFANT SIZE RANGE	XXS		XS		S		M		L	
	lbs.	kgs.	lbs.	kgs.	lbs.	kgs.	lbs.	kgs.	lbs.	kgs.
Weight	up to 7	up to 3	7-13	3-6	13-18	6-8	18-21	8-9.5	21-24	9.5-11
Height	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.
	up to 17	up to 43	17-24	43-61	24-26½	61-67	26½-31	67-79	31-34	79-87

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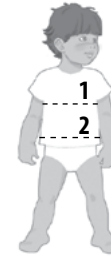
INFANTS

1 Height

TODDLERS': Between a baby and child. Pants have diaper allowance.

TODDLERS' SIZE RANGE	1/2		1		2		3		4	
	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.
Chest	19	48	20	51	21	53	22	56	23	58
Waist	19	48	19½	50	20	51	20½	52	21	53
Height	28	71	31	79	34	87	37	94	40	102

3



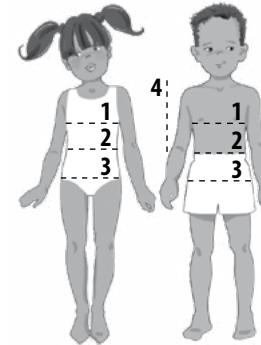
TODDLERS'

1 Chest
2 Waist
3 Height

CHILDREN: Child who is walking and not wearing diapers.

CHILDRENS' SIZE RANGE	XS		S				M				L					
	2		3		4		5		6		6X		7		8	
	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.
Chest	21	53	22	56	23	58	24	61	25	64	25½	65	26	66	27	69
Waist	20	51	20½	52	21	53	21½	55	22	56	22½	57	23	58	23½	60
Hip	—	—	—	—	24	61	25	64	26	66	26½	67	27	69	28	71
Back Waist Length	8½	22	9	23	9½	24	10	25.5	10½	27	10¾	27.5	11½	29.5	12	31
Height	35	89	38	97	41	104	44	112	47	119	48	122	50	127	52	132

5



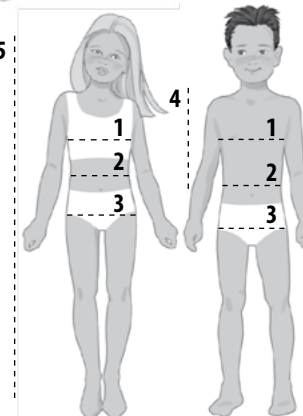
CHILDREN

1 Chest
2 Waist
3 Hip
4 Back Waist Length
5 Height

GIRLS/BOYS: For growing girl/boy who has not yet begun to mature.

GIRLS/BOYS, GIRLS PLUS SIZE RANGE	GIRLS AND BOYS												GIRLS PLUS									
	S				M				L				8½		10½		12½		14½		16½	
	7		8		10		12		14		16											
	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.
Chest	26	66	27	69	28½	73	30	76	32	81	34	87	30	76	30½	80	33	84	34½	88	36	92
Waist	23	58	23½	60	24½	62	25½	65	26½	67	27½	70	28	71	29	74	30	76	31	79	32	81
Hip	27	69	28	71	30	76	32	81	34	87	36	92	33	84	34½	88	36	92	37½	96	39	99
Back Waist Length	11½	29.5	12	31	12¾	32.5	13½	34.5	14½	36	15	38	12½	32	13¼	34	14	35.5	14¾	37.5	15½	39.5
Height	50	127	52	132	56	142	58½	149	61	155	61½	156	52	132	56	142	58½	149	61	155	63½	161

5



GIRLS/BOYS

1 Chest
2 Waist
3 Hip
4 Back Waist Length
5 Height