

Do You REALLY Know Your Pattern Size?

from

Simplicity® **McCALL'S**
VOGUE® / **Butterick**®
PATTERNS

We want you to look your best!

“Why doesn’t my pattern fit the way my ready-to-wear garments fit and why isn’t it the same size? What can I do to improve the fit of the garments I sew?” You may not want to hear this, but you will need to measure yourself. Good fit begins with good body measurements.

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 ones used by your favorite ready-to-wear brands may not correspond to other ready-to-wear brands or to the pattern industry’s standard body measurements.

But the good news is that within the sewing industry, Butterick, McCall’s, Simplicity and Vogue all use the same set of standard body measurements. Once you have determined your pattern size, it will be consistent, regardless of pattern brand.

Measure and Compare

The way to determine pattern size is to take accurate body measurements, then compare them with the pattern industry standards. The illustrations and charts on the following pages will take you, step by step, through this process.

Be prepared for a possible shock: In some cases, your pattern size may be one or two sizes larger than the one you are accustomed to in ready-to-wear. But PLEASE don’t let preconceived notions stand in the way of good fit. Who’s to know what pattern size you use? There certainly won’t be any size labels in your finished garments!

Be aware, too, that only a lucky few are the same size their whole life. With age comes wisdom . . . and changing body contours. It’s a good idea to retake your measurements every six months.

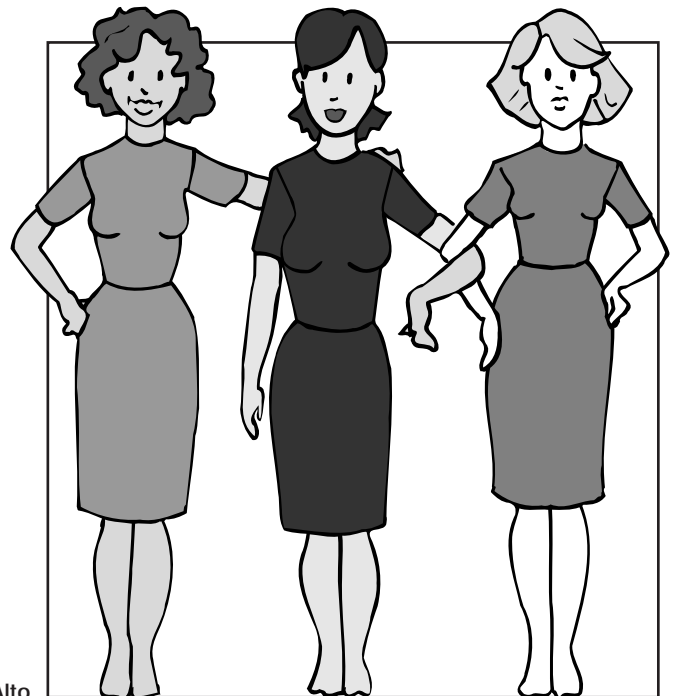


Illustration shown is from *Fit for Real People™* by Pati Palmer & Marta Alto

Different shapes, but all a size 12!

How to Measure

Measure over comfortable undergarments. Hold the tape measure snug, but not tight. Tie a narrow elastic around the waist. Bend and stretch until it settles at the natural waistline. Record your measurements on the chart below.

1. Bust:

Around the fullest part of the bust and straight across the back.

2. High Bust/Chest:

Around the body, under the arms above the fullest part of the bust.

3. Waist:

Around the body, over the waistline elastic.

4. Hip:

Around the body at the fullest part, usually 7"-9" below the waist.

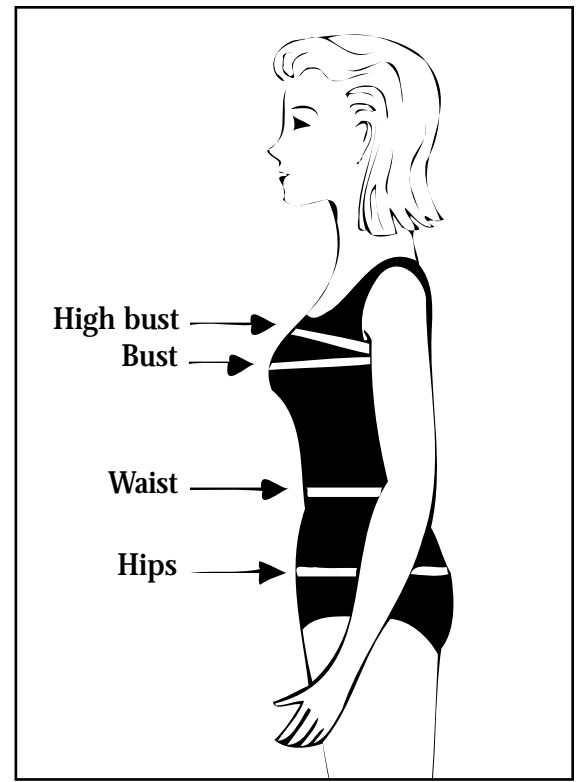
5. Back Waist*:

Lower your head to identify the prominent bone at the base of the neck. Measure from this bone to the waistline elastic.

6. Height*:

Stand barefoot against a flat wall. Measure from the floor to the top of your head.

*These two measurements require the help of a friend.



Body Measurement Charts

The following chart gives the standard bust, waist, hip and back waist length measurements that correspond to Misses' pattern sizes 4 to 26. These Pattern Industry Standards are used by Butterick, McCall's, Simplicity and Vogue.

Pattern Industry Standards												
Misses' patterns are designed for a well proportioned, developed figure, about 5'5" to 5'6" without shoes.												
Size	4	6	8	10	12	14	16	18	20	22	24	26
Bust	29½	30½	31½	32½	34	36	38	40	42	44	46	48
Waist	22	23	24	25	26½	28	30	32	34	37	39	41½
Hip	31½	32½	33½	34½	36	38	40	42	44	46	48	50
Bk.Wst. Lgth	15½	15½	15¾	16	16¼	16½	16¾	17	17¼	17⅝	17½	17¾



Your Measurement Worksheet

What to Measure	Body Measurements		Your Pattern Size	
	Yours	Pattern Standards	Preliminary	Final
Bust (around the fullest part)				
High Bust/Chest (directly under arms, above the Bust and around the back)				
Waist (around elastic)				
Full Hip (around fullest part approx. 7"-9" below waist)				

How to use Measurements to Determine Size

Our “Analyze Your Size” chart provides an easy way to determine your pattern sizes. We say “sizes” because you may find that your dress size is different from your skirt or pant size. Follow these step-by-step instructions for filling in the chart.

Step 1: Your Body Measurements

Enter your personal body measurements in the appropriate spaces in the first blank column.

Step 2: Pattern Standards

Turn to the Pattern Industry Standards chart on the opposite page. 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 them both down. For example, if your bust measures 37-1/2”, 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 Measurement Worksheet to determine your cup size. Subtract your High Bust/Chest measurement from your Bust measurement.

Here’s what the difference means:

Less than 2 1/2”: You’re an A- or B-cup.

2-1/2” to 3” You’re a C-cup

3-1/2” 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 Pattern Industry Standards Chart to determine your final pattern size. This will ensure good fit in those hard-to-adjust areas - shoulders, neckline, chest and upper back.

- **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.

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. On the next page, we will show you how to adjust the pattern to accommodate for a larger cup size.

See “Fitting FAQ’s” on page 4 for more information.

Take this handy pattern size chart to the store! (Just cut at dotted line below.)

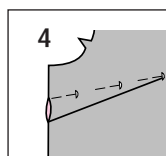
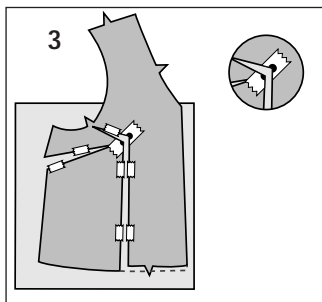
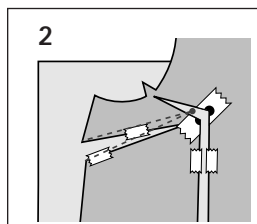
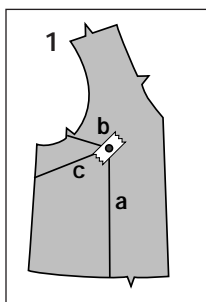
Garment:	Tops, Dresses, Jackets & Coats	Pants and Slim Skirts	Fuller Skirts
My Pattern Size			

How to Increase the Size of a Dart-For the C-cup or larger figure

1. Use a piece of transparent tape to reinforce the bust point on your pattern, appr. 1/2" from end of dart. Draw a line parallel to the center front, from the lower edge through the bust point, (a).

Extend the line diagonally up to the armhole notch (b).

Draw a line from the bust point through the center of the existing underarm dart (c).



2. Cut along lines (a) and (b) from the bottom edge of the pattern to, but not through, the armhole seamline.

Cut along line (c) from the side to, but not through, the bust point.

3. Place tissue paper under the cut edges of the pattern tissue and pin between the center front and the cut edge.

Spread the pattern at the bust point, keeping the cut edges parallel below the bust point.

- For a C-cup, spread 1/2"
- For a D-cup, spread 3/4"
- For larger than a D-cup, spread 1-1/4".

Pin or tape all the cut edges in place. Redraw the center-front lower edge, as shown.

Mark a new bust point at the same level as the original one but 1" to 1-1/4" closer to the side seam. Draw new dart lines from the side seam to the new bust point.

4. To redraw the side seam, pin the new dart together and fold it down.

Draw over the dart, connecting the original side seamlines.

Unpin the dart. Draw from the center of the dart to the original seam. Redraw the cutting lines and remaining seamlines.

For other queries concerning fit, contact any of the pattern companies listed below.

Fitting FAQs

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

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 exercise wear, 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.

Is there any way I can tell how much ease there is in a particular pattern?

Written descriptions and backviews on the

back of the pattern envelope indicate if the garment is "close-fitted" (no ease), "fitted," "semi-fitted," "loose fitting" or "very loose fitting."

Finished garment measurements for bust and hip are always printed on the pattern tissue. Note that, except for close-fitted garments, these measurements include standard body measurement + minimum ease (2" to 3" at bust and hip) + designer ease.

If you can't visualize what these measurements mean, measure and compare them with garments you already have in your wardrobe.

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

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 "Petite" logo. These will give you instructions for adjusting the pattern's lengthwise proportions to suit your petite figure.

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

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 bust measurement to the chest measurement.

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

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.

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