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PERFECT FITGUIDE

DO YOU
REALLY
KNOW
YOUR
SEWING
PATTERN
SIZE?

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



SIMPLICITY FIT GUIDE

A guide for the perfect fit!

Do you **REALLY** know your pattern size?

Learn how to use your body 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.

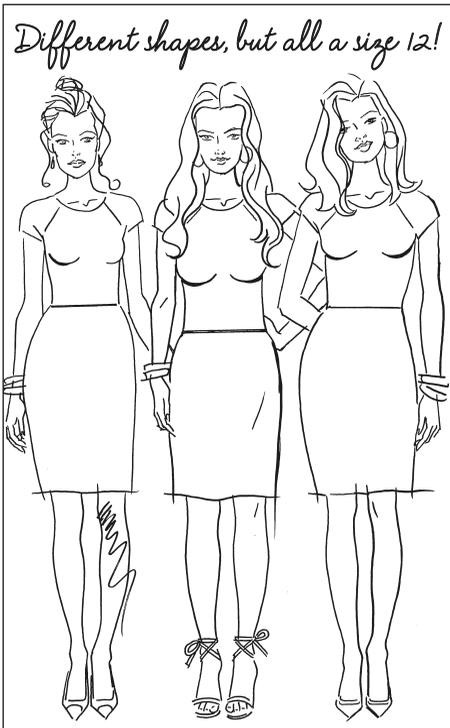
The good news is that patterns are based on standard body measurements. Once you have compared your body measurements to the standard body measurements you can choose your pattern size (or sizes) and be all set to sew.

Measure & Compare

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

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 to great fitting garments.

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 on the facing page.

1 HEIGHT*:

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

2 BUST:

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

3 HIGH BUST/ CHEST:

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

4 WAIST:

Around the body, over the waistline elastic.

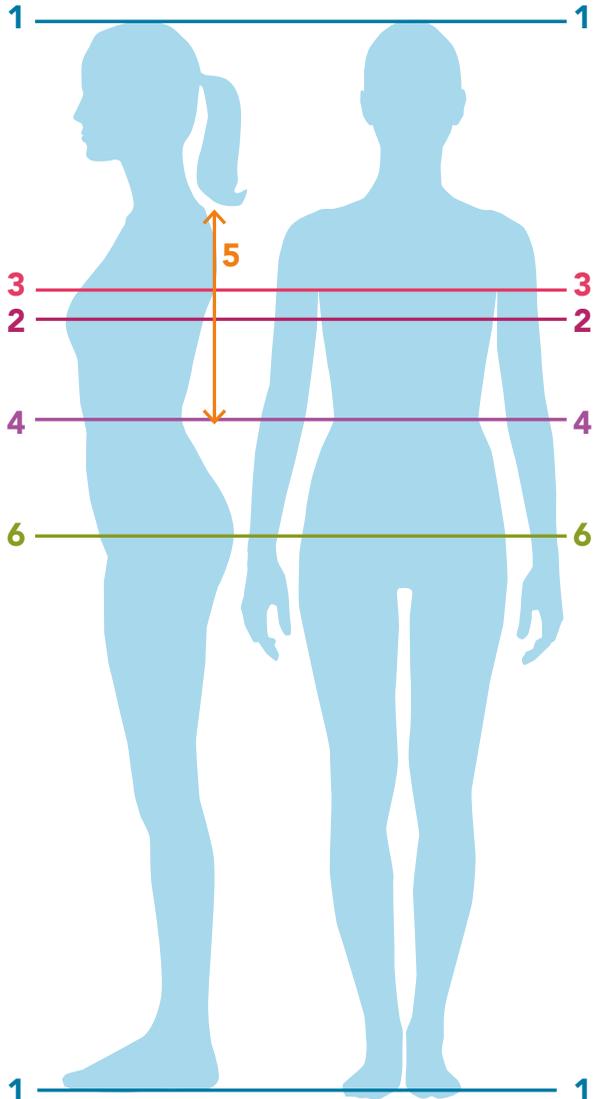
5 BACK WAIST*:

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

6 HIP:

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

*These two measurements require the help of a friend.



YOUR MEASUREMENT WORKSHEET

WHAT TO MEASURE	BODY MEASUREMENTS		YOUR PATTERN SIZE	
	Yours	Pattern Standards	Preliminary	Final
HEIGHT (measure from the floor to the top of your head)				
BUST (around the fullest part)				
HIGH BUST/CHEST: (directly under the arms, above the Bust and around the back)				
WAIST (around elastic)				
BACK WAIST (measure from base of neck to waist elastic)				
FULL HIP (around the fullest part approximately 7"-9" below waist)				

YOUR PERSONAL MEASUREMENTS

GARMENT:	Tops, Dresses, Jackets & Coats	Pants & Slim Skirts	Fuller Skirts
MY PATTERN SIZE			

TIPS

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

- Bone structure.** If you're small boned, choose the smaller size; if you're large boned, choose the larger one.
 - Fitting preference.** If you like a close fit, choose the smaller size; if you prefer a loose fit, go for the larger one.
 - 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 Simplicity Patterns with separate pattern pieces included for B,C and D cup sizes. On the next page, we will show you how to adjust the pattern to accommodate for a larger cup size. See **FITTING FAQs** on the next page for more information.

BODY MEASUREMENT CHARTS

The following charts give the standard bust, waist, hip and back waist length measurements that correspond to Misses' pattern sizes 4 to 26, and Women's pattern sizes 18W to 32W.

STANDARD MISSES' BODY MEASUREMENTS

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
BACK WAIST LENGTH	15½	15½	15¾	16	16¼	16½	16¾	17	17¼	17¾	17½	17¾

STANDARD WOMEN'S BODY MEASUREMENTS

Designed for a larger, fuller figure, about 5'5" to 5'6" without shoes.

SIZE	18W	20W	22W	24W	26W	28W	30W	32W
BUST	40	42	44	46	48	50	52	54
WAIST	33	35	37	39	41½	44	46½	49
HIP	42	44	46	48	50	52	54	56
BACK WAIST LENGTH	17⅞	17¼	17¾	17½	17⅝	17¾	17⅞	18

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HOW TO USE MEASUREMENTS TO DETERMINE SIZE

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 Your Body Measurements

Enter your personal body measurements in the appropriate spaces in the first blank column, in **YOUR MEASUREMENT WORKSHEET**.

STEP 2 Pattern Standards

Turn to the **STANDARD BODY MEASUREMENT** chart.

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 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.

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.

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.



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