

Pattern Sizing and Body Measurements

How to choose your correct pattern size

It is important to measure your body and select the proper size pattern using the Body Measurement Charts on the following pages.

Remember: Pattern sizes are NOT the same as ready to wear garments from the high street.

To determine your pattern size, compare your body measurements with those on the **Body Measurement Charts**. To find your pattern size, match as many measurements as possible. Don't worry if the size you come up with appears to be larger than your ready to wear size. They are not the same thing! The pattern size is your starting point.

Pattern Fit and Ease

There will be a difference between your body measurements and the finished garment measurements. Patterns will include some 'wearing' ease, ensuring the garment will fit comfortably. They may also include design ease to achieve a specific look.

Finished garment measurements are printed on the pattern tissue and on the back of many pattern envelopes. Compare these two measurements to determine how much 'ease' has been included.

If you are between two sizes, choose the smaller size for a closer fit, or if you are small boned. Choose the larger size for a looser fit, or if you are large boned.

For more about Pattern Ease see *Fit Help and Styles to suit your Figure*.

TIPS:

For accurate measurements:

- Measure over comfortable undergarments.
- Hold the tape measure snug, but not tight.
- Tie a narrow elastic around the waist then bend and stretch until it settles at the natural waistline.

Dresses, tops and jackets: Choose your pattern size by your bust size. NB: If you have more than 2½" (6.5cm) between your Bust and Chest measurement, use your Chest/High Bust measurement to determine the pattern size and do a full bust adjustment to fit the fuller bust (see **Full Bust Adjustment instructions**). This will help ensure a better fit across shoulders, back and chest.

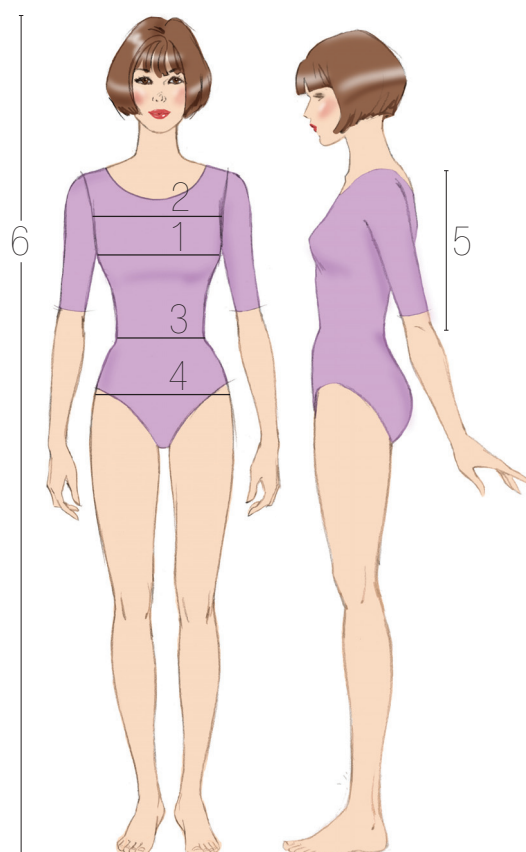
Trousers and Skirts: Use your hip measurement to determine the size of pattern required for skirts and trousers fitted through the hips. Use your waist measurement for skirts not fitted through the hips.

Vintage and Retro Designs: Follow guidelines as above.

Maternity: Choose the same pattern size as your pre-pregnancy size.

MEASURE YOUR BODY

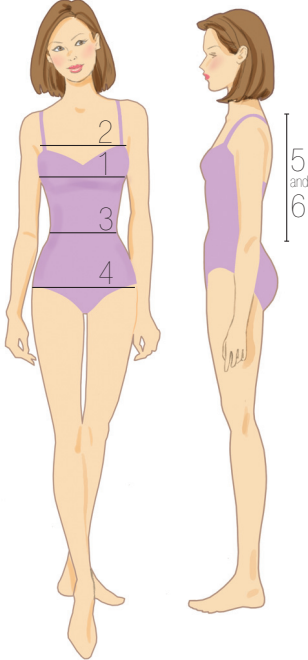
- 1 **BUST:** around the fullest part of the bust
- 2 **CHEST:** around the chest, above the bust, under the arms
- 3 **WAIST:** around natural waist
- 4 **HIP:** around fullest part of hip
- 5 **BACK WAIST LENGTH:** From the base of neck to the natural waistline
- 6 **HEIGHT:** Measure (without shoes) standing against a wall



BODY MEASUREMENT CHARTS

Butterick • McCall's • Simplicity • New Look

MISSES': About 5'5" (1.65cm) to 5'6" (1.68cm) height. **MISS PETITE:** About 5'2" (1.57cm) to 5'4" (1.62cm) height.

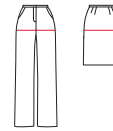


SIZES	1 BUST		2 CHEST		3 WAIST		4 HIP		5 BACK WAIST LENGTH		6 PETITE BACK WAIST LENGTH	
	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.
4	29½	75	27½	70	22	56	31½	80	15¼	39	14	35.5
6	30½	78	28½	73	23	58	32½	83	15½	39.5	14¼	36
8	31½	80	29½	75	24	61	33½	85	15¾	40	14¾	37.5
10	32½	83	30½	78	25	64	34½	88	16	40.5	15	38
12	34	87	32	81	26½	67	36	92	16¼	41.5	15¼	39
14	36	92	34	87	28	71	38	97	16½	42	15½	39.5
16	38	97	36	92	30	76	40	102	16¾	42.5	15¾	40
18	40	102	38	97	32	81	42	107	17	43	16	40.5
20	42	107	40	102	34	87	44	112	17¼	44	16¼	41
22	44	112	42	107	37	94	46	117	17½	44.5	16½	42
24	46	117	44	112	39	99	48	122	17¾	45	16¾	42.5
26	48	122	46	117	41½	104	50	127	18	46	17	43



The bust measurement determines the size for tops, dresses and jackets.

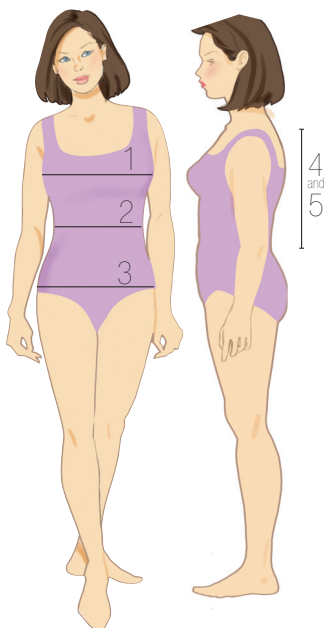
If you have more than 2^{3/8}" (6.5cm) between bust and chest measurement, use your chest measurement to select your pattern size and do a full bust adjustment.



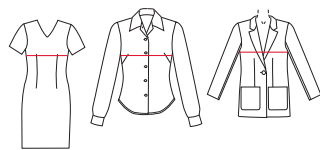
The hip measurement determines the size for pants & skirts.

WOMEN'S/WOMEN'S PLUS About 5'5" (1.65cm) to 5'6" (1.68cm) height.

WOMAN'S PETITE: About 5'2" (1.57cm) to 5'4" (1.62cm) height.

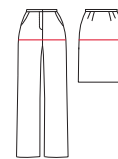


SIZES	1 BUST		2 WAIST		3 HIP		4 BACK WAIST LENGTH		5 PETITE BACK WAIST LENGTH	
	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.
16W	38	97	31	78	40	102	16¾	42.5	16	40.5
18W	40	102	33	84	42	107	17 ¹ / ₈	43	16 ¹ / ₈	41
20W	42	107	35	89	44	112	17¼	44	16¼	41.5
22W	44	112	37	94	46	117	17 ³ / ₈	44	16 ³ / ₈	42
24W	46	117	39	99	48	122	17½	44.5	16½	42
26W	48	122	41½	105	50	127	17 ⁵ / ₈	45	16 ⁵ / ₈	42.5
28W	50	127	44	112	52	132	17¾	45	16¾	42.5
30W	52	132	46½	118	54	137	17 ⁷ / ₈	45.5	16 ⁷ / ₈	43
32W	54	137	49	124	56	142	18	46	17	43



The bust measurement determines the size for tops, dresses and jackets.

If you have more than 2^{3/8}" (6.5cm) between bust and chest measurement, use your chest measurement to select your pattern size and do a full bust adjustment.

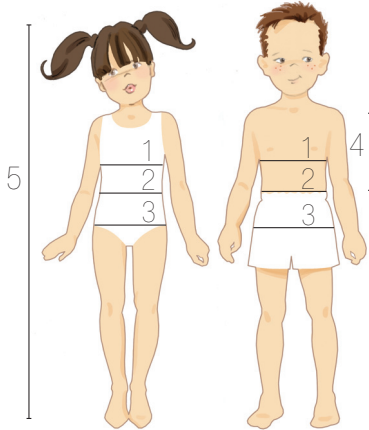


The hip measurement determines the size for pants & skirts.

SIMPLICITY UNISEX: Misses', Teen-Boys, Boys' and Girls' size ranges.

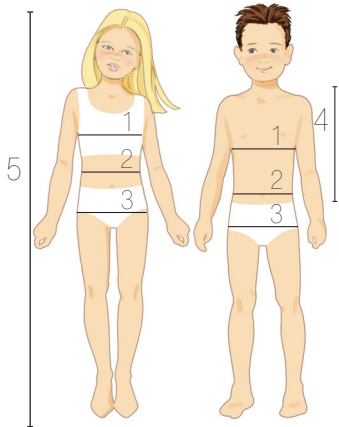
SIZES	1 CHEST/BUST		2 HIP	
	in.	cm.	in.	cm.
XXS	28-29	71-74	29-30	74-76
XS	30-32	76-81	31-32^{1/2}	79-83
S	34-36	87-92	35-37	89-94
M	38-40	97-102	39-41	99-104
L	42-44	107-112	43-45	109-114
XL	46-48	117-122	47-49	119-124
XXL	50-52	127-132	51-53	130-135

CHILDREN: Child who is walking and not wearing nappies.



SIZES	1 CHEST		2 WAIST		3 HIP		4 BACK WAIST LENGTH		5 HEIGHT	
	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.
2	21	53	20	51			8^{1/2}	22	35	89
3	22	56	20^{1/2}	52			9	23	38	97
4	23	58	21	53	24	61	9^{1/2}	24	41	104
5	24	61	21^{1/2}	55	25	64	10	25.5	44	112
6	25	64	22	56	26	66	10^{1/2}	27	47	119
6x	25^{1/2}	65	22^{1/2}	57	26^{1/2}	67	10^{3/4}	27.5	48	122
7	26	66	23	58	27	69	11^{1/2}	29.5	50	127
8	27	69	23^{1/2}	60	28	71	12	31	52	132

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



SIZES	1 CHEST		2 WAIST		3 HIP		4 BACK WAIST LENGTH		5 HEIGHT	
	in.	cm.	in.	cm.	in.	cm.	in.	cm.	in.	cm.
7	26	66	23	58	27	69	11^{1/2}	29.5	50	127
8	27	69	23^{1/2}	60	28	71	12	31	52	132
10	28^{1/2}	73	24^{1/2}	62	30	76	12^{3/4}	32.5	56	142
12	30	76	25^{1/2}	65	32	81	13^{1/2}	34.5	58^{1/2}	149
14	32	81	26^{1/2}	67	34	87	14^{1/4}	36	61	155
16	34	87	27^{1/2}	70	36	92	15	38	61^{1/2}	156
GIRL'S PLUS										
8^{1/2}	30	76	28	71	33	84	12^{1/2}	32	52	132
10^{1/2}	30^{1/2}	80	29	74	34^{1/2}	88	13^{1/4}	34	56	142
12^{1/2}	33	84	30	76	36	92	14	35.5	58^{1/2}	149
14^{1/2}	34^{1/2}	88	31	79	37^{1/2}	96	14^{3/4}	37.5	61	155
16^{1/2}	36	92	32	81	39	99	15^{1/2}	39.5	63^{1/2}	161

BUTTERICK, McCALL'S

INFANTS: For babies who are not yet walking.

SIZES	WEIGHT		1 HEIGHT		AGE
	lbs.	kg.	in.	cm.	
Newborn	8-12	4-6	18-24	46-61	0-3
Small	13-17	6-8	25-26	64-66	6
Medium	18-21	8-10	27-28	69-71	9
Large	22-25	10-11	29-30	74-76	12
X-Large	26-29	12-13	31-32	79-81	18-24

SIMPLICITY, NEW LOOK

INFANTS: For babies who are not yet walking.

SIZES	WEIGHT		1 HEIGHT	
	lbs.	kg.	in.	cm.
XXS	up to 7	up to 3	up to 17	up to 43
XS	7-13	3-6	17-24	43-61
Small	13-18	6-8	24-26^{1/2}	43-51
Medium	18-21	8-9.5	26^{1/2}-31	67-79
Large	21-24	9.5-11	31-34	79-87