

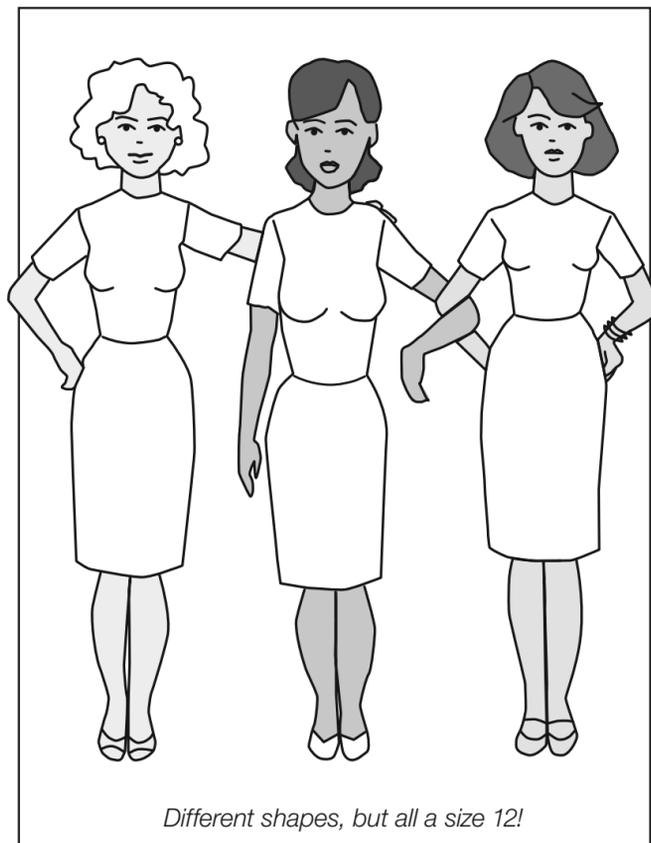
Simplicity Fit Guide

A guide for the perfect fit!

Do You REALLY Know Your Pattern Size?

A free fit guide for you!

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 and 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!

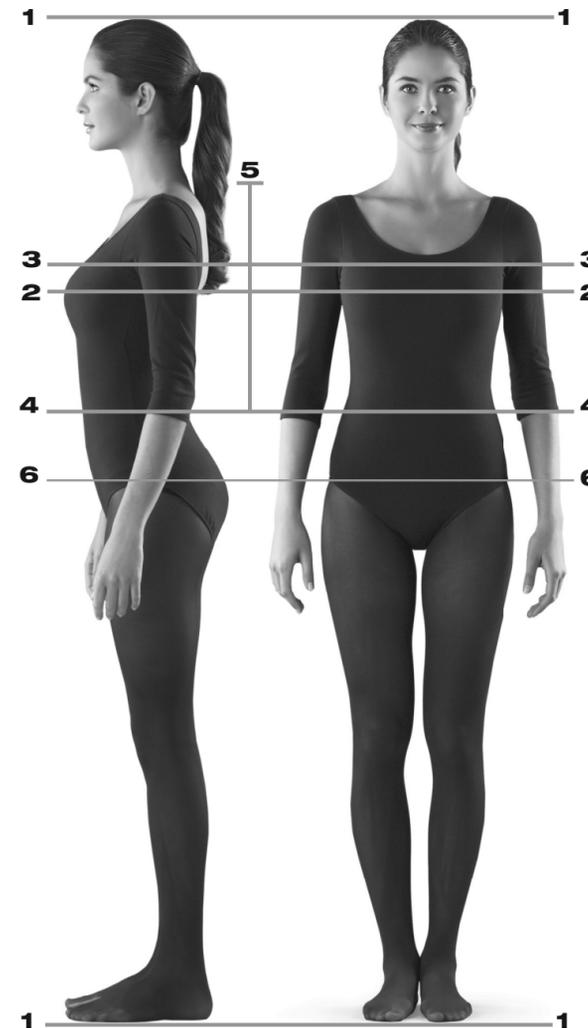
It's also a good idea to retake your measurements every six months. Body contours and measurements do change when losing or gaining, or just reshaping. It is these body measurements that are going to be your guide to great fitting garments.

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 below.

- 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.



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.

Standard Body Measurements												
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
Back Waist Length	15½	15½	15¾	16	16¼	16½	16¾	17	17¼	17⅜	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 the arms, above the Bust and around the back)				
Waist (around elastic)				
Full Hip (around the fullest part approximately 7"-9" below waist)				

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.

STEP 2 Pattern Standards

Turn to the Standard Body Measurement 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 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.

TIPS

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

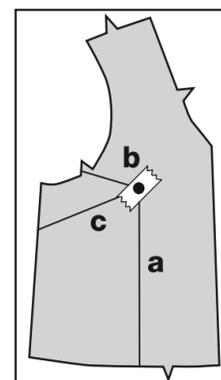
- 1.** Bone structure. If you're small boned, choose the smaller size; if you're large boned, choose the larger one.
- 2.** Fitting preference. If you like a close fit, choose the smaller size; if you prefer a loose fit, go for the larger one.
- 3.** Fashion silhouette. The more closely fitted the silhouette,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

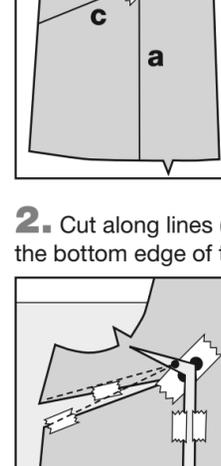
See “Fitting FAQs” for more information.

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, approximately ½" 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).

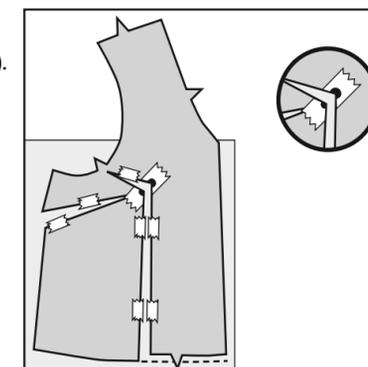


2. Cut along lines (a) and (b) from the bottom edge of the pattern to, but not through, the armhole seamline. Cut along line (c) from the side to, but not through, the bust point.

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.

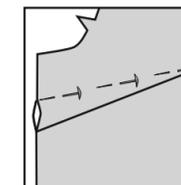
- For a C-cup spread ½"
- For a D-cup, spread ¾"
- For larger than a D-cup, spread 1¼".

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 1¼" 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 www.simplicity.com

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 “wobble 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.

Where to contact us

Simplicity

Consumer Information Department
1-888-588-2700
or www.simplicity.com

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

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