

One *Stitch* at a Time

What Size Am I?

This is a complicated question. This sheet is going to give you some tips to help on your fitting journey. This is to help remind you what we discussed in class.

1. Your sewing pattern size will not be your store size. Sewing pattern sizes have stayed standard for over 70 years. Store sizes have changed. Modern patterns usually have multiple sizes in them to help you do some basic fitting of your pattern before sewing.
2. Patterns use a B cup as their standard. If you are larger than a B cup, you will probably want to use the high bust measurement when choosing a blouse size.
3. Know your basic measurements, bust, waist, hips
4. For blouses and dresses, use the bust size. For pants and skirts use the hip size. It is usually easier to adjust the waist than those other areas.
5. All patterns have the seam allowance (5/8") and wearing and, maybe, design ease added to the paper pattern.

EASE

Ease is extra fabric added to the pattern above your body measurements to allow for movement or design. **Wearing Ease** allows you to raise your arms and reach or sit down without splitting your skirt. **Design Ease** is additional fabric to make the garment design. This is what makes one dress a sheath dress and another a muumuu. There is also **Negative Ease** when using knit fabric.

In Ready-to-Wear clothing the standard MINIMUM wearing ease is:

Bust 1-2"

Waist ½ -1"

Hip 1-2"

In the Big Four Patterns the standard wearing ease is quite a bit larger (3-5"). The standard advice is still to use your body measurements, but you will want to check the Finished Garment Measurement section of the pattern envelope to help you figure out the best size to start with. Keep in mind that the style of the garment may need way more than the minimum above.