

# Selecting a Pattern Size for Perfect Fit

Cooperative Extension Service  
College of Agriculture and Home Economics



## Guide C-205

Susan Wright, Extension Clothing and Textiles Specialist

This publication is scheduled to be updated and reissued 6/06.

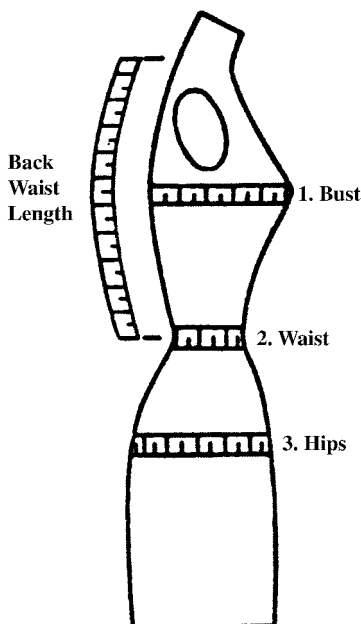
The first step in achieving excellent fit in fashion with a minimum of alteration and fitting is the selection of a pattern that fits properly from the start! It's a good idea for home sewers to take measurements periodically so that they can be sure of selecting the pattern type and size with the best fit. This is especially important for growing children and youth whose figures have not yet completed development, for people who gain or lose weight easily, and for mature adults as their figures change. In just a matter of months, one's figure may change enough to change the size or type of pattern needed for best fit.

The pattern types available are designed for a variety of figure types. The pattern type selected should generally be determined by height, stage of figure development and back waist length measurement.

The pattern size selected within a pattern type will be determined by the body's circumference measurements. Check the back pages of the pattern catalog for a guide to determine the pattern type needed for the best fit. Then, use the guide for pattern sizes to select the appropriate pattern type and size.

Accurate measurements are essential in finding the best pattern size. Listed below are the measurements needed for determining pattern size. Beside each one is space for recording measurements three different times. When selecting a pattern, these measurements are the ones you should compare with the measurements on the chart in the pattern catalog to decide what type and size pattern to buy. Look at the illustration to determine where to take the necessary measurements.

WOMEN - There are a variety of pattern types available for women including: Petite, Junior, Misses, Half Size and Women's. Sizes available vary with the pattern type selected.



Measurements Needed to Buy Pattern	Measurements and Date Taken		
1. Bust (fullest part of bust, high under arm, straight across back)			
2. Waist (natural waistline)			
3. Hips (fullest part of hips)			
4. Back Waist (from top of prominent bone at base of neck to natural waistline)			
5. Height (without shoes)			
These measurements indicate:	Pattern Type	Pattern Type	Pattern Type
	Size	Size	Size

To find more resources for your business, home, or family, visit the College of Agriculture and Home Economics on the World Wide Web at [www.cahe.nmsu.edu](http://www.cahe.nmsu.edu)

**TODDLERS:** Pattern sizes for in-between baby and child stage of growth. (Size 1/2-4)

Measurements Needed to Buy Pattern	Measurements and Date Taken		
<b>1. Breast</b> (fullest part of chest, high under arm, straight across back)			
<b>2. Waist</b> (natural waistline)			
<b>3. Garment length</b> (from neckline at center back to desired length)			
These measurements indicate:	Pattern Type	Pattern Type	Pattern Type
	Size	Size	Size

**CHILDREN AND GIRLS:** Sizes incorporate both circumference measurements and height because they are inter-related. Children (Sizes 1-6X) and Girls (Size 7-14)

Measurements Needed to Buy Pattern	Measurements and Date Taken		
<b>1. Breast</b> (fullest part of chest, high under arm, straight across back)			
<b>2. Waist</b> (natural waistline)			
<b>3. Hip</b> (fullest part)			
<b>4. Back Waist Length</b> (from top of prominent bone at base of neckline to natural waistline)			
<b>5. Height</b> (from top of head to floor, without shoes)			
These measurements indicate:	Pattern Type	Pattern Type	Pattern Type
	Size	Size	Size

**BOYS AND TEEN-BOYS:** Size ranges planned for boys and young men who haven't reached adult stature. Height is considered because it is directly related to circumference measurements. Boys' (Size 7-12) and Teen Boys' (Sizes 14-20)

Measurements Needed to Buy Pattern	Measurements and Date Taken		
	<b>1. Chest</b> (fullest part of chest, high under arm, straight across back)		
<b>2. Waist</b> (natural waistline)			
<b>3. Hip (seat)</b> (fullest part)			
<b>4. Neck</b> (around neck at base)			
<b>5. Height</b> (from top of head to floor, without shoes)			
These measurements indicate:	Pattern Type	Pattern Type	Pattern Type
	Size	Size	Size

**MEN:** Patterns are designed for figure of average build that stands about 5' 10" tall without shoes. (Sizes 34-48)

Measurements Needed to Buy Pattern	Measurements and Date Taken		
	<b>1. Chest</b> (fullest part of chest, high under arm, straight across back)		
<b>2. Waist</b> (natural waistline)			
<b>3. Hip (seat)</b> (fullest part)			
<b>4. Neck</b> (around neck at base)			
<b>5. Sleeve Length</b> (from top of head to floor, without shoes)			
These measurements indicate:	Pattern Type	Pattern Type	Pattern Type
	Size	Size	Size

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.

---

**Reprinted June 2001**

**Las Cruces, NM**  
5C