

How To Read

a Pattern

What is a Pattern?

- **Pattern**: Instructions on what you will be making, including size chart, garment views, notions needed, suggested fabrics and material quantities.
 - A paper template is pinned on top of fabric. You cut the fabric around the pattern for each piece needed to complete your project.
 - Commercial sewing patterns are generally printed on tissue paper and sold in envelopes containing a guide-sheet and suggestions for fabric and trim.
 - Modern patterns are available in a wide range of prices, sizes, styles and sewing skill levels.

Pattern Envelope-Front

1. Pattern Number

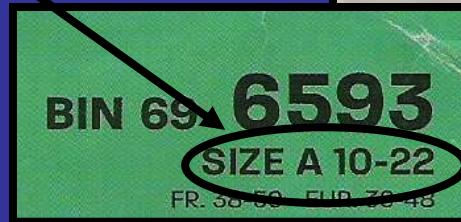
Four-Digit Numbering System Used to Organize Patterns



Pattern Envelope-Front

2. Pattern Sizes

Most commercial patterns offer a range of sizes in one pattern envelope for convenience.



Pattern Envelope-Front

3. Pattern Company



The company that makes the pattern, or the “Brand-Name.”

Popular Pattern Companies Include:

McCalls, Simplicity, Vogue, Butterick, New Look, and many others!

Pattern Envelope-Front

4. Pattern Views

Pattern views are small sketches of all the different styles that can be made from the basic pattern.

They are usually labeled with letters. For example:

View A (Short Skirt)

View C (Skirt with Overlay)

View E (Long Skirt with 2 Matching Underskirts)



Pattern Envelope-Back

The back of the pattern envelope contains:

5. Sizing / Measurement Chart

Chart based on personal body measurements to help make sure the correct pattern size is selected.

10 PIECES/PIEZAS
 148 pieces et instructions
 de couture en Français à l'intérieur de l'enveloppe.

MISSES' SEVEN SIZES IN ONE

Size	10	12	14	16	18	20	22	
European Size	36	38	40	42	44	46	48	In
Bust	32½	34	36	38	40	42	44	"
Waist	25	26½	28	30	32	34	37	"
Hips	34½	36	38	40	42	44	46	"
Back-neck to waist	16	16½	16½	16½	17	17½	17½	"

A, B, C - cut crosswise - worn 1" below waist

45****	2½	2½	2½	2½	2½	2½	2½	Yd
60****	1¾	1¾	1¾	1¾	1¾	1¾	2	"

C Sheer Overlay - cut crosswise

45****	2½	2½	2½	2½	2½	2½	2½	Yd
60****	1¾	1¾	1¾	1¾	1¾	1¾	1¾	"

D - cut crosswise - worn 1" below waist

45****	4½	4½	4½	4½	4½	4½	4½	Yd
60****	2½	2½	2½	2½	2½	2½	2½	"

Contrast Sash and Binding 1½ yd. of 45" or 60"***

E - cut crosswise - worn 1" below waist

45****	6½	6½	6½	6½	7½	7½	7½	Yd
60****	3½	3½	3½	3½	3½	3½	3½	"

Contrast Binding 1½ yd. of 45" or 60"***

F - cut crosswise - worn 1" below waist

45****	3½	3½	3½	3½	3½	3½	4	Yd
60****	1½	1½	2	2	2	2	2	"

All Views Interfacing ¾ yd. of 22" to 25" lightweight fusible

GARMENT MEASUREMENTS

All Views Hip	46½	48	49½	51½	53½	55½	58½	In
A, B, C, D Length	24½	24½	24½	24½	24½	24½	24½	"
E Length	26½	26½	26½	26½	26½	26½	26½	"
F Length	28½	28½	28½	28½	28½	28½	28½	"

SUGGESTED FABRICS

Silks and Silk Types, Charmeuse, Crepe Back Satin, Jacquards, Laundered Silks-Rayons, Soft Lightweight Linen and Linen Blends. C Overlay and E also in Voile, Georgette, Double Georgette, Novelty Sheer Fabrics. Allow extra fabric for matching plaids or stripes. Note: not suitable for one-way design fabrics. Reverse side of Crepe Back Satin can be used as contrast D, E.

REQUIREMENTS

One 7" zipper, hook and eye, one pkg. of ¼" wide twill tape. A: 2½ yd. of ¾" wide novelty braid and 2½ yd. of ¾" wide ribbon for belt. D: ¾ yd. of 2" to 4" beaded fringe. F: 3½ yd. of ¼" wide sequin trim.

*without nap **with nap ***with or without nap

6593
SIZE A 10-22
FR. 38-50
EUR. 36-48

Sizing/Measurement Chart

If your body measurements fall between more than one size, **ALWAYS** make the biggest size. You can always sew the garment smaller, but you cannot make it bigger after you've already cut it out.

For Example:

What Size Would You Cut Out If Your Measurements Are...

Bust:
34"

Waist:
30"

Hips:
38"

You would cut a **SIZE 16.**

MISSES' SEVEN SIZES IN ONE

Sizes	10	12	14	16	18	20	22	
European Size	36	38	40	42	44	46	48	
Bust	32 ½	34	36	38	40	42	44	In
Waist	25	26 ½	28	30	32	34	37	"
Hips	34 ½	36	38	40	42	44	46	"
Back- neck to waist	16	16 ¼	16 ½	16 ¾	17	17 ¼	17 ¾	"

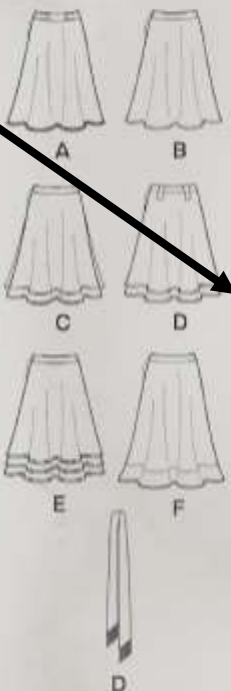
Pattern Envelope-Back

The back of the pattern envelope contains:

6. Yardage Chart

Chart that tells you how much fabric is needed to make the garment.

10 PIECES/PIEZAS
Métrages et instructions de couture en Français à l'intérieur de l'enveloppe.



MISSES' SEVEN SIZES IN ONE

Size	10	12	14	16	18	20	22	
European Size	36	38	40	42	44	46	48	
Bust	32½	34	36	38	40	42	44	In
Waist	25	26½	28	30	32	34	37	"
Hips	34½	36	38	40	42	44	46	"
Back-neck to waist	16	16½	16½	16½	17	17½	17½	"

A, B, C - cut crosswise - worn 1" below waist

15****	2½	2½	2½	2½	2½	2½	2½	Yd
20****	1½	1½	1½	1½	1½	1½	2	"

C Sheer Overlay - cut crosswise

15****	2½	2½	2½	2½	2½	2½	2½	Yd
20****	1½	1½	1½	1½	1½	1½	1½	"

D - cut crosswise - worn 1" below waist

15****	4½	4½	4½	4½	4½	4½	4½	Yd
20****	2½	2½	2½	2½	2½	2½	2½	"

Contrast Sash and Binding 1½ yd. of 45" or 60"***

E - cut crosswise - worn 1" below waist

15****	6½	6½	6½	6½	7½	7½	7½	Yd
20****	3½	3½	3½	3½	3½	3½	3½	"

Contrast Binding 1½ yd. of 45" or 60"***

F - cut crosswise - worn 1" below waist

15****	3½	3½	3½	3½	3½	3½	4	Yd
20****	1½	1½	2	2	2	2	2	"

All Views Interfacing ½ yd. of 22" to 25" lightweight fusible

GARMENT MEASUREMENTS

All Views Hip	46½	48	49½	51½	53½	55½	58½	In
A, B, C, D Length	24½	24½	24½	24½	24½	24½	24½	"
E Length	26½	26½	26½	26½	26½	26½	26½	"
F Length	28½	28½	28½	28½	28½	28½	28½	"

SUGGESTED FABRICS
Silks and Silk Types, Charmeuse, Crepe Back Satin, Jacquards, Laundered Silks-Rayons, Soft Lightweight Linen and Linen Blends. C Overlay and E also in Voile, Georgette, Double Georgette, Novelty Sheer Fabrics. Allow extra fabric for matching plaids or stripes. Note: not suitable for one-way design fabrics. Reverse side of Crepe Back Satin can be used as contrast D, E.

REQUIREMENTS
One 7" zipper, hook and eye, one pkg. of ¼" wide twill tape. A: 2½ yd. of ¾" wide novelty braid and 2½ yd. of ¾" wide ribbon for belt. D: ¼ yd. of 2" to 4" beaded fringe. F: 3½ yd. of ¼" wide sequin trim.

*without nap **with nap ***with or without nap

6593
SIZE A 10-22
FR. 38-50
EUR. 36-48

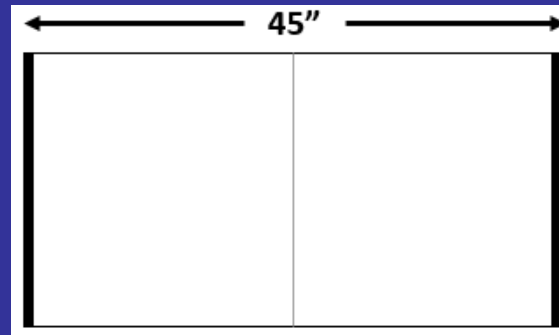
Yardage Charts

Two fabric width options are usually available to choose from: 45" and 60".

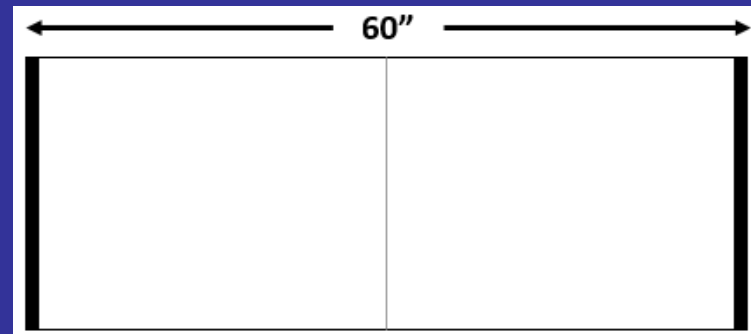
View E – cut crosswise – worn 1" below waist

Sizes	10	12	14	16	18	20	22	
45"	6 ½	6 5/8	6 ¾	6 7/8	7 1/8	7 ¼	7 ½	Yd
60"	3 3/8	3 3/8	3 ½	3 ½	3 5/8	3 5/8	3 7/8	Yd

45" = It is 45-inches from selvage to selvage



60" = It is 60-inches from selvage to selvage



Yardage Chart Practice

How many yards of 45" fabric would you need to buy for a size 20 in Skirt View E? 7 1/4 yd.

How many yards of 60" fabric would you need to buy for a size 12 in Skirt View E? 3 3/8 yd.

View E – cut crosswise – worn 1" below waist

Sizes	10	12	14	16	18	20	22	
45"	6 1/2	6 5/8	6 3/4	6 7/8	7 1/8	7 1/4	7 1/2	Yd
60"	3 3/8	3 3/8	3 1/2	3 1/2	3 5/8	3 5/8	3 7/8	Yd

Pattern Envelope-Back

The back of the pattern envelope contains:

7. Finished Garment Measurements

Shows what the garment will measure when it is fully constructed. (Ex: Length of a Skirt)

10 PIECES/PIEZAS
Métrages et instructions de couture en Français à l'intérieur de l'enveloppe.

MISSES' SEVEN SIZES IN ONE

Size	10	12	14	16	18	20	22	
European Size	36	38	40	42	44	46	48	
Bust	32½	34	36	38	40	42	44	In
Waist	25	26½	28	30	32	34	37	"
Hips	34½	36	38	40	42	44	46	"
Back-neck to waist	16	16½	16½	16½	17	17½	17½	"

A, B, C - cut crosswise - worn 1" below waist

45****	2½	2½	2½	2½	2½	2½	2½	Yd
60****	1½	1½	1½	1½	1½	1½	2	"

C Sheer Overlay - cut crosswise

45****	2½	2½	2½	2½	2½	2½	2½	Yd
60****	1½	1½	1½	1½	1½	1½	1½	"

D - cut crosswise - worn 1" below waist

45****	4½	4½	4½	4½	4½	4½	4½	Yd
60****	2½	2½	2½	2½	2½	2½	2½	"

Contrast Sash and Binding 1½ yd. of 45" or 60"***

E - cut crosswise - worn 1" below waist

45****	6½	6½	6½	6½	7½	7½	7½	Yd
60****	3½	3½	3½	3½	3½	3½	3½	"

Contrast Binding 1½ yd. of 45" or 60"***

F - cut crosswise - worn 1" below waist

45****	3½	3½	3½	3½	3½	3½	4	Yd
60****	1½	1½	2	2	2	2	2	"

All Views Interfacing ¼ yd. of 22" to 25" lightweight fusible

GARMENT MEASUREMENTS

All Views Hip	46½	48	49½	51½	53½	55½	58½	In
A, B, C, D Length	24½	24½	24½	24½	24½	24½	24½	"
E Length	26½	26½	26½	26½	26½	26½	26½	"
F Length	28½	28½	28½	28½	28½	28½	28½	"

SUGGESTED FABRICS
Silks and Silk Types, Charmeuse, Crepe Back Satin, Jacquards, Laundered Silks-Rayons, Soft Lightweight Linen and Linen Blends. C Overlay and E also in Voile, Georgette, Double Georgette, Novelty Sheer Fabrics. Allow extra fabric for matching plaids or stripes. Note: not suitable for one-way design fabrics. Reverse side of Crepe Back Satin can be used as contrast D, E.

REQUIREMENTS
One 7" zipper, hook and eye, one pkg. of ¼" wide twill tape. A: 2½ yd. of ¾" wide novelty braid and 2½ yd. of ¾" wide ribbon for belt. D: ¼ yd. of 2" to 4" beaded fringe. F: 3½ yd. of ¼" wide sequin trim.

*without nap **with nap ***with or without nap

6593
SIZE A 10-22
FR. 38-50
EUR. 36-48

Pattern Envelope-Back

The back of the pattern envelope contains:

8. Suggested Fabrics

Suggestions for the best fabrics to use for the garment.

10 PIECES/PIEZAS
Métrages et instructions de couture en Français à l'intérieur de l'enveloppe.

MISSES' SEVEN SIZES IN ONE

Size	10	12	14	16	18	20	22	
European Size	36	38	40	42	44	46	48	In
Bust	32½	34	36	38	40	42	44	"
Waist	25	26½	28	30	32	34	37	"
Hips	34½	36	38	40	42	44	46	"
Back-neck to waist	16	16½	16½	16½	17	17½	17½	"

A,B,C - cut crosswise - worn 1" below waist

45****	2½	2½	2½	2½	2½	2½	2½	Yd
60****	1½	1½	1½	1½	1½	1½	2	"

C Sheer Overlay - cut crosswise

45****	2½	2½	2½	2½	2½	2½	2½	Yd
60****	1½	1½	1½	1½	1½	1½	1½	"

D - cut crosswise - worn 1" below waist

45****	4½	4½	4½	4½	4½	4½	4½	Yd
60****	2½	2½	2½	2½	2½	2½	2½	"

Contrast Sash and Binding 1½ yd. of 45" or 60"***

E - cut crosswise - worn 1" below waist

45****	6½	6½	6½	6½	7½	7½	7½	Yd
60****	3½	3½	3½	3½	3½	3½	3½	"

Contrast Binding 1½ yd. of 45" or 60"***

F - cut crosswise - worn 1" below waist

45****	3½	3½	3½	3½	3½	3½	4	Yd
60****	1½	1½	2	2	2	2	2	"

All Views Interfacing ½ yd. of 22" to 25" lightweight fusible

GARMENT MEASUREMENTS

All Views Hip	46½	48	49½	51½	53½	55½	58½	In
A,B,C,D Length	24½	24½	24½	24½	24½	24½	24½	"
E Length	26½	26½	26½	26½	26½	26½	26½	"
F Length	28½	28½	28½	28½	28½	28½	28½	"

SUGGESTED FABRICS
Silks and Silk Types, Charmeuse, Crepe Back Satin, Jacquards, Laundered Silks-Rayons, Soft Lightweight Linen and Linen Blends. C Overlay and E also in Voile, Georgette, Double Georgette, Novelty Sheer Fabrics. Allow extra fabric for matching plaids or stripes. Note: not suitable for one-way design fabrics. Reverse side of Crepe Back Satin can be used as contrast D,E.

REQUIREMENTS
One 7" zipper, hook and eye, one pkg. of ¼" wide twill tape. A: 2½ yd. of ¾" wide novelty braid and 2½ yd. of ¾" wide ribbon for belt. D: ½ yd. of 2" to 4" beaded fringe. F: 3½ yd. of ¼" wide sequin trim.

*without nap **with nap ***with or without nap

6593
SIZE A 10-22
FR. 38-50
EUR. 36-48

Directional Fabrics

Some patterns are not suitable for “one-way” or directional fabrics. Be sure to read the suggested fabrics section.

Directional fabrics have a design or nap that is printed in one direction throughout. All pattern pieces must then be laid in the same direction or parts of your project may be upside down.

Directional Fabric:



Non-Directional Fabric:



Suggested Fabrics Practice

Is this pattern suitable for one-way fabrics? No

SUGGESTED FABRICS

Silks and Silk Types, Charmeuse, Crepe Back Satin, Jacquards, Laundered Silks-Rayons, Soft Lightweight Linen and Linen Blends. C Overlay and E also in Voile, Georgette, Double Georgette, Novelty Sheer Fabrics. Allow extra fabric for matching plaids or strips. Note: not suitable for one-way design fabrics. Reverse side of Crepe Back Satin can be used as contrast D, E.


Pattern Envelope-Back

The back of the pattern envelope contains:

9. Notions / Requirements

All additional items (other than fabric) needed to complete the project, like elastic, thread, buttons, zippers, trims, etc.

10 PIECES/PIEZAS
Métrages et instructions de couture en Français à l'intérieur de l'enveloppe.



MISSES' SEVEN SIZES IN ONE

Size	10	12	14	16	18	20	22	
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Bust	32½	34	36	38	40	42	44	"
Waist	25	26½	28	30	32	34	37	"
Hips	34½	36	38	40	42	44	46	"
Back-neck to waist	16	16½	16½	16½	17	17½	17½	"

A,B,C - cut crosswise - worn 1" below waist

45****	2½	2½	2½	2½	2½	2½	2½	Yd
60****	1½	1½	1½	1½	1½	1½	2	"

C Sheer Overlay - cut crosswise

45****	2½	2½	2½	2½	2½	2½	2½	Yd
60****	1½	1½	1½	1½	1½	1½	1½	"

D - cut crosswise - worn 1" below waist

45****	4½	4½	4½	4½	4½	4½	4½	Yd
60****	2½	2½	2½	2½	2½	2½	2½	"

Contrast Sash and Binding 1½ yd. of 45" or 60****

E - cut crosswise - worn 1" below waist

45****	6½	6½	6½	6½	7½	7½	7½	Yd
60****	3½	3½	3½	3½	3½	3½	3½	"

Contrast Binding 1½ yd. of 45" or 60****

F - cut crosswise - worn 1" below waist

45****	3½	3½	3½	3½	3½	3½	4	Yd
60****	1½	1½	2	2	2	2	2	"

All Views Interfacing ½ yd. of 22" to 25" lightweight fusible

GARMENT MEASUREMENTS

All Views Hip	46½	48	49½	51½	53½	55½	58½	In
A,B,C,D Length	24½	24½	24½	24½	24½	24½	24½	"
E Length	26½	26½	26½	26½	26½	26½	26½	"
F Length	28½	28½	28½	28½	28½	28½	28½	"

SUGGESTED FABRICS
Silks and Silk Types, Charmeuse, Crepe Back Satin, Jacquards, Laundered Silks-Rayons, Soft Lightweight Linen and Linen Blends. C Overlay and E also in Voile, Georgette, Double Georgette, Novelty Sheer Fabrics. Allow extra fabric for matching plaids or stripes. Note: not suitable for one-way design fabrics. Reverse side of Crepe Back Satin can be used as contrast D,E.

REQUIREMENTS
One 7" zipper, hook and eye, one pkg. of ¼" wide twill tape. A: 2½ yd. of ¾" wide novelty braid and 2½ yd. of ¾" wide ribbon for belt. D: ½ yd. of 3" to 4" beaded fringe. F: 3½ yd. of ¼" wide sequin trim.

*without nap **with nap ***with or without nap

6593
SIZE A 10-22
FR. 38-50
EUR. 36-48

Notions / Requirements Practice

What notions are needed for ALL skirt views?

One 7" zipper, hook and eye, one pkg. 1/4" wide twill tape.

What additional notions are needed for Skirt F?

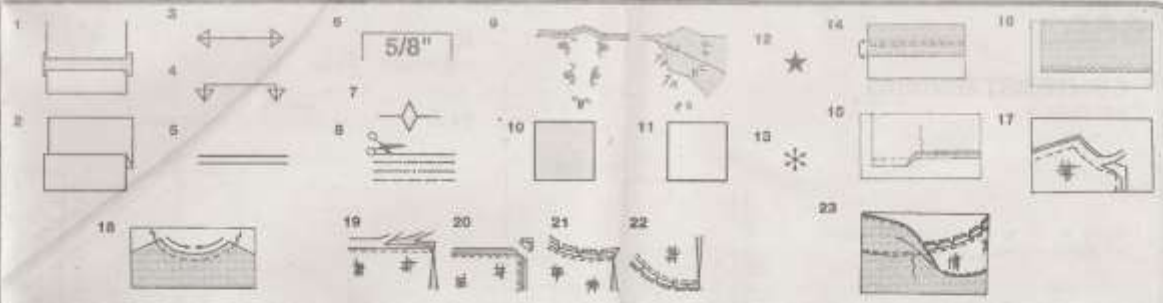
3 7/8 yd. of 1/4" wide sequin trim.

NOTIONS / REQUIREMENTS

All views: one 7" zipper, hook and eye, one pkg. of 1/4" wide twill tape. A: 2/3 yd. of 5/8" wide novelty braid and 2 7/8 yd. of 3/8" wide ribbon for belt. D: 3/8 yd. of 3" to 4" beaded fringe. F: 3 7/8 yd. of 1/4" wide sequin trim.

Pattern Guide Sheet

The Pattern Guide Sheet contains step-by-step instructions, cutting and pattern layout guides, pattern symbols and other sewing directions.



How To Use Your Multi Size Pattern

First Prepare Your Pattern
 Select the pattern pieces according to the view you are making.
 This pattern is made to body measurements with ease allowed for comfort and style. If your body measurements differ from those on the pattern envelope adjust the pieces before placing them on the fabric.

Check your back neck to waist and dress length, if necessary, alter the pattern. Lengthening and shortening lines are indicated.

- TO LENGTHEN:** Cut pattern between printed lines and place paper underneath. Spread pattern the required amount and pin to paper.
- TO SHORTEN:** Fold at the printed lines to form a pleat half the amount to be shortened, ie 1.5" (1.5cm) deep to shorten 1" (2.5cm).

Study Your Pattern Markings

- STRAIGHT GRAIN:** Place an even distance from selvage or a straight thread.
- FOLD:** Place on fold of fabric.
- LENGTHENING AND SHORTENING LINES:**
- SEAM ALLOWANCE:** 5/8" (1.5cm) unless otherwise stated.
- NOTCHES:** Match notches.
- CUTTING LINES:** Multi patterns have different cutting lines for different sizes.
- TAILOR-TACKS:** With double thread make two loose stitches forming loop through fabric layers and pattern leaving long ends. Cut loop to remove pattern. Snip thread between fabric layers. Leave tufts.

Cutting Layouts

Cutting Directions

FOR FOLDED AND DOUBLE LAYER FABRIC: Place fabric with right side inside and pin pattern on wrong side of fabric.

FOR SINGLE LAYER: Pin pattern on right side of fabric.

NOTE: Pattern pieces may interlock more closely for smaller sizes. Cut notches out from cutting line.

BEFORE removing pattern from fabric, transfer all pattern markings using tailor tacks or dressmaking tracing paper.

- KEY:** pattern printed side down
- KEY:** pattern printed side up
- KEY:** Cut out all pieces except pieces that extend beyond folded fabric, then open out fabric and on RIGHT side of fabric, cut in positions as shown.
- KEY:** For with and without nap layouts ensure fabric is placed with nap or design running in same direction.

Before pinning to fabric, press tissue pattern with a warm dry iron to remove creases.

Sewing Directions

Fabric Key

Right Side	Wrong Side	Interfacing	Lining
------------	------------	-------------	--------

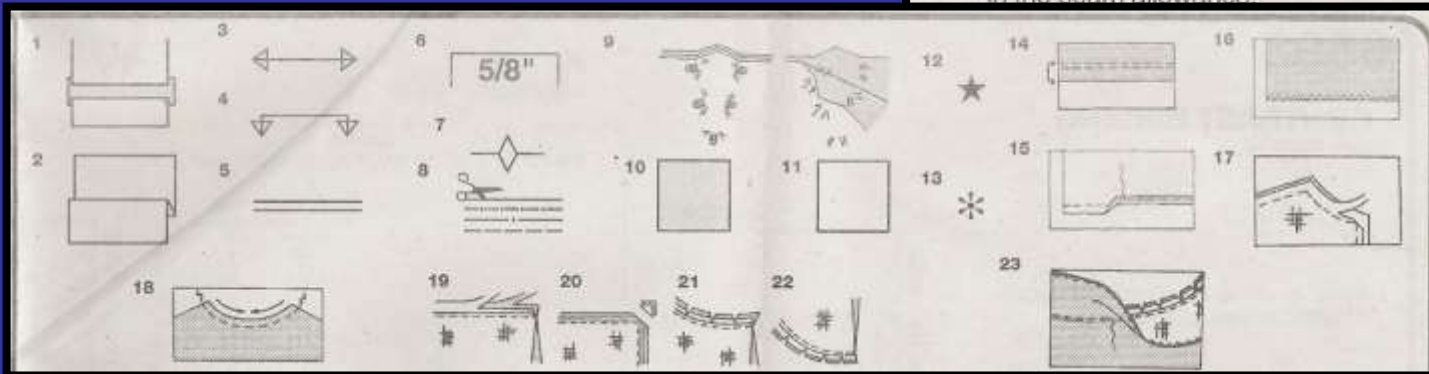
Sew garment following **Sewing Directions**.
PIN or machine-baste seams matching notches.
STITCH 5/8" (1.5cm) seams unless otherwise stated.
PRESS seams open unless otherwise indicated, clipping when necessary so seams will lie flat.

- EASE-STITCH or GATHER:** Loosen needle tension slightly. With RIGHT side up, stitch 5/8" (1.5cm) from cut edge using a long stitch. Stitch again 1/4" (6mm) away in the seam allowance.
- EDGE FINISH:** Neaten raw edges of seams, hems and facings using one of the following methods.
 - Stitch 1/4" (6mm) from edge, turn under along stitching and stitch.
 - Zip-zag or overlock raw edges.
- INTERFACING:** Pin interfacing to WRONG side of fabric. Cut across corners that will be enclosed with seams. Machine-baste 1/2" (1.5cm) from cut edge. (Shown only on first illustration). Trim interfacing close to machine-basting. For FUSIBLE interfacing, follow manufacturer's directions.
- STAY-STITCH:** Stitch 1/2" (1.5cm) from cut edge, in direction of arrow. (Shown only in the first illustration).
- LAYERING:** Trim seam allowance in layers.
 - Layer enclosed seams
 - Trim corners
 - Clip inner curves
 - Notch outer curves
- UNDERSTITCH:** Press facing away from garment, press seam toward facing. Facing side up, understitch close to seam through facing and seam allowances.

General Directions

10. General Directions Section

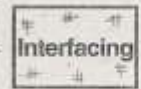
Defines terms, explains pattern symbols and establishes seam allowances for the pattern.



The standard seam allowance for most commercial sewing patterns is 5/8".

Sewing Directions

Fabric Key



Sew garment following **Sewing Directions**.

PIN or machine-baste seams matching notches.

STITCH 5/8" (1.5cm) seams unless otherwise stated.

PRESS seams open unless otherwise indicated, clipping when necessary so seams will lie flat.

14. **EASE-STITCH** or **GATHER** - Loosen needle tension slightly. With **RIGHT** side up, stitch 5/8" (1.5cm) from cut edge using a long stitch. Stitch again 1/4" (6mm) away in the seam allowance.

ams, hems and ds.

nder along

RIGHT side of enclosed with m cut edge. interfacing close to ing, follow

manufacturer's directions.

18. **STAY-STITCH** —Stitch 1/2" (1.3cm) from cut edge, in direction of arrows: (Shown only in the first illustration).

LAYERING — Trim seam allowance in layers.

19. Layer enclosed seams

20. Trim corners

21. Clip inner curves

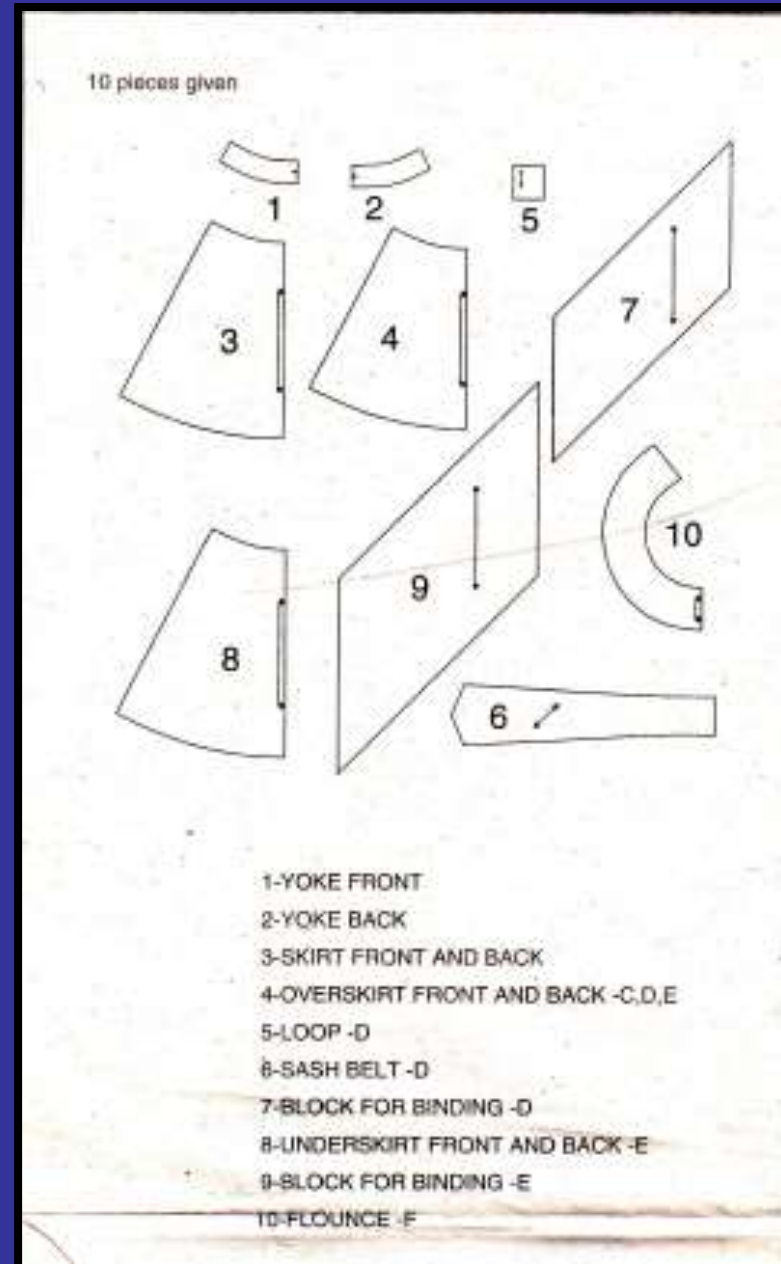
22. Notch outer curves

23. **UNDERSTITCH** —Press facing away from garment; press seam toward facing. Facing side up, understitch close to seam through facing and seam allowances.

Pattern Pieces

11. Pattern Pieces Section

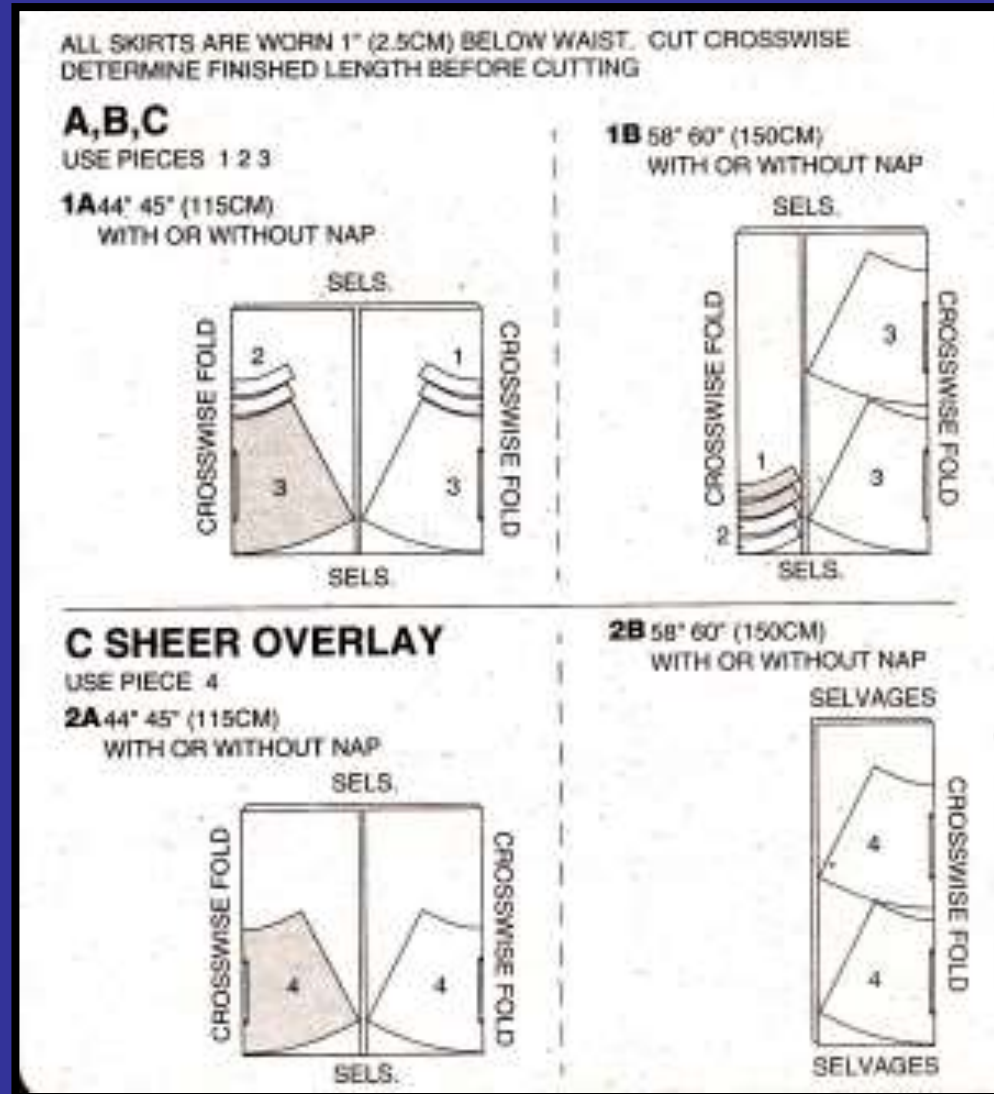
Sketches of each pattern piece used in the garment. They are arranged and numbered for easier reference.



Pattern Layout Diagrams

12. Pattern Layout Diagrams

Shows you which pieces to use and how to lay them out on the fabric.

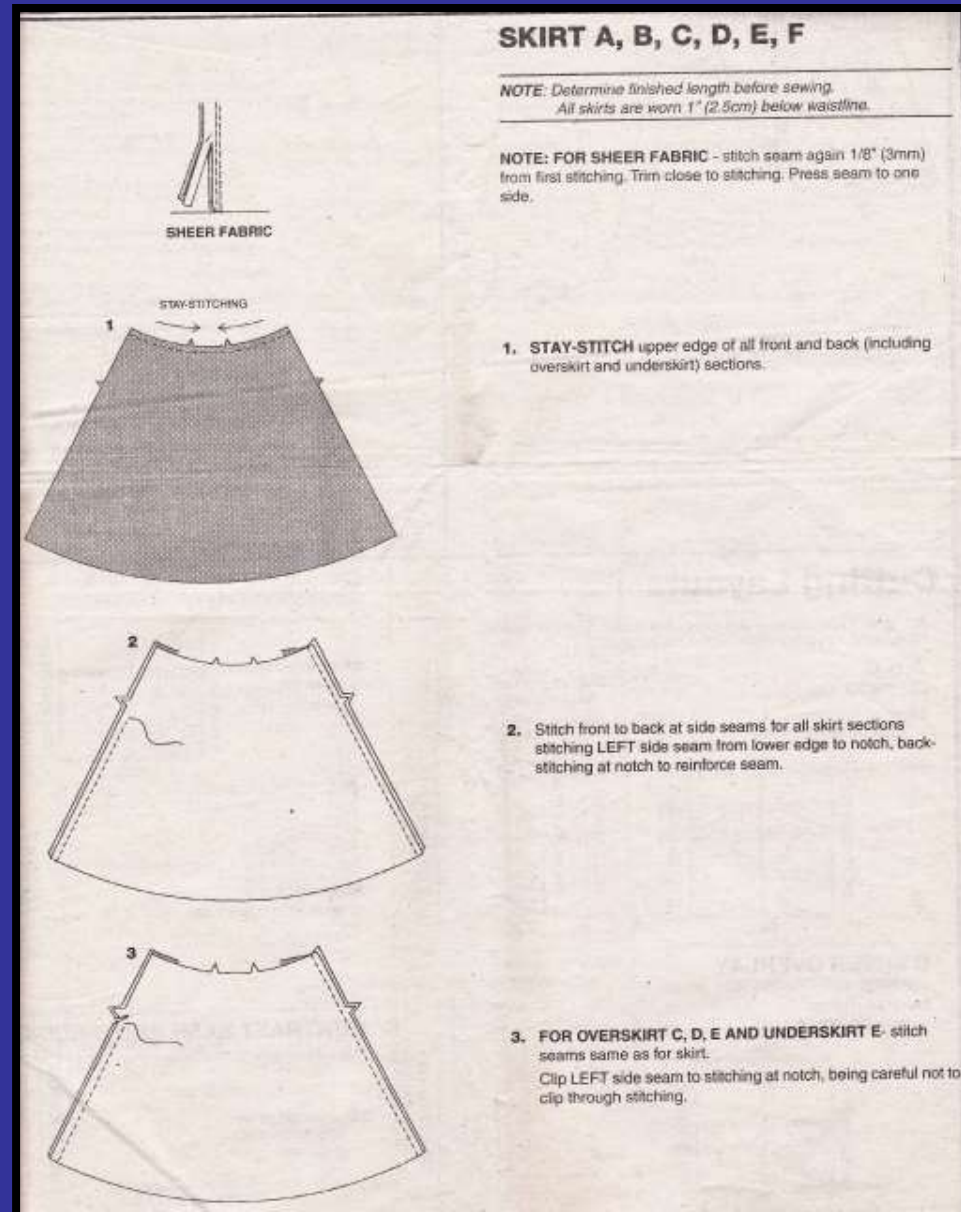


Sewing Instructions

13. Sewing Instructions

The step-by-step construction steps with pictures that explain how to complete the garment.

You should read through all of the sewing instructions before beginning.



Personal Body Measurements

Commercial pattern sizes are almost NEVER the same as ready-to-wear clothing. Choose a pattern size closest to your body measurements, including ease.



Personal Body Measurements

Bust / Chest Measurement

Under the arms and around the widest part of the front and back.

Waist

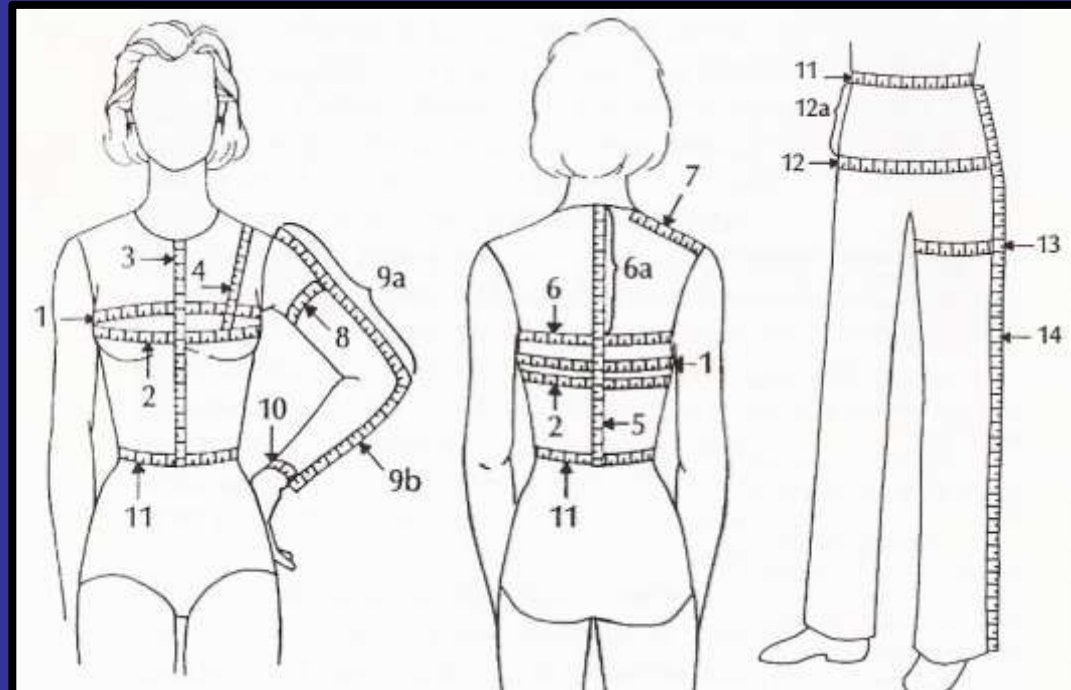
Where your body naturally bends.

High Hip

Where you usually wear your pants.

Full Hip

Around the widest part of your lower body.



Personal Body Measurements

14. When determining the correct size for a shirt, measure the:

Bust /Chest

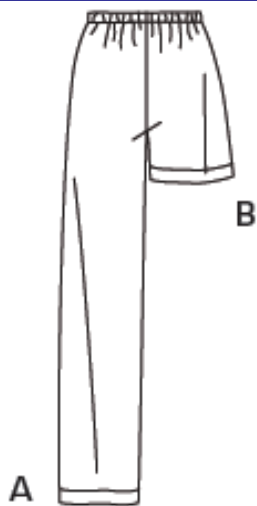
15. When determining the correct size for a skirt or pants, measure the:

Full Hips (Largest Circumference)

How Much Fabric Will You Need For Your Pajamas Project?



After taking your measurements, use the chart below to figure out how much fabric you will need for your project.



Simplicity 6764 Pajama Pants/Capris/Shorts Sizing Chart					
	XS	S	M	L	XL
Hip	31-33	35-37 in.	39-41 in.	43-45 in.	47-49 in.
View A: Pants					
45 wide	2 3/8	2 5/8 yd.	2 5/8 yd.	2 5/8 yd.	2 5/8 yd.
60 wide	1 3/8	2 1/4 yd.	2 1/4 yd.	2 3/8 yd.	2 5/8 yd.
View B: Shorts					
45 wide	1 3/8	1 3/8 yd.	1 3/8 yd.	1 3/8 yd.	1 3/8 yd.
60 wide	3/4 yd.	1 yd.	1 yd.	1 3/8 yd.	1 3/8 yd.
View C & D: Capris					
45 wide	2 yd.	2 1/4 yd.	2 1/4 yd.	2 3/8 yd.	2 3/8 yd.
60 wide	1 1/4	1 3/4 yd.	1 7/8 yd.	2 yd.	2 3/8 yd.
View D: Contrast					
45 or 60	5/8 yd.				

*If you are tall, you may want to get an additional 1/4 yard just in case.