

1965

## EC65-435 A Pattern for You

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# A PATTERN FOR YOU



A requirement for good-looking clothes is a good pattern, correct in size and design for you, and suitable in design for the fabric.

Most pattern companies base the size of their patterns on a standard scale of measurements which is printed on the pattern envelope. You may find that one kind of pattern fits you better than any other and requires less adjustment and fitting. Tables of the measurements in use by each company are given in the counter pattern books.

## Know Your Measurements

Buy your pattern according to your measurements, and not according to the size dress you wear in a ready-made. Ready-to-wear sizes are not always standardized according to body measurements. Bust, waist and hip are the measurements you need to buy a pattern. You will need others to check the pattern before you cut out a dress.

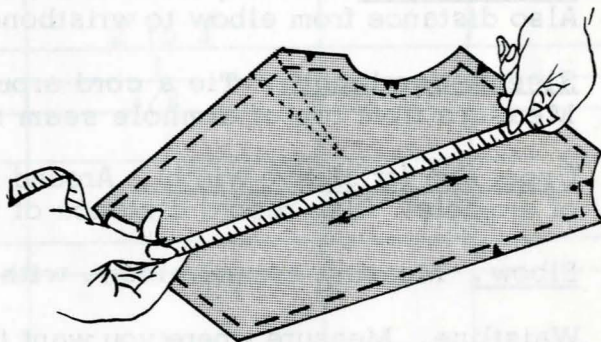
## Preparation

You can take some measurements yourself, but you will need help in taking others. Wear your usual type of foundation garment and comfortable shoes when having measurements taken. Stand in a normal, relaxed position with good posture.

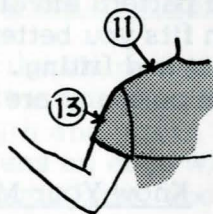
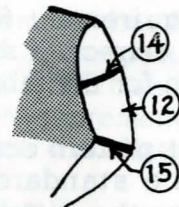
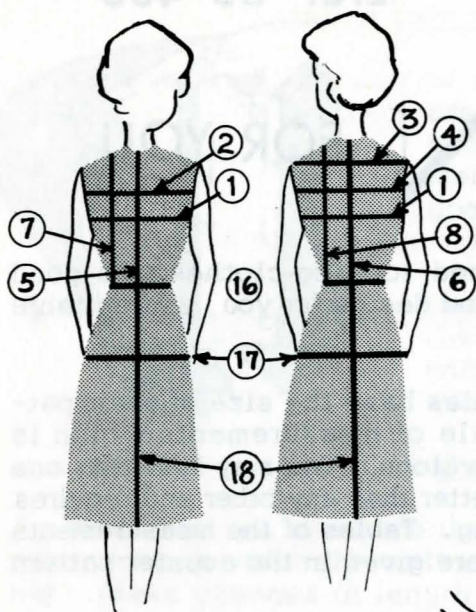
Some measurements require a mark to locate a particular point, as when you measure the chest and the width across shoulder blades. Mark such a point lightly on your skin with a soft pencil, crayon or chalk. A close fitting necklace or cord may be used to mark the neckline. Tape or pins may be used to mark other lines on your slip. Tie a cord around the waist to mark the waistline.

Use an accurate tape measure - avoid one that is stretched or frayed. Take all measurements snugly but not tight.

Record the measurements on the Form on page 3 as they are taken. Diagram on page 2 shows the position of the measurements you will need for checking the pattern.







1. Bust. Over fullest part of the bust, keeping uniform distance from tape at waistline. Measure both front and back between side seams.
2. Chest width. At a point 6" down from the shoulder seam at the neckline, measure from armhole seam to armhole seam.
3. Upper back width. Straight across back from top of one armhole seam to other.
4. Width across shoulder blades. At a point 7" down from shoulder seam at neck line, from armhole seam to armhole seam.
5. Blouse length, center front. From base of neck straight down to waistline.
6. Blouse length, center back. From collarbone at back of neck to waistline.
7. Blouse length, over bust. From middle of shoulder seam, over bust, straight down to waistline.
8. Blouse length, over shoulder blades. From middle of shoulder seam, over shoulder blades to waistline.
9. Armhole depth. Tie a cord around chest, level with bottom of armhole. Measure from shoulder seam at neck line straight down to cord. If one shoulder is higher, measure the high one.
10. Shoulder height. From shoulder seam at top of armhole, down to cord tied around chest.
11. Shoulder length. From base of neck to top of armhole lines.
12. Sleeve length. From top of armhole, down over elbow with arm bent, to wristbone. Also distance from elbow to wristbone.
13. Sleeve-cap length. Tie a cord around your arm, level with bottom of armhole. Measure from top of armhole seam to cord.
14. Upper arm (or sleeve width). Around fullest part of upper arm. Usually at bottom of armhole. Also record distance of this measurement from top of armhole seam.
15. Elbow. Measure around elbow, with arm bent.
16. Waistline. Measure where you want the belt to be. Both front and back measurements between side seams.
17. Hips. At widest part of hips, tape parallel to floor. Check figure from front and sides to see if hips are larger at hip or thigh level. If in doubt take both measurements and use larger one. Record distance from waistline, usually 6" to 10" below.
18. Skirt length. From waistline to floor -- at center front, center back, and sides.



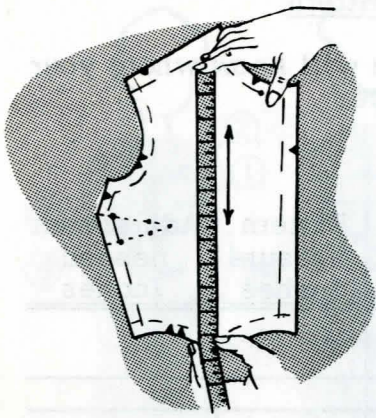
### Measurements needed to check your pattern

Check your measurements with pattern measurements so you will know where your pattern needs to be altered. Measure inside the seam allowance.

Item	Your own measure Inches	Usual allowance for ease Inches	Pattern measure Inches	Adjustment needed Inches
1. Bust:				
Front _____		2		
Back _____		2		
2. Chest width _____		1/4 to 1/2		
3. Upper back width _____		1/2		
4. Width across shoulder blades _____		1/2 to 1		
Blouse length:				
5. Center front _____				
6. Center back _____				
7. Over bust _____		1/2		
8. Over shoulder blades _____		1/2		
9. Armhole depth (from base of neck)				
Front _____		1		
Back _____		1		
10. Shoulder height:				
Front _____		1 & pad		
Back _____		1 & pad		
11. Shoulder length _____		1/4 to 1/2		
12. Sleeve length:				
Shoulder to wrist _____				
Elbow to wrist _____				
13. Sleeve-cap length _____		1 & pad		
14. Sleeve width:				
Upper arm _____		2 to 3		
Forearm _____		1		
Wrist _____		1/2		
15. Elbow girth _____				
16. Waistline:				
Front _____				
Back _____				
17. Hips _____" below waistline:				
Front _____		1		
Back _____		1		
18. Skirt length (to floor):				
Center front _____				
Center back _____				
Left side _____				
Right side _____				



## Measuring the Pattern



Smooth or press the pieces so they will lie flat. If there are marks for darts, tucks, or pleats, pin them in and measure over them. Measure between seam markings. Most measurements are taken parallel, or at right angles, to the straight of goods marks on the pattern.

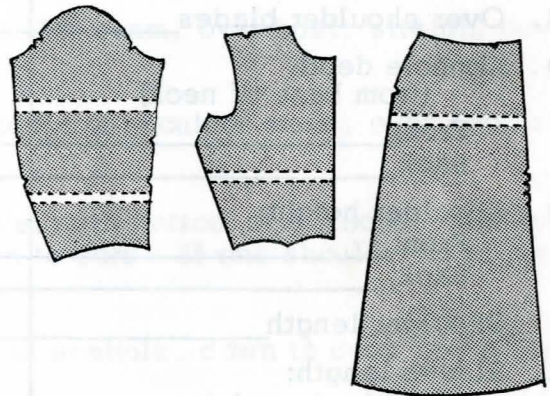
Remember that for most pattern pieces you are measuring just half of the pattern. For example: You measure just half the blouse front and half the blouse back. So twice the front pattern measurement should correspond to your own bust measure, plus the allowance for ease.

## General Rules for Altering Patterns

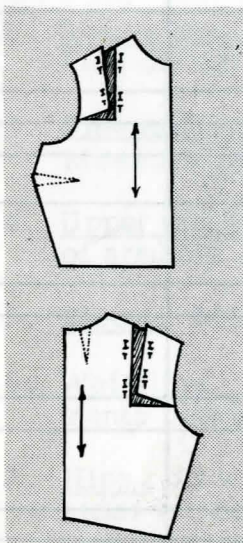
Be careful not to change the shape and design seams of the pattern. To do this make most changes within the outline or center of the pattern by tucking or slashing or spreading. Make changes in length and width between joints where the body moves. If an alteration lengthens or shortens an edge which is to be joined to another, alter that edge to match. Alterations for a large bust, abdomen or round shoulders require two slashes - one lengthwise and one crosswise, intersecting over the largest part.

### Patterns too Short or too Long

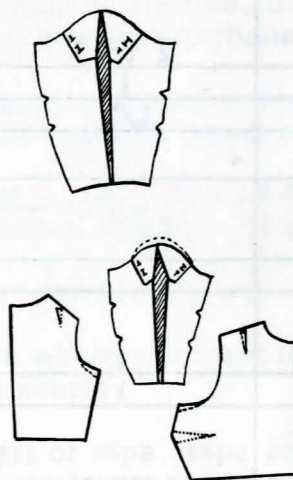
On each pattern piece that needs to be shortened or lengthened, draw a line at right angles to the perforations that mark the straight of the goods. On the blouse this line should be just below the bust; on the skirt, just below the hip line; on the sleeve, above and below the elbow. Cut, or fold, along these lines. If the pattern is too short, spread the cut edges to give needed length; if too long, lap pieces to shorten.



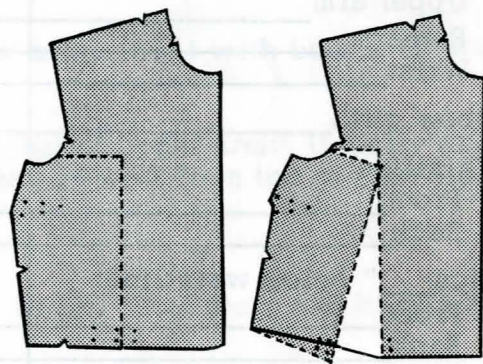
### Alterations to Increase Width



For broad shoulders



Large upper arm



For large bust