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EC72-435 A Pattern for You!

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A PATTERN FOR YOU!

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Extension Specialist (Clothing)

An attractive, well-fitted, comfortable garment is the result of:

1. A style that is suitable for the fabric, that is becoming to you and that will help you look the way you'd like to look.
2. A pattern that has the size and type that most nearly corresponds to your body measurements and build.
3. Alterations in your pattern to take care of figure irregularities you may have.
4. Alterations in the cloth, after it is cut and basted, to make a more perfect fit.
5. Construction and pressing that gives your garment that fashion look.

In this circular we are concerned with:

- a. Selecting the pattern that most nearly corresponds to your body measurements and figure type.
- b. Checking your measurements with the corresponding pattern measurements so you will know where the pattern needs to be altered.

Determine Your Size

Select blouse, dress, suit and coat patterns by bust measure. Select patterns for skirts, slacks and shorts by waist measure unless your hips are larger than the measurement given on a pattern, then choose hip measurement and alter the waistline.

Take measurements over a well-fitted foundation garment.

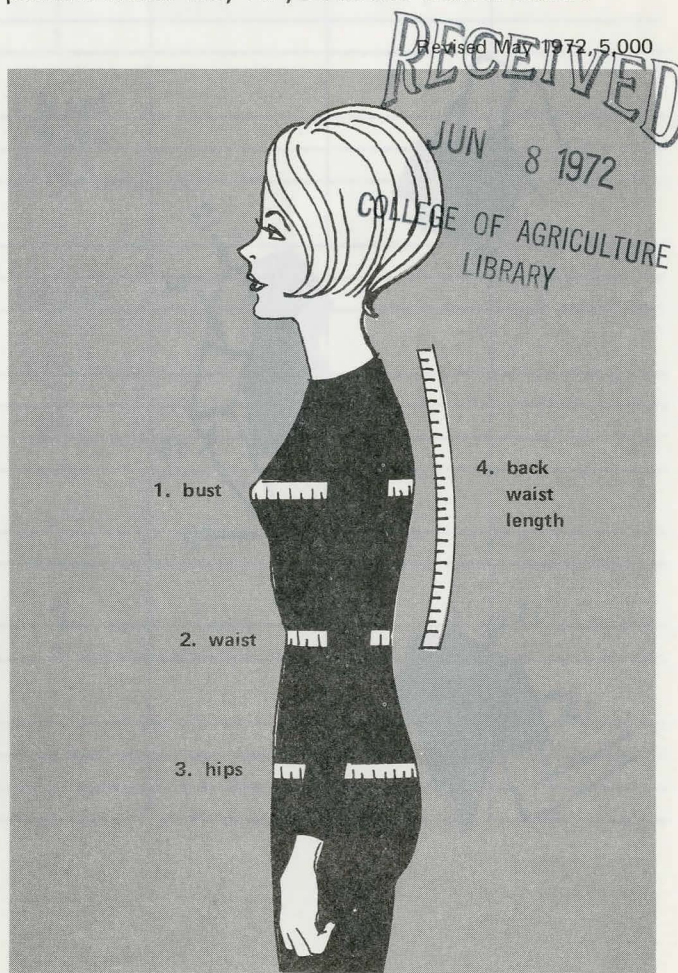
Use a good tape measure that will not stretch. Tie a string around the waist. Take these four measurements snug but not tight:

1. Bust—over the fullest part. Keep tape parallel to floor.
2. Waist—at natural waistline.
3. Hip—at fullest part 7" to 9" below natural waistline. Keep tape parallel to floor.
4. Back waist length—from prominent bone at base of neck to natural waist (where string is tied).

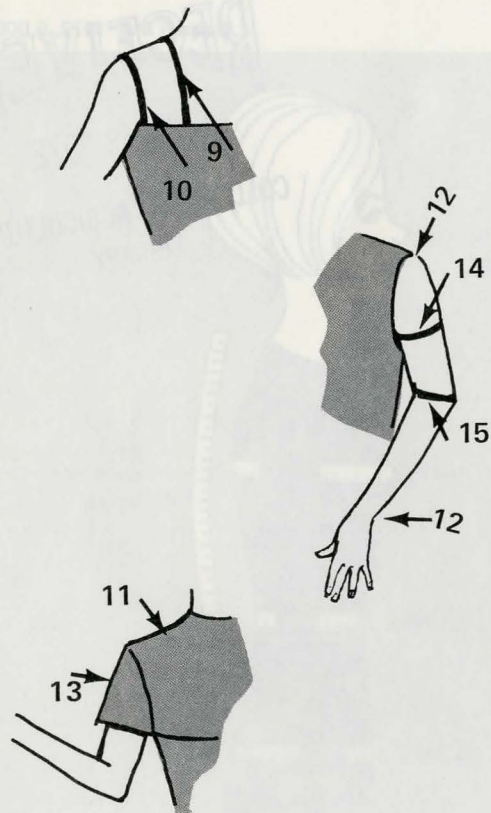
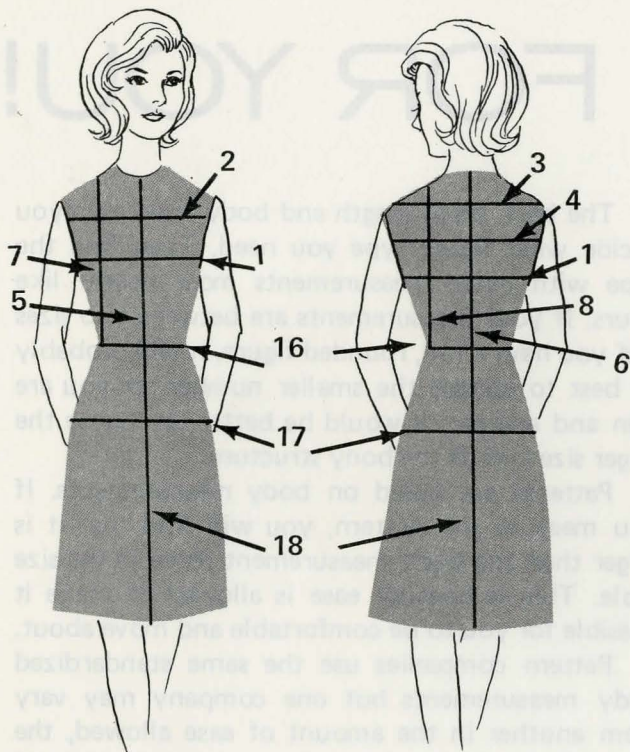
The back waist length and body build help you decide what figure type you need. Then find the type with body measurements most nearly like yours. If your measurements are between two sizes and you have a full, rounded figure, it will probably be best to choose the smaller number. If you are thin and angular, it would be better to choose the larger size and fit the bony structure.

Patterns are based on body measurements. If you measure the pattern, you will find that it is larger than the body measurement listed in the size table. This is because ease is allowed to make it possible for you to be comfortable and move about.

Pattern companies use the same standardized body measurements but one company may vary from another in the amount of ease allowed, the slant of the shoulder and the length and shape of the armscye. This is why you may find that one pattern brand may fit you better than another.



Extension Service
University of Nebraska-Lincoln College of Agriculture Cooperating with the
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E. F. Frolik, Dean J. L. Adams, Director



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 neckline, 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. Also measure from middle of shoulder seam to crown of bust to check dart point.

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 neckline 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. **Elbows.** 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.

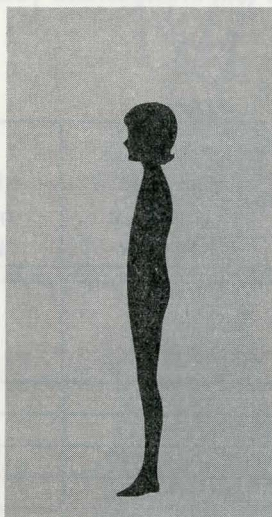
Measurements Needed to Check Your Pattern

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	Total measure Inches	Pattern measure Inches	Adjustment needed Inches
1. Bust					
Front _____		1½ to 2			
Back _____		1½ to 2			
2. Chest width _____		¼ to ½			
3. Upper back width _____		½			
4. Width across shoulder blades _____		½ to 1			
5. Blouse length center front _____					
6. Blouse length center back _____					
7. Blouse length over bust _____		½			
Length from shoulder to crown of bust _____					
8. Over shoulder blades _____		½			
9. Armhole depth (from base of neck)					
Front _____		1			
Back _____		1			
10. Shoulder height:					
Front _____		1 & pad			
Back _____		1 & pad			
11. Shoulder length _____		¼ to ½			
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 _____		½			
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 _____					

What Pattern Type and Size For You?

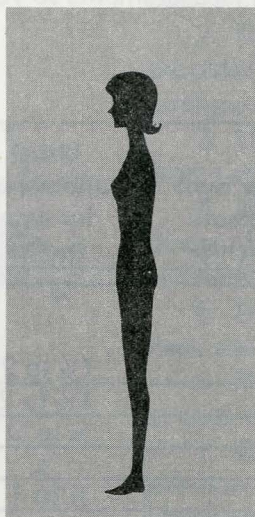
GIRLS'



GIRLS'—From 4'2" to 5'1" without shoes. Girls' patterns are designed for the smallest of the eight types. The figure is just beginning to develop, but needs no underarm dart fitting in dress bodices because the bust line is not defined.

Size	7	8	10	12	14
Bust	26	27	28½	30	32
Waist	23	23½	24½	25½	26½
Hip	27	28	30	32	34
Back Waist Length	11½	12	12½	13½	14¼
Approx. Heights	50"	52"	56"	58½"	61"

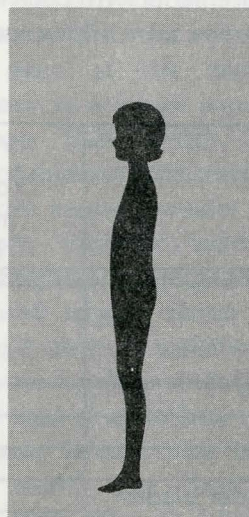
YOUNG JUNIOR/TEEN



YOUNG JUNIOR/TEEN—About 5'1" to 5'3" without shoes. Young Junior/Teen patterns are designed for the developing teen and pre-teen figure. It has a very small, high bust and the waistline is larger in proportion to the bust.

Size	5/6	7/8	9/10	11/12	13/14	15/16
Bust	28	29	30½	32	33½	35
Waist	22	23	24	25	26	27
Hip	31	32	33½	35	36½	38
Back Waist Length	12	12½	13½	14¼	15	15½
Length	13½	14	14½	15	15½	16

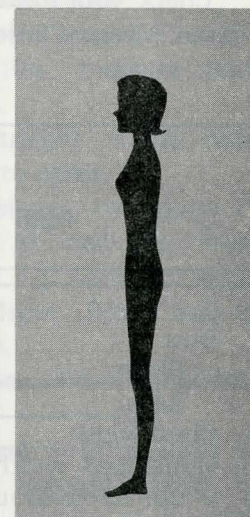
CHUBBIE



CHUBBIE—From 4'2" to 5'1" without shoes. Chubbie patterns are designed for the growing girl who is over the average weight for her age and height. Comparable sizes are the same height for Girls' and Chubbie.

Size	8½c	10½c	12½c	14½c
Bust	30	31½	33	34½
Waist	28	29	30	31
Hip	33	34½	36	37½
Back Waist Length	12	12½	13½	14¼
Approx. Heights	52"	56"	58½"	61"

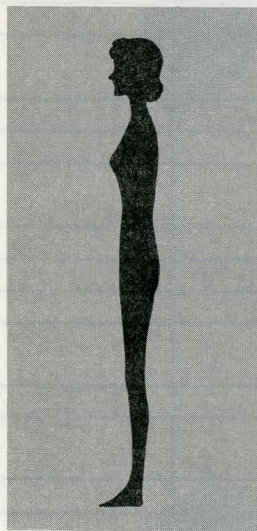
JUNIOR PETITE



JUNIOR PETITE—About 5' to 5'1" without shoes. Junior Petite patterns are designed for a short, well-developed figure, with small body build. It has a shorter waist length than any other type.

Size	3JP	5JP	7JP	9JP	11JP	13JP
Bust	30½	31	32	33	34	35
Waist	22	22½	23½	24½	25½	26½
Hip	31½	32	33	34	35	36
Back Waist Length	12	12½	13½	14¼	15	15½
Length	14	14½	14½	14½	15	15½

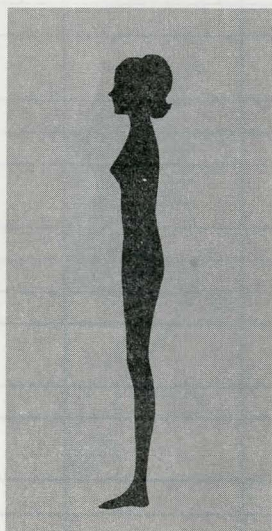
JUNIOR



JUNIOR—About 5'4" to 5'5" without shoes. Junior patterns are designed for a figure that is slightly shorter than the Misses'. It is also a well-developed figure. The figure has a shorter waist length than the Misses'.

Size	5	7	9	11	13	15
Bust	30	31	32	33½	35	37
Waist	21½	22½	23½	24½	26	28
Hip	32	33	34	35½	37	39
Back Waist Length	15	15½	15½	15½	16	16½
Length	15	15½	15½	15½	16	16½

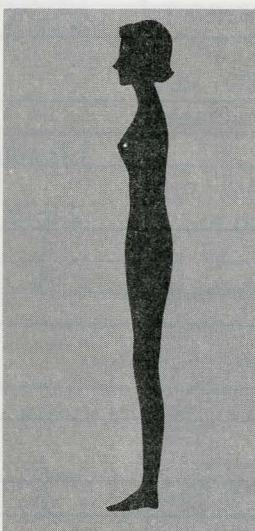
MISS PETITE



MISS PETITE—About 5'2" to 5'3" without shoes. Miss Petite patterns are designed for a figure that is as well-proportioned and well-developed as the Misses', but is shorter. The waist length is shorter than the Misses', and the bust and hips are the same as the Misses', with a slightly larger waist.

Size	6mp	8mp	10mp	12mp	14mp	16mp
Bust	30½	31½	32½	34	36	38
Waist	22½	23½	24½	26	27½	29½
Hip	32½	33½	34½	36	38	40
Back Waist Length	14½	14½	15	15½	15½	16
Length	14½	14½	15	15½	15½	16

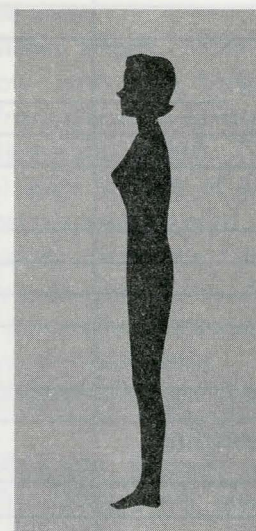
MISSES'



MISSES'—About 5'5" to 5'6" without shoes. Misses' patterns are designed for a figure that is well-proportioned and well-developed in all body areas. It is the tallest type and could be considered the "average" figure.

Size	6	8	10	12	14	16	18
Bust	30½	31½	32½	34	36	38	40
Waist	22	23	24	25½	27	29	31
Hip	32½	33½	34½	36	38	40	42
Back Waist Length	15½	15½	16	16½	16½	17	17
Length	15½	15½	16	16½	16½	17	17

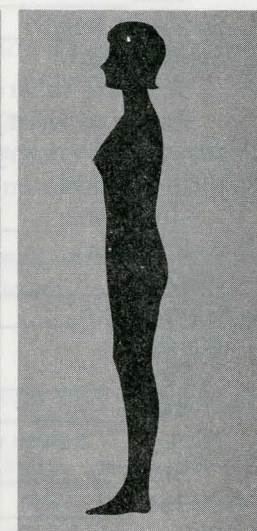
HALF-SIZE



HALF-SIZE—About 5'2" to 5'3" without shoes. Half-Size patterns are designed for a fully-developed, but shorter figure. It has narrower shoulders than the Misses' and the waist is larger in proportion to bust than other mature figure types.

Size	10½	12½	14½	16½	18½	20½	22½	24½
Bust	33	35	37	39	41	43	45	47
Waist	26	28	30	32	34	36½	39	41½
Hip	35	37	39	41	43	45½	48	50½
Back Waist Length	15½	15½	15½	15½	16	16½	16½	16½
Length	15½	15½	15½	15½	16	16½	16½	16½

WOMEN'S



WOMEN'S—About 5'5" to 5'6" without shoes. Women's patterns are designed for the larger, more fully mature figure that is about the same height as the Misses'. Because of a fuller back it has a longer back waist length. All measurements are proportionately larger.

Size	38	40	42	44	46	48	50
Bust	42	44	46	48	50	52	54
Waist	34	36	38	40½	43	45½	48
Hip	44	46	48	50	52	54	56
Back Waist Length	17½	17½	17½	17½	17½	17½	18
Length	17½	17½	17½	17½	17½	17½	18