

Measuring Up!

Objective: Students will learn how to measure the body correctly for a proper fit.

Supplies: The same size garment from ready-to-wear, designer wear, and home-sewn to show comparisons.
Do You Really Know Your Pattern Size? worksheet
Tape Measure for each student
Pattern Pieces to resize for each student

1. Show students three different outfits that all claim to be the same size. The point that will be illustrated is that size 8 in ready-to wear may be a size 6 in designer wear, and a size 12 in home sewn. Have students take turns reading from the handout. Read "Look at Size with New Eyes" and "Measure and Compare".

Points to discuss:

Butterick, McCall's Simplicity, and Vogue all use the same standard body measurements.

Pattern size may be one or two sizes larger than ready-to-wear.

2. Demonstrate how to correctly measure your body. This can be done on a mannequin, or you may use yourself as an example. Reference the visual in the packet as you are demonstrating.

3. Explain the body measurement chart.

Points to discuss:

There are 4 main measurements to be considered when sizing for a pattern.

Measurements are based on a well-proportioned, developed figure about 5'5" to 5'6" without shoes. (You can customize your pattern to adjust for differences in your body.)

It is possible for a person to be one size in the bust, and another size for the hip or waist. If you are making a top or vest/jacket then you buy the pattern that corresponds with your bust measurement. If you are making pants or a skirt, then you get the pattern that corresponds with the hip measurement. If you are making a dress then you get the pattern that corresponds with the larger size, and make adjustments where necessary.

4. Students will take their own measurements and record them in their packets. It works best to have students partner up and work together to double check measurements.

5. After students take their measurements, they need to analyze the pattern sizing chart and identify their pattern size. Then go over the third page together as a class and talk about the 3 Steps and the Tips section together.
6. Demonstrate with a pattern piece, how to:
 - a. Resize darts
 - b. Lengthen or shorten pants, a skirt, and sleeve length
7. Have students work together to resize a dart, lengthen a sleeve, shorten a pant leg.