## SIZE \& FIT: centimetres \& inches

For this style, use 'Upper Bust' measurement to determine size. More size \& fit information can be found on page 4 of the pattern.

|  |  | AU SIZE | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| A | UPPER BUST <br> Measure around chest at underarm level, above the bust. | cms | $\begin{gathered} 77 \\ 77-79 \end{gathered}$ | $\begin{gathered} 80 \\ 80-84 \end{gathered}$ | $\begin{gathered} 85 \\ 85-88 \end{gathered}$ | $\begin{gathered} 89 \\ 89-92 \end{gathered}$ | $\begin{gathered} 93 \\ 93-97 \end{gathered}$ | $\begin{gathered} 97.5 \\ 97.5-100 \end{gathered}$ | $\begin{gathered} 101 \\ 101-104 \end{gathered}$ | $\begin{gathered} 105 \\ 105-109 \end{gathered}$ | $\begin{gathered} 110 \\ 110-115 \end{gathered}$ |
|  |  | inches | $\begin{gathered} 303 / 8 \\ 303 / 8-31 \end{gathered}$ | $\begin{gathered} 311 / 2 \\ 311 / 2-33 \end{gathered}$ | $\begin{array}{\|c\|} \hline 331 / 2 \\ 331 / 2-341 / 2 \\ \hline \end{array}$ | $\begin{gathered} 35 \\ 35-361 / 4 \end{gathered}$ | $\begin{gathered} 365 / 8 \\ 365 / 8-38 \end{gathered}$ | $\begin{array}{\|c\|} \hline 381 / 2 \\ 381 / 2-391 / 4 \end{array}$ | $\begin{array}{\|c\|} \hline 393 / 4 \\ 3 / 4-403 / 4 \\ \hline 49 \end{array}$ | $\begin{array}{\|c\|} \hline 411 / 4 \\ 411 / 2-423 / 4 \\ \hline \end{array}$ | $\begin{gathered} 431 / 4 \\ 431 / 4-45 \end{gathered}$ |
| B | BUST <br> Measure around chest at bust level. | cms | $\begin{gathered} 75 \\ 75-79 \end{gathered}$ | $\begin{gathered} 80 \\ 80-84 \end{gathered}$ | $\begin{gathered} 85 \\ 85-89 \end{gathered}$ | $\begin{gathered} 90 \\ 90-94 \end{gathered}$ | $\begin{gathered} 95 \\ 95-99 \end{gathered}$ | $\begin{gathered} 100 \\ 100-104 \end{gathered}$ | $\begin{gathered} 105 \\ 105-109 \end{gathered}$ | $\begin{gathered} 110 \\ 110-114 \end{gathered}$ | $\begin{gathered} 115 \\ 115-120 \end{gathered}$ |
|  |  | inches | $\begin{gathered} 291 / 2 \\ 291 / 2-31 \end{gathered}$ | $\begin{gathered} 311 / 2 \\ 311 / 2-33 \end{gathered}$ | $\begin{gathered} 331 / 2 \\ 331 / 2-35 \end{gathered}$ | $\begin{gathered} 35 \text { 3/8 } \\ 35 \\ 3 / 8-37 \end{gathered}$ | $\begin{gathered} 373 / 8 \\ 373 / 8-39 \end{gathered}$ | $\begin{gathered} 393 / 8 \\ 393 / 8-41 \end{gathered}$ | $\begin{gathered} 413 / 8 \\ 413 / 8-43 \end{gathered}$ | $\begin{gathered} 431 / 4 \\ 431 / 4-45 \end{gathered}$ | $\begin{gathered} 451 / 4 \\ 451 / 4-47 \end{gathered}$ |
| C | WAIST | cms inches | $\begin{gathered} 60 \\ 235 / 8 \end{gathered}$ | $\begin{array}{r} 65 \\ 255 / 8 \\ \hline \end{array}$ | $\begin{gathered} 70 \\ 271 / 2 \end{gathered}$ | $\begin{gathered} 75 \\ 291 / 2 \end{gathered}$ | $\begin{gathered} 80 \\ 31 \text { 1/2 } \end{gathered}$ | $\begin{gathered} 85 \\ 331 / 2 \end{gathered}$ | $\begin{array}{r} 90 \\ 353 / 8 \\ \hline \end{array}$ | $\begin{gathered} 95 \\ 371 / 2 \end{gathered}$ | $\begin{gathered} 100 \\ 393 / 8 \end{gathered}$ |
| D | HIP/SEAT Measure 20cm (8") below natural waist. | cms <br> inches | $\begin{gathered} 85 \\ 331 / 2 \end{gathered}$ | $\begin{gathered} 90 \\ 353 / 8 \end{gathered}$ | $\begin{gathered} 95 \\ 373 / 8 \end{gathered}$ | $\begin{gathered} 100 \\ 393 / 8 \end{gathered}$ | $\begin{gathered} 105 \\ 413 / 8 \end{gathered}$ | $\begin{gathered} 110 \\ 431 / 4 \end{gathered}$ | $\begin{gathered} 115 \\ 451 / 4 \end{gathered}$ | $\begin{gathered} 120 \\ 471 / 4 \end{gathered}$ | $\begin{gathered} 125 \\ 491 / 4 \end{gathered}$ |



## HOW, WHERE \& WHEN TO MEASURE YOURSELF:

Below are tips to successfully measure yourself for your sewing projects.

## HOW to measure

l. You want the tape measure to be firm but not tight. Don't be scared to make the measuring tape snug \& be sure you are not using an old, stretched out tape.
2. Measure over your skin, not your clothes. Measuring over clothes means you'll make a dress you can wear over your clothes!

## WHERE To MEASURE

Each pattern will ask you to measure in different places to achieve the best fit. See page 4 for an outline for this pattern.

## WHEN to measure

When to measure... sounds crazy that this is something you need to consider. But think about it - how often do you eat something \& then your tummy bloats? See what I mean?! So if you're planning a sewing session for yourself after you eat, plan some time to measure yourself before you eat.

Lots of ladies also find that certain measurements are bigger when they have their period \&/or are ovulating. Keeping a journal of your measurements for sewing, over time, is quite helpful to determine if this applies to you too.

## TOP 3 MEASURING MISHAPS:

\#1: Measuring over clothing.
\#2: Measuring after eating.
\#3: Not measuring where the pattern asks you to.

