## SIZE \& FIT : TABLES

The following measurements are to assist you in choosing what size to make.

## BODY MEASUREMENTS: centimetres \& INCHES

HOW TO CHOOSE Measure around your hip/seat, taken $20 \mathrm{~cm}\left(8^{\prime \prime}\right)$ down from the natural waist. THE RIGHT SIZE: The tape measure should be firm. See page 4 for more details.

|  |  | AU SIZE | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| - A | HIP/SEAT <br> 20 cm (8") below natural waist | cms | $\begin{gathered} 85 \\ 85-89 \end{gathered}$ | $\begin{gathered} 90 \\ 90-94 \end{gathered}$ | $\begin{gathered} 95 \\ 95-99 \end{gathered}$ | $\begin{gathered} 100 \\ 100-104 \end{gathered}$ | $\begin{gathered} 105 \\ 105-109 \end{gathered}$ | $\begin{gathered} 110 \\ 110-114 \end{gathered}$ | $\begin{gathered} 115 \\ 115-119 \end{gathered}$ | $\begin{gathered} 120 \\ 120-124 \end{gathered}$ | $\begin{gathered} 125 \\ 125-129 \end{gathered}$ |
|  |  | inches | $\begin{gathered} 331 / 2 \\ 331 / 2-35 \end{gathered}$ | $\begin{gathered} 353 / 8 \\ 353 / 8-37 \end{gathered}$ | $\begin{gathered} 373 / 8 \\ 373 / 8-39 \end{gathered}$ | $\begin{gathered} 393 / 8 \\ 393 / 8-41 \end{gathered}$ | $\begin{gathered} 413 / 8 \\ 413 / 8-43 \end{gathered}$ | $\begin{gathered} 431 / 4 \\ 431 / 4-45 \end{gathered}$ | $\begin{gathered} 451 / 4 \\ 451 / 4-47 \end{gathered}$ | $\begin{gathered} 471 / 4 \\ 471 / 4-49 \end{gathered}$ | $\begin{gathered} 491 / 4 \\ 491 / 4-50.5 \end{gathered}$ |
| B | WAIST | cms <br> inches | $\begin{gathered} 60 \\ 235 / 8 \end{gathered}$ | $\begin{gathered} 65 \\ 255 / 8 \end{gathered}$ | $\begin{gathered} 70 \\ 271 / 2 \end{gathered}$ | $\begin{gathered} 75 \\ 291 / 2 \end{gathered}$ | $\begin{gathered} 80 \\ 31 \text { 1/2 } \end{gathered}$ | $\begin{gathered} 85 \\ 33 \text { 1/2 } \end{gathered}$ | $\begin{gathered} 90 \\ 353 / 8 \end{gathered}$ | $\begin{gathered} 95 \\ 371 / 2 \end{gathered}$ | $\begin{gathered} 100 \\ 393 / 8 \end{gathered}$ |
| C | BUST | cms inches | $\begin{gathered} 75 \\ 291 / 2 \end{gathered}$ | $\begin{gathered} 80 \\ 31 \text { 1/2 } \end{gathered}$ | $\begin{gathered} 85 \\ 33 \text { 1/2 } \end{gathered}$ | $\begin{gathered} 90 \\ 351 / 2 \end{gathered}$ | $\begin{gathered} 95 \\ 373 / 8 \end{gathered}$ | $\begin{gathered} 100 \\ 393 / 8 \end{gathered}$ | $\begin{gathered} 105 \\ 413 / 8 \end{gathered}$ | $\begin{gathered} 110 \\ 432 / 8 \end{gathered}$ | $\begin{gathered} 115 \\ 451 / 4 \end{gathered}$ |

## An Australian Size 6 is

equivalent to a US Size 2

## GARMENT MEASUREMENTS: CENTIMETRES \& Inches

WAIST TO HEM: This is measured from the natural waist to the finished hem. It allows for a $1.5 \mathrm{~cm}\left(5 / 8^{\prime \prime}\right)$ hem.

## 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!

## 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.

## WHERE to MEASURE

This pattern asks you to measure around your hip/seat.
HIP/SEAT: This is 20 cm ( $8^{\prime \prime}$ ) below the natural waist. It's not your hip bone but your seat.

## TOP 3 MEASURING MISHAPS:

\#1: Measuring over clothing.

## \#2: Measuring after eating.

\#3: Not measuring where the pattern asks you to.

