

HOW TO CHOOSE THE CORRECT PATTERN SIZE

Patterns are made to fit specific body measurements with ease allowed for comfort and style. Compare your measurements with the measurements on the back of the pattern envelope or the chart on the opposite page. Choose the pattern size with the measurements closest to your own. If your measurements fall between two sizes, choose the larger size. For shirts, blouses, tops, jackets and dresses, choose size by bust or chest measurement. For skirts, pants and shorts, in Misses' sizes, choose size by the hip measurement. For pants and shorts in Men's sizes, choose size by waist measurement.

HOW TO TAKE BODY MEASUREMENTS

Measurements should be taken snugly over proper undergarments.

MISSES Approximate Height 5' 6" (167 cm)

Bust: Measure over fullest part of bust with tape straight across back.

Waist: Tie a string around waist and measure at string position.

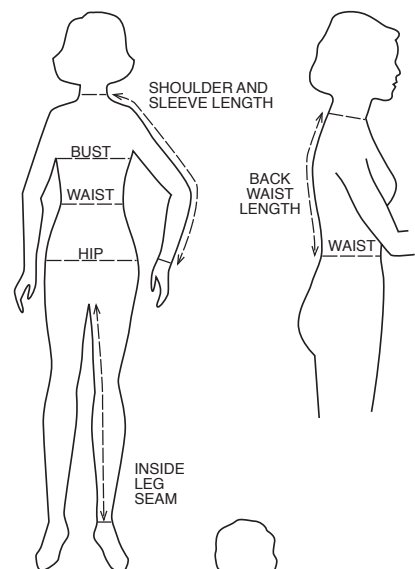
Hip: Measure around fullest part of hip, usually 7" to 9" (18 cm to 23 cm) below waist.

Back Waist Length: Measure from the bone at the base of the neck to the natural waist.

Inside Leg: Measure from crotch to desired finished length.

Shoulder and Arm Length: Bend arm slightly, measure the shoulder from the neckline to the bone at the tip of the shoulder and continue over the elbow to the wrist bone. If you are adding shoulder pads, add the thickness of the shoulder pad to this measurement. If you have a sleeve with a cuff, add 1" (2.5 cm) to this measurement.

Height: Measure, without shoes, standing against a wall.



MEN Approximate Height 5' 10" (177 cm)

Chest: Measure around the fullest part of chest.

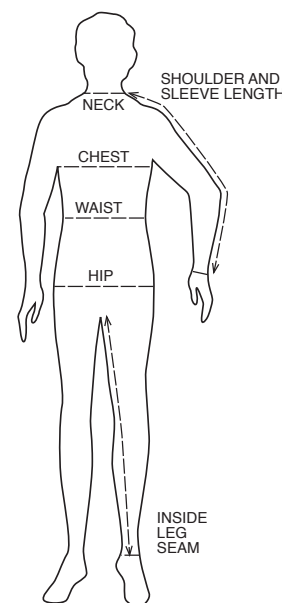
Waist: Measure around the natural waist.

Hip: Measure around fullest part of hip.

Neck: Measure around the base of the neck or choose pattern size by ready-to-wear neck size.

Height: Measure, without shoes, standing against a wall.

Shoulder and Arm Length: Measure the same as for Misses. (Sleeve length given in ready-to-wear is measured from center back over shoulder, elbow, to wrist bone.)



CHILDREN & TODDLER

When choosing the correct size for children, it is usually best to choose size by comparing the child's height to the height given on the back of the envelope. Choose the size that is closest to the height of the child, then compare the chest, waist and hip measurements and make the necessary adjustments on the pattern.

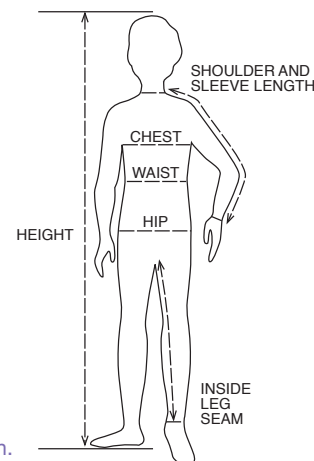
Height: Measure, without shoes, standing against a wall.

Chest: Measure around fullest part of chest.

Waist: Measure around the natural waist.

Hip: Measure around fullest part of hip.

Shoulder and Arm Length: Bend arm slightly, measure the shoulder from the neckline to the bone at the tip of the shoulder and continue over the elbow to the wrist bone.



BABIES

Compare the height and the weight of the baby to the measurements listed.

METRIC STANDARD BODY MEASUREMENT CHART

MISSES' BODY MEASUREMENTS

Size	XXS		XS		S		M		L		XL		
Size			4	6	8	10	12	14	16	18	20	22	
Bust	73	76	80	83	86	90	94	98	102	106	110	114	cm
Waist	54	56	56	60	63	66	70	74	79	84	89	94	cm
Hip	77	80	82	86	90	94	98	102	106	110	115	120	cm
Back Waist Length	38	38	39	39.5	40	41	41.5	42	42.5	43	43	43	cm

WOMEN'S BODY MEASUREMENTS PLUS SIZES

Size	1X	2X	3X	4X	
Bust	114	124	134	144	cm
Waist	94	104	114	124	cm
Hip	119	129	139	149	cm
Back Waist Length	43.5	44	44.5	45	cm

MEN'S BODY MEASUREMENTS

Size	S		M		L		XL		XXL		
Chest Size	34	36	38	40	42	44	46	48	50	52	
Chest	86	91	96	101	106	111	116	122	127	132	cm
Waist	71	76	81	86	91	96	101	106	111	116	cm
Hip	89	94	99	104	109	114	119	124	129	134	cm
Neck	35	36	38	39	40	41	43	44	45	47	cm

YOUTH BODY MEASUREMENTS

Size	XS	S	M	L	XL	
Height	147	155	163	168	173	cm
Hip	82	87	92	99	107	cm

GIRLS' BODY MEASUREMENTS

Size	4	5	6	7	8	10	12	14	16	
Height	104	112	119	127	132	142	149	155	160	cm
Chest	58	61	63	66	68	71	76	81	86	cm
Waist	54	56	57	58	59	62	64	67	68	cm
Hip	59	62	65	68	71	76	81	86	91	cm

BOYS' BODY MEASUREMENTS

Size	4	5	6	7	8	10	12	14	16	
Height	104	112	119	122	127	137	147	155	160	cm
Chest	58	61	63	66	68	71	76	81	86	cm
Waist	54	56	57	58	61	63	66	68	68	cm
Hip	59	62	65	68	71	75	78	82	91	cm

TODDLERS' BODY MEASUREMENTS

Toddlers' garments have diaper allowance.

Size	T1	T2	T3	T4	
Height	79	86	94	102	cm
Chest	51	53	56	58	cm
Waist	51	52	53	54	cm
Hip	52	54	57	59	cm

BABY

Size	XS	S	M	L	XL	XXL	
Month	Newborn	0-3	3-6	6-12	12-18	18-24	
Height	53	61	67	74	80	86	cm
Weight	3.5	6	8	10	12	13	kg

IMPERIAL STANDARD BODY MEASUREMENT CHART

MISSES' BODY MEASUREMENTS

Size	XXS		XS		S		M		L		XL	
Size			4	6	8	10	12	14	16	18	20	22
Bust	29	30	31 1/2	32 1/2	34	35 1/2	37	38 1/2	40	41 1/2	43	45
Waist	21 1/2	22	22 1/2	23 1/2	24 3/4	26	27 1/2	29	31	33	35	37
Hip	30 1/2	31 1/2	32 1/4	34	35 1/2	37	38 1/2	40	41 3/4	43 1/4	45	47
Back Waist Length	15	15	15 1/4	15 1/2	15 3/4	16	16 1/4	16 1/2	16 3/4	17	17	17

WOMEN'S BODY MEASUREMENTS PLUS SIZES

Size	1X	2X	3X	4X	
Bust	45	49	53	57	"
Waist	37	41	45	49	"
Hip	47	51	55	59	"
Back Waist Length	17	17 1/4	17 1/2	17 3/4	"

MEN'S BODY MEASUREMENTS

Size	S		M		L		XL		XXL	
Chest Size	34	36	38	40	42	44	46	48	50	52
Chest	34	36	38	40	42	44	46	48	50	52
Waist	28	30	32	34	36	38	40	42	44	46
Hip	35	37	39	41	43	45	47	49	51	53
Neck	14	14 1/2	15	15 1/2	16	16 1/2	17	17 1/2	18	18 1/2

YOUTH BODY MEASUREMENTS

Size	XS	S	M	L	XL	
Height	58	61	64	66	68	"
Hip	32	34	36	39	42	"

GIRLS' BODY MEASUREMENTS

Size	4	5	6	7	8	10	12	14	16
Height	41	44	47	50	52	56	58 1/2	61	63
Chest	23	24	25	26	27	28	30	32	34
Waist	21 1/2	22	22 1/2	23	23 1/2	24 1/2	25 1/2	26 1/2	27
Hip	23 1/2	24 1/2	25 1/2	27	28	30	32	34	36

BOYS' BODY MEASUREMENTS

Size	4	5	6	7	8	10	12	14	16
Height	41	44	47	48	50	54	58	61	63
Chest	23	24	25	26	27	28	30	32	34
Waist	21 1/2	22	22 1/2	23	24	25	26	27	27
Hip	23 1/2	24 1/2	25 1/2	27	28	29 1/2	31	32 1/2	36

TODDLERS' BODY MEASUREMENTS

Toddlers' garments have diaper allowance.

Size	T1	T2	T3	T4	
Height	31	34	37	40	"
Chest	20	21	22	23	"
Waist	20	20 1/2	21	21 1/2	"
Hip	20 1/2	21 1/2	22 1/2	23 1/2	"

BABY

Size	XS	S	M	L	XL	XXL	
Month	Newborn	0-3	3-6	6-12	12-18	18-24	
Height	21	24	26 1/2	29	31 1/2	34	"
Weight	8	13	18	22	26	29	lb

HOW TO READ A KWIK•SEW® PATTERN ENVELOPE

Remember: There are references available in the back of the pattern catalogue of size charts, stretch charts, a metric equivalency chart and how to take your body measurements.

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A → 4" (10 cm) of Knit Fabric should stretch to at least **here.** →

USE FABRIC WITH 25% STRETCH ACROSS THE GRAIN

PATTERN 3419
MISSES' TOPS

DESIGNED FOR STRETCH KNITS ONLY WITH 25% STRETCH ACROSS THE GRAIN } **B**
 Suggested Fabrics: Interlock, jersey, textured knits
 Contrast Fabric View C in lightweight sheer woven fabrics such as organza, voile.

F { Misses' close-fitting pullover tops have empire waist on front with gathers under bust, and neckline finished with facing. View A and B have a deep V-neckline. View C has a scoop neckline with a bias-cut ruffle from contrast sheer fabric; ruffle edge is not finished.

C **Standard Body Measurements:**

Size	XS	S	M	L	XL	
Bust	31½-32½ (80-83)	34-35½ (86-90)	37-38½ (94-98)	40-41½ (102-106)	43-45 (110-114)	" (cm)
Waist	22½-23½ (57-60)	24¾-26 (63-66)	27½-29 (70-74)	31-33 (79-84)	35-37 (89-94)	" (cm)
Hip	32¼-34 (82-86)	35½-37 (90-94)	38½-40 (98-102)	41½-43½ (106-110)	45-47 (115-120)	" (cm)
Back Waist Length	15½ (39)	16 (41)	16½ (42)	17 (43)	17 (43)	" (cm)
Finished Length at Center Back						
View A, B & C	20¾ (53)	21¼ (54)	21¾ (55)	22½ (57)	23 (59)	" (cm)

Material Required: Fabric requirement allows for nap, one-way design or shading. Extra fabric may be needed to match design or for shrinkage.

D **Fabric 60" (152 cm) Wide**

View	XS	S	M	L	XL	
View A	1½ (1.40)	1½ (1.40)	1½ (1.50)	1½ (1.50)	1½ (1.50)	yd (m)
View B & C	1½ (1.05)	1½ (1.05)	1¼ (1.15)	1¼ (1.15)	1¼ (1.15)	yd (m)

Contrast Fabric 32" (80 cm) Wide (minimum width)

View	XS	S	M	L	XL	
View C	¾ (0.80)	¾ (0.80)	¾ (0.80)	1 (0.95)	1 (0.95)	yd (m)

E **Fusible Interfacing 24" (60 cm) Wide**

View	XS	S	M	L	XL	
View A, B & C	¾ (0.60)	¾ (0.60)	¾ (0.60)	¾ (0.60)	¾ (0.60)	yd (m)

Notions: Thread.

G **H**

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- (A) The stretch chart enables you to check fabric for correct amount of stretch. This chart will only be shown on patterns designed for knit fabrics.
- (B) The most suitable fabric is suggested.
- (C) Body Measurements. Choose the size closest to your body measurements. If you are between sizes choose the larger size.
- (D) Exact fabric requirements are given for each style. Extra fabric may be needed to match designs or plaids in fabric.
- (E) Additional items necessary to complete the garment are listed. These are called notions.
- (F) The garment description clarifies the style and construction details not always visible in the illustration.
- (G) The back of the garment is clearly sketched.
- (H) When a design requires more than one color fabric choice this will be indicated on the envelope next to the line drawings and in the "Material Required" (D) portion.

Name:

	Your Measurements	KWIK•SEW Measurements (see envelope)	Difference + (-)
Height			
Chest			
Waist			
Hip			
Back Waist Length			
Shoulder-Sleeve Length measure from center back over shoulder to wrist			
Outside Leg or Inside Leg			
Length of Shirt at Center Back			
Length of Sleepshirt at Center Back			
Head Circumference			

Notes:

Instructor: