

Every single time I start a class I begin by asking everyone, "Who here is a standard size?" This is a trick question because the truth is, there is no such thing as a standard size. In fashion, you would find this when you go dress or jean shopping. From store to store your size may vary. This is also true for the sewing pattern industry. There is no set "standard" by which everyone is required to follow. So some patterns may fit you better than others, but it is rare to get a pattern and make it without having to do any adjustments. A pattern is a flat draft of something that is meant to fit a curved body. We all have lumps and bumps in different places and our weight can be distributed differently from our front to our backs. You also need to take into consideration height and lengths. This is why it is so important to not focus on the SIZE you measure (or want to measure), and instead focus on making a bespoke, one of a kind, made for you size!

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