

# Skills for Living

Frances Baynor Parnell



by  
Yvonne Gentzler, Ph.D  
Liz Romero, Ph.D.



Goodheart-Willcox Co., Inc.  
Tinley Park, Illinois

# Topic 21-2 Selecting Patterns, Fibers, Fabrics, and Notions

---

- In this topic, you will learn how to select patterns, as well as
  - ❖ Determine your figure type and size
  - ❖ Deciding on a pattern
  - ❖ Choosing a fabric
  - ❖ How much fabric is needed
  - ❖ Choosing notions

# Selecting Patterns

---

## **Objectives for Topic 21-2**

After studying this topic, you will be able to

- determine your figure type and pattern size
- identify a suitable pattern and interpret information on its envelope
- select appropriate fabric for your garment
- purchase the correct amount of fabric
- identify the necessary sewing notions

# Topic 21-2 Terms

---

- ❖ figure type
- ❖ pattern view
- ❖ notions

# Determine Your Figure Type and Size



- Pattern companies have standard pattern sizes for various figure types
  - ❖ *Figure types* are based on height and general body proportions

# Taking Your Measurements

---

- Ask someone to help you
- Measure over the undergarments you normally wear
- Put the tape measure snugly around the body, but not too tight
- Be sure the tape measure is parallel to the floor

# Deciding on a Pattern

---

- In making your decision, you will want to consider your sewing skills and the styles that suit you



# The Pattern Envelope

- Read the information on the front and back of the envelope
  - ❖ The front has a drawing with variations of the basic pattern, or *pattern view*
  - ❖ The back has
    - the number of pieces included
    - a written description of the garment
    - fabric recommendations
    - a drawing of the back of the garment
    - a measurement chart



# Choosing a Fabric

---

- On back of the pattern envelope, you will find a section that identifies fabrics appropriate for the pattern
- Before buying fabric, consider
  - ❖ a fabric's care requirements
  - ❖ your sewing skill and the difficulties that fabrics can pose if they are too heavy, slippery, or ravel easily

# How Much Fabric Is Needed?

---

- To determine how much fabric to buy, again refer to the back of the pattern envelope
  - ❖ A chart will show the amount of fabric to buy based on the fabric width and pattern size

# Choosing Notions

---

■ *Notions* are small items needed to construct a garment

- ❖ thread
- ❖ buttons
- ❖ trims
- ❖ fasteners
- ❖ seam binding
- ❖ bias tape

# Summary for Topic 21-2

---

- Before selecting a pattern, you must determine your figure type and size
- Your height and body proportion determine your figure type
- Match your measurements to those listed for your body type
- Consider your wardrobe needs and activities when choosing a pattern
- After deciding on a pattern, choose an appropriate fabric and coordinating notions