



Easy-to-Wear "aha" pieces
for your Handmade wardrobe
Sewing patterns that celebrate *Green As Women*

Sizing Manifesto:

Sizing is hard. It is also subjective..... it seems that every line of clothing whether me-made or off the rack is different. Factor in the fact that women generally don't like to think of our bodies as a number in a size range, always wishing it were smaller, bigger, taller, shorter. We can't always be trusted to choose the best size for ourselves, we could just possibly select a smaller size thinking that might fit, or go for a larger size because our body image isn't the best.

Let's do a little reset, shall we?

The Galaxy Whisper Collection is primarily knitwear which allows a little breath of relief. Testers have found the sizing to fall in the following range:

- **XS: 4-6**
- **S: 6-8**
- **M: 10-12**
- **L: 14-16**
- **XL: 16-18**
- **XXL: 18-20**

Having said that I believe that we also need to think of sewing our first pattern as a working toile, a sample as it were. I do not personally, nor do I advocate using a fabulous piece of fabric as the first test of ANY pattern. I watch for sales online and at my local fabric store and when things go on sale or I have a great coupon I stock up on lightweight cottons and knits for my stash. They don't have to be beautiful! They just have to be of a good quality and if the final toile fits well and isn't nasty ugly--- so much the better!

Choose your pattern size based on where you believe you fall in the range when selecting knitwear.

Print out that pattern and tape it together.

Using a garment from your wardrobe that is similar, determine if it looks like it's going to be a good fit. Major fitting points are always the hip and bust. Think about whether you like a tighter garment or if you're someone who is more comfortable with a little bit of ease.

DON'T THINK ABOUT THE SIZE! If you've laid out a garment, say a tank top, and you think that you'd like to go up a size, don't get all crazy pants if that pushes you into a size you wish you weren't.

Nobody in the whole wide world knows what size you are!

A well fitting garment, no matter what the size will always be more flattering. Not too small, not too large.

Take back the power as a sewist to create garments that look AMAZING!