

STYLE ARC

EST. 2007



PART 1 - START HERE

Your Guide to Style Arc Patterns

YOUR NEXT STEP

Continue to Part 2 - **How to Read Your Style Arc Pattern**
to understand your pattern pieces before cutting your fabric.

Welcome to Style Arc

Since 2007, Style Arc has been creating sewing patterns with a focus on great design, considered fit and professional patternmaking.

Every pattern begins in our pattern room in Melbourne, Australia, and is developed with the same principles we've always worked by: industry knowledge, thoughtful construction and contemporary style, with real wardrobes in mind.

Thank you for choosing a Style Arc pattern. We're grateful for your support and welcome you into our sewing room.

Use this guide alongside your pattern instructions

This guide brings together the reference information you can use across your sewing projects. Keep it alongside the instruction pack supplied with your chosen pattern.

YOUR GUIDE TO STYLE ARC PATTERNS

The reusable reference for choosing your size, understanding measurements, printing your pattern and preparing your fabric. Keep it handy for your next Style Arc project.

INSTRUCTION PACK

The style-specific document covering design details, finished garment measurements, the shopping list, pattern pieces, laycharts and step-by-step sewing instructions, where this new format is supplied.

WHAT STAYS CONSISTENT

No matter which Style Arc pattern you choose, this guide gives you the essential information you'll use again and again.

- ✓ Help choosing your size
- ✓ Body and finished measurements explained
- ✓ Height, length and size-blending guidance
- ✓ PDF printing, layers and assembly
- ✓ Understanding fabric estimates and requirements
- ✓ Fabric behaviour and preparation
- ✓ Help and support links

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How to Use This Guide

Use this guide to find the information you need, whether you're new to Style Arc, using a PDF pattern or preparing to sew.

NEW TO STYLE ARC

Read page 9 to understand body and finished measurements, then pages 10–13 for sizing. See page 8 for length adjustments and blending.

USING A PDF PATTERN

Go to pages 4–7 for file types, print settings, the test square, assembly and layers.

READY TO SEW

Check fabric guidance on pages 14–15. Then continue to **Part 2 - How to Read Your Style Arc Pattern** for pattern markings, symbols and terms.

What this guide covers

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| 03 | How to use this guide | 14 | Fabric estimates & requirements |
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NEXT: PART 2

Go to **Part 2 - How to Read Your Style Arc Pattern** for pattern markings, symbols and terms.

BEST USED ALONGSIDE YOUR INSTRUCTION PACK

This guide covers reusable reference information. Your Instruction Pack contains the measurements, pattern pieces, layouts and sewing steps specific to your chosen style.

Understanding Your Pattern Files

CHOOSE THE FILE FOR THE WAY YOU SEW

Your order may include several file types. Check your order details to see which formats are included with your pattern.

INSTRUCTION PACK

A separate, style-specific document with design details, finished garment measurements, shopping list, pattern pieces, laycharts and sewing instructions.

TILED A4 / US LETTER

A tiled PDF for printing and assembling your pattern at home. Our Tiled files are set up to print on A4 or US Letter paper. Join the pages using your pattern's tile layout guide.

A0 COPY SHOP

A large-format file for professional printing. Take it to a copy shop to print on A0 paper. No tiling is required.

PROJECTOR FILE

A projector-friendly pattern file, where available. Project the pattern directly onto fabric and follow the calibration guide before cutting.

HARD COPY PATTERNS

Printed on 60 gsm paper, ready to use without home printing.

Before you begin

Before printing, confirm which format you purchased and follow the steps below to open and prepare your PDF files. Keep it alongside the instruction pack supplied with your chosen pattern.

01

Confirm which format you purchased

Check your order confirmation. If you purchased a PDF pattern, download the files to your desktop or another folder on your computer and keep an unchanged copy.

02

Open PDFs in Adobe Acrobat Reader

For best results, open your Style Arc PDF files in the desktop application rather than a browser or email preview.

[Download Adobe Acrobat Reader — it's free →](#)

03

Check whether layers are available

If your file has layers, use the Layers panel to select the sizes you need before printing. See page 7.

Printing Your PDF Pattern

CHECK THE SCALE BEFORE PRINTING THE FULL PATTERN

Correct print settings are essential. Our Tiled PDF files are set up to print at home on A4 or US Letter paper.

01

Open your Tiled file

Download and save the file, then open it in Adobe Acrobat Reader on a desktop or laptop.

02

Select your sizes

For a layered file, select the Layers icon and keep only the sizes you need visible. Keep all essential pattern information visible. See page 7.

03

Check your print settings

Select Actual Size or 100%, Auto Orientation and the correct paper size for your printer. Print single-sided. Do not select Fit, Shrink or custom scaling.

04

Print and measure the test square

Print the page containing the test square first. Measure across and down, using the dimensions shown in your pattern file. If the measurements are incorrect, adjust the settings and test again.

MEASURE THE TEST SQUARE IN YOUR PATTERN FILE

Do not use a reduced example image in this guide to check the scale.

05

Print the remaining pattern pages

Only continue once the test square measures correctly. Use the PDF viewer's page numbers when selecting pages to print, then assemble the Tiled pages using your pattern's tile layout guide.

Troubleshooting

Check that the correct paper size and Actual Size or 100% are selected. Reopen the saved file in the most updated version of Adobe Acrobat Reader rather than printing from a preview.

Apple handheld devices (phones and tablets) are not recommended for this printing process, as the available print controls may differ. Use a desktop or laptop to control settings and layers.

Printing help: stylearc.com/help/printing-at-home →

Assembling Your Tiled Pattern

AFTER THE TEST SQUARE IS CORRECT

Print the remaining Tiled pages only after checking the scale. Keep your pattern's tile layout guide beside you as you assemble.

YOUR TILE LAYOUT GUIDE

The tile layout guide follows the test-square page in the tiled file format. It shows how the printed pages fit together to make the full pattern.

01

Arrange the printed pages

Lay out the tiles in the order shown on your pattern's tile layout guide. Follow the page numbers rather than guessing from the shape of a pattern piece.

02

Follow the trim or fold instructions

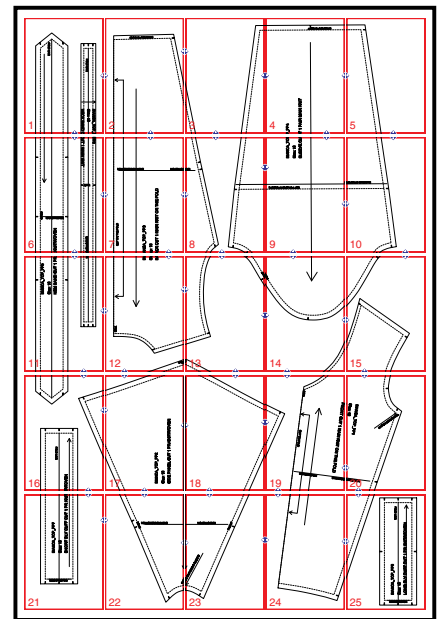
Trim or fold the page edges as directed in your pattern file. Keep the alignment marks and pattern information visible.

Need more help? [Watch the assembly tutorial](#) →

03

Match and join

Match the tile markers and check that the pattern lines continue smoothly across each join. Secure the pages together before cutting out the pattern pieces.



EXAMPLE ONLY
Use the page numbers and layout supplied with your own pattern.

Check before cutting

The tiles are in the correct order, the alignment marks meet, and the pattern outlines and grainlines continue across the joins.

USE YOUR PATTERN'S OWN GUIDE

Tile layouts vary between styles. Follow the layout supplied with your pattern, rather than an example layout from another style.

Using PDF Layers

PRINT ONLY THE SIZES YOU NEED

Layered PDF files let you select the size or sizes you need while retaining the labels, notches, grainlines and other essential pattern information.

01

Open the Layers panel

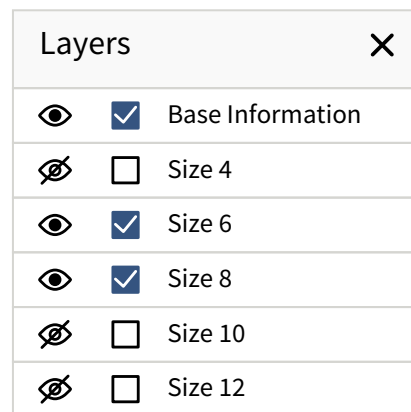
Open your saved PDF in Adobe Acrobat Reader and select the Layers icon in the side bar.



02

Select your sizes

Turn sizes on or off as needed. Keep the sizes you plan to use visible, including adjacent sizes for blending. Leave the base information and pattern markings visible.

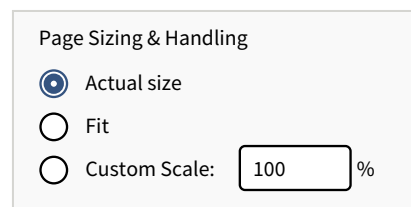


Select only the sizes you need.
Keep the base information visible.

03

Print your selection

Print at Actual Size or 100%, using the sizes you selected. Print single-sided and check the test square before printing the remaining pages.



ILLUSTRATIVE PANELS ONLY.
The appearance and layer names may vary
between files and PDF viewers.

SELECT ONLY THE SIZES YOU NEED

Keep all essential information visible. If you are unsure, it is best to leave all layers visible.

WHY USE LAYERS?

A cleaner pattern is easier to follow. Keeping two sizes visible also helps when blending between them.

HELPFUL NOTES

Use Adobe Acrobat Reader for the layered file. Other PDF viewers may not support the same layer controls. Single-sided printing keeps the markings clear and easy to read.

Height, Length & Blending

ADJUST LENGTH AND BLEND BETWEEN SIZES

This guide and its body measurement chart are for Style Arc's women's patterns. Our women's patterns are drafted for a height of 167 cm (5 ft 6 in). Check the length and proportions against your own measurements before cutting.

LENGTH ADJUSTMENTS

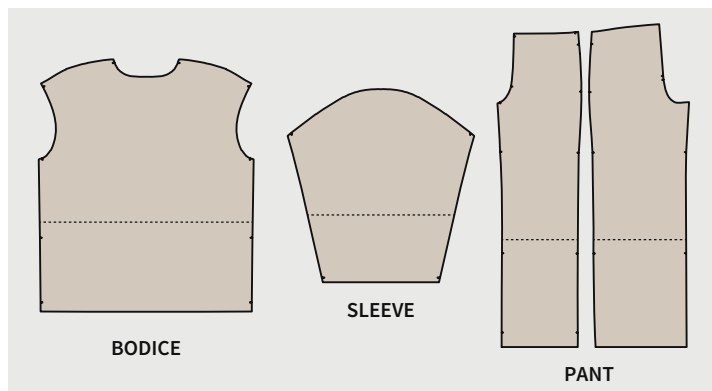
You may need to add or reduce length to suit your height, proportions or preferred finished length. Common areas include bodice length, sleeve length, skirt or dress length, pant length and rise.

BLENDING BETWEEN SIZES

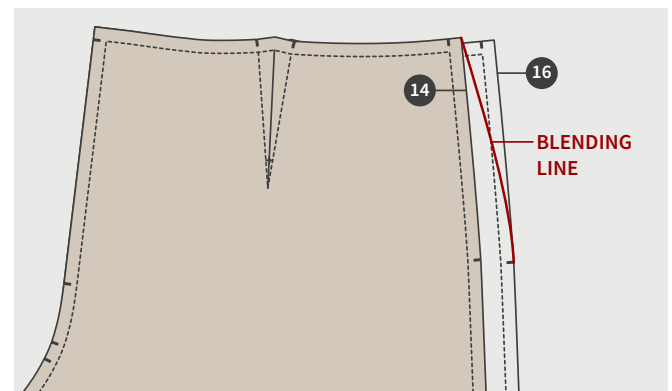
Your bust, waist and hip may fall into different sizes. Blend gradually between the relevant size lines at the side seam, creating a smooth transition rather than a sudden step.

To add or reduce length

Use the lengthen/shorten line for the area you are adjusting. Cut horizontally at that line, insert the required amount and tape in place to add length. To reduce length, overlap the pieces by the required amount. Keep the grainline aligned and redraw the affected edges smoothly.



Illustrative adjustment locations only.
Follow the markings and guidance for your own pattern.



Example: size 14 waist to size 16 hip.

BLENDING EXAMPLE — NOT A SIZE RECOMMENDATION

For a size 14 waist and size 16 hip, begin on the size 14 line at the waist and blend smoothly to the size 16 line at the hip. Use your own body measurements to decide which size lines to follow.

Before you alter

Start with your body measurements. Use pages 9–12 to measure and record your measurements, then compare them with the body chart on page 13.

Keep seam allowances unchanged. Make changes to the pattern pieces, not by changing seam allowances.

Check balance and fit. Compare with the finished measurements in your Instruction Pack. Make one change at a time and sew a toile to check your adjustments.

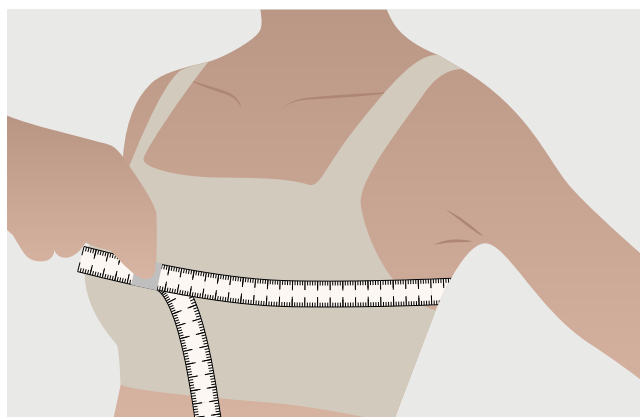
Body vs Finished Measurements

TWO DIFFERENT SETS OF MEASUREMENTS

Body and finished garment measurements answer different questions. Use both to choose a starting size and understand the intended fit.

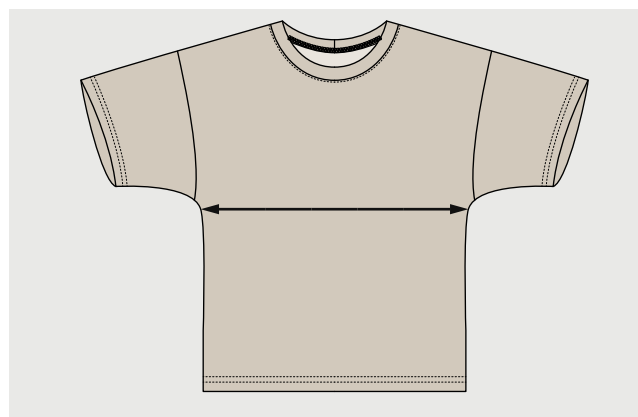
BODY MEASUREMENTS

Measurements taken directly on your body, without adding extra room. Use them with the body measurement chart to choose your starting size. See pages 10–13.



FINISHED GARMENT MEASUREMENTS

Measurements of the sewn garment, found in your style's Instruction Pack. Use them to understand fit, silhouette and ease, and compare with a similar garment you already wear.



For a full bust circumference, measure the garment flat across the bust and double the width. In this example, 56 cm flat = 112 cm around.

What is ease?

Ease is the difference between the body measurement and the finished garment measurement. It contributes to movement, fit and silhouette. Positive ease means the garment is larger than the body. Negative ease means it is smaller and relies on the fabric's stretch.

BODY BUST	FINISHED TOP BUST	POSITIVE EASE
100 cm	112 cm	12 cm

Example: 112 cm finished garment bust – 100 cm body bust = 12 cm positive ease. The garment measures 12 cm more around the bust than the body.

How to use both

01

Choose a starting size

Use your body measurements and the chart on page 13. The measuring guide is on page 11.

02

Check the finished measurements

Read the finished garment measurements and Patternmaker's Fit Notes in your style's Instruction Pack.

03

Compare with a garment you know

Measure a similar garment that fits you well and compare it with the listed finished measurements.

How to Choose Your Size

START WITH YOUR BODY MEASUREMENTS

Choosing your pattern size is an important step in creating a well-fitting garment. Take your measurements accurately and compare them with the Style Arc size chart on page 13.

USE BODY MEASUREMENTS

Always use body measurements to determine your size, rather than ready-to-wear sizing.

01 Prepare to measure

Measure against your skin or over close-fitting underwear, not over clothing. Wear chosen undergarments for the most accurate measurements.

02 Keep the tape flat

Hold the tape measure flat around the points you are measuring, but do not pull it too tight.

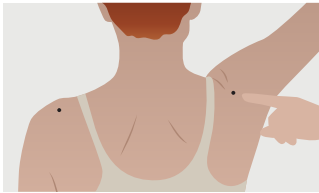
03 Keep the tape level

When measuring circumferences C, D, E and F, keep the tape measure parallel to the floor. It can help to measure in front of a mirror or ask someone to help.

04 Record your measurements

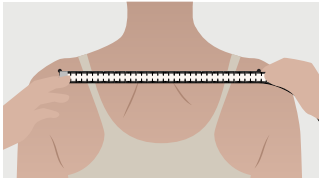
Use the measuring guide on page 11 and record your measurements on the worksheet on page 12. Compare them with the Style Arc size chart on page 13.

Body Measurement Guide



A SHOULDER BREADTH

To find your shoulder points, raise your right arm with your hand pointing at 2 o'clock. Place a finger on the top of your shoulder and feel for the hinge where your shoulder meets your arm. Note this point; repeat on the other shoulder.

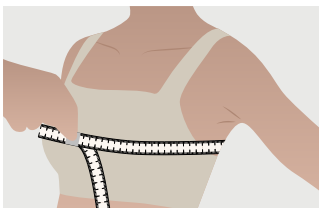


Lower your arms and relax your shoulders. Look straight ahead and measure across your back from shoulder point to shoulder point, following the natural shape of your shoulders. For the most accurate result, ask someone to help you.



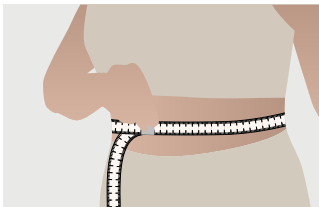
B HIGH BUST

Take this measurement while wearing your chosen undergarment, ideally the one you intend to wear with the finished garment. Place the measuring tape around the upper bust area and under your armpits.



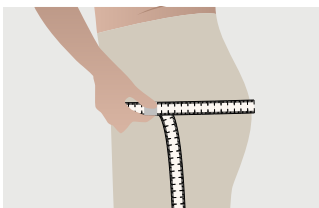
C BUST CIRCUMFERENCE

Take this measurement while wearing your chosen undergarment, ideally the one you intend to wear with the finished garment. Place the measuring tape around the fullest part of your bust. Keep your arms down when recording your full bust measurement.



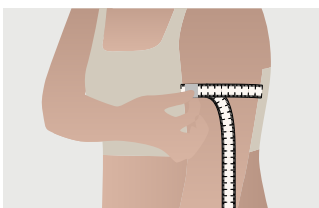
D WAIST CIRCUMFERENCE

Stand up straight and place a measuring tape around your torso at the narrowest natural waistline. Breathe out normally, keep the tape snug without digging into the skin, and read the measurement. Your waist is above your navel, between your ribs and hip bones; it is not the pant waistline.



E HIP CIRCUMFERENCE

Stand straight with your feet together. Wrap a measuring tape horizontally around the widest part of your hips, making sure the tape is parallel to the floor.



F UPPER ARM GIRTH/BICEP

Place a measuring tape around your arm at armpit level, around the fullest part of your upper arm. Keep your arm down and relaxed while taking this measurement.



STILL UNSURE?

Watch our [How to Measure Your Body](#) video →

Your Style Arc Size Work Sheet

Record your body measurements, then compare them with the Style Arc size chart on page 13 to choose your starting size.

DATE _____ STYLE NAME _____

YOUR BODY MEASUREMENTS

Measurements recorded in (tick one): ☐ cm ☐ inches

A	Shoulder breadth	
B	High bust	
C	Bust circumference	
D	Waist circumference	
E	Hip circumference	
F	Upper arm girth/bicep	

YOUR STYLE ARC SIZE _____

NOTES

Select Your Style Arc Size

WOMEN’S SIZING — AUSTRALIAN SIZES

This edition of the guide covers Style Arc’s women’s patterns. Compare your body measurements with the women’s body measurement chart below. Your top and bottom measurements may fall into different sizes. For tops, blouses, jackets and shirts, use A, B, C, D and F. For trousers, pants, jeans and skirts, use D and E.

WOMEN’S BODY MEASUREMENTS

cm / inches

AU	A Shoulder breadth	B High bust	C Bust	D Waist	E Hip	F Upper arm
4	34.4 / 13.5	73 / 28.7	77 / 30.3	60 / 23.5	83 / 32.6	25.5 / 10
6	35.6 / 14	78 / 30.7	82 / 32.3	65 / 25.5	88 / 34.6	27 / 10.6
8	36.8 / 14.5	83 / 32.7	87 / 34.3	70 / 27.5	93 / 36.6	28.5 / 11.2
10	38 / 15	88 / 34.6	92 / 36.2	75 / 29.5	98 / 38.6	30 / 11.8
12	39.2 / 15.4	93 / 36.6	97 / 38.2	80 / 31.5	103 / 40.6	31.5 / 12.4
14	40.4 / 15.9	98 / 38.6	102 / 40.2	85 / 33.5	108 / 42.5	33 / 13
16	41.6 / 16.4	103 / 40.6	107 / 42.1	90 / 35.4	113 / 44.5	34.5 / 13.6
18	42.8 / 16.9	108 / 42.5	112 / 44.1	95 / 37.4	118 / 46.5	36 / 14.2
20	44 / 17.3	114 / 44.9	118 / 46.5	101 / 39.8	124 / 48.8	38 / 15
22	45.2 / 17.8	120 / 47.2	124 / 48.8	107 / 42.1	130 / 51.2	40 / 15.7
24	46.4 / 18.3	126 / 49.6	130 / 51.2	113 / 44.5	136 / 53.5	42 / 16.5
26	47.6 / 18.8	132 / 52	136 / 53.5	119 / 46.8	142 / 56	44 / 17.3
28	48.8 / 19.2	138 / 54.3	142 / 55.9	125 / 49.2	148 / 58.3	46 / 18.1
30	50 / 19.7	144 / 56.7	148 / 58.3	131 / 51.6	154 / 60.6	48 / 18.9
32	51.2 / 20.2	152 / 60	156 / 61.4	139 / 54.7	162 / 63.8	51 / 20
34	52.4 / 20.6	160 / 63	164 / 64.6	147 / 57.9	170 / 67	54 / 21.2
36	53.6 / 21.1	168 / 66	172 / 67.7	155 / 61	178 / 66.1	57 / 22.4

INTERNATIONAL WOMEN’S SIZE CONVERSION

AU	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
USA	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
UK	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
EUR	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64

Fabric Estimates & Requirements

ONE-WAY CUTTING, WIDTHS AND AN ACCURATE ESTIMATE

Find the fabric estimates for your chosen style on the Shopping List in its Instruction Pack. Estimates are a guide and depend on your fabric, size and any changes you make.

Choose the fabric width

Estimates are based on one-way cutting and are provided for up to two standard fabric widths, usually 112 cm (44") and 148 cm (58"). Check your fabric width before purchasing.

ONE-WAY CUTTING

All pattern pieces face in the same direction. Check for nap, pile, texture or a directional print.

TWO-WAY CUTTING

Where the fabric permits two-way cutting, placing pieces in either direction may reduce the length required.

FOLLOW THE GRAINLINE

The straight grain runs parallel to the fabric selvedge. Keep the grainline marked on each pattern piece parallel to the selvedge, unless the pattern tells you otherwise.

Make an accurate estimate

Mark out the available fabric width on a table or floor. Use half the fabric width for a folded layout or the full width for a single-layer layout, following the cutting instructions.

Check the **cutting quantity and fabric type** printed on each pattern piece. Your layout must account for every fabric piece required, taking the number of fabric layers into account. Follow any instructions to cut a pair or cut on the fold, then measure the total length.

Estimate the main fabric, lining and interfacing separately.

Cutting quantities

The cutting label tells you how many fabric pieces you need and which fabric to use.

Cut 1: Cut one fabric piece.

Cut 2: Cut two fabric pieces, following any instructions about which side faces up.

Cut a pair: Cut two mirrored fabric pieces—one left and one right.

Check the fabric specified on the label, such as main fabric, lining or interfacing. The quantities apply to that fabric.

ALLOWING FOR ADJUSTMENTS

Allow extra fabric when blending sizes, changing length, matching stripes or checks, or working with a directional print. To be safe, you should check the actual layout to establish how much fabric your project needs.

Fabric Behaviour & Preparation

WEIGHT | DRAPE | STRETCH | STRUCTURE

Fabric weight is only part of the story. How a fabric behaves affects the way your garment looks, feels and performs.

Fabric weight

GSM means grams per square metre (g/m^2). Fabric weight may also be given in ounces per square yard (oz/yd^2). These Style Arc bands are a guide; consider the fabric's behaviour as well as its weight.

Style Arc weight	g/m^2	Approx. oz/yd^2	Examples
Light weight	Under 150	Under 4.4	Fine shirting, voile, lawn, rayon, light jersey, chiffon
Medium weight	150-250	4.4-7.4	Linen, chambray, cottons, T-shirt knits, light denim
Heavy weight	Over 250	Over 7.4	Denim, canvas, fleece, coating

THE KEY RULE

GSM / oz/yd^2 tells you the fabric's weight, not how it will behave. Fibre content, weave or knit structure, drape, stretch and finish also affect the result.

DRAPE

Drape describes how fabric falls and moves. Fluid fabrics create soft folds and flowing shapes; crisp fabrics hold their shape. Choose the level of drape that suits the finished garment.

STRUCTURE

Structure describes how firmly a fabric holds its shape. Construction also matters: woven examples include plain weave, drill, satin and crepe; knit examples include jersey, double knit, rib and French terry.

PRE-WASHING

Pre-wash or pre-treat before cutting, following the fabric's care instructions. This allows for shrinkage and removes finishes. Delicate or speciality fabrics may need a gentle hand wash or steam press instead.

STRETCH

Check both the amount and direction of stretch before cutting. Some fabrics stretch because of their construction; others contain stretch fibres. Follow the pattern's fabric and stretch recommendations.
High stretch and return: used in fitted styles and activewear, often with four-way stretch.

FINISH

A finish changes the fabric's surface or feel.
Washed/peached: softer hand feel.
Coated/laminated: more stability and weather resistance.
Textured/napped: warmth, interest or grip, such as velvet and fleece.

PRESSING

Press before cutting to remove creases and set the grain. Test the temperature on a scrap and use a pressing cloth where needed. Press seams as you sew to help the garment hold its shape.

TEST A SWATCH FIRST

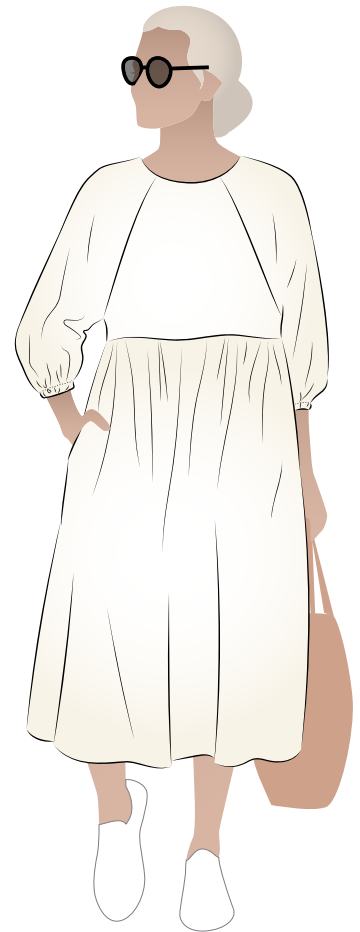
Pre-wash, press and check a small swatch for shrinkage, colour fastness, stretch and how it behaves with the sewing techniques used in your pattern.

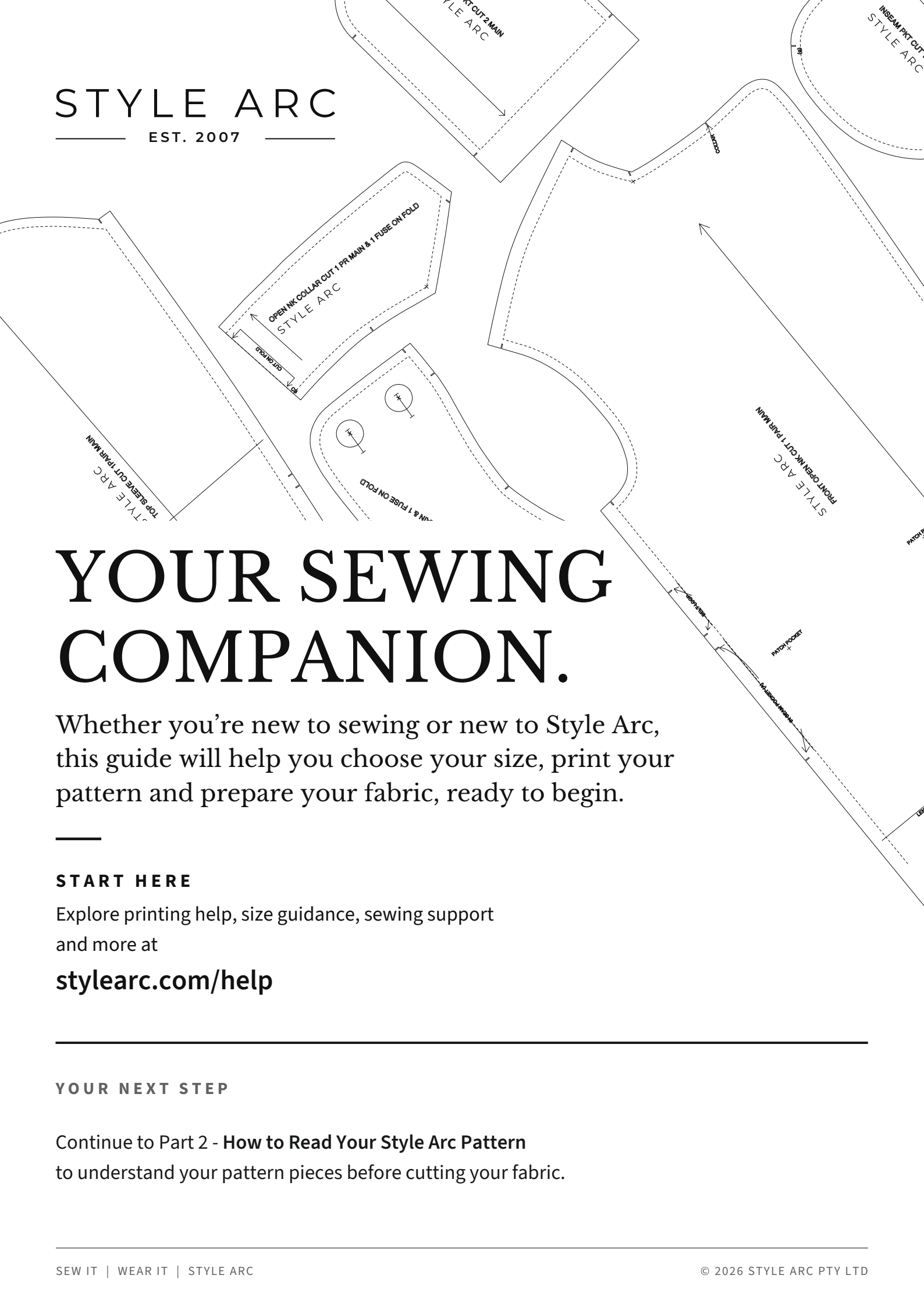
Before You Begin

FINAL CHECKS

BEFORE YOU BEGIN

- ☐ Choose your size and check your measurements.
- ☐ Read through your pattern's **Instruction Pack**.
- ☐ Prepare and pre-treat your fabric according to its care instructions.
- ☐ Check that you have all the required notions.
- ☐ Print and assemble your PDF pattern, if applicable.
- ☐ Read **Part 2 — How to Read Your Style Arc Pattern** to understand the pattern markings before cutting your fabric.
- ☐ Cut out your paper pattern pieces for your chosen size.
- ☐ Follow the cutting layouts in your **Instruction Pack** to position the pattern pieces and cut out your fabric.
- ☐ Transfer the required markings to the fabric before removing the paper pattern. Use a fabric-safe marking tool, tested on a scrap first.
- ☐ Have an iron, pressing tools and a clear workspace ready.
- ☐ Take your time and enjoy the process.





STYLE ARC

EST. 2007

YOUR SEWING COMPANION.

Whether you're new to sewing or new to Style Arc, this guide will help you choose your size, print your pattern and prepare your fabric, ready to begin.

START HERE

Explore printing help, size guidance, sewing support and more at

stylearc.com/help

YOUR NEXT STEP

Continue to Part 2 - **How to Read Your Style Arc Pattern** to understand your pattern pieces before cutting your fabric.