

➤ **A Note About Ease**

Dress and pattern makers talk about two kinds of ease: “Fashion (or Design) Ease” and “Wearing Ease.” “Fashion (or Design) Ease” is the first kind. This is the extra fabric that the dress designer puts into a garment to achieve the desired look. Sweat pants have a lot of fashion ease. A bathing suit does not. Fashion ease is what has traditionally made determining a pattern size difficult for the consumer. You select a pattern based on your body measurements and sometimes it fits you well. Other times you find the same sized pattern is “too big” or “too small”. That’s because you really don’t know for sure how “baggy” or how “tight” the fit has been designed.

The second kind of ease is “Wearing Ease.” You need your dress to be bigger than your measurements so you can breathe, turn, sit, raise your arms. In the real world you’d want to be able to tie your own shoes and comb your own hair. In Irish Dance dresses, you need at least an inch in the waist and about 2” in the bust extra. You really do want to keep the waist snug so that the weight of the skirt is carried on the hips rather than on the shoulders. If the waist is too loose, the skirt collapses inward and won’t hang right. So, no matter how much you want to leave some “extra for growth,” the waist isn’t the place to do it.

**HOWEVER, to put you in charge of your own ease, the following chart gives the actual pattern (seam-to-seam) measurements.** You get to determine how much bigger you want your dress to be. No second guessing how much extra over-and-above the “body measurements” the pattern maker has included.

**FeisDress Designs™ Measurement Chart**

**These are PATTERN DIMENSIONS measured between seam allowances. They are NOT body measurements. Be sure to allow wearing ease.**

Size	Girls A	Girls B	Girls C	Girls D	Girls E	Girls F
Upper Chest	9 7/8	10 1/8	10 5/8	11 1/8	11 1/2	12
Full Bust	27 1/2	28 1/4	30	31 1/2	33	34 3/4
Full Waist	23 7/8	24 1/4	25 1/4	26	27 3/8	29 1/4
Back Shoulders	10 7/8	11 3/4	12	12 5/8	13 1/8	13 3/4
Center Front	9 11/16	10 3/16	10 11/16	11 3/8	12 1/8	12 7/8
Center Back	11 13/16	12 1/4	12 7/8	13 11/16	14 7/16	15 1/16
Sleeve Underarm Length	15 3/4	16 5/16	17	17 3/4	18 3/8	19
Width at top of CFP	4 7/8	5	5 3/8	5 1/2	5 3/4	6 3/8

Size	Juniors A	Juniors B	Juniors C	Juniors D	Juniors E	Juniors F	Juniors G
Upper Chest	12 3/8	12 3/4	12 7/8	13 1/4	13 5/8	14	14 3/8
Full Bust	35	36 1/8	37	38 1/8	39 1/2	41 1/8	42 3/4
Full Waist	25 1/8	26 7/8	27 3/8	28 3/4	30 1/8	31 5/8	33
Back Shoulders	14 3/4	14 7/8	15	15 1/2	15 3/4	15 7/8	16 1/8
Center Front	13 7/8	14	14 5/16	14 1/2	14 3/4	15 1/4	15 11/16
Center Back	16 1/2	16 3/4	16 13/16	17 5/16	17 9/16	17 15/16	18 9/16
Sleeve Underarm Length	19 3/16	19 3/8	19 3/4	19 7/8	20	20 5/16	20 1/2
Width at top of CFP	5	5 1/4	5 1/4	5 1/2	5 1/2	5 3/4	5 3/4