

HOW TO USE GOOBER PEA PATTERNS: The Guidebook

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Almost all of the topics in this guide are applicable to all of our patterns—exceptions are noted. It is designed to help beginner sewists, as well as those who are new to PDF patterns, and those who are new to our patterns and may need more info on topics specific to our brand (such as paper pattern assembly methods).

This guide will continue to be expanded and included with new and updated GPD patterns. You can check for updated versions of this file at www.gooberpeadesigns.com/gpdguidebook

OTHER FILES INCLUDED WITH GOOBER PEA DESIGNS PATTERNS:

- Tutorial—with instructions specific to that pattern
- Home printing pages for Letter/A4 paper (often combined with tutorial)
- A0 file for copy shop printing on blueprint sized paper (not included with small patterns that require very little assembly)
- Projector file, for those who have a projector calibrated for use in cutting patterns

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Have a question? Need help with a step? Please feel free to contact us!

gooberpeadesigns@gmail.com / [Facebook Page](#) / [Facebook Group](#) / [Instagram](#)

CHOOSING YOUR SIZE

One of the most wonderful things about sewing clothing is the ability to get a perfect fit!

In order to do so, it is necessary to take body measurements and compare them to the size chart, then choose the corresponding size (if measurements fall in multiple sizes, you can blend sizes—see [page 10](#) for more on this).

Important: DO NOT choose the size based on a child's age or the typical store bought size.

Pattern sizing is often different than store sizing. If you are making an item to sell, or as a gift for someone you can't measure, you can look up the size chart for a store clothing brand that you/they use often and use those measurements instead.

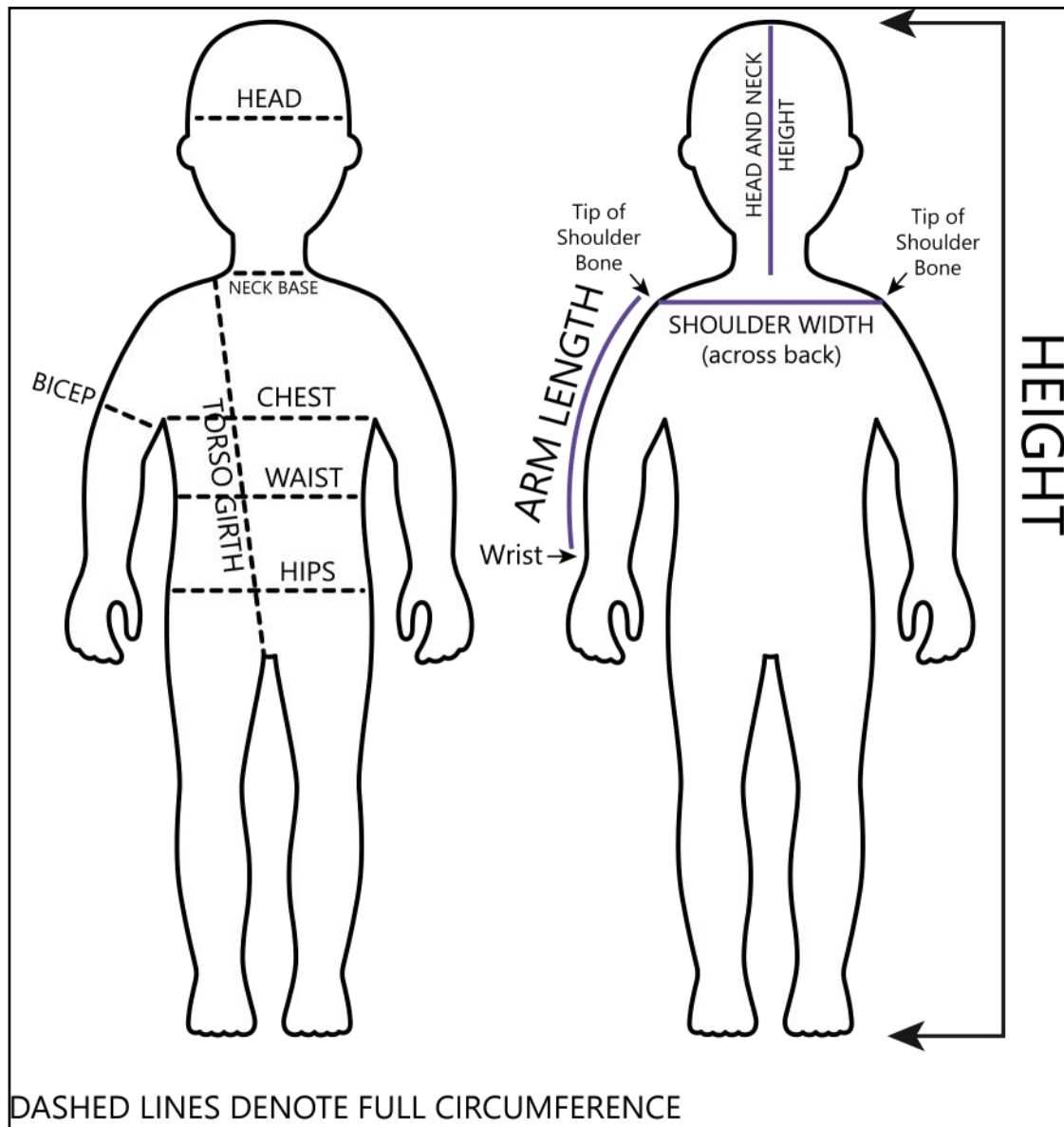
Here are a few tips to help you get accurate measurements:

- Double check that your tape measure is accurate—they can stretch out of shape over time
- Measure over thin clothing or no clothing at all. Hold the tape so it is flush to the body but not tight.
- Follow the diagram and directions on the [following page](#) to make sure you are measuring in the correct places. Note: Not all of the measurements listed will be required for all patterns - check the size chart for the specific pattern you are making to know which ones are necessary.

Every body is different and even children with the same basic measurements may fit the same size differently, due to proportions. Making a muslin (test sew from inexpensive fabric with similar stretch/drape/structure to your final fabric) can help to figure out the best fitting size.

CHOOSING YOUR SIZE

HOW TO MEASURE THE BODY: BABIES, CHILDREN, YOUTH



CHEST—taken around the entire circumference of the chest, right under the armpits. NOTE: Goober Pea Designs youth patterns are drafted for an UNDEVELOPED bust. The knit patterns can often work for a developing chest—but be sure to measure the chest ABOVE THE BUST.

WAIST—taken around the entire circumference of the NATURAL waist, just under the ribs, where the body naturally hinges when you bend to the side (eg. “I’m a Little Teapot” - tip me over!)

HIPS—taken around the entire circumference of the widest part of the bum/hips.

TORSO GIRTH—taken from the shoulder to the crotch and back up around—full circumference

BICEP—taken around the entire circumference of the widest part of the upper arm.

HEAD—taken around the entire circumference at the widest part of the head.

NECK BASE—taken around the entire circumference of the widest part of the neck, at its base.

HEIGHT—from top of the head to bottom of the feet, when standing.

HEAD AND NECK HEIGHT—taken from the top of the head to the base of the neck, as a straight line (hold a ruler vertically beside the head).

ARM LENGTH—taken from the tip of the shoulder bone to the wrist.

SHOULDER WIDTH—taken from the tip of shoulder bone to the tip of the other shoulder bone, across the back.

FINISHED MEASUREMENTS

Goober Pea Designs patterns typically provide two sets of measurements—a SIZE CHART (body measurements that sizes are drafted for) and a FINISHED MEASUREMENTS CHART (the actual garment measurements).

WHAT ARE FINISHED MEASUREMENTS USED FOR?

- Most often, these measurements are used by experienced sewists to determine the amount of EASE in a pattern and decide if they are happy with the intended fit, or wish to make it more or less fitted. You can read more about EASE (the difference between the body dimensions and garment dimensions, which determines how tight or loose the fit is) in this blog post: <https://gooberpeadesigns.com/how-to-use-finished-measurements/>
- The finished measurements can also be very helpful in determining whether you may need to shorten or lengthen your pattern pieces. For example, if the sleeve length listed is longer than your arm length (from tip of shoulder to wrist) then you will want to shorten the sleeve. Arm length is not often included in size charts, and sometimes a child's height size is different than their arm length size.
- When you don't have access to measure the intended recipient, or are planning a surprise gift, you can measure an existing garment that fits them well instead, and then choose the size from the finished measurements that matches.
- If you would like to modify the pattern, the finished measurements are very useful - for example, if you'd like to turn a tunic into a top, the finished measurements can help you determine how much length to take off.

PRINTING THE PATTERN

The following page provides detailed instructions on how to use LAYERS to turn off the sizes and print options you don't need, and what print settings to use so that your pattern prints at the correct scale. The tutorial for your specific pattern will also provide a chart with the specific page numbers to print for your size and options.

CHOOSING BETWEEN TRIM AND TRIMLESS ASSEMBLY

The patterns can be assembled in two different ways - either by trimming the edges, or overlapping the edges. It is best to choose your method in advance, so you can use layers to remove the trimless guidelines (which are only needed for trimless method A), if you aren't going to use them.

Here are some advantages and disadvantages of the two different methods:



Trim Assembly - Trim the edges of the paper before taping together: While this method is a bit more time consuming, it offers one huge benefit: if you think you will be using the pattern for multiple sizes, a trimmed pattern is much easier to fold along the tape lines and store. So if you put it together once and leave it intact, and use tracing paper to trace off each size, then you only have to tape it together once.

This is a big time saver when you want to make it again later in other sizes.

Trimless Assembly - Overlap the edges of the pages and tape or glue them together - there are two ways to do this, which are detailed on pages [8](#) & [9](#).

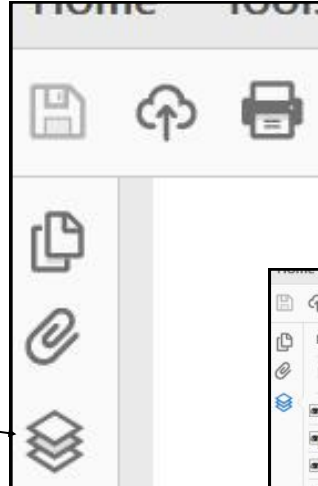
This method is quicker, but does not fold up as nicely for storage. The quicker of the two trimless methods (method A on [page 8](#)) can also have small inaccuracies, but the second method (method B on [page 9](#)) is accurate and still quicker than trimming.



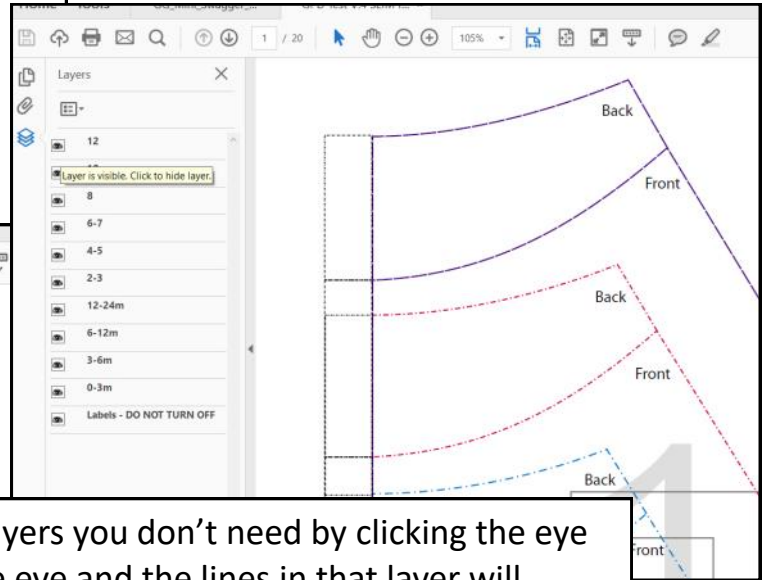
HOW TO PRINT THE PATTERN

THE PATTERNS USE LAYERS

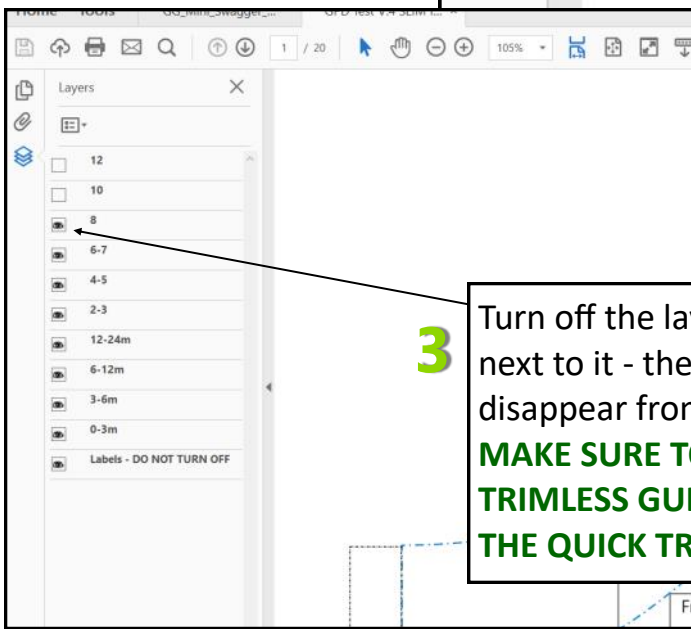
- 1** Start by opening the file in **Adobe Reader** (free download if you don't already have it) and click the icon in the top left that looks like this



- 2** Clicking the LAYERS icon will open up a list of all the layers in the pattern, including one for each size.

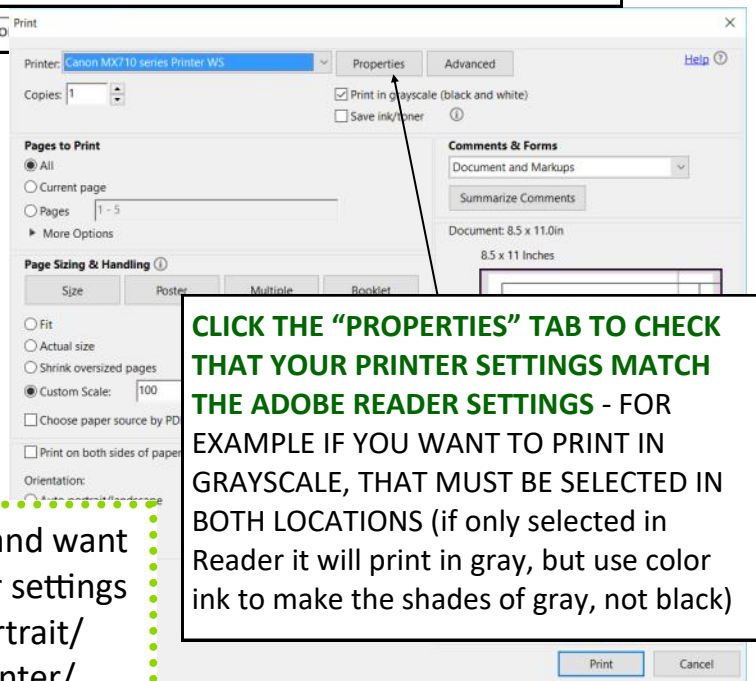


- 3** Turn off the layers you don't need by clicking the eye next to it - the eye and the lines in that layer will disappear from your screen, and will not print. **MAKE SURE TO KEEP THE LABELS LAYER ON, AND THE TRIMLESS GUIDELINES LAYER IF YOU WANT TO DO THE QUICK TRIMLESS ASSEMBLY.**



Make sure your printer is set to print at actual size OR custom scale 100%, NOT fit to page

- 4** Start by printing one page and measure the test square to make sure it is accurate. Then print the remaining pages for your size and options, as listed in the pattern tutorial.

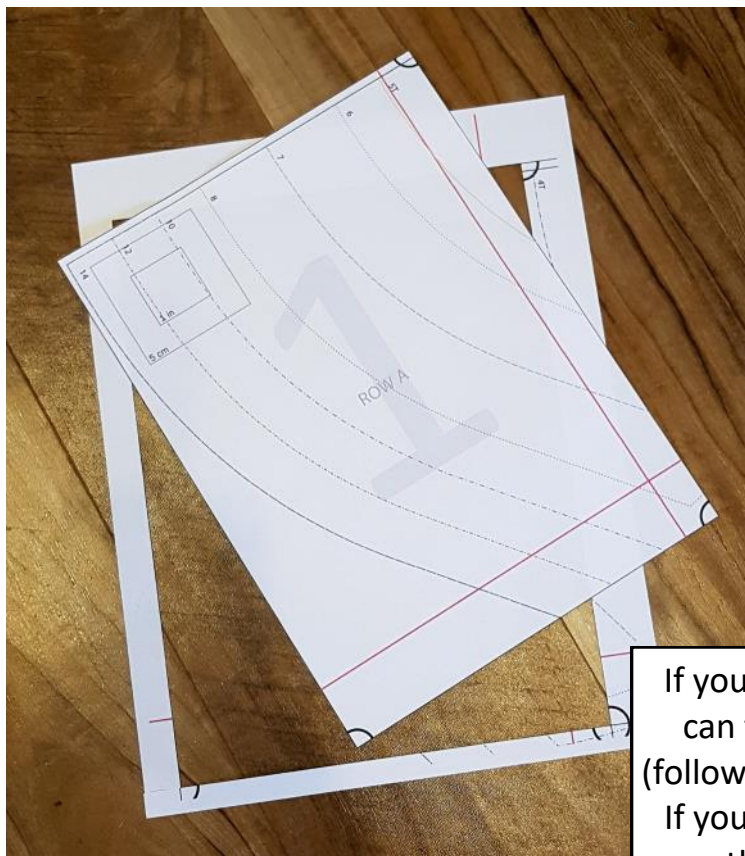


CLICK THE "PROPERTIES" TAB TO CHECK THAT YOUR PRINTER SETTINGS MATCH THE ADOBE READER SETTINGS - FOR EXAMPLE IF YOU WANT TO PRINT IN GRAYSCALE, THAT MUST BE SELECTED IN BOTH LOCATIONS (if only selected in Reader it will print in gray, but use color ink to make the shades of gray, not black)

IMPORTANT: If you are printing on A4 paper and want to use the trimless guidelines, make sure your settings are as follows: PORTRAIT setting (not auto portrait/landscape) and if your printer has an "auto center/rotate" setting, make sure it is turned OFF.

ASSEMBLING THE PATTERN

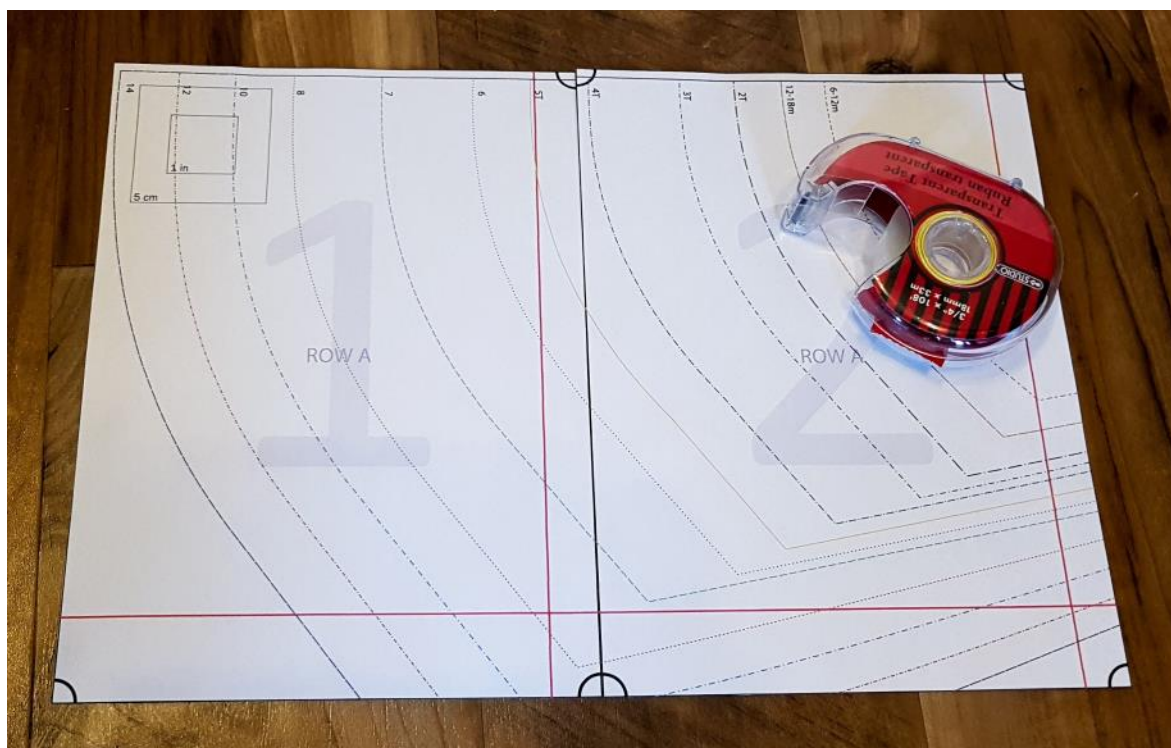
TRIMMED ASSEMBLY



Skip to the [next page](#) for trimless assembly instructions!

Cut off the edges of each page (around the large rectangle), and then tape the pages together, following the assembly layout provided in your pattern tutorial (skipping pages that aren't needed for your size/options).

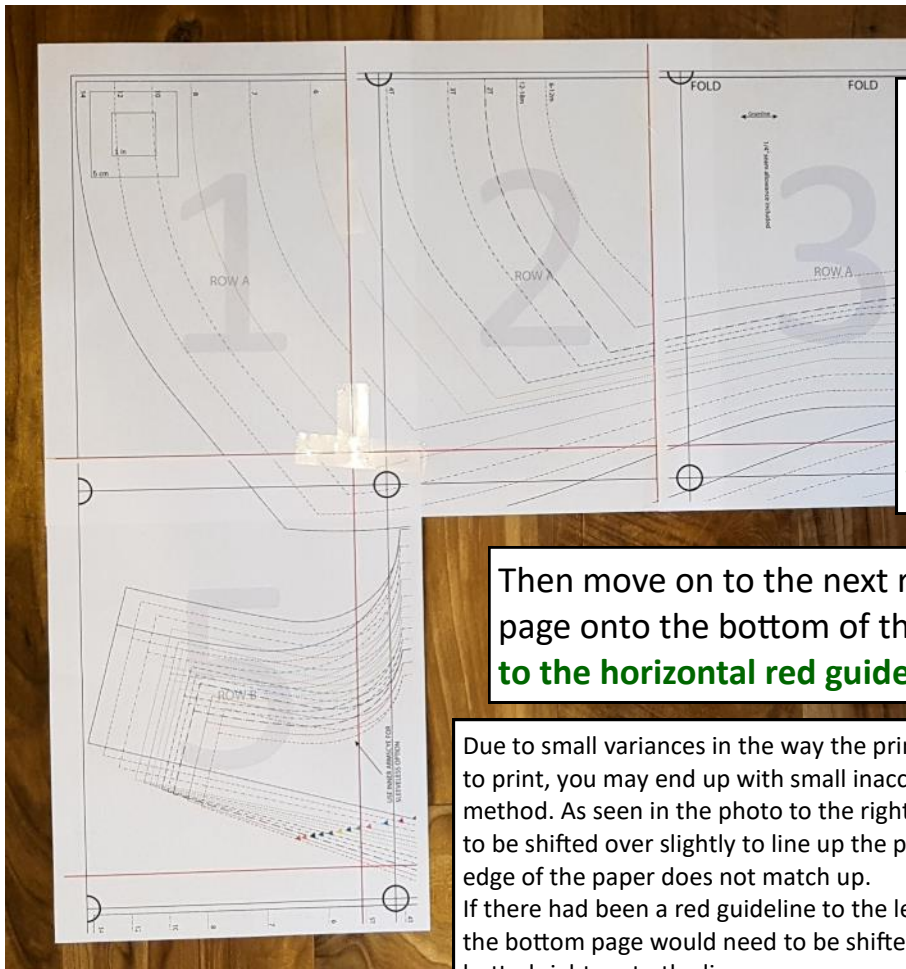
If you know you want to do this method, you can turn off the “trimless guidelines” layer (following the instructions on [page 6](#) for layers). If you print them and they aren't working for you though, you can just ignore the red lines.



ASSEMBLING THE PATTERN

TRIMLESS ASSEMBLY - METHOD A

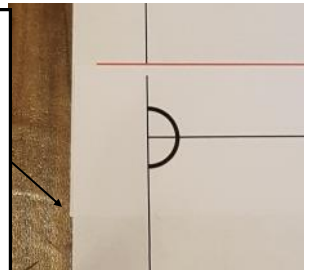
(see [next page](#) for method B)



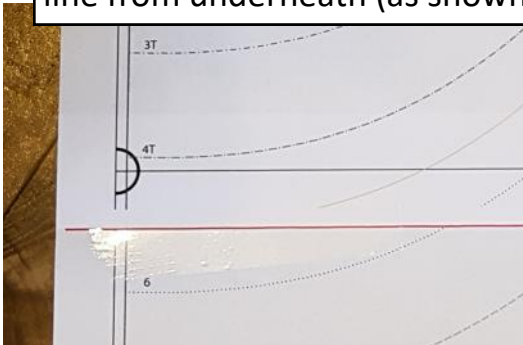
Following the assembly layout (skipping pages that aren't needed for your size/options), layer your pages so the left side of each page overlaps onto the right side of the page to its left, **butting the edge of the paper up to the vertical red guideline.**

Then move on to the next row and layer the top of the page onto the bottom of the page above it, **butting up to the horizontal red guideline.**

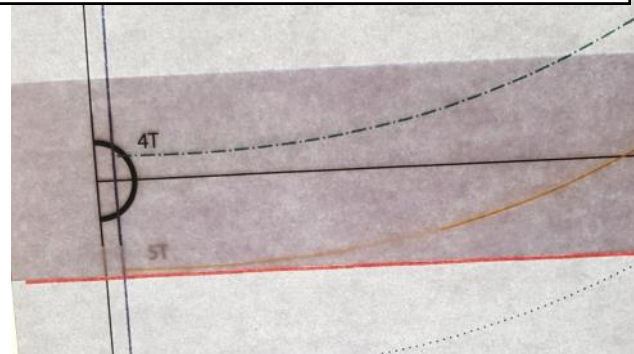
Due to small variances in the way the printer pulls each page to print, you may end up with small inaccuracies using this method. As seen in the photo to the right, the page needed to be shifted over slightly to line up the pattern lines - the edge of the paper does not match up. If there had been a red guideline to the left of these pages, the bottom page would need to be shifted over slightly, not butted right up to the line.



PLEASE NOTE: There will be a small margin of blank area, as most printers don't print right to the edges. In most areas it will be obvious what part of the line is missing, and you can cut without filling it in. In some cases (such as corners) you may want to place your pattern piece on a window and fill in the line from underneath (as shown in below right picture).



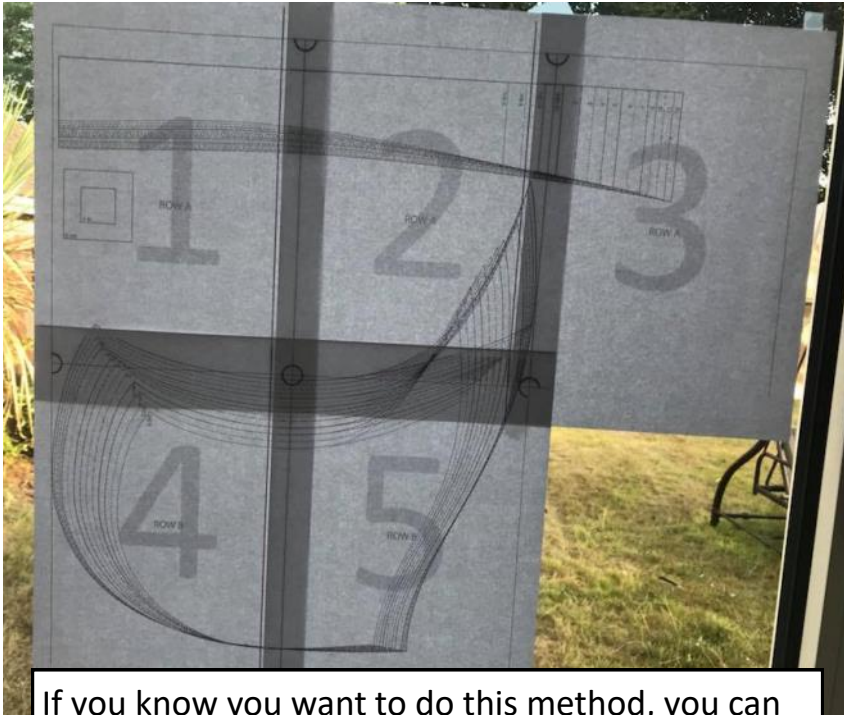
On the floor - bottom of 5T yellow line is not visible in the top margin.



On the window - you can see through the top page and trace the missing part of the line.

ASSEMBLING THE PATTERN

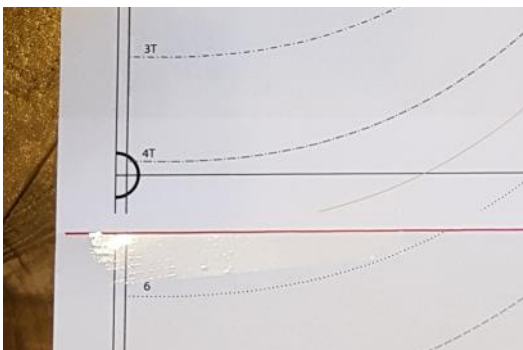
TRIMLESS ASSEMBLY - METHOD B



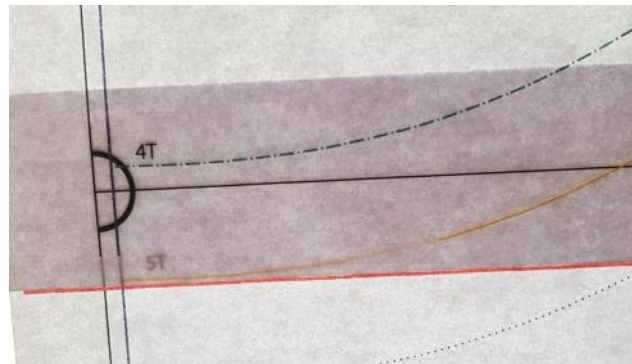
If you know you want to do this method, you can turn off the “trimless guidelines” layer (following the instructions on [page 6](#) for layers). If you print them and they aren’t working for you though, you can just ignore them.

In cases of printers that do not seem to work with the trimless guidelines (too much variance in pulling the pages, or centering the image on A4 paper instead of moving the margin over to match where it would be on letter), you can still do the trimless assembly by looking through the paper and matching up the black rectangle lines and circles in the corners. This is most easily done on a window, but it can be done in a well lit room on a table or floor successfully as well.

PLEASE NOTE: There will be a small margin of blank area, as most printers don’t print right to the edges. In most areas it will be obvious what part of the line is missing, and you can cut without filling it in. In some cases (such as corners) you may want to place your pattern piece on a window and fill in the line from underneath (as shown in below right picture).



On the floor - bottom of 5T yellow line is not visible in the top margin.

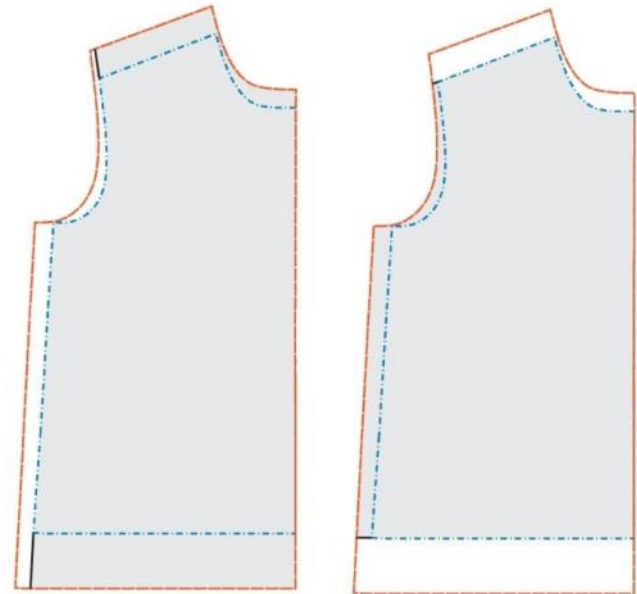


On the window - you can see through the top page and trace the missing part of the line.

For the ideal fit when measurements fall in different sizes, you can blend sizes. This is the method I usually recommend for bodices and sleeves, but if you are blending a chest 3 or more sizes larger than height, then it is better to use the shortening method on the [following page](#).

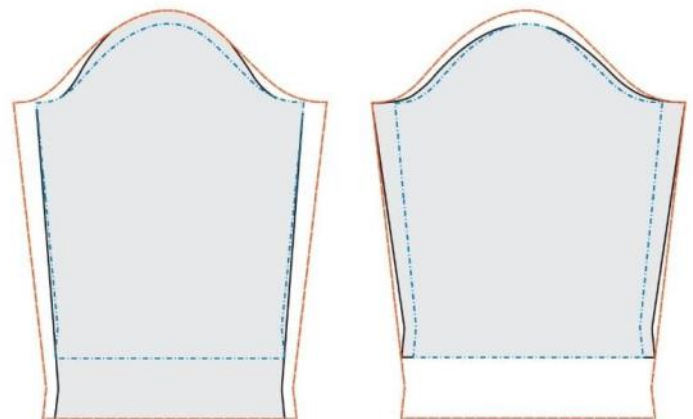
Here are the main principles of this size blending method, which will work with any pattern nested at the armscye (all of our clothing patterns are).

1. Always use VERTICAL lines for the main WIDTH SIZE (for a top this would be the chest size) such as side seams, and shorten/lengthen those lines to meet the horizontal HEIGHT SIZE lines at hem, shoulder, etc.
2. Always use the ARMSCYE for the WIDTH SIZE, and shorten/lengthen it at the top to meet the horizontal SHOULDER line for the HEIGHT SIZE.
3. Always use the NECK LINE for the HEIGHT SIZE—and the corresponding hood/collar/neck band etc should be the same size.
4. For the sleeve, adjust the SLEEVE CAP up or down to match the HEIGHT SIZE. Blend the curve to meet the CHEST SIZE at the SIDES.



Blending Larger Height
with Smaller Chest

Blending Smaller Height
with Larger Chest



Blending Larger Height
with Smaller Chest

Blending Smaller Height
with Larger Chest

For a more detailed step-by-step explanation, please see the following blog post:

<https://gooberpeadesigns.com/how-to-blend-sizes-standard-method/>

For a video of this technique, please see this YouTube video: <https://youtu.be/d9BMD9n6tDs>

SHORTENING OR LENGTHENING

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In this size blending method, the main size is chosen by width, and then the pieces are shortened or lengthened as needed through the body and arm, without touching the armholes or sleeve caps. This method generally works well for loose fitting garments, and for more fitted garments where the chest size is bigger than the height size.

Step 1—Choose main size by chest and print off that size.

Step 2—Determine height size and use finished measurements chart to determine how much length needs to be added or removed.

Step 3—Draw a horizontal line on the pieces, perpendicular to the grain line.

Step 4—Cut on the line.

For shortening, overlap the pieces by the amount you are removing and tape in place.

For lengthening, add paper in the middle to add the extra length.

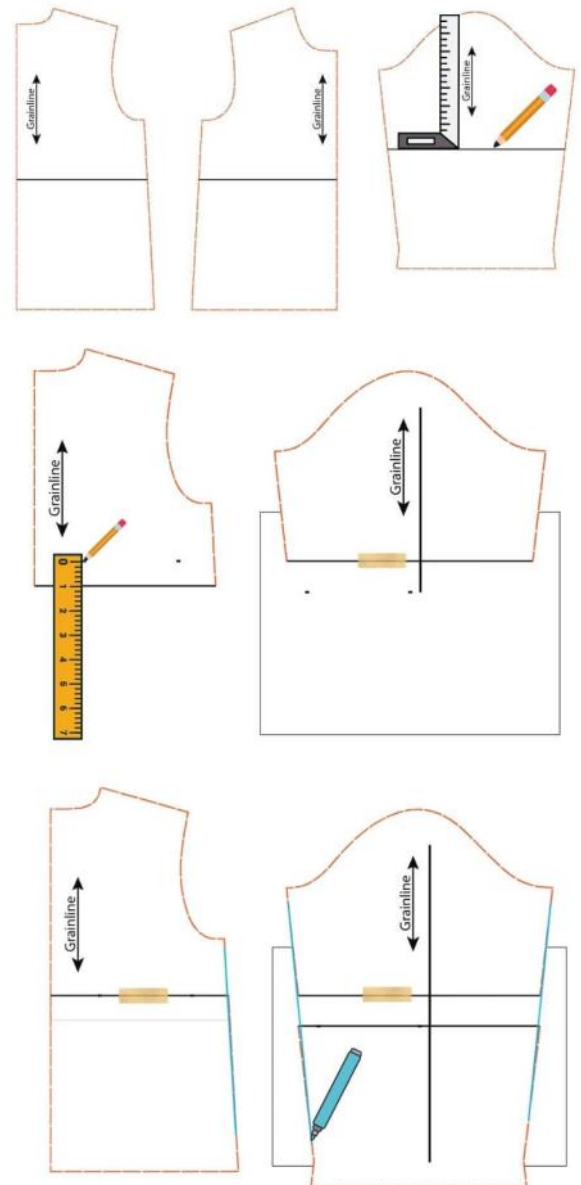
Measure up or down in multiple places so the length is adjusted evenly, and make sure all straight vertical lines are realigned.

Step 5—Smooth out the side seams.

For a more detailed step-by-step explanation, please see the following blog post:

<https://gooberpeadesigns.com/how-to-blend-sizes-shortening-lengthening/>

For a video of steps 3-5, please see this YouTube video: <https://youtu.be/C7GuwAjE6Q0>



FIT ADJUSTMENTS

RESOURCES FOR COMMON ADJUSTMENTS:

Bicep Adjustment - <https://helenscloset.ca/2017/03/24/how-to-do-a-full-bicep-adjustment/>

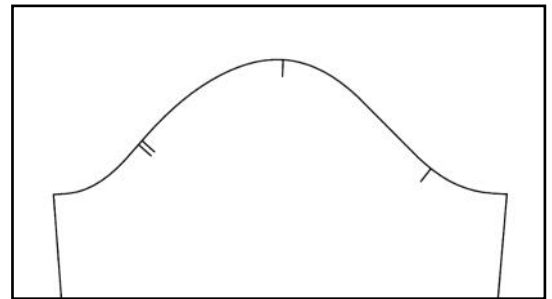
Shoulder Adjustment - <https://helenscloset.ca/2017/03/25/how-to-do-a-narrow-or-broad-shoulder-adjustment/>

MORE INFO COMING IN THIS SECTION

FABRIC CUTTING

Here are some tips for cutting your fabric:

- ⇒ A grain line and stretch line are marked on the pattern pieces. The grain line runs parallel to the selvedge (finished edge of the fabric).
- ⇒ If your fabric's selvedge has been cut off, you can pull the fabric to determine which direction has the most stretch, and then match that up with the stretch line.
- ⇒ The top and bottom of each pattern piece* is also marked. **When using a directional printed fabric** (i.e. with pictures on it that you don't want to be upside down on the garment), **make sure** the top of the pattern piece is towards the top of the fabric, and the bottom towards the bottom.
 *rectangular pieces are not marked, as they can be cut up or down without issue, just make sure for directional fabric you have it with the pictures right side up when sewing.
- ⇒ **When you see a triangle or short line at the edge of the pattern piece, that is a pattern marking/notch.** You can choose to cut a small notch out of the edge (no more than 1/8 inch deep) or use a washable marker to transfer the pattern marking to the fabric.
- ⇒ Cutting a piece “ON THE FOLD” means to place the edge marked FOLD on the folded edge of fabric, and cut around the other edges, through both layers. DO NOT cut along the fold.
- ⇒ Cutting a piece MIRRORED means to cut 1 piece with the pattern piece facing up and 1 with the pattern piece facing down. Alternatively, you can fold the fabric and cut through both layers at once, with wrong sides facing each other, OR right sides facing each other (either way works).

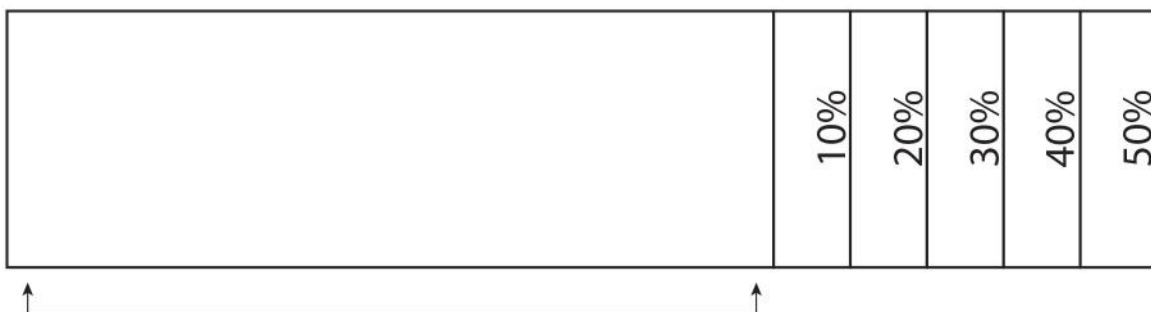


WORKING WITH KNIT FABRIC

Many of the Goober Pea Designs patterns are designed for stretchy knit fabrics, which require some different skills than fabrics with no stretch. Here are some tips:

- ⇒ Measure the stretch percentage and recovery of your fabric, to make sure it will work for your project. The recommended fabrics section of each pattern will tell you the minimum stretch percentage required, and whether or not good stretch recovery is important.

MEASURING STRETCH



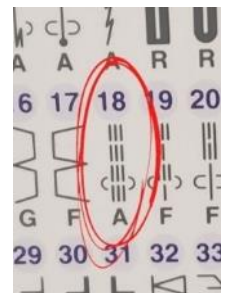
Take a section of fabric 4" (10.16cm) wide and hold it up to your screen with the view at 100% view (or print this page if your screen is not large enough). Keeping the left edge in place, pull the right edge as far as it will go, to measure the stretch percentage. If it easily pulls well past 50%, it is a high stretch fabric.

To measure recovery, stop stretching the fabric and check if it returns to its original size. If it does, it has excellent stretch recovery. If it stays much larger than the original size, it has poor stretch recovery.

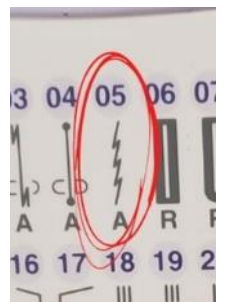
WORKING WITH KNIT FABRIC

Many of the Goober Pea Designs patterns are designed for stretchy knit fabrics, which require some different skills than fabrics with no stretch. Here are some tips:

- ⇒ **Use a stretch needle** in your sewing machine or serger. Some knit fabrics like ballpoint better (mainly sweater knits) but most will do well with a stretch needle.
- ⇒ **Use a stretch stitch** if using a sewing machine. My favorite is the triple stretch stitch—the symbol looks like three straight stitches side by side, but it will actually create a single line of stitches that go backwards and forwards. It is a very sturdy stitch with great stretch. Many people also like the lightning bolt stitch, but I have found that my stitches tend to pop when I use the lightning bolt. If your machine is older and does not have either of these, a narrow zig zag will work—longer stitch length (2.5-3) and very narrow zig zag, so it looks almost straight.
- ⇒ **Reduce the presser foot pressure**, if your sewing machine has a setting that allows you to do this. This will prevent the fabric from being stretched excessively while you sew. Make sure not to stretch the fabric with your hands—let the feed dogs pull the fabric through on their own.
- ⇒ **Use a walking foot or a knit foot** on your sewing machine if you need to - it also helps to feed the fabric through evenly without stretching it. If the fabric is stretched while sewing, it will lead to wavy seams. Minor waviness can usually be fixed with a steam pressing.
- ⇒ It is very helpful to use stretch thread (such as Maxilock Stretch or Woolly Nylon) in your bobbin. It gives your stitches a little extra give and prevents them from popping.



TRIPLE STRETCH STITCH



LIGHTNING BOLT

Glossary of Sewing Terms

Finishing a seam: To enclose the raw edges of a seam. The most common method to finish a seam is to serge the edge on the serger, or use a zig zag stitch on a regular sewing machine (shown to the right). With woven fabric, this is necessary to prevent fraying. With knit fabric, it is optional, but offers a much more professional appearance on the inside of the garment.



Note: If you have a serger, you can use a 4 thread stitch to sew AND finish your seam in one step.

There are other more complex methods of finishing a seam (such as French seams, flat felled seams, etc), but most of them require a larger seam allowance than what is included in Goober Pea Designs patterns.

Right side: The right side of a fabric is the side that you want showing on the outside of your garment. “Right sides together” means to sew two pieces together, with the right side of each facing each other.

Seam allowance: The area between the edge of the fabric and your line of stitching.

Selvedge: The factory finished edge of the fabric.

Topstitch: A line of stitching on the outside of a garment, usually very close to an edge or seam. Topstitching can be decorative and/or functional (keeping the edge of a lined garment straight and crisp, etc).

Clipping Corners and Clipping/Notching Curves:

This is done to allow seam allowance to lay flat when a lined seam/item is flipped right sides out. Using scissors, cut corners off diagonally, and cut into the seam allowance along curves—up to the seam line but not through it.

