

# THE GOLDEN RULE *Lutterloh*

The ideal  
Do-it-yourself  
pattern making method

Lutterloh System® P.O. Box 3149 D-88113 Lindau / Germany  
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Revised Edition

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„Sewing for yourself  
is economical and fulfilling,  
when you create  
clothes that fit well.“

Making fashionable, professional looking clothing, requires complete control over fabric, style and fit.

Choosing and making your own patterns, is the ideal way to create your individual style and achieve consistently proper fitting garments. The Lutterloh Pattern System is the perfect solution for today's busy sewer.

Fashion conscious sewers from around the world have been using the Lutterloh method for decades, beginners and professionals alike. This system is quick and easy to learn. Astonishingly simple, you need only two measurements to make a perfect fitting pattern every time.

Enjoy the pattern collection and a  
lifetime of sewing pleasure!

*Silvia Lutterloh*

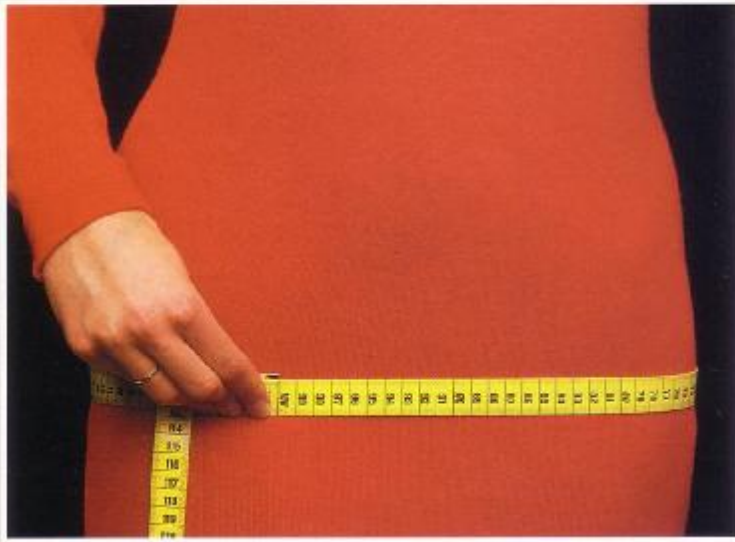
## 1. Bust measurement



Use the normal end of the metric tape. Lift the tape over the shoulder blades, under the arms and over the fullest part of the bust.

This measurement is used to enlarge all pattern parts **above and including the waist**, ie: collar, necklines, sleeves, front and back upper bodice pieces.

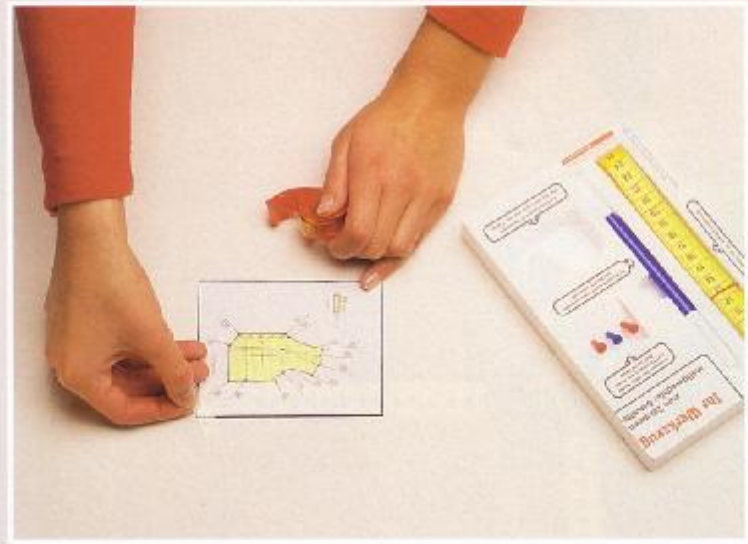
## 2. Hip measurement



Measure over fullest part of the hip and just below the fullest part of the stomach.

This measurement is used to enlarge all pattern parts **below** the waist, ie: skirts, pants and shorts.

## 3. Placing diagram on paper

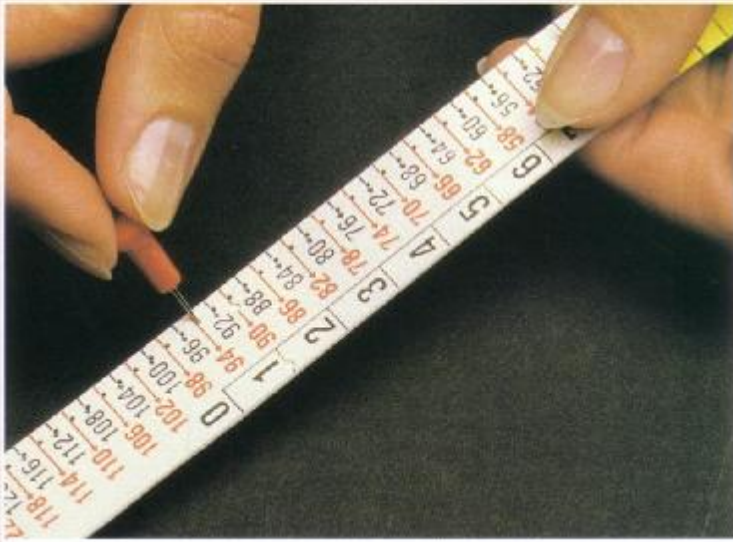


Place a piece of pattern making paper on the table. Fasten the chosen pattern onto the paper, by applying scotch tape at two corners.

The pattern diagram is located on the revers side of the illustrated design.

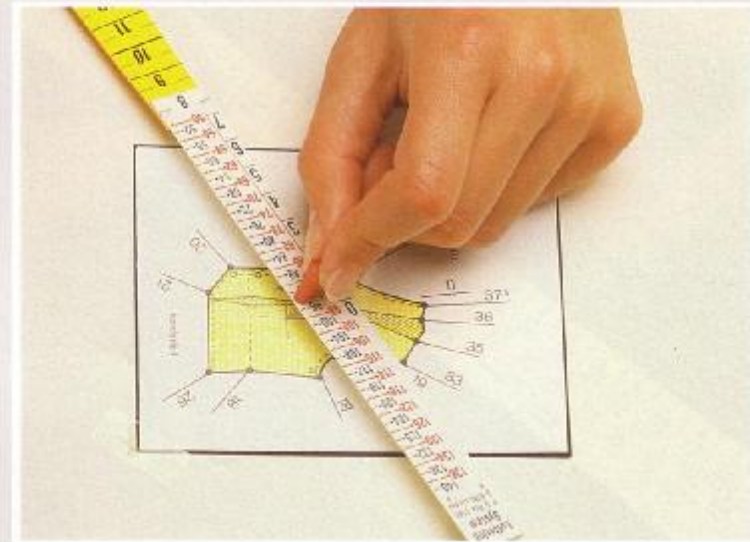
All pattern pieces are marked with symbols, ie: **A** = front, **B** = back, etc. All symbols are located on the Symbols Page at the end of this instruction section.

#### 4. Inserting the pin into the scale



The sizing scale is attached to one end of the metric tape. On the scale are two rows of numbers, red and black, ranging from 50 to 140 cm. These numbers represent the bust or hip measurements. Every number has a line with a small hole. Push the special pin through the hole that denotes **your** bust or hip measurement.

#### 5. Pinning the scale onto the pattern

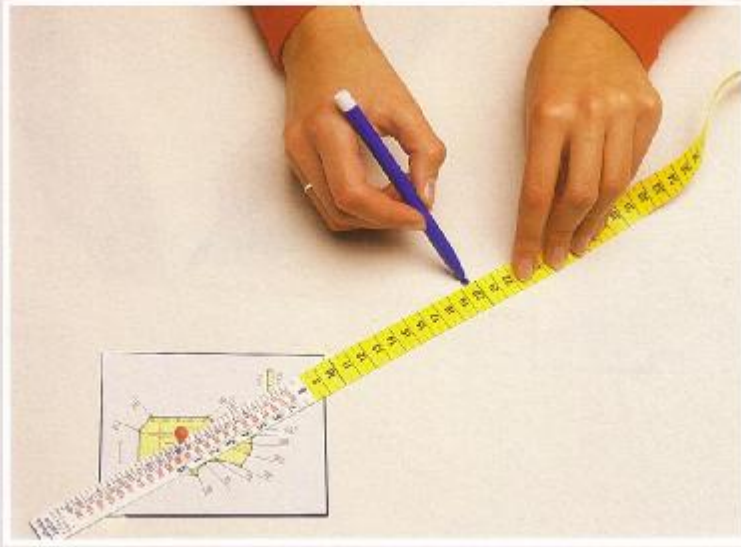


Carefully push the pin and scale into the center of the cross point.

Every pattern has a cross point. In some cases the cross is outside the pattern. An arrow on the cross points toward the pattern to which the cross belongs.

It is advisable to place a protective backing under the spot where you stick the pin, to avoid damage to your table.

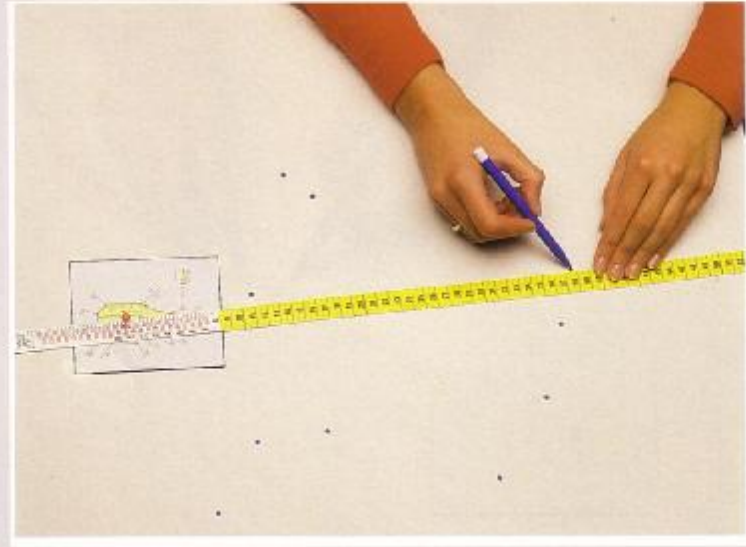
## 6. Making dots



The tape rotates freely in any direction. Align the edge of the sizing scale to any selected line radiating from the pattern. Extend the measuring tape (in the same direction). Match the cm number on the pattern, ie:  $19\frac{1}{2}$  and draw a dot (next to  $19\frac{1}{2}$  on the extended tape).

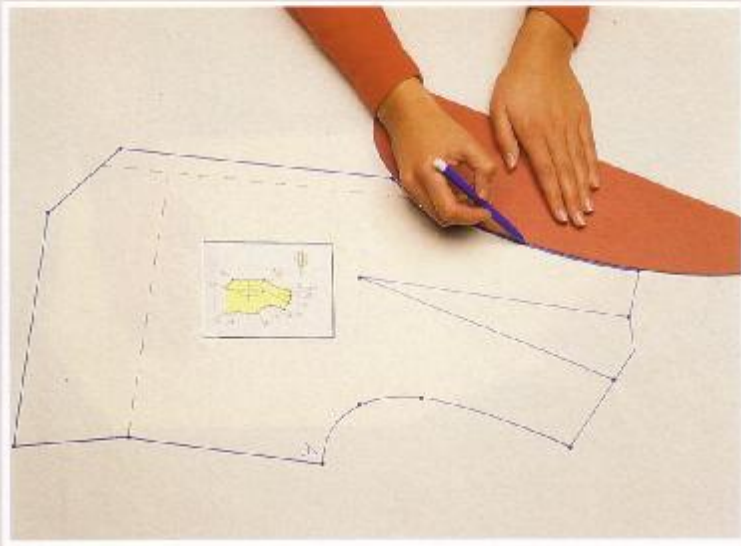
The dots are made on the same side of the tape, where the line and number is shown on the pattern diagram.

## 7. Completing all dots



Using the bust measurement, make all dots on the patterns **above and including the waist**. Change the pin to the hip measurement and draw all dots **below the waist**.

## 8. Connecting the dots

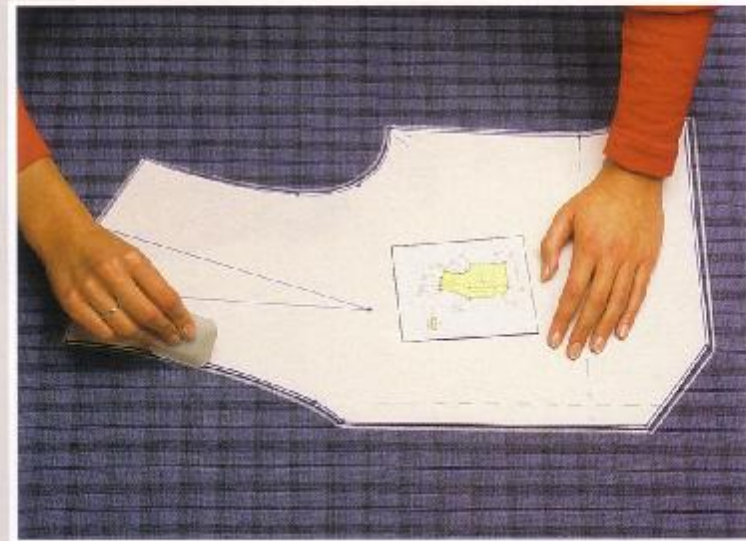


If a dot is out of line, re-align the dot, according to the pattern diagram.

Connect all dots with the ruler. Draw straight lines first, using the straight edge of the ruler, and use curved section to draw armholes, necklines, hip curves etc.

After all dots are connected, transfer all symbols from the pattern diagram onto your own pattern, ie: arrow for straight of grain. Remove the pattern diagram and mark the pin hole. This is where the pattern is adjusted for the individual body length.

## 9. Cutting the paper pattern and transferring onto the material



Cut out the paper pattern.

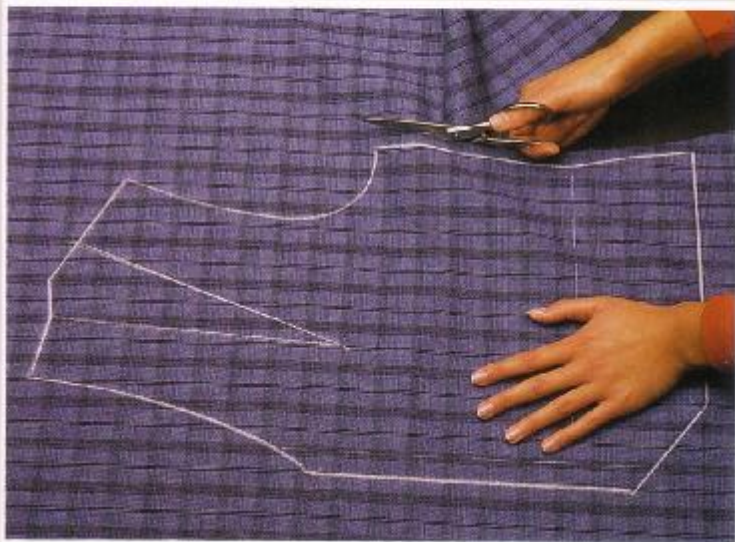
The finished pattern now corresponds to your measurements. You can adjust the length to suit your individual taste. Pin the waist dart, according to the shape and size of your figure.

Place the pattern on the fabric and outline with chalk.

Please note:

**Always check pattern for correct fit, before cutting the fabric!**

## 10. Cutting the material

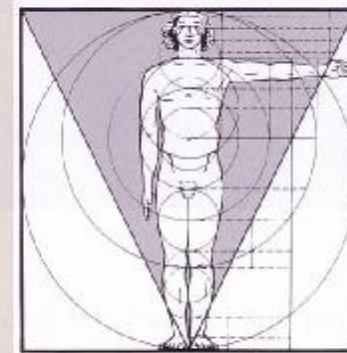


The finished paper pattern does not include seam and hem allowance.  
Allow approx. 1–2 cm for seams and 5–7 cm for hems.  
The same pattern is used to make facings, linings and undercollars.

The Lutterloh System is based on the principal of the “Golden Rule”.

The human body is in perfect mathematical proportion within itself.

- H = full length of body
- $\frac{1}{2}$  H = upper part of body
- $\frac{1}{4}$  H = length of leg from ankle to knee and length from chin to navel
- $\frac{1}{6}$  H = length of foot
- $\frac{1}{8}$  H = length of head from crown to bottom of chin
- $\frac{1}{10}$  H = height of face – also length of hand
- $\frac{1}{12}$  H = width of face



Man is the universal measure of all things.

The forearm, measured from the elbow to the wrist, corresponds with the length of the foot.

The length of the hand is the same as the length of the face.

The body height is eight times the length of the head.

The span of laterally outstretched arms, measured from finger-tip to finger-tip, is equal to the height of the body.

### Material requirements

The fabric allowance has been calculated on a 92 cm bust. To get the exact amount you need, group all pattern pieces onto folded fabric, in the most economical fashion. Pattern pieces with a broken line are placed on the fabric fold. Watch the straight of grain, and remember to add seam and hem allowance.

### Combination possibilities

You can create your own designs, by combining different collars, sleeves, tops and bottoms.

### Fashion updates

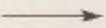
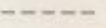
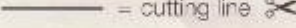

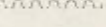

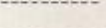



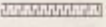

The style conscious can order our quarterly Fashion Supplement, containing 40 new designs and corresponding patterns.

### Children's patterns

We offer a special Children's Supplement, with over 100 patterns, for more selection. These are made the same way as adult patterns. Read special instructions for children sizes given in the supplement.

## Symbols Page

As the pattern manual is internationally published in 14 languages. The following table provides international symbols and their meanings:

<b>A</b> = front	<b>AA</b> = cape
<b>B</b> = back	<b>BB</b> = tie
<b>C</b> = side	<b>CC</b> = loose part
<b>D</b> = skirt	<b>DD</b> = ties
<b>E</b> = sleeve	<b>EE</b> = lapel
<b>F</b> = cuff	<b>FF</b> = hood
<b>G</b> = collar	<b>GG</b> = basic pattern
<b>H</b> = belt or waistband	<b>HH</b> = pleat
<b>K</b> = pocket	<b>HM</b> = center back
<b>L</b> = yoke	<b>LL</b> = buttonhole panel
<b>M</b> = coat	<b>MM</b> = trim or lace
<b>N</b> = bow	<b>NN</b> = blouse
<b>P</b> = pullover	<b>OO</b> = shoulder strap
<b>Q</b> = matching set	<b>PP</b> = clasp
<b>R</b> = inset	<b>RR</b> = ruffles, frills
<b>S</b> = trimmings	<b>SS</b> = collar
<b>T</b> = flounce	<b>ST</b> = facings
<b>U</b> = jabot	<b>TT</b> = peplum
<b>Y</b> = pocket flap	<b>UU</b> = jacket
<b>Z</b> = trousers	<b>VM</b> = center front
	<b>VV</b> = dress
	<b>WW</b> = waistcoat
<b>2 x</b> = two times	<b>ca.</b> = approximately
 = straight of grain	<b>li</b> = left part
 = fold (no seam)	<b>re</b> = right part
 = cutting line 	<b>v</b> = front (sleeve)
 = gather	 = press stud
 = top stitch	 = hook and eye
 = elastic	<b>A to A</b> = sewing sequence
 = facing	<b>B to B</b> = sewing sequence
 = zipper	 = 90° angle



= especially suitable for full figure



= may be knitted or stretch-fabric



= maternity wear



= contrasting colour

① 125 x 90 cm = Fabric allowance length x width