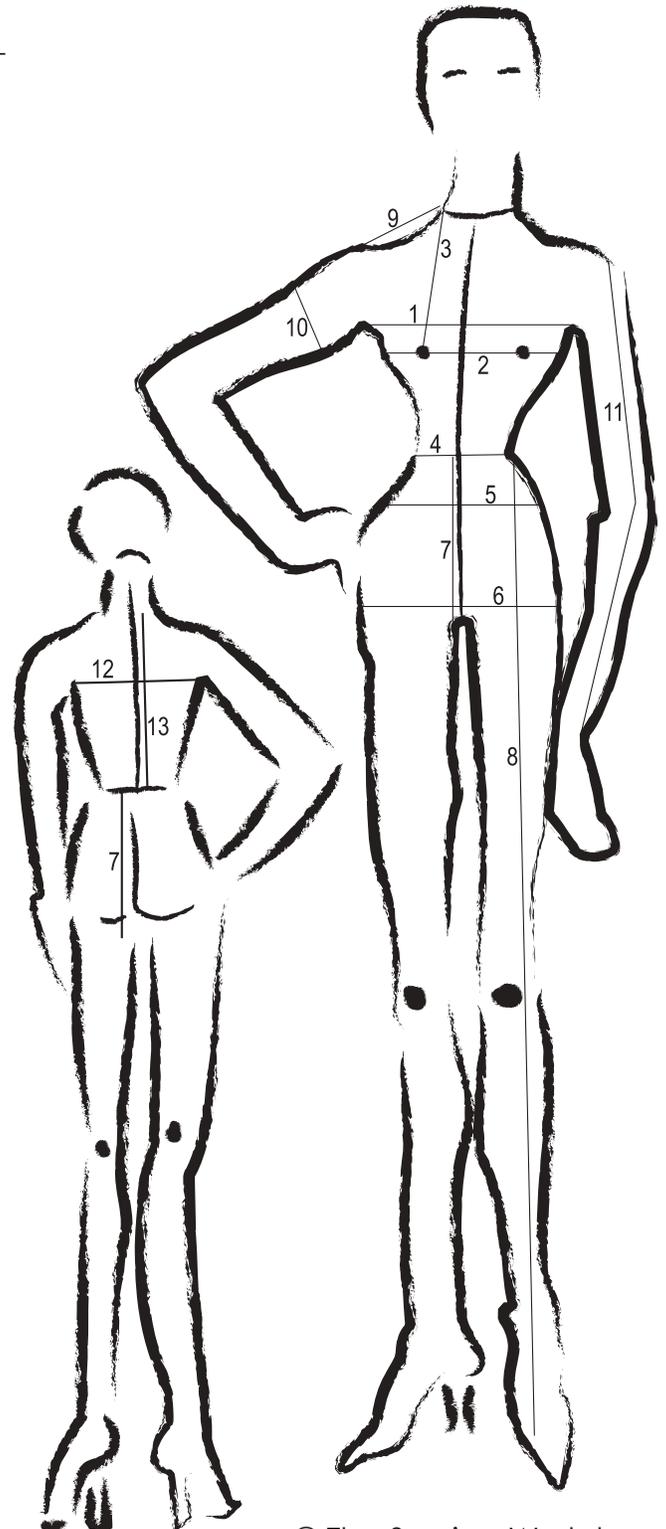


Measurement Chart

NAME: _____

DATE: _____

1. High bust circumference:
2. Full bust circumference:
 - 2a. Distance between bust points:
3. Distance from shoulder/neck point to bust point:
4. Waist circumference:
5. High Hip circumference:
 - 5a. Distance from waist:
6. Full hip circumference:
 - 6a. Distance from waist:
7. Stride (crotch length) plus 1" to 2":
8. Length from waist to floor minus 1":
9. Shoulder length:
10. Upper arm circumference:
11. Sleeve length:
12. Back width:
13. Back length to waist:



Fitting the Bust: Ease Chart

Garment

Minimum Bust Ease

Blouse, Dress

2½" to 3"

Unlined jacket

3" to 4"

Lined jacket

3½" to 4½"

Coat

4" to 5"

Fitting the Back: Ease Chart

Garment

Minimum Back Ease

Blouse, Dress

½" to 1"

Jacket

1"

Coat

1" to 2"

Fitting Sleeves: Ease Chart

<u>Garment</u>	<u>Minimum Upper Arm Ease</u>
Blouse	1" to 1½"
Dress	1½" to 2"
Unlined jacket	3" to 4"
Lined jacket	3" to 4½"
Coat	4" to 5½"

Fitting Pants: Ease Chart

Minimum Pants Ease

Waist	1" to 2"
Hip	2" - Fitted Pants 4" - Elastic Waist Pants
Crotch Length	1" - If hips are less than 37" 1½" - If hips are 37"-40" 2" - If hips are 40" or more

Sew Confident!

CLASS IN A FLASH

How to Measure

For Successful Fitting

by Linda Lee



project sewing workshop

Gather Your Tools

Know Your
Notions

Two very specific tools are recommended:

- Elastic - Use 1"-wide Stretchrite woven polyester flat non-roll elastic. This is the type and size of elastic that is used in most of The Sewing Workshop patterns.
- Tape Measure - Use a tape measure that is printed in inches on both sides and starts with the number "1" on both sides at opposite ends.



Preparation

Have the student wear something comfortable and similar to what they normally wear under their clothes.

Cut a length of elastic a few inches larger than the waist. Wrap it around the waist and pin in place.

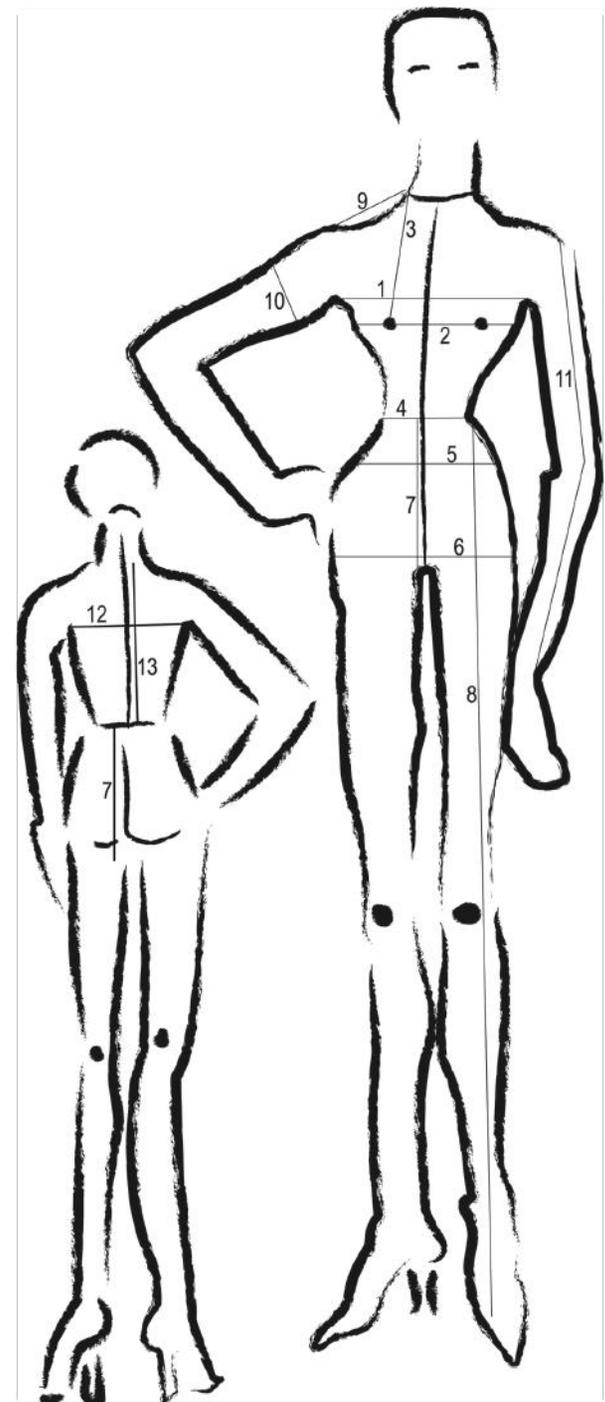
Ask the student to position it where it is comfortable at their natural waistline.

NOTE: *This elastic remains in place until the measuring is complete.*



Measurement Chart

1. High bust circumference:
2. Full bust circumference:
 - 2a. Distance between bust points:
3. Distance from shoulder/neck point to bust point:
4. Waist circumference:
5. High Hip circumference:
 - 5a. Distance from waist:
6. Full hip circumference:
 - 6a. Distance from waist:
7. Stride (crotch length) plus 1" to 2":
8. Length from waist to floor minus 1":
9. Shoulder length:
10. Upper arm circumference:
11. Sleeve length:
12. Back width:
13. Back length to waist:



1. High Bust

Fit the tape measure under the arms and wrap it evenly across the widest part of the back and above the full bust.

Ask the student to relax and breathe.



2. Full Bust

Without pulling the tape too tight, measure over the fullest part of the bust. Check to make sure the tape is straight and parallel to the floor.

NOTE: *If the full bust measurement is more than 2" larger than the high bust, use the high bust measurement as the "bust" measurement when selecting a pattern size.*

Garment

Minimum Bust Ease

Blouse, Dress

2½" to 3"

Unlined jacket

3" to 4"

Lined jacket

3½" to 4½"

Coat

4" to 5"



2a. Distance Between Bust Points

Measure the distance between the bust points.

NOTE: *This measurement is used when adding or moving bust darts.*



3. Neck Point to Bust Point

Measure from the shoulder/neck point to the bust point.

Find the shoulder/neck point by wearing a simple chain necklace or having the student bend her neck toward the shoulder to locate the crease.

NOTE: *This measurement is also used when adding or moving bust darts.*



4. Waist

Place the tape measure over the elastic to measure the natural waistline. Keep one finger behind the tape for extra ease, and make sure the tape is parallel to the floor.

NOTE: *Even if a garment is worn low-rise, the natural waistline needs to be measured. Make the garment full height to get the right fit, then cut off from the top to the desired height/rise.*



5. High Hip

From the side of the body, measure the fullest part of the high hip. This is usually over the tummy or “love handles” and is in the range of 2” to 4” below the waist.

5a. Use the opposite end and other side of the tape to measure the distance from the bottom of the elastic.



6. Full Hip

From the side of the body, measure the fullest part of the hips, making sure to keep the tape measure parallel to the floor.

6a. Use the opposite end and other side of the tape to measure the distance from the bottom of the elastic.



7. Stride (Crotch Length)

Measure the lower torso from the bottom of the elastic in the center back to the bottom of the elastic in the center front.

Add at least 1" to this measurement for ease.

NOTE: *The amount of ease added depends on the style of the pants. Add 1" for fitted pants and 2" or more for casual, loose-fitting pants.*



8. Pants Length

Measure finished pants length by standing on the 1" mark on the tape measure, bringing the tape up to the bottom of the elastic at the waist. Record this measurement minus 1"

This is the finished length. Add hem allowance.

NOTE: *For a more accurate finished length measurement, wear the shoes that will be worn with the pants. Calculate the finished length so the pants will hang 1/2" above the floor.*

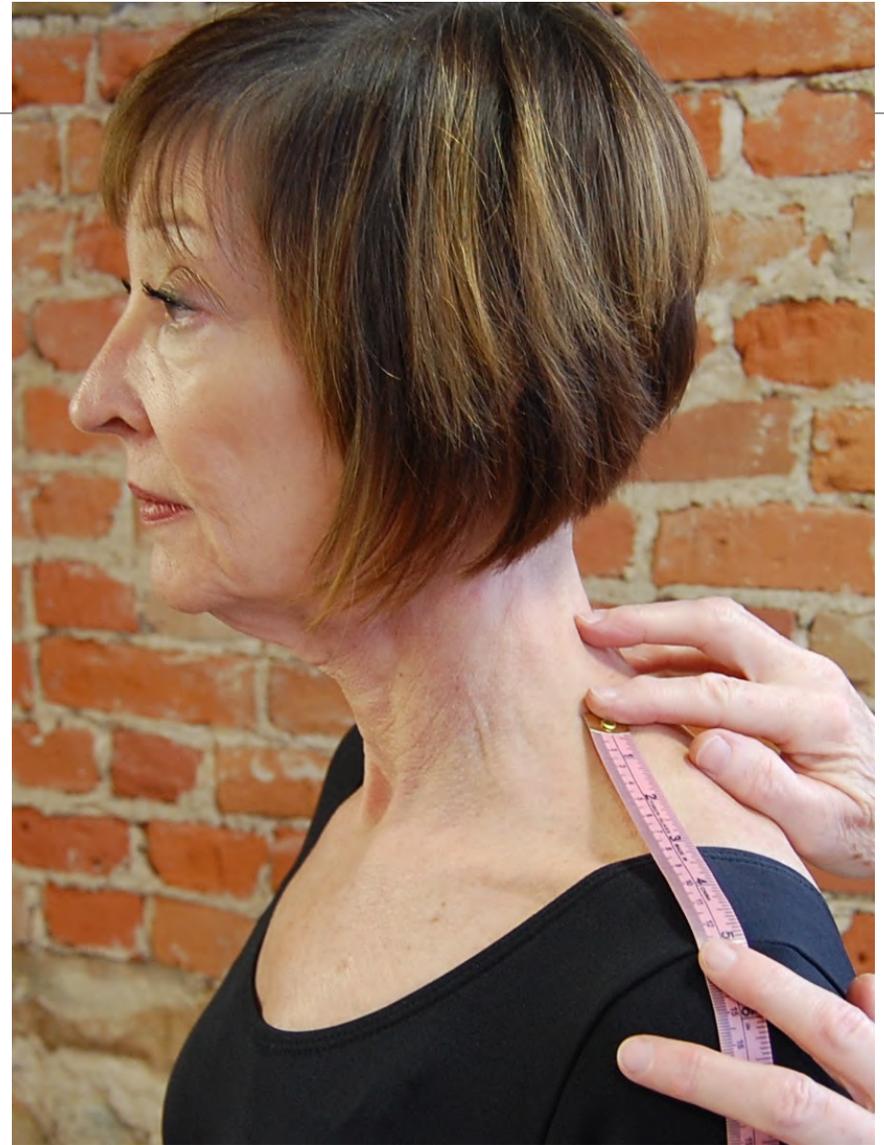


9. Shoulder Length

Measure the shoulder length from neck base to shoulder joint.

Find the neck base by wearing a simple chain necklace or having the student bend her neck toward the shoulder to locate the crease.

To locate the shoulder joint, raise the arm and feel the indentation at the socket.

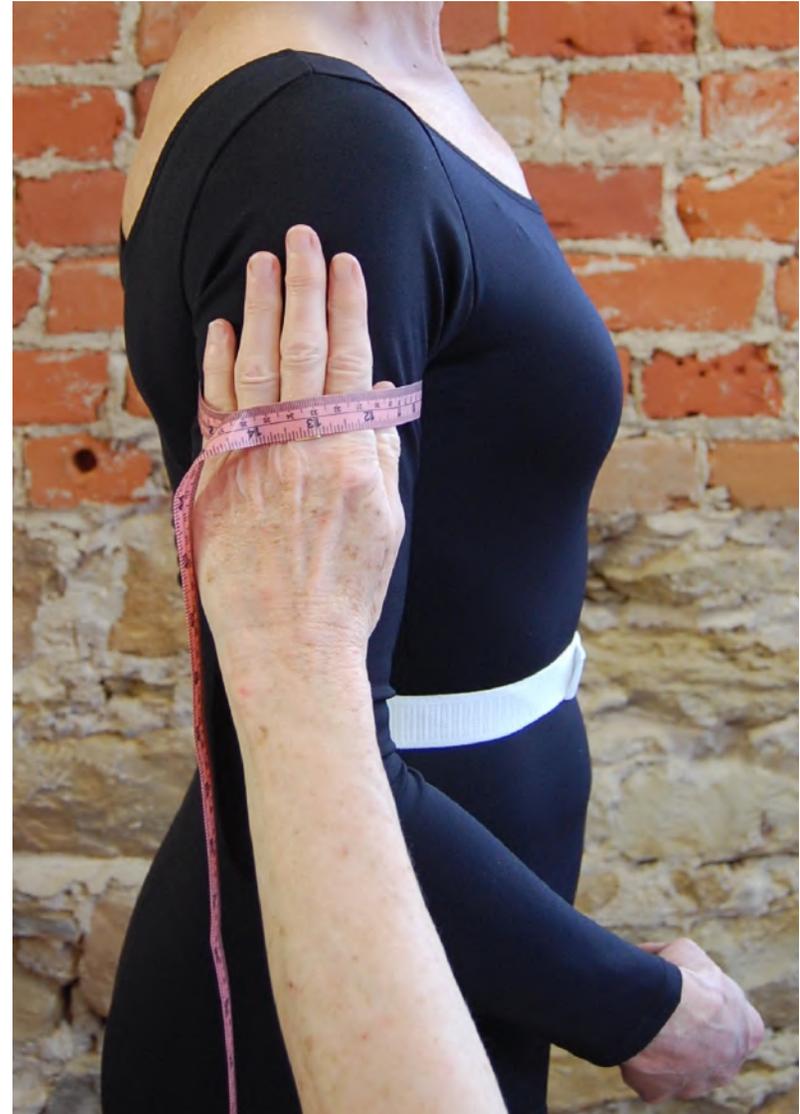


10. Upper Arm Circumference

Place the tape measure under the arm and measure the upper arm circumference over a hand that is inserted under the tape. This adds the appropriate ease for most sleeves.

NOTE: *If measuring without the hand, add ease to the measurement.*

<u>Garment</u>	<u>Minimum Upper Arm Ease</u>
Blouse	1" to 1½"
Dress	1½" to 2"
Unlined jacket	3" to 4"
Lined jacket	3" to 4½"
Coat	4" to 5½"



11. Sleeve Length

With the arm slightly bent, measure from the shoulder joint to below the wrist bone.

If making a tailored garment that has a dart at the elbow, record the mid-measurement where the elbow bends. This allows you to place the dart correctly.



12. Back Width

Measure back width from arm crease to arm crease.

NOTE: *Ease amounts vary depending on the style and personal comfort.*

<u>Garment</u>	<u>Minimum Back Ease</u>
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Blouse, Dress	½" to 1"
---------------	----------

Jacket	1"
--------	----

Coat	1" to 2"
------	----------

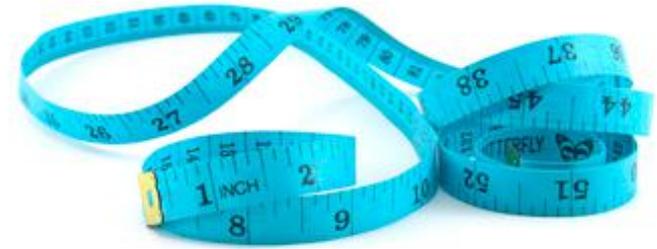


13. Back Waist Length

Measure the back waist length from the prominent bone at the back of the neck to the bottom of the elastic at the waist.



Ease Charts



Fitting Pants

Minimum Pants Ease

Waist	1" to 2"
Hip	2" - Fitted Pants 4" - Elastic Waist Pants
Crotch Length	1" - If hips are less than 37" 1½" - If hips are 37"-40" 2" - If hips are 40" or more

Fitting the Back

Garment Minimum Back Ease

Blouse, Dress	½" to 1"
Jacket	1"
Coat	1" to 2"

Fitting the Sleeves

Garment Minimum Upper Arm Ease

Blouse	1" to 1½"
Dress	1½" to 2"
Unlined jacket	3" to 4"
Lined jacket	3" to 4½"
Coat	4" to 5½"

Fitting the Bust

Garment Minimum Bust Ease

Blouse, Dress	2½" to 3"
Unlined jacket	3" to 4"
Lined jacket	3½" to 4½"
Coat	4" to 5"

Find Your Starting Size - TOPS

MEASUREMENTS

High Bust - 36"

Full Bust - 40"

Waist - 32"

More than 2" difference between high and full bust. Use the high bust measurement.

Make a size Medium.

SIZE	(XS) 6	(SM) 8 10	(MED) 12 14	(LG) 16 18	(XL) 20	(XXL) 22			
Bust	31	32½	34	36	38	40	42	44	46
Waist	24½	25½	26½	27½	29	31	33	35	37
Hip	34	35	36	37	39½	41½	43½	45½	47½

Find Your Starting Size - Bottoms

MEASUREMENTS

Waist - 34 1/2"

High Hip - 39"

Full Hip - 41"

Use the full hip measurement to make pants or skirts.

Make a size Large.

SIZE	(XS) 6	(SM) 8 10	(MED) 12 14	(LG) 16 18	(XL) 20	(XXL) 22
Bust	31	32 $\frac{1}{2}$	34	36 38	40	42 44 46
Waist	24 $\frac{1}{2}$	25 $\frac{1}{2}$	26 $\frac{1}{2}$	27 $\frac{1}{2}$	29	31 33 35 37
Hip	34	35	36	37	39 $\frac{1}{2}$	41 $\frac{1}{2}$ 43 $\frac{1}{2}$ 45 $\frac{1}{2}$ 47 $\frac{1}{2}$

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*Have Fun!
Lynda Lee*

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