

BODY MEASURING

Accurate body measurements are needed to determine the correct pattern size to use and to know if any alterations are required. Pattern sizes are usually chosen by the hip or bust measurement; for tops follow the bust measurement, but for skirts or pants use the hip measurement. If you are choosing a dress pattern, go by whichever of your measurements is the largest.

TAKING BODY MEASUREMENTS

You will need a tape measure and ruler as well as a helper for some of the measuring, and a firm chair or stool.

Wear close-fitting clothes such as a leotard and leggings.

Do not wear shoes.

MEASURING YOUR HEIGHT

Most paper patterns are designed for a woman 5ft 5in to 5ft 6in (165 to 168cm). If you are shorter or taller than this you may need to adjust the pattern prior to cutting out your fabric.

- 1 Remove your shoes.
- 2 Stand straight, with your back against the wall.
- 3 Place a ruler flat on your head, touching the wall, and mark the wall at this point.
- 4 Step away and measure the distance from the floor to the marked point.



FULL BUST

Make sure you are wearing a good-fitting bra and measure over the fullest part of the bust. If your cup size is in excess of a B, you will probably need to do a bust alteration, although some patterns are now cut to accommodate larger cup sizes.



WAIST

This is the measurement around the smallest part of your waist. Wrap the tape around first to find your natural waist, then measure.



CHEST

Measure above the bust, high under the arms, keeping the tape measure flat and straight across the back.



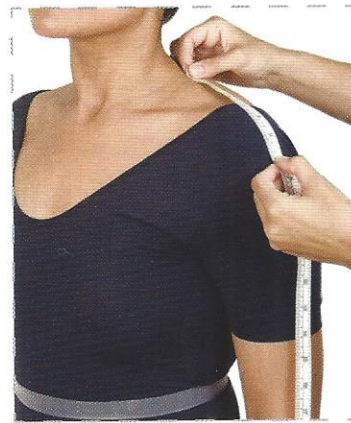
HIPS

This measurement must be taken around the fullest part of the hips, between the waist and legs.



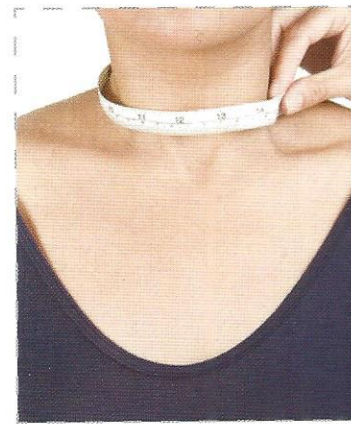
HIGH HIPS

Take this just below the waist and just above the hip bones to give a measurement across the tummy. Measure around the fullest part of your tummy.



SHOULDER

Hold the end of the tape measure at the base of your neck (where a necklace would lie) and measure to the dent at the end of your shoulder bone. To find this dent raise your arm slightly.



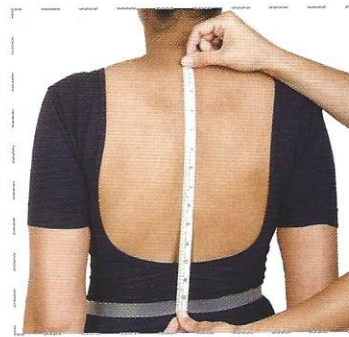
NECK

Measure around the neck—snugly but not too tightly—to determine collar size.



ARM

Bend your elbow and place your hand on your hip, then measure from the end of the shoulder over the elbow to the wrist bone.



BACK WAIST

Take this measurement down the center of the back, from the bony bit at the top of the spine, in line with the shoulders, to the waist.



OUTSIDE LEG

Measure the side of the leg from the waist, over the hip, and straight down the leg to the ankle bone.



INSIDE LEG

Stand with your legs apart and measure the inside of one leg from the crotch to the ankle bone.



CROTCH DEPTH

Sit upright on a firm chair or stool and measure from the waist vertically down to the chair.