

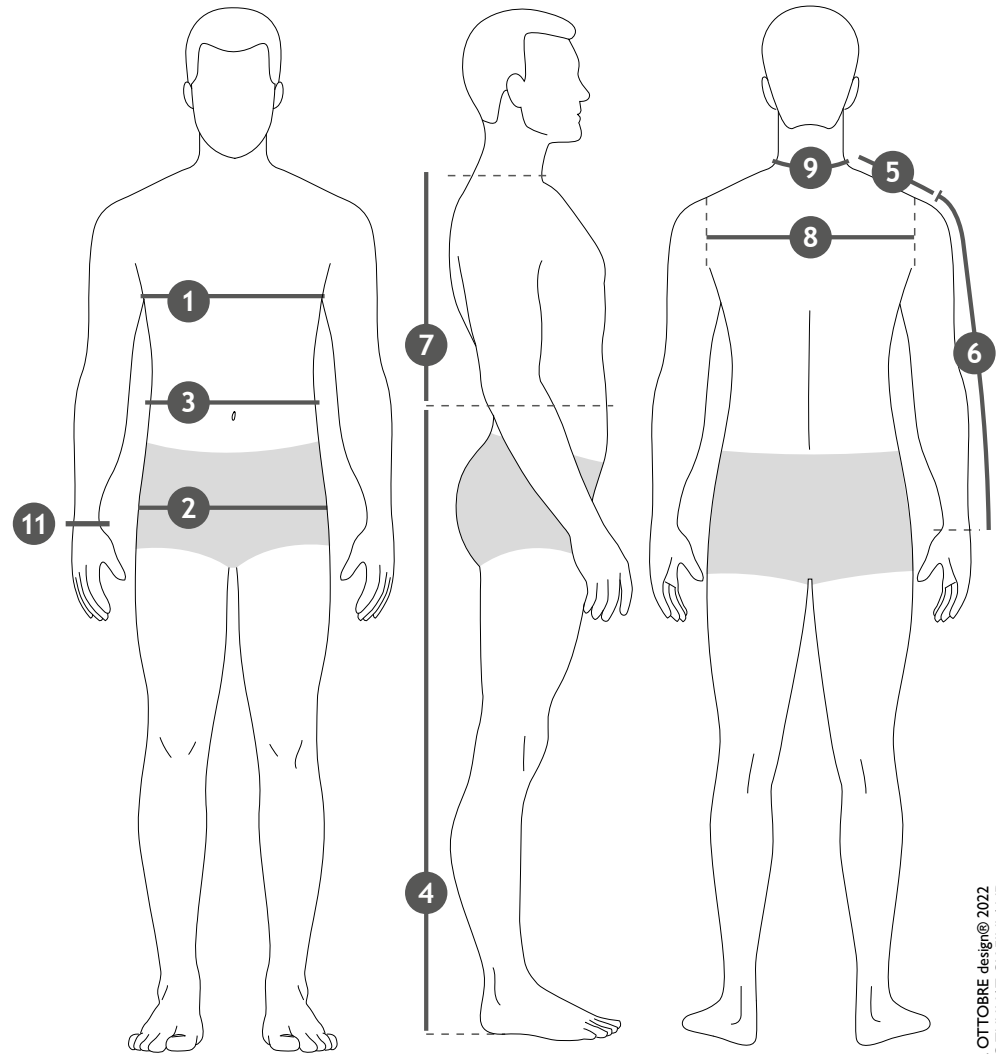
## MEN European sizes 46–60, height 180 ± 3 cm, regular fit

Size	46	48	50	52	54	56	58	60
1. Chest measurement	92	96	100	104	108	112	116	120
2. Hip measurement	94	98	102	106	110	114	118	122
3. Waist measurement	80	84	88	92	96	100	104	108
4. Outside leg length	112	112	112	112	112	112	112	112
5. Shoulder length	14	14.3	14.6	14.9	15.2	15.5	15.8	16.1
6. Arm length	64	64	64	64	65	65	65	65
7. Back waist length	44.4	44.7	45	45.3	45.6	45.9	46.2	46.5
8. Back width	38	39	40	41	42	43	44	45
9. Neck circumference	39	40	41	42	43	44	45	46

Read the measuring instructions on page 2 carefully.

Height:	Size:
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	Personal measurement (cm)	Standard measurement*	Difference**
1. Chest measurement			
2. Hip measurement			
3. Waist measurement			
4. Outside leg length			
5. Shoulder length			
6. Arm length			
7. Back waist length			
8. Back width			
9. Neck circumference			
11. Wrist circumference			



\*Standard measurement: In the size chart, locate the chest measurement or the hip measurement that is closest to your personal measurement to determine the size of a top garment or pants respectively.

\*\*Difference: Difference between the standard measurement and your personal measurement.

## Taking measurements

It is hard to take one's own measurements and therefore assistance is needed. It is advisable to take the measurements in front of a mirror so that you can see the position of the tape measure also at the back. You will need a tape measure, a pen and paper.

You will also need two firm tapes, one round the waist and the other round the neck. You can make these tapes from a 4 cm wide strip of cotton fabric by folding and pressing it in three lengthwise and by cutting it into required lengths.

Place one tape round the natural waistline, close to the body but not too tight. The natural waistline lies between the navel and the rib cage, usually level with the elbows. Make sure that the tape lies horizontally around the waist and secure it firmly in position with a safety pin. Place the other tape round the neck so that you can easily slide your finger between the tape and the neck. The tape should be positioned at the base of the neck, with its lower edge resting on the shoulders. The firm tapes help you to take accurate measurements for the back waist length and the outside leg length.

The measurements are taken on top of underwear close to the body, yet not too tight. The person to be measured should stand upright with a relaxed posture with the arms hanging free at the sides. The circumference measurements should be taken while the person to be measured is breathing out normally.

### Height

The person to be measured stands up with the back and heels against a wall and an assistant marks the height at the top of the person's head on the wall, using a straight angle (e.g. a book). The person's height is the distance measured from the floor to the marking.

### 1. Chest measurement

Measure horizontally around the body with the tape measure running under the arms across the widest part of the chest and across the shoulder blades.

### 2. Hip measurement

Measure horizontally around the seat at the fullest part of the buttocks.

### 3. Waist measurement

Measure around the natural waistline without the firm tape. Note that the natural waist measurement is not the same as the waist measurement of the pants. The natural waist is used in pattern drafting.

### 4. Outside leg length

Measure the distance from the waist to the floor (measure from the lower edge of the firm waist tape).

### 5. Shoulder length

Measure the distance from the base of the neck to the tip of the shoulder.

### 6. Arm length

Measure from the tip of the shoulder to the wrist, with the tape measure running over the elbow. Take the measurement with the arm slightly bent.

### 7. Back waist length

Measure from the base of the neck to the lower edge of the waist tape.

### 8. Back width

Imagine a vertical line running toward the shoulder from each armpit. Measure the distance between these points, placing the tape measure horizontally across the back with its lower edge the width of your hand below the base of the neck.

### 9. Neck circumference

Measure around the base of the neck with the lower edge of the tape measure resting on the shoulder. When taking the measurement, place your finger between the tape measure and the neck.

### Further measurements

### 10. Length of a shirt, sweater or jacket

Measure the length down the middle of the back from the top vertebra to the point where the garment's hemline is supposed to lie. Compare the measurement with the pattern and make the necessary alterations.

### 11. Wrist circumference

Measure the wrist circumference close to the back of the hand. If you wish that the cuff of a shirt sleeve fits over a wristwatch, take this into account when taking the measurement.

## Choosing the correct pattern size

The measurements in the size chart are taken on the body. The patterns include the necessary allowances for wearing ease.

Choose the pattern size for tops (shirts, sweaters, jackets, vests) according to the chest measurement and the pattern size for pants according to the hip measurement (adjust the waist of the pattern to correspond to the wearer's waist measurement).

Our patterns have been designed for a man with a height of 177–183 cm. If the wearer is considerably shorter or taller, make the necessary alterations to the patterns before cutting the garment pieces out. Points to be checked are the center-back length of a shirt, sweater or jacket as well as the sleeve and leg length.