

### Taking the measurements

It is hard to take your own measurements and therefore you need a friend to assist you. It is advisable to take the measurements in front of a mirror so that you can also see the position of the tape measure 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 the tapes from a 4 cm wide strip of cotton fabric by folding and pressing it in three and by cutting it into required lengths.

Place one tape exactly horizontally round your natural waistline and secure it firmly with a safety pin. Place the other tape round your neck so that you can easily slide your finger between the tape and your neck. The tape should be positioned at the base of your neck.

For taking the measurements, you should stand upright with a relaxed posture with the arms hanging free at the sides. The measurements are taken on top of underwear (panties and a light-weight camisole or a bra) close to the body, yet not too tight.

#### Height

Stand up with your back and heels against a wall and let your assistant make a mark on the wall at the top of your head, using a straight angle (e.g. a book). Your height is the distance measured from the floor to the marking.

#### 1. Bust

Measure horizontally round the body with the tape measure running under the arms across the full bustline and across the shoulder blades.

#### 2. Hip

Measure horizontally round the seat (the fullest part of the hip lies 19–22 cm below the waistline).

#### 3. Waist

Measure around the natural waistline without the firm tape.

#### 4. Outside leg length

Measure the distance from the waistline to the floor (measure from the lower edge of the 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 width

With the arms hanging relaxed at your sides, take the measurement across the shoulder blades between the points where your arms meet the body, placing the tape measure 10–12 cm below the base of the neck.

#### 8. Upper arm circumference

Measure the circumference halfway down the upper arm.

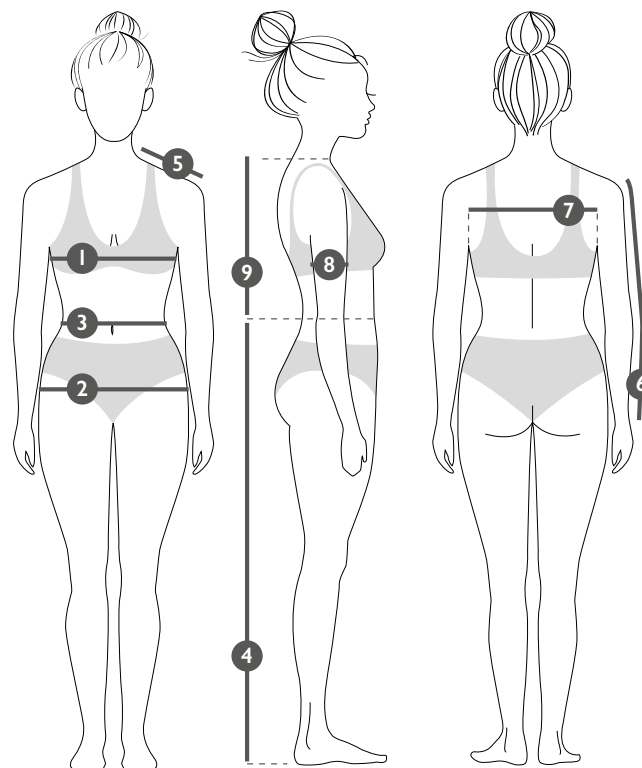
#### 9. Back waist length

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

### WOMEN European sizes 34–52, height 168 ± 4 cm

### regular fit

Size	34	36	38	40	42	44	46	48	50	52
1. Bust	80	84	88	92	96	100	104	110	116	122
2. Hip	90	93	96	99	102	106	110	115	120	125
3. Waist	64	67	70	74	78	82	86	91	97	103
4. Outside leg length	106	106	106	107	107	107	107	107	108	108
5. Shoulder length	13.0	13.1	13.2	13.3	13.5	13.7	13.9	14.2	14.4	14.6
6. Arm length	59.3	59.7	60	60.2	60.4	60.6	60.8	61	61.2	61.4
7. Back width	33.9	34.7	35.6	36.5	37.6	38.6	39.6	40.8	42.0	43.2
8. Upper arm circ.	24.9	26.2	27.5	28.8	30.1	31.4	32.8	34.2	35.6	37
9. Back waist length	40.4	40.6	40.9	41.1	41.3	41.5	41.7	41.9	42.1	42.3



Read the measuring instructions on page I carefully.

Height:

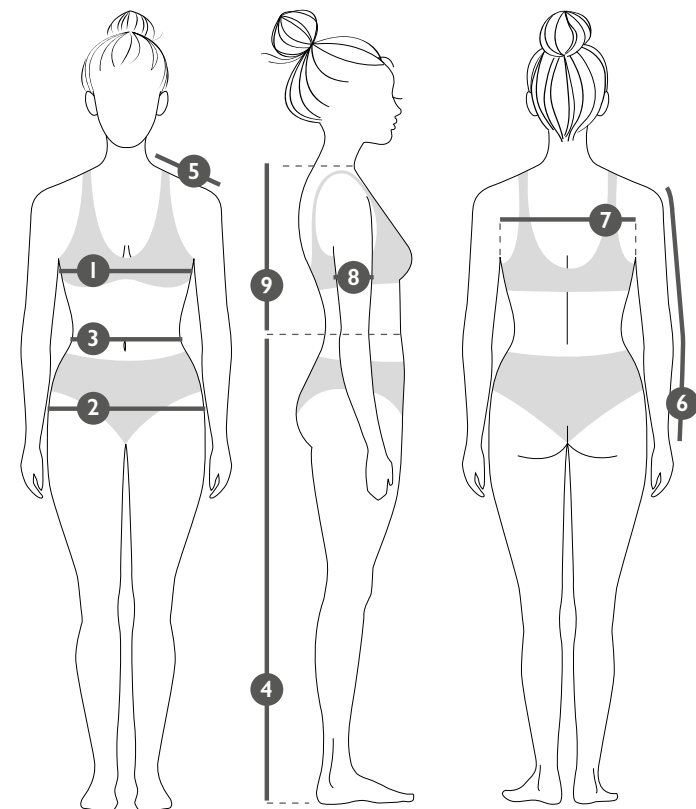
Size:

	Personal measurement (cm)	Reference measurement (cm) from the size chart*	Difference**
1. Bust			
2. Hip			
3. Waist			
4. Outside leg length			
5. Shoulder length			
6. Arm length			
7. Back width			
8. Upper arm circ.			
9. Back waist length			

\* Reference measurement (cm) from the size chart:

- When making a top garment (e.g. shirt, blouse, jacket or coat), first locate in the size chart the bust measurement that is closest to your bust measurement to determine the pattern size of your garment, then fill in the rest of the reference measurements according to that pattern size.
- When making pants or a skirt, first locate in the size chart the hip measurement that is closest to your hip measurement to determine the pattern size of your garment, then fill in the rest of the reference measurements according to that pattern size.

\*\* Difference: Difference between the reference measurement and your personal measurement (cm).



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### Choosing the correct pattern size

Adults' sizes are chosen either according to the bust/chest measurement (e.g. blouses, jackets, coats) or the hip measurement (pants, skirts). When choosing the pattern size for a dress, a coat or a longer jacket, take note of both the bust and hip measurement.

The measurements in the size chart are taken on the body. The patterns include the necessary allowances for ease of movement. The patterns in the magazine have been designed for a person with a height of 164–172 cm. If you are 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 blouse or top as well as the sleeve and leg length.