

HOW TO MEASURE YOURSELF

Measuring yourself

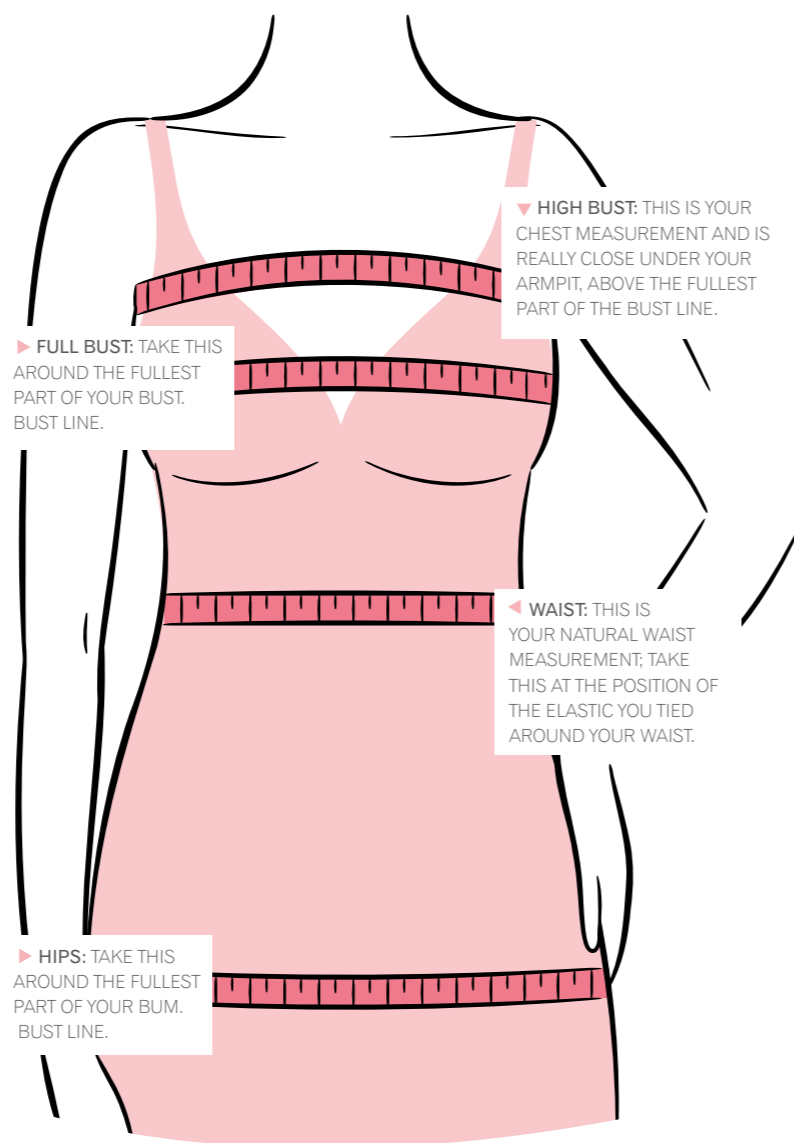
1 Make sure you're wearing close-fitting clothes like a vest top and tights, or underwear.

2 Tie a piece of elastic snugly around your waist, and move about a bit. This will help you find your natural waist. Even though fashion dictates that clothes rarely sit right on the natural waist these days, patterns have all been cut from this measurement, so that's the one you need to use.

3 Make sure the tape measure is firm. Too tight or too loose and you'll get the wrong size.

4 When you take the measurements, keep the tape measure horizontal, and try and look straight ahead.

These are the main measurements you'll need to determine pattern size.



How to choose your correct pattern size

There is no standard pattern-sizing system used by all the clothing retailers, so that's why there is such a variation of sizes in the shops. Measure yourself and then compare your own body measurements with our size chart below. For all the dressmaking projects on this course, we will use the hip measures to select the size unless the waist is bigger in which case you use that to select the size

UNISEX MEASUREMENT CHART FOR ADULT PJ TROUSERS

DRESS SIZE	6	8	10	12	14	16	18	20
Hip	34"	36"	38"	40"	42"	44"	46"	48"

KID'S MEASUREMENT CHART FOR PJ TROUSERS

	Age 6	Age 7	Age 8	Age 10	Age 12	Age 14
Waist	22"	22 1/2"	22 7/8"	24 1/4"	26"	26 3/4"
Hip	25 1/4"	26"	27 1/2"	30 3/8"	33 1/8"	34 5/8"

PERSONAL MEASUREMENT CHART

MY MEASUREMENTS	CLOSEST PATTERN SIZE TO MY MEASUREMENTS
WAIST	
HIP	