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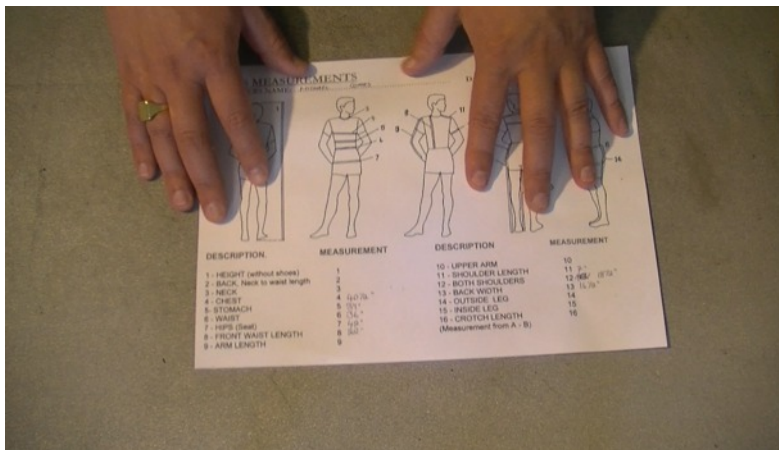


### **What is the correct way to measure some body?**

When it comes to creating an outfit, whether it is for you or you are creating the garment for somebody else, the most essential part is the measurements. If you create the pattern and the measurements are wrong you will either be doing a lot of alterations or you will have to start again and that means a lot of time wasted and possibly fabric needs to be purchased again, all in all it's a complete nightmare. When the measurements are correct then the garment will look great with minimal or no alterations at all.

#### **The correct tools needed to measure the body.**

Before you start the measuring process, there are a few things that you are going to need, a pen or pencil, a tape measure with centimetres and inches on it and a measuring sheet. If you do not have access to a measuring sheet, then a plain piece of paper will do. The process is quite simple really and that is to measure the parts of the body referring to garment that you are going to create. Once you have those basic measurements, you can purchase a commercial pattern referring to that particular size for your specific garment. All commercial patterns cover various sizes in one pattern so you are guaranteed to get the correct size pattern for your garment.



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#### **The measuring process**

Lets just say we are going to create a ladies waistcoat, we then have to start measuring the parts of the body which will correspond with buying the correct pattern size. Since we are only working with the top half of the body there are not a great deal of measurements that we need. As we take our measurements, we will mark the size next to the corresponding part on our pattern sheet. Start off with the High Chest measurement which is just above the bust, with the tape measure around the whole body do not hold it tight against the person as you are going to need movement in the garment, the best way is to stick 2 fingers between the body and the tape measure to give this movement allowance, once you have the measurement, mark it on your measuring sheet. Repeat this procedure with the bust, waist, hips, shoulder, both shoulders together across the neck, neck to waist and the back width in line with your shoulder blades. The next set of measurements are actual garment measurements which include the front length of the waistcoat and the centre back length. Now that you have these measurements, you can compare these to the sizes on the back of the pattern. On the commercial pattern, you will fall into a category of small, medium or large, purchase the pattern of the category that you fall into. When you have the pattern at home in front of you, you can manipulate it so that it best fits you by reducing certain parts or enlarging them. It may sound quite daunting but this is the best way to get a really nice fit and with a little practice you will become confident in altering any pattern for the garment that you want to create. The more garments that you sew, the more you will learn and understand how they are constructed and with this knowledge, pattern construction and manipulation becomes second nature to you and really can be quite fun to do.

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