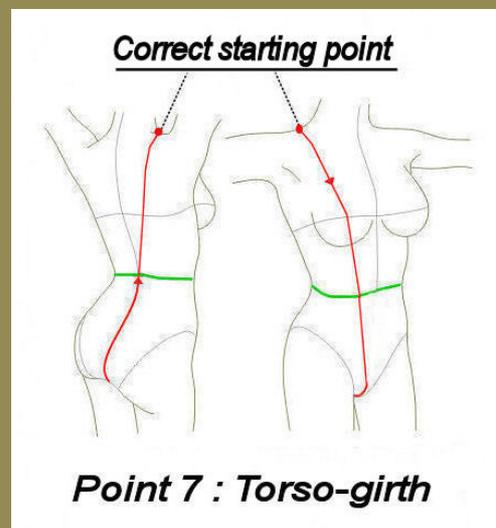
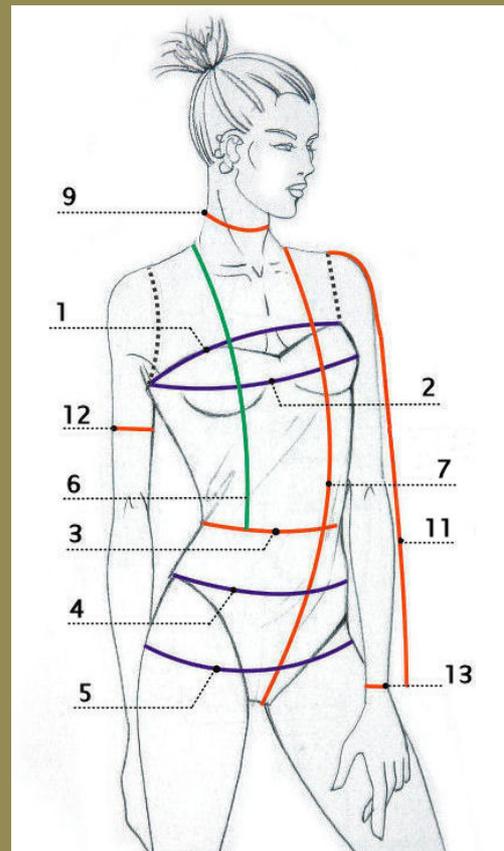




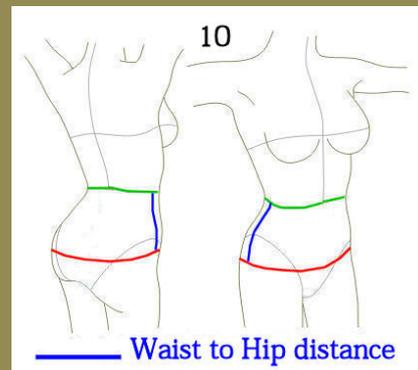
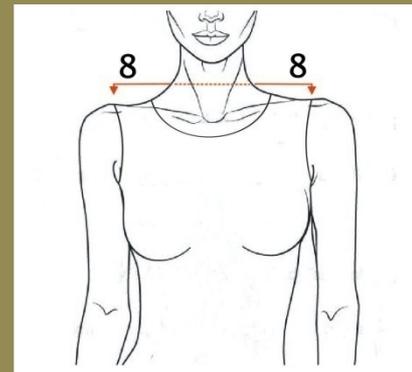
Practical system to obtain measurements

Name.....Age.....Height.....

<p>Chest</p> <p>Check page 4</p>	<p>1) The first measurement to take is chest circ. Pass the tape measure around the body under the arms. This measurement is to be considered the most important one, since half of chest circ. is the right size of a person. Ex.: Chest circ. cm 88 The size is 44</p>
<p>Bust</p> <p>Check page 4</p>	<p>2) Measure around the body at bust point level.</p>
<p>Waist</p> <p>Check pages 6 and 7</p>	<p>3) Measure around the natural waistline. TIP: to find your natural waistline bend to the side, At the point where your waist creases will be your Natural waistline.</p>
<p>Lower Waist</p>	<p>4) Measure around the body at hip bone level.</p>
<p>Hip</p>	<p>5) Measure around the widest part of the hip.</p>
<p>Shoulder to Waist</p> <p>Check page 8</p>	<p>6) Start at front measuring near the neck ,down chest to waist.</p>
<p>Torso/Girth</p> <p>Check page 10</p>	<p>7) START AT FRONT Measuring near the neck down chest, past waist, under crotch and up the back to starting point.</p>



Shoulder width	8) BACK – measure from shoulder seam to other shoulder seam at back.	
Neck	9) Measure around the neck line.	
Waist To Hip Distance	10) For a good fitted skirt the waist-to-hip distance should be measured.	
Arm length	11) Measure from edge of shoulder to bottom of wrist bone.	
Bicep	12) Measure on a straight arm around the bicep.	
Wrist	13) Measure around the wrist bone.	
Skirt Length (Check page 5)	14) Measure from natural waist along to desired finished hem. C X----- B Y----- O P-----	
Inseam 1 (cat suit)	15A Measure from the inside leg from the crotch to the floor.	
Inseam 2 (cat suit)	15B Measure from the inside leg from the groin to the ankle.	
15C (cat suit)	15C Measure from reference strip (waist line) to the floor	



14 Skirt length
Check page 5

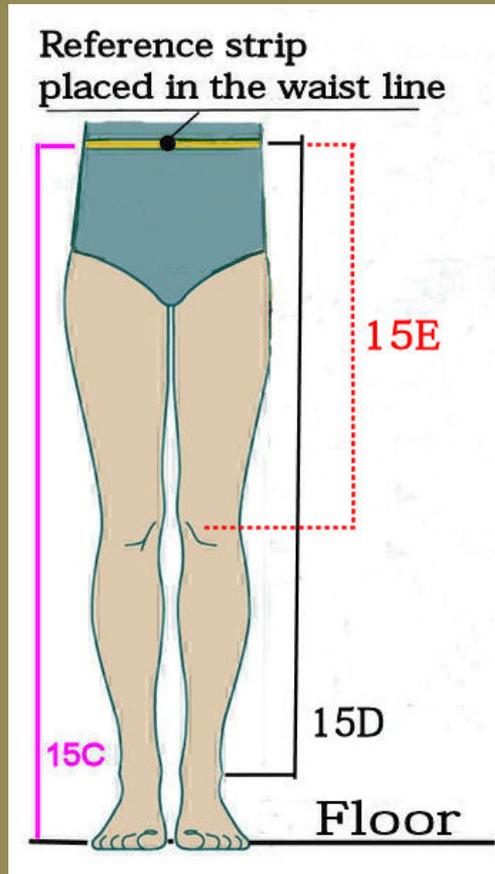


15D
(cat suit)

15D
Measure from reference strip (waist line) to the ankle

15E
(cat suit)

15E
Measure from reference strip (waist line) to the knee



Thigh
(cat suit)

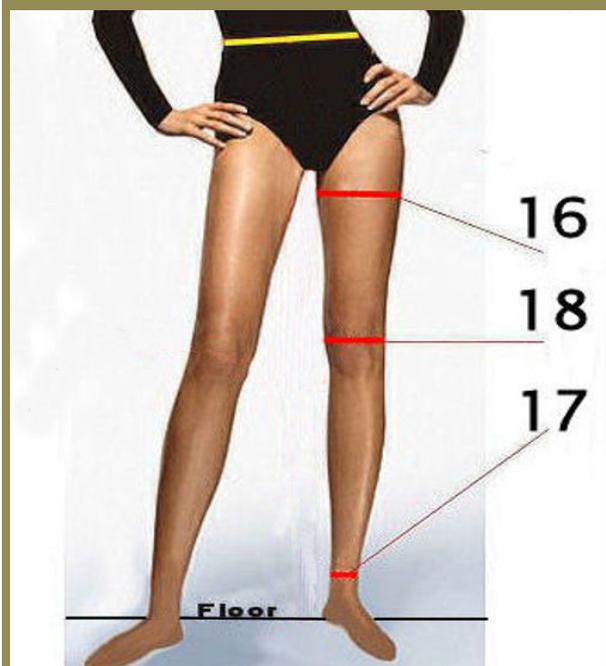
16) Measure around the Widest part of the thigh.

Ankle
(cat suit)

17) Measure just above the ankle bone.

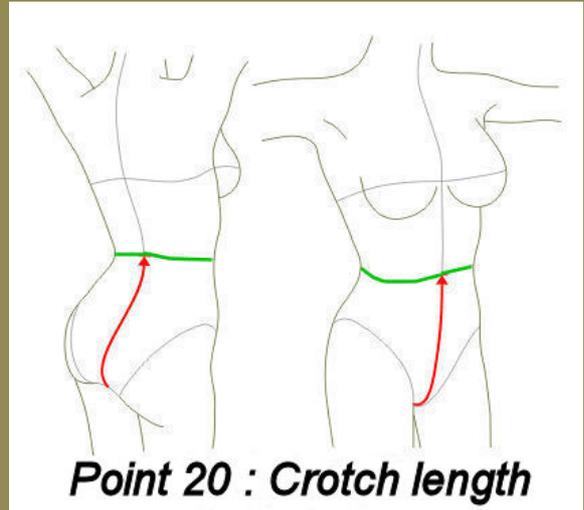
Knee
(cat suit)

18) Measure around the knee.



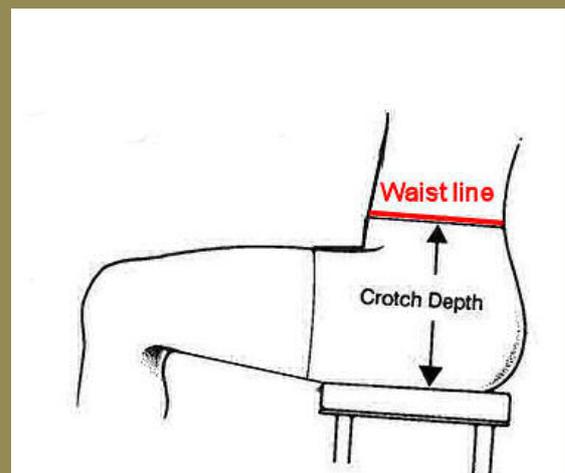
Crotch Length

20) Hold the tape at the center back of your waist. Run the tape between your legs, pulling at the crotch, and up to natural waist in front.

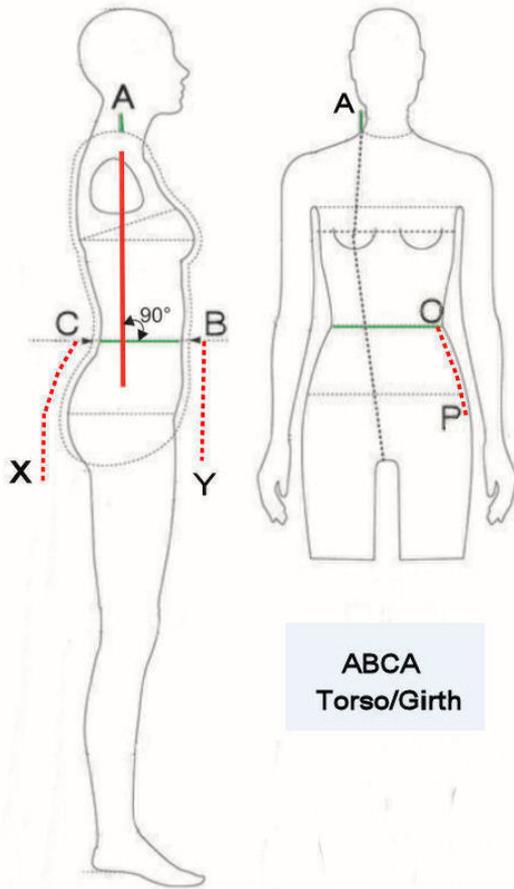


Crotch depth

21) Sit on a hard chair and have someone else take the measurement at the side from your waist to the chair.



POINT 14



ABCA
Torso/Girth

SKIRT MEASUREMENTS

CX = Back side length

BY = Front side length

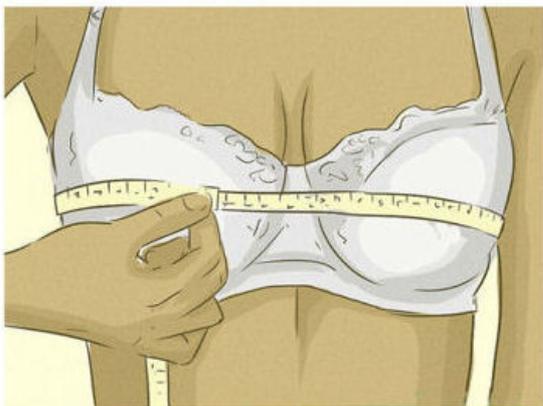
OP = Hip depth

— = Waist line



VERY IMPORTANT

BUST



CHEST



Measurements

As you will note this form contains 21 measurements and it is “VERY IMPORTANT” to take accurately each one.

Measures should be taken only if undress (you can wear only the underwear).

Material required to take the correct measures:

1) TAPE MEASURE

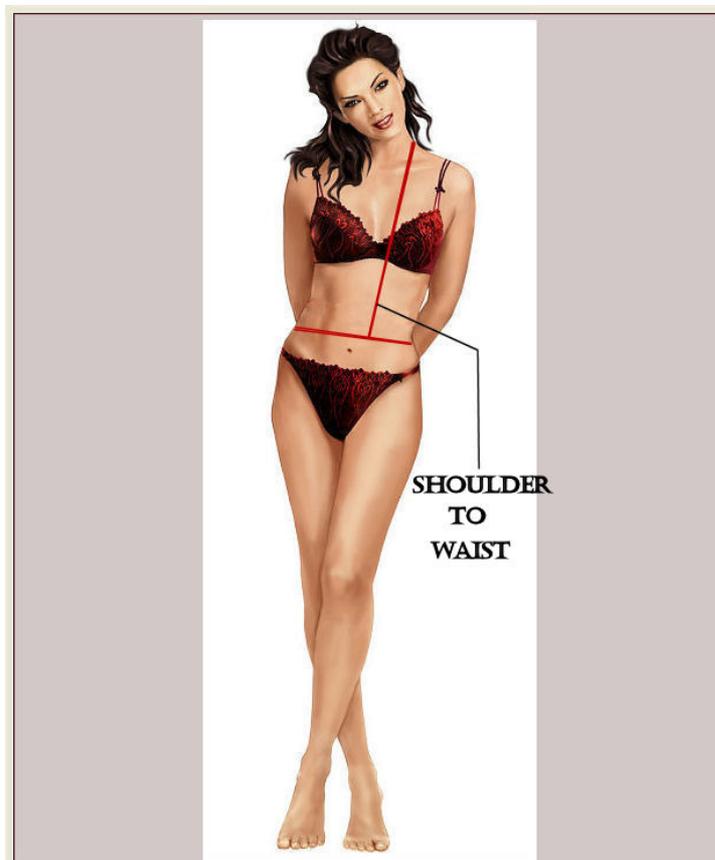


2) STRING

For the string, you can use a simple cord that you can find easily at home.

Why we need a string? (please, see the point 3 of the measurements form).

You will need the string as a point of reference and control during your measurements, especially for the measurements at the points 6-7-20-21



(6) Shoulder to waist : It is one of the most important measurements

GIRD YOUR NATURAL WAISTLINE WITH THE STRING (LIKE A BELT).



How do you measure your waist? Sounds simple enough, but it's not always obvious where your waist is. Posture and other variables can affect the reading, so here are some basic guidelines to follow:

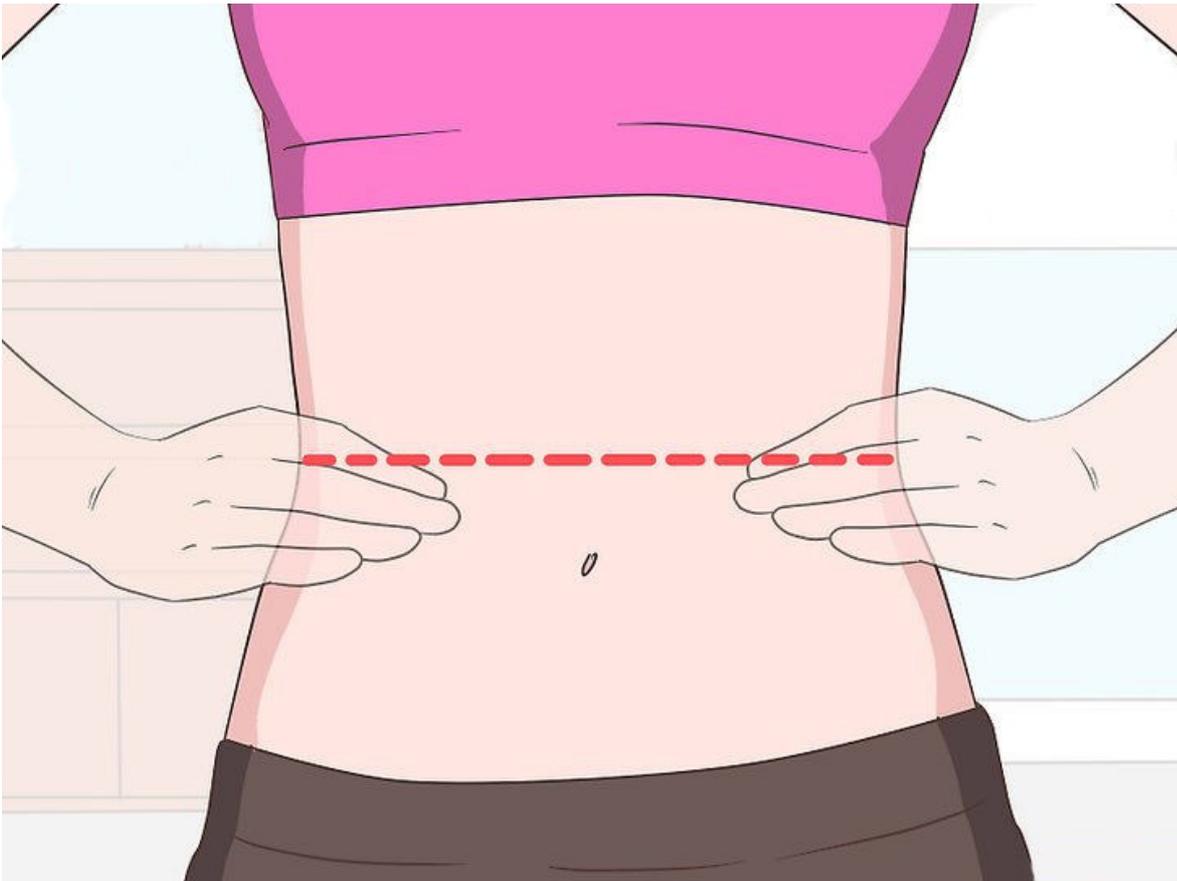
- Position a tape measure at the narrowest point between your lower rib and the top of your hip bone, or at the midpoint in between. It should be snug but not compress the skin. If you can't find the narrowest point (it may be difficult if you're very overweight), measure just above your belly button.
- Stand straight and breathe out normally; don't suck in your belly.



Another tip for you.

Use your fingers to locate the upper end of the pelvis and the base of the rib cage. Life is that soft and fleshy area between these two bony portions.

Furthermore, it is the narrowest part of the trunk and is located near or slightly above the navel



Remember that your natural waistline is above the navel and below the rib cage.

Another help for you ; If you bend your torso to one side, the crease that forms in your side is your natural waistline).

Pay attention; you have to take the measures carefully. If you can ,get help from another person.

DOUBLE CHECK

Below, you will find the procedure to verify the accuracy of the measures you have taken.

Just a tip for you:

Measure the chest of your daughter.

Usually the distance between the shoulder and the waistline is half of the chest measurement.

FIRST STEP



Compare your measurement from shoulder to waist with that shown in the proper table below. (Pay attention at the age of your daughter)
Your measurement must be almost the same.

AGE:....up to 16 years old

HEIGHT (cm.) 110 * 116 * 122 * 128 * 134 * 140 * 148 * 152 * 158 * 164 * 169 * 174

SHOULDER 28.7 * 30 * 31.2 * 32.5 * 33.7 * 35 * 36.5 * 38 * 39.5 * 41 * 42.3 * 43.5
TO
WAIST (cm.)

AGE:....from 16 years old....(woman measurements)

HEIGHT (cm.) 157 * 160 * 163 * 166 * 169 * 172 * 175 * 178 * 179 * 180 *

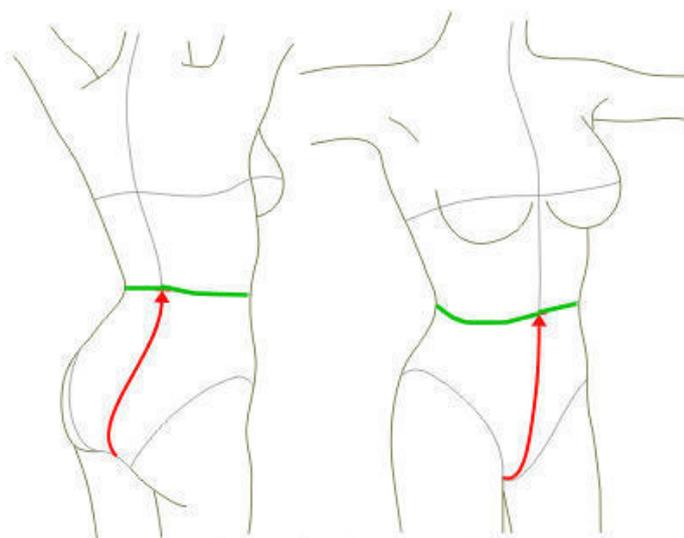
SHOULDER 43 * 44 * 44.7 * 45.5 * 46.3 * 47 * 48 * 48.7 * 49.5 * 50.5 *
TO
WAIST (cm.)

Second step

A) Multiply by 2 the value of the measure from the shoulder to waist
(point 6 of the form)

B) Subtract 2 cm. from the previous result.

C) The value obtain at point B, must be adding at the value of the Crotch length.
(point 20 of the form)



Point 20 : Crotch length

D) The result must match the value of the measurement obtain in the point 7 (girth/torso), with a maximum deviation of 1 cm.

