

CADTERNS 101: Taking Measurements

Measurements

Obtaining and entering measurements is the first vital step in obtaining a good personal pattern. **CADTERNS** enables you to build an entire wardrobe with as few as four measurements. With these First Four, **CADTERNS** applies a special system of sophisticated algorithms to calculate a whole range of other related measurements. You may be amazed at the accuracy of the measurements calculated.

Taking measurements can be a daunting task if done infrequently or alone. In either of these cases, Height, Bust, Waist and Hip are the easiest to take alone and accurately.

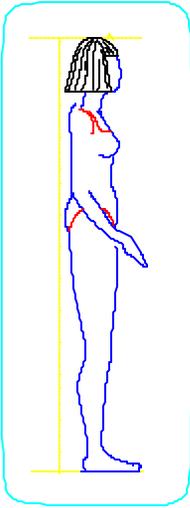
Precautions listed below will be helpful toward achieving functional accuracy:

- Stand or sit normally or in the posture suited to the purpose of the garment and the range of motion required. For example a violin player may prefer a different jacket or dress for playing in a concert than for attending a concert.
- Measure height from head to heel while standing barefoot or while seated. (It is said of Mae West that her wardrobe had two of everything, one for standing and one for sitting.)
- Wear undergarments suitable to the function for which patterns are to be made from the slopers calculated. Undergarment variations can affect posture and posture can affect measurements.
- Avoid using mirrors, unless making garments for business or formal occasions such as weddings. Often mirrors affect posture as they prompt one to stand more erect than normal.
- If you must use a mirror, stand at least two metres (six feet) away from it.
- If possible, is best to take measurements with at least one other person,. Having measurements recorded among a group of people such as a sewing club or a classroom of students, each can benefit by breaking into groups of three. Take turns in each of the following positions:
 - **Measuree:** Person being measured
 - **Measurer:** Person holding and positioning the measuring tape
 - **Recorder:** Person observing and entering measurements into the computer or onto paper. Recorder can alert Measurer if measuring tape is not parallel to the floor or similar observations are made.

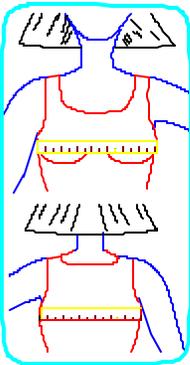
If the resulting pattern does not fit quite as precisely as you would prefer or if your figure or posture undergo major changes, changing your sloper drawing is easy. This is especially true when you enter First Four only and let CADTERNs calculate all other measurements.

First Four

The First Four measurements appear on the first screen showing the Sloper Definition folder and are the most crucial. Even if the sloper to be drafted does not require one of these specific measurements, all four must be entered. For example, though a Skirt sloper will not use it directly, the bust measurement must be entered here. Record measurements to the closest centimetre or half-inch.



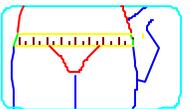
Height: Stand with back against a wall while the Measurer marks a spot to represent the top of the Measuree's head. Record the distance between the mark on the wall and the floor as Height. If seated, use a wooden or metal measuring tape to measure height from top of head to seating, from seat to knee and knee to floor or footrest.



Bust: Positioning tape measure parallel to floor, measure around figure circumference, crossing over crown of bust.



Waist: With piece of narrow elastic tied firmly around the middle, Measuree bends forward and side to side, wiggling elastic into smallest circumference.



Hip: Measure the hip, crossing the tape over hip joints where leg meets torso and keeping it parallel to the floor.

These first four measurements may very well be all that you require for your personal sloper and subsequent personal patterns.

Several More

If your sloper does require pinch fitting, change the sloper pattern drawing to correspond using one of the following three options:

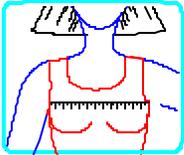
- Manually place a mark on your printed sloper, defining the amount pinched away, then draw a new line passing through any pinch marks.
- Compare the default measurements from the Measurements

folder with your own measurements at that location and modify if appropriate.

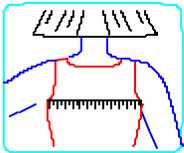
- Adjust the ease that has been allotted at that location, leaving correct measurements as calculated.

If the sloper required severe pinch fitting, check and if necessary, modify variables from the Measurements folder.

If the default measurements are correct, modify ease allotments to match your preference.



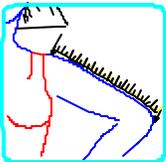
Front Upper Bodice Width: Across chest, above bustline, from underarm to underarm, parallel to floor.



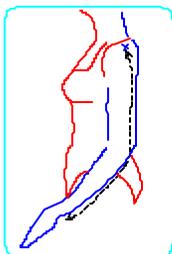
Back Upper Bodice Width: Armscye to armscye measured across the back level with the Front Upper Bodice measurement.



Shoulder: The distance from point where neck bends to side and arm joint.



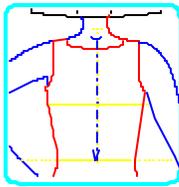
Shoulder to elbow: The distance from shoulder at arm joint to tip of elbow with hand held on hip.



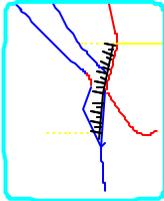
Shoulder to wrist: The distance from shoulder at arm joint to hollow at bottom of wrist bone.



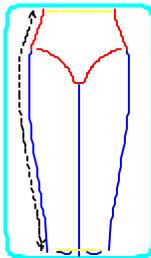
Midshoulder to bustpoint: The distance from middle of shoulder to crown of bust.



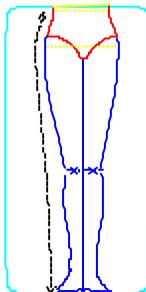
Back Waist Length: From prominent bone (second vertebra) to natural waistline while head is bent.



Waist to Hip: Vertical distance from waistline to hip line.



Waist to Knee: Vertical distance from the waistline to mid-knee



Waist to Floor: Vertical distance taken barefoot at side, from waist to floor or footrest.



Crotch Depth: Taken while seated on a hard surface, distance from waist to surface.

