



Stitch & Dandy



**1. Neck:**

Measurement:  
Place tape around neck where collar usually sits. Measure around your bare neck. Take a loose measurement at this point for a comfortable fit -allow room for one index finger between the tape and the neck.



**2. Overarm:**

Measurement:  
With arms relaxed down at sides, measure around your chest including the fullest part of your arms at the highest point of the shoulder blade, keeping tape parallel to the floor. Hold the tape sufficiently easy -allow room for one index finger between the tape and the body.



**3. Chest:**

Measurement:  
Measure around fullest part of your chest (usually at the nipple). Hold the tape sufficiently easy -allow room for one index finger between the tape and the body. Keeping tape up under armpits, and make sure that it is centered well over shoulder blades in back and over fullest part of the breast in front.



**4. Stomach:**

Measurement:  
Measure around your body, where your belly is. Hold the tape sufficiently easy - allow room for one index finger between the tape and the body. Thin people should measure at their thinnest point and large people at their widest.



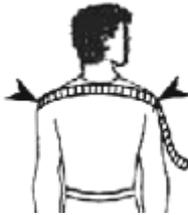
**5. Front:**

Measurement:  
Measure your body from one armhole to other armhole in front.



**6. Back:**

Measurement:  
Measure your body from one armhole to other armhole at back.



**7. Shoulder to Shoulder:**

Measurement:  
Measure your body from the end of one shoulder to the other end of shoulder (place the tape at the end of shoulder bone, where the arms are connected).



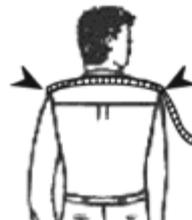
**8. Wrist/ Cuff:**

Measurement:  
Measure around the fullest part of the wrist. Hold the tape sufficiently easy -allow room for one index finger between the tape and the body. Take the measure around your bare wrist, not over your shirt.



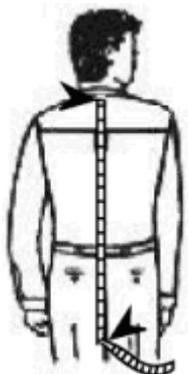
**9. Collar:**

Measurement:  
Open and turn up shirt collar. Place tape around collar band and measure from center of collar button to far end of buttonhole. (FIT TIP -Another way is to use a shirt with a well-fitting collar. Lay the collar out flat and measure from center of collar button to far end of buttonhole)



**10. Width of Shirt Shoulder:**

Measurement:  
With your shirt on, measure from the back at the end of one shoulder seam to the end of the other shoulder seam.



**11. Shirt Length:**

Measurement:  
Measure, at back, from the center of the lower collar seam to length desired. This figure includes the tail length, so be careful to measure all the way down to below the hips. (FIT TIP - The shirttail should be long enough to completely cover your buttocks.)



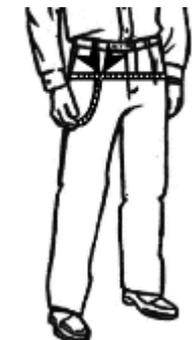
**12. Shirt Sleeve:**

Measurement:  
Measure sleeve from shoulder seam down to the palm of the hand. (FIT TIP - The sleeve must be long enough to fit well even when the arm is bent, and not just when the hand is hanging down vertically. Otherwise the cuff recedes far behind the wrist if you bend or lift your arm.)



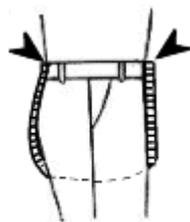
**13. Trousers Waist:**

Measurement:  
Measure around waist just above trousers waistband, at the height you normally wear trousers (usually just above your hipbone). Measure exactly, to a tightness you would feel comfortable wearing -allow room for one index finger between the tape and the body for proper fit. Do not measure over belt or waistband. (FIT TIP - Another way is to take one of your best fitting pair of trousers and measure around trousers waistband from center of button to far end of buttonhole.)



**14. Hips:**

Measurement:  
Stand with heels together. Measure around hips at widest point of seats. Hold the tape sufficiently easy - allow room for one index finger between the tape and the body. Make sure your trouser pockets are empty before applying the tape measure.



**15. Rise:**  
Measurement:

Measure from top of waistband in the front, passing tape through your legs and pulling comfortably at the crotch, to top of waistband in the back. Total measurement is your rise.



**16. Trousers Length:**  
Measurement:

Have standard dress shoes on at this step, and adjust trousers to waist position you normally wear trousers. At your side, start tape from top of waistband and measure down to where you want the trousers to fall or break. Remember to measure to the bottom of the desired length, even if you intend to have cuffs. If you are not wearing shoes then measure to the floor. (FIT TIP - The length should be long enough so that the trousers bottoms touch the shoe all the way around.)



**17. Inseam:**  
Measurement:

Keep trousers in the same position as in taking trousers length. Measure from the crotch seam down to length desired, following the inside leg seam of your trousers. Make sure you measure down to the same point as for trousers length. (FIT TIP - Another way is to take a pair of trousers with the correct length for you, then measure from bottom of trousers leg up along the inside leg seam all the way to the crotch.)



**18. Knee-Length:**  
Measurement:

Place the measuring tape at the top of your waistband. Measure down to the middle of your kneecap.



**19. Trousers Thigh-Width:**  
Measurement:

Measure around the width of your trousers thigh at the widest point possible, which should be a couple of inches below the crotch. Measure the circumference over your trousers. (FIT TIP - Another way is to lay the trousers flat, with the front and back creased smooth. Measure across the width of trousers thigh and double the measurement.



**20. Trousers Knee-Width:**  
Measurement:

Measure around the width of your trousers knee. Measure the circumference over your trousers. (FIT TIP - Another way is to lay the trousers flat, with the front and back creased smooth. Measure across the width of trousers knee and double the measurement.



**21. Trousers Bottom-Width:**  
Measurement:

Measure around the width of your trousers bottom. Measure the circumference over your trousers. (FIT TIP - Another way is to lay the trousers flat, with the front and back creased smooth. Measure across the width of trousers bottom and double the measurement.



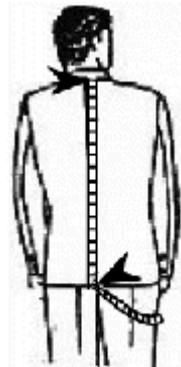
**22. Width of Jacket Shoulder:**  
Measurement:

Measure, at back, from the end of one shoulder seam straight across to the seam in the middle of the back.



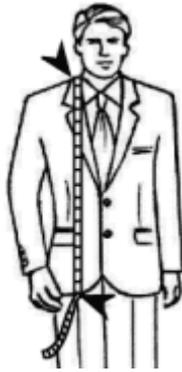
**23. Jacket Back:**  
Measurement:

Measure across the back of your suit jacket between the two junctions of the sleeve and armholes. Place tape at the hind arm seam and armhole, and measure with the tape under a bit of tension but not stretched tight.



**24. Jacket Length:**  
Measurement:

Turn up collar. Measure, at back, from the center of the lower collar seam to length desired. Make sure you measure down the seam in the middle of the back. (FIT TIP - The jacket should be long enough to completely cover your buttocks. The well-cut jacket falls to the palm of the hand or the tip of the thumb.)



**25. Front Jacket Length:**

Measurement:

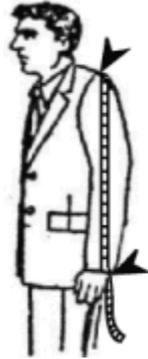
Turn up collar. Measure from upper end of shoulder seam where it joins the collar to length desired. Make sure you measure to the same point as back length.



**26. Half Shoulders:**

Measurement:

Turn up collar. Measure from top of shoulder seam to end of shoulder seam.



**27. Coat Sleeve:**

Measurement:

Measure sleeve from shoulder seam straight down to length desired. Start from the center of shoulder seam, and make sure to curve over the top of the sleeve all the way to the bottom, or else the measure may come out short. (FIT TIP - Jacket sleeve should fall just to the bottom of the wrist.)

28.



29. Balance Figure (choose one):



Your Name (required)

Your Email (required)