

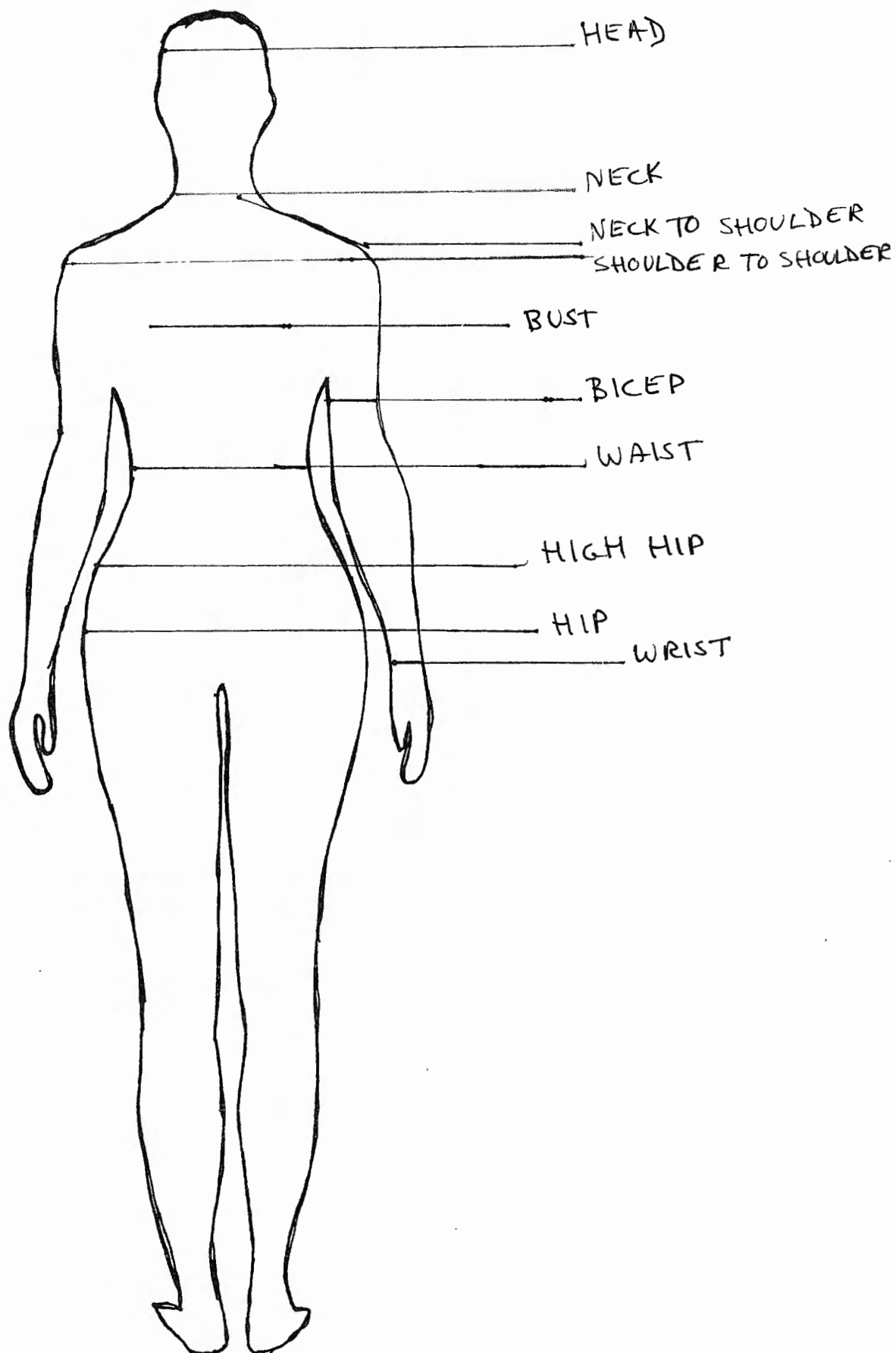
ALL THAT TIME KNITTING AND IT DOESN'T FIT!

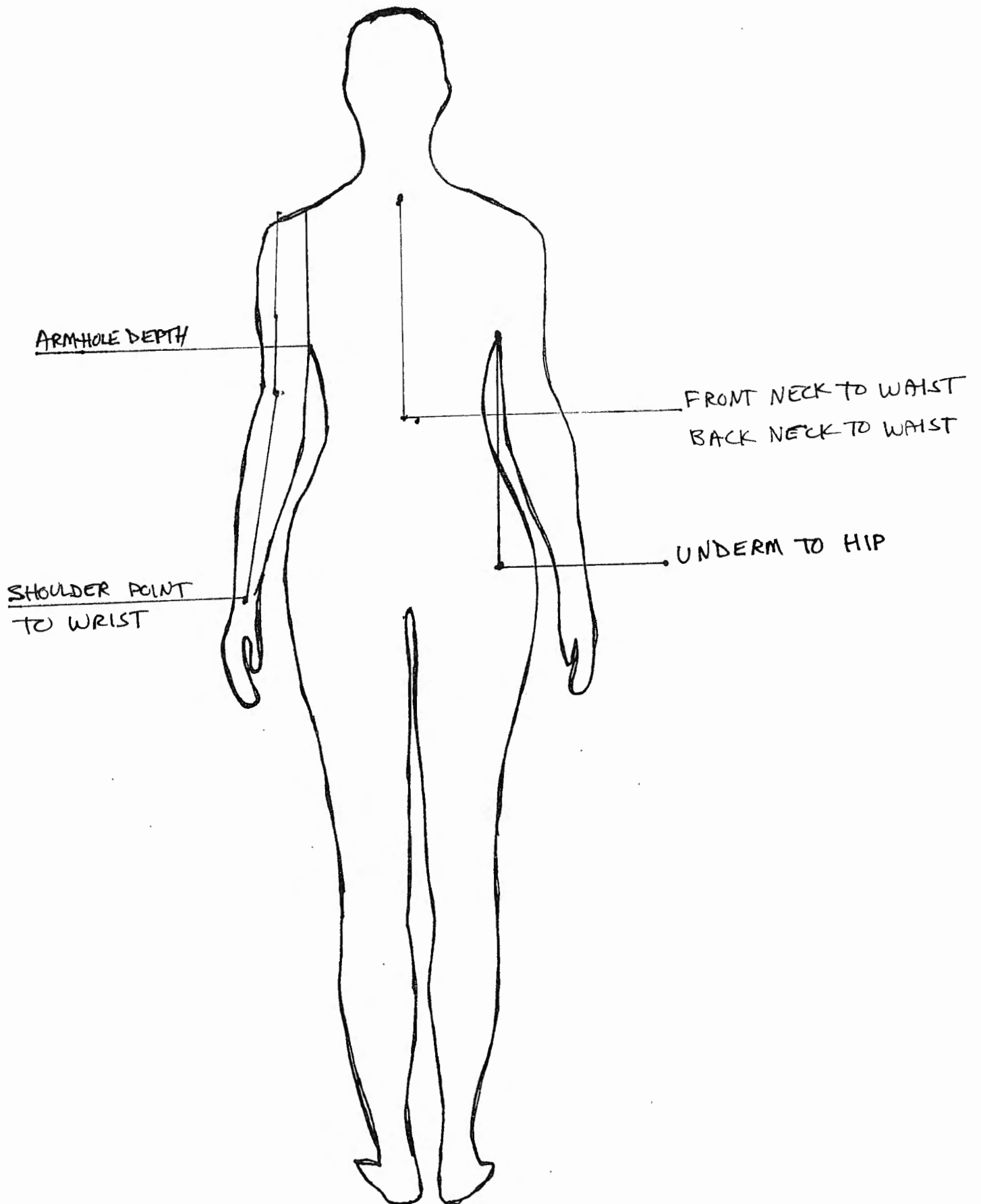
HOW TO AVOID THE BAD FIT BLUES

[How to Measure For a Dress | Lightinthebox.com](https://www.youtube.com/watch?v=F6DRGSMM37s)

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Martha Fine





MEASUREMENTS

NAME _____ DATE _____ WEIGHT _____

CIRCUMFERENCE MEASUREMENTS

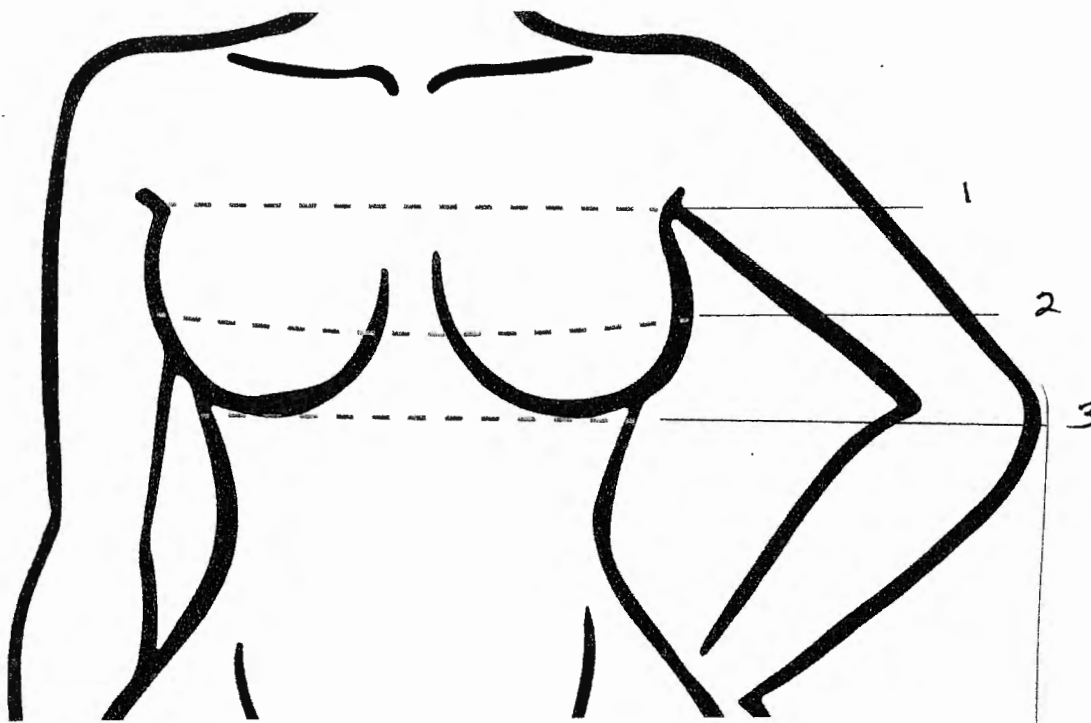
1. Head Circumference _____
2. Neck _____
3. Shoulder to shoulder front _____
4. Neck to shoulder _____
5. Bust _____
6. Waist _____
7. High hip _____
8. Hip _____
9. Bicep _____
10. Wrist _____

LENGTH MEASUREMENTS

11. Armhole Depth _____
12. Underarm to Hip _____
13. Front Neck to Waist _____
14. Back Neck to Waist _____
15. Shoulder Point to Wrist (around bent elbow) _____

NAME _____ DATE _____ WEIGHT _____

Curvy Top



MEASUREMENTS

1. Above Bust

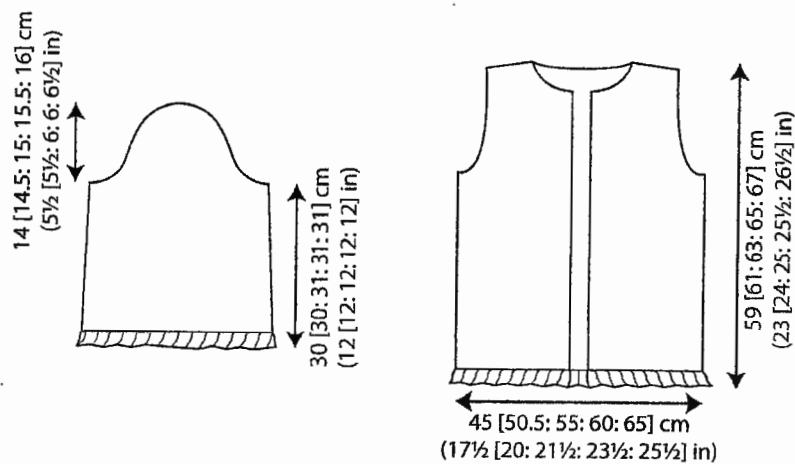
2. Bust

3. Under Bust

SAMPLE SWEATER SCHEMATICS

A schematic is the Rosetta Stone of a knitting pattern, the decoder ring that visually informs you of how the garment is constructed. From it, you can quickly glean the direction of knitting, whether the item is knit flat or in the round, the shape of the sleeves, and key dimensions for all sizes covered by the pattern. Schematics generally include both Metric and Imperial equivalents.

Compare your personal measurements against those provided in the schematic when choosing a size. If you are in-between sizes in a pattern, you'll need to rely on the amount of ease you'd prefer in the finished garment. The chest measurement is key, used to calculate the grading in almost all hand knitting patterns. Referring back to the chest measurement of a sweater you gathered in step one, subtract your own chest measurement to yield the ease of that item.



Easing into your project

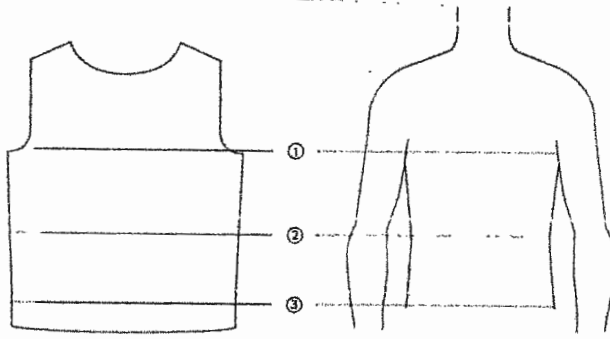
EASE is simply the difference between your body measurements and those of the finished garment.

POSITIVE EASE allows extra room inside the garment for your body to move around — or, more plainly, the sweater circumference is larger than your body circumference.

NEGATIVE EASE results in a garment dimension smaller than that of the wearer, forcing the stretchy knitted fabric to expand slightly when worn. Curve-hugging sweaters and warm knit caps illustrate negative ease.

When the measurements of the garment and your body are exactly the same, you have no ease in the garment.

Some designers may offer recommendations for ease, but we believe the best fit is the amount of ease you feel most comfortable in. Ease is as much about comfort as it is about styling, and everyone has slightly different preferences for how much or how little they like. Don't be afraid to choose a different size than a pattern suggests, if the resulting garment will be more in line with the style and ease amount that you prefer in your favorite sweaters. It is also important to remember that modeled ease is not necessarily a recommendation of suggested ease but simply an example of how a garment fits on the particular person photographed wearing it! The same garment can achieve a range of looks depending on the ease with which it is worn:



SWEATER MEASUREMENTS

MY MEASUREMENTS

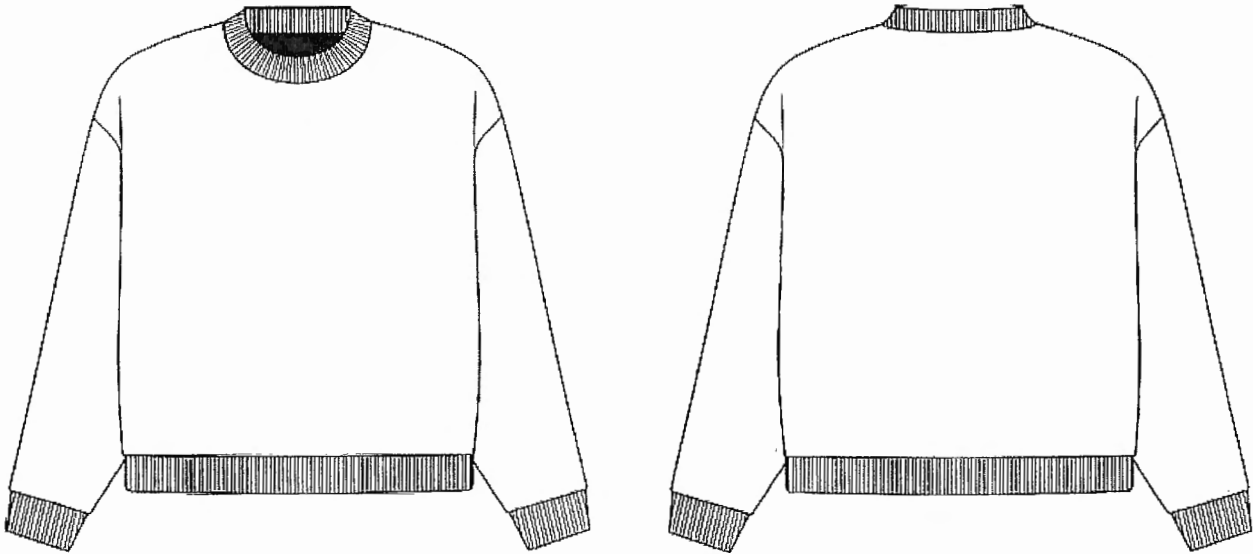
PREFERRED EASE

① CHEST/BUST: <u>44"</u>	=	① CHEST/BUST: <u>40"</u>	=	<u>4"</u>
	<i>minus</i>		<i>equals</i>	
② WAIST: <u>42"</u>		② WAIST: <u>32"</u>		
③ HIPS: <u>43"</u>		③ HIPS: <u>42"</u>		

SAMPLE COMPARISON CHART

	PATTERN MEASURE MENTS	MY MEASURE MENTS	+ OR - EASE	FINISHED MEASURE MENTS
BUST				
WAIST				
HIP				
WAIST LENGTH				
UNDERARM LENGTH				
SLEEVE LENGTH				

YOUR SWEATER SCHEMATIC



FINISHED MEASUREMENTS

BUST	
WAIST	
HIP	
SHOULDER	
SHOULDER TO HEM	
BACK NECK TO HEM	
FRONT NECK TO HEM	
SLEEVE LENGTH	
WRIST	