

PREPARING THE MUSLIN

First things first. Before you can even start fitting, you need your muslin to fit from.

And the work will be a lot easier if you start out with a muslin in the right size.

CHOOSING YOUR SIZE: TAKING YOUR MEASUREMENTS!

It can be difficult to take your own measurements accurately and you won't always have a helper on hand - it is possible to measure yourself but if you have someone to help you, do ask them.

Take each measurement at least twice. (If the measurements vary a lot from each other, try a third time as well).

Don't measure the same place twice in a row because that is one of the ways to get it wrong. You might pull the tape to get the measurement you had before but that isn't necessarily the correct number.

So, measure each area beginning at the top, note them down and then do them all again.

YOUR MEASUREMENTS:

HIGH BUST _____

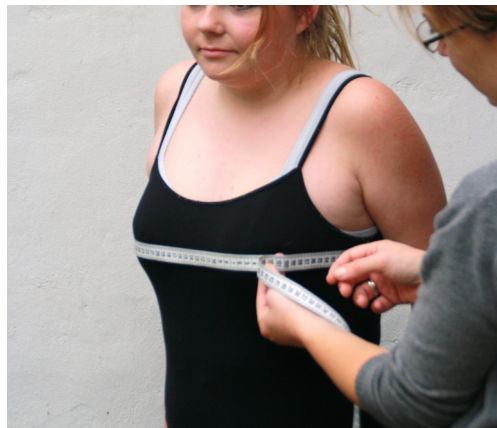
FULL BUST _____

WAIST _____

FULL HIP _____



HIGH BUST
Measure under the arms, across the chest (above the bust) and horizontally across the back.



FULL BUST
Measure across the bust in the widest area and horizontally across the back.



WAIST
The waist is the most narrow part of your torso. If that is hard to find, bend to the side and where your body bends is where to measure the waist



FULL HIP
Measure the full hip at the widest area around your bottom. It's usually around 20 cm (8") below the natural waist. Keep the measuring tape horizontal.