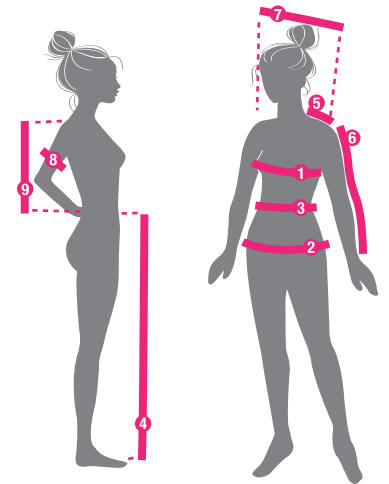


OTTOBRE design®

SIZE CHARTS AND MEASURING

WOMEN Height 168 ± 4 cm European sizes, regular fit

Size	34	36	38	40	42	44	46	48	50	52
1. Bust	80	84	88	92	96	100	104	110	116	122
2. Hip	90	93	96	99	102	106	110	115	120	125
3. Waist	64	67	70	74	78	82	86	91	97	103
4. Outseam length	106	106	106	107	107	107	107	107	108	108
5. Shoulder width	13.0	13.1	13.2	13.3	13.5	13.7	13.9	14.2	14.4	14.6
6. Arm length	59.3	59.7	60	60.2	60.4	60.6	60.8	61	61.2	61.4
7. Back width	33.9	34.7	35.6	36.5	37.6	38.6	39.6	40.8	42.0	43.2
8. Upper arm circ.	24.9	26.2	27.5	28.8	30.1	31.4	32.8	34.2	35.6	37
9. Back waist length	40.4	40.6	40.9	41.1	41.3	41.5	41.7	41.9	42.1	42.3



TAKING THE MEASUREMENTS

It is hard to take your own measurements and therefore you need a friend to assist you. It is advisable to take the measurements in front of a mirror so that you can also see the position of the tape measure at the back. You will need a tape measure, a pen and paper. You can print a measurement chart out from our website at www.ottobredesign.com.

You will also need two fixed tapes, one round the waist and the other round the neck. You can make the tapes from a 4 cm wide strip of cotton fabric by folding and pressing it in three and by cutting it into required lengths.

Place the waistline tape exactly horizontally round your waist and secure it firmly with a safety pin. Place the other tape round your neck so that you can easily slide your finger

between the tape and your neck. The tape will thus be set at the base of your neck.

For taking the measurements, you should stand upright with a relaxed posture with arms hanging free at the sides. The measurements are taken on top of underwear (panties and a light-weight camisole or a bra) close to the body, yet not too tight.

Height

Stand up with your back and heels against a wall and let your assistant make a mark on the wall at the top of your head, using a straight angle (e.g. a book). Your height is the distance measured from the floor to the marking.

Bust

Measure horizontally round the body with the tape measure running under

the arms across the full bustline and across the shoulder blades.

Waist

Measure round the waist without the fixed waistline tape.

Hip

Measure horizontally round the seat (usually the fullest part of the hip).

Outseam length

Measure the distance from the waistline to the floor (measure from the lower edge of the waistline tape).

Shoulder width

Measure the distance from the base of the neck to the point of the shoulder.

Sleeve length

Measure from the point of the shoulder to the wrist, with the tape meas-

ure running over the elbow. Take the measurement with the arm slightly bent.

Back waist length

Measure from the base of the neck to the waist, to the lower edge of the fixed waistline tape.

The measurements in the size chart are taken on the body. The patterns include the necessary allowances for ease of movement. The patterns in the magazine have been designed for a person with a height of 164-172 cm. If you are considerably shorter or taller, make the necessary alterations to the patterns before cutting the garment pieces out. Points to be checked are the center-back length of a blouse or top as well as the sleeve and leg length.

MEN Height 180 ± 4 cm European sizes, regular fit

Size	46	48	50	52	54	56
1. Chest	92	96	100	104	108	112
2. Hip	94	98	102	106	110	114
3. Waist	80	84	88	92	96	100
4. Outseam length	112	112	112	112	112	112
5. Shoulder width	14	14.3	14.6	14.9	15.2	15.5
6. Arm length	64	64	64	64	65	65
7. Back waist length	44.4	44.7	45	45.3	45.6	45.9
8. Neck	39	40	41	42	43	44

Take a man's measurements in the same way as a woman's measurements and compare them with the measurements given in the size chart. Choose the pattern size for shirts and tops ac-

ording to the chest measurement. Use the hip measurement to choose the pattern size for pants and adjust the pattern at the waist if necessary.

