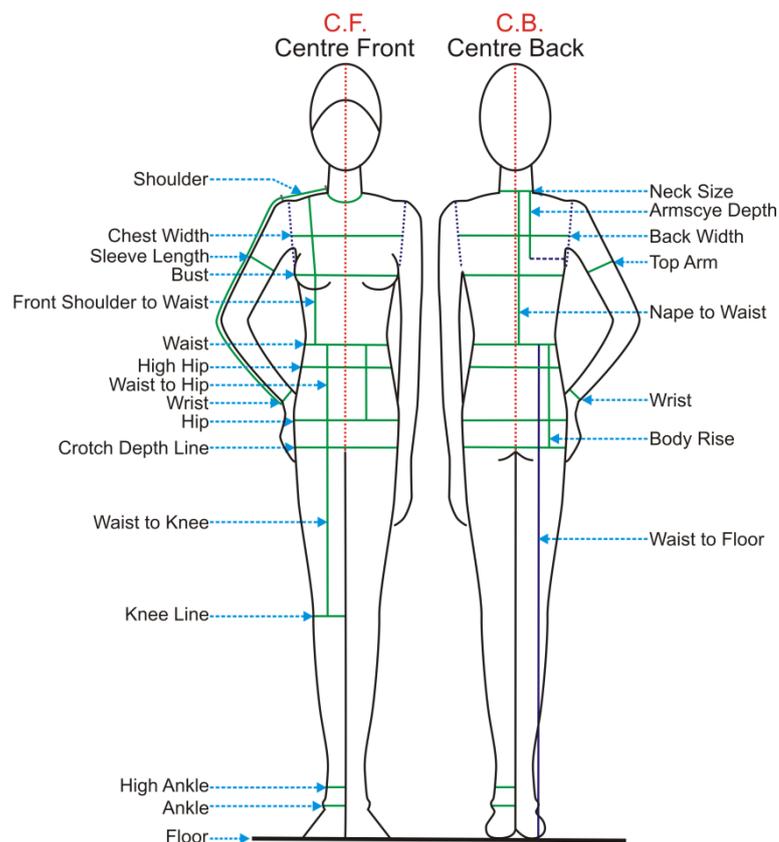


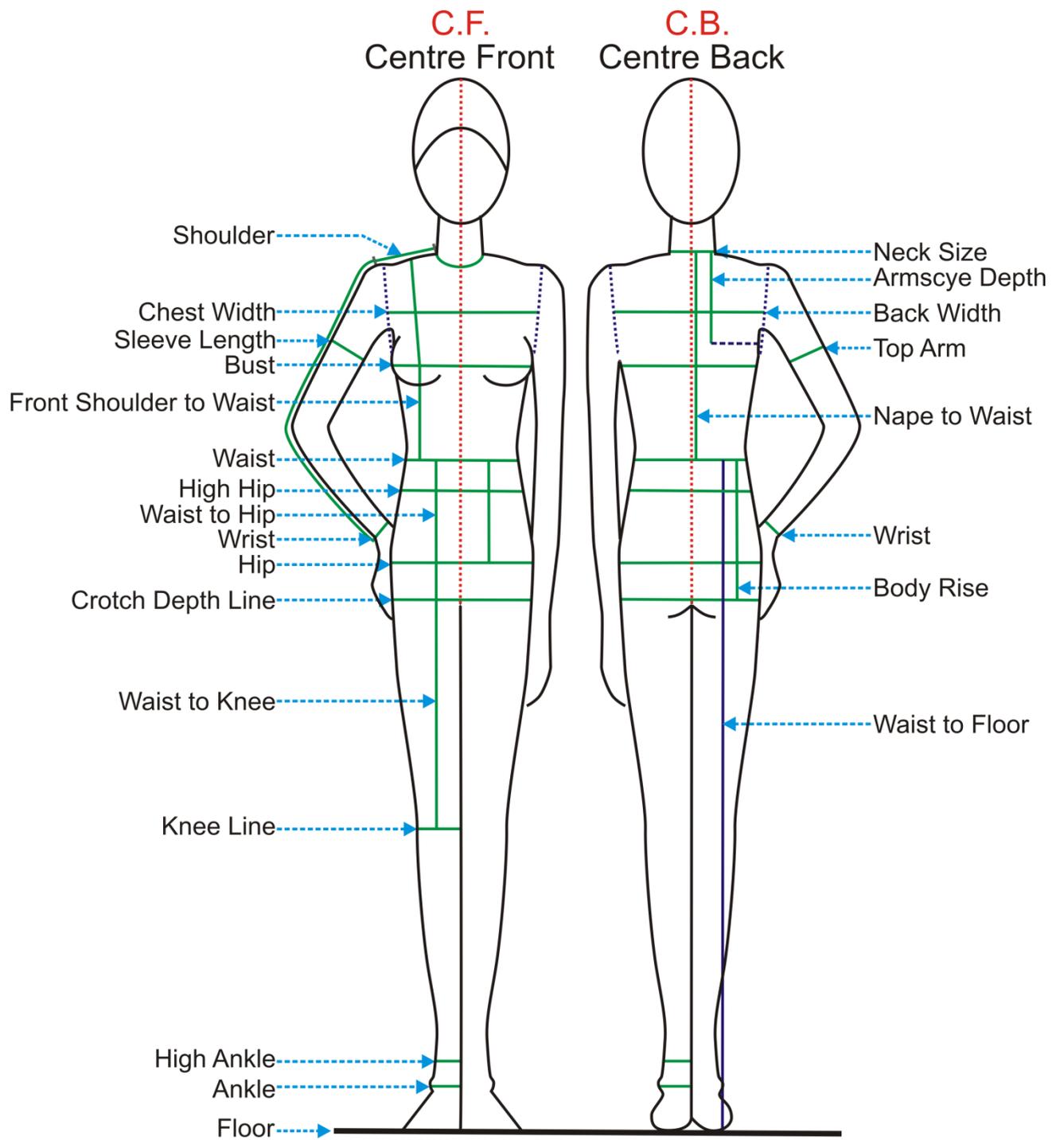
# Aldrich Measurement Chart

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Measurement Area	Your Measurement	Tape Code and Name
Waist to floor		A05 height_waist_side
Waist to knee		A19 height_waist_side_to_knee
Waist to hip		A20 height_waist_side_to_hip
Neck size		G02 neck_circ
Bust		G04 bust_circ
Waist		G07 waist_circ
Low waist		G08 highhip_circ
Hips		G09 hip_circ
Front shoulder to waist		H05 neck_side_to_waist_f
Nape to waist		H19 neck_back_to_waist_b
Shoulder		I01 shoulder_length
Chest		I03 across_chest_f
Back width		I08 across_back_b
Sleeve length		L01 arm_shoulder_tip_to_wrist_bent
Top arm		L11 arm_upper_arm_circ
Wrist		L15 arm_wrist_circ
Armscye depth		L20 armscye_length
High ankle		M08 leg_ankle_high_circ
Ankle		M09 leg_ankle_circ
Body rise		N04 rise_length_side_sitting
Dart		Q01 dart_width_shoulder
Sleeve length (jersey)		unknown





# How to take body Measurements: Winifred Aldrich

You can take all measurements by yourself but you might find it easier to get someone to help you. Always measure over underwear, **not over bulky clothes**, and make sure you don't pull the tape measure too tight.

Depending on type of pattern requested all or some the following items would be required.

All Measurements are advised to be sent in centimetres (cm)

- **Bust** Measure the figure at the fullest point of the bust, do not allow the tape to fall at the back.
- **Waist** Take this measurement round the waist, make sure it is comfortable. After taking the waist measurement tie a string firmly round the waist: this allows the vertical measurements to be taken accurately.
- **Low waist/High hip** Take the low waist measurement 6 cm below the natural waistline.
- **Hips** Measure the widest part of the hips approx. 21 cm from the waistline. For hips that differ from standard measurement (hips 5 cm larger than bust) see page 188 for dress blocks.
- **Back width** Measure the back width 15 cm down from the neck bone at the centre back. Measure from armscye to armscye.
- **Chest** Measure the chest 7 cm down from the neck point at the centre front (armscye to armscye).
- **Shoulder** Measure from the neck to the shoulder bone.
- **Neck size** Measure the base of neck touching front collar bone.
- **Dart** - Standard measurement.
- **Top arm** The arm must be bent measure the biceps.
- **Wrist** Take the wrist measurement with slight ease.
- **Ankle** Measure around the ankle over ankle bone.
- **High ankle** Measure around leg just above the ankle.
- **Nape to waist** Measure from the neck bone at the centre back to the string tied around the waist.
- **Front shoulder to waist** Measure from the centre of the front shoulder over the bust point to waist.
- **Armscye depth** from nape to underarm - Standard measurement.
- **Skirt length** Measure the skirt length from the string at the waist down to the required hem length.  
**Note** Measure from the waist to floor at the back and front to check that the balance of the figure is even.
- **Waist to hip** from waist line to hip line - Standard measurement.
- **Waist to floor** Measure from waist to floor at the centre back.
- **Body rise** The subject should sit on a hard chair. Take the measurement at the side from the waist to the chair.
- **Sleeve length** Place the hand on hip so that the arm is bent. Measure from the shoulder bone (tip) over the elbow to the wrist bone above the little finger.

The list of individual measurements should be carefully checked against the list of standard measurements and any great deviation accounted for. The blocks can then be drafted using the person's individual measurements. If a figure fault is very pronounced careful consideration will be needed to adapt the block before making the pattern piece.

**Young women of medium height, 160–172 cm  
(5 ft 3 in–5 ft 7 1/2 in)**

Size code	30	32	34	36	38	40
	6	8	10	12	14	16
Bust	76	80	84	88	92	96
Waist	56	60	64	68	72	76
Low waist/High Hip (6 cm below waist)	68	72	76	80	84	88
hips	82	86	90	94	98	102
back width	31.4	32.4	33.4	34.4	35.4	36.4
chest	28.8	30	31.2	32.4	33.6	34.8
shoulder	11.5	11.75	12	12.25	12.5	12.75
neck size	34	35	36	37	38	39
dart	5.2	5.8	6.4	7	7.6	8.2
top arm	25.5	26.5	27.5	28.5	29.5	30.5
wrist	14.5	15	15.5	16	16.5	17
ankle	22.5	23	23.5	24	24.5	25
high ankle	19.5	20	20.5	21	21.5	22
nape to waist	39.8	40.2	40.6	41	41.4	41.8
front shoulder to waist	39.8	40.2	40.6	41	41.4	41.8
armscye depth	19.8	20.2	20.6	21	21.4	21.8
waist to knee	57	57.5	58	58.5	59	59.5
waist to hip	19.7	20	20.3	20.6	20.9	21.2
waist to floor	101	102	103	104	105	106
body rise	25.9	26.6	27.3	28	28.7	29.4
sleeve length	57	57.5	58	58.5	59	59.5
sleeve length (jersey)	53	53.5	54	54.5	55	55.5

