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When Did the Waistline Move? Proper Measuring for a Perfect Fit

Day Dreams Sewing, Alterations &
Handmade Gifts - Day Dreaming
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I have seen a slow progression of gravity, or preference, moving the waistline down toward the hips. In my case it's gravity and age moving the waistline; for the younger crowd it's all about preference. Allow me to explain.

I have noticed men and women seem to feel more comfortable wearing their garments at the space just above the hips and below the true waist. While there is actually no hard fast rule how to

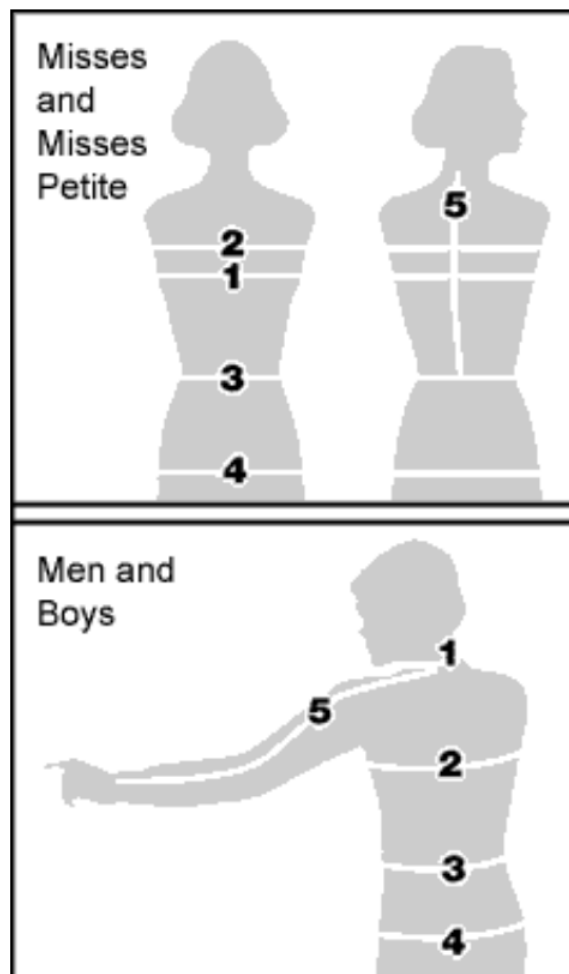
I have noticed men and women seem to feel more comfortable wearing their garments at the space just above the hips and below the true waist. While there is actually no hard fast rule how to wear your pants or skirts, in custom sewing the true waist measurement is vital! If you don't have the true measurements, I can guarantee numerous alterations and fittings, as well as an increased cost to your wallet for the extra time and materials.

Try this: ask anyone where their waistline is and they will point to the area pictured above.

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So, Where Do I Measure?

Take a look at the image below. The waist (#3) is directly *between the top of the hips and underbust* (for women). For men, their waist (#3) is *just above the hips*.



**Womens Correct
Measurements:**

1. **Underbust** - Measure around the body, under the fuller part of the bust (against the chest/rib cage).

2. **Bust** - Measure the fullest part of the bust.

- Subtract the underbust number from the full bust to obtain the cup size (most times).

If you have a...

- *Picture from Vogue Patterns
- *difference of 1" (2.5cm) your cup is A*
 - *difference of 2" (5cm) your cup is B*
 - *difference of 3" (7.5cm) your cup is C*
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 - *More than 4" is DD and above.*

3. **Waist** - Measure around the waist (as shown).

4. **Hips** - Measure the fullest part of the hip area (generally just above the fullest part of the bottom).

5. **Back** - Measure from the bottom neck vertebra to the small of the back.

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Mens Correct Measurements:

1. **Neck** - Measure around the neck. This is important for shirt sizing (even with store bought).

2. **Chest** - Measure around the chest (as shown above).

3. **Waist** - A good point of reference is about the small of the back.

4. **Hips** - Just below the hip bone, or at the top of the fullest part of the bottom.

5. **Arm** - Measure from the nape of the neck (the vertebra on the back of the neck) across the shoulder, down the back of the arm to the elbow, over the elbow and to the wrist bone. ** A shirt size for men is the neck measurement plus the arm length (#5). For example: 16 1/2" (neck) x 32/33" (arm length)*

Now, What about the Waistline?

If you are comfortable with wearing the "new waistline", don't be shy and tell your seamstress or tailor! If you don't tell them where you feel comfortable with your waistline, they will make the garment according to the standard measurements. Though custom sewn clothing is based on a standard of measurements, the beauty of custom sewn apparel is the ability to have the garment fit to YOU - no matter where your waistline has moved to.