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MENSWEAR: MEASURING

MEN & BOYS

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University of Nebraska-Lincoln College of Agriculture Cooperating with the
U.S. Department of Agriculture and the College of Home Economics
E. F. Frolik, Dean J. L. Adams, Director

MENSWEAR: MEASURING MEN AND BOYS

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Taking measurements is the first step in sewing for men or boys. The measurements of the individual, rather than age or guesswork, should determine the size of the pattern.

Toddlers' pattern sizes range from $\frac{1}{2}$ to 4 with a chest measurement of 19" to 23". These patterns are designed for a figure between that of a baby and a child.

Children's sizes range from 1-6x and are designed for the younger boy. Chest sizes range from 20" to 25 $\frac{1}{2}$ ".

Boy's sizes are designed for the growing boy and range from 7 to 12 with a 26" to 30" chest measurement.

Teen Boy's sizes are designed for the growing young man who has not yet reached his full height. These sizes range from 14 to 20 with a chest measurement of 32" to 36 $\frac{1}{2}$ ".

Men's patterns range from sizes 34 to 48. The pattern size corresponds to the chest measurement and is designed for the man of average build, 5'10" in height.

DETERMINE PATTERN SIZE

Select coats and jackets by chest measurement. Select shirts for children by chest measurement, for boys and men by neck and sleeve measurement. Pants are sized by waist measurement.

Keep a record of the following measurements to choose the best pattern size for the individual for whom you are sewing. Use a tape measure that will not stretch. Measurements should be snug but not tight.

1. **Neck.** Measure around the base of the neck and add $\frac{1}{2}$ " for ease. This measurement is not needed for toddlers' or children's sizes.

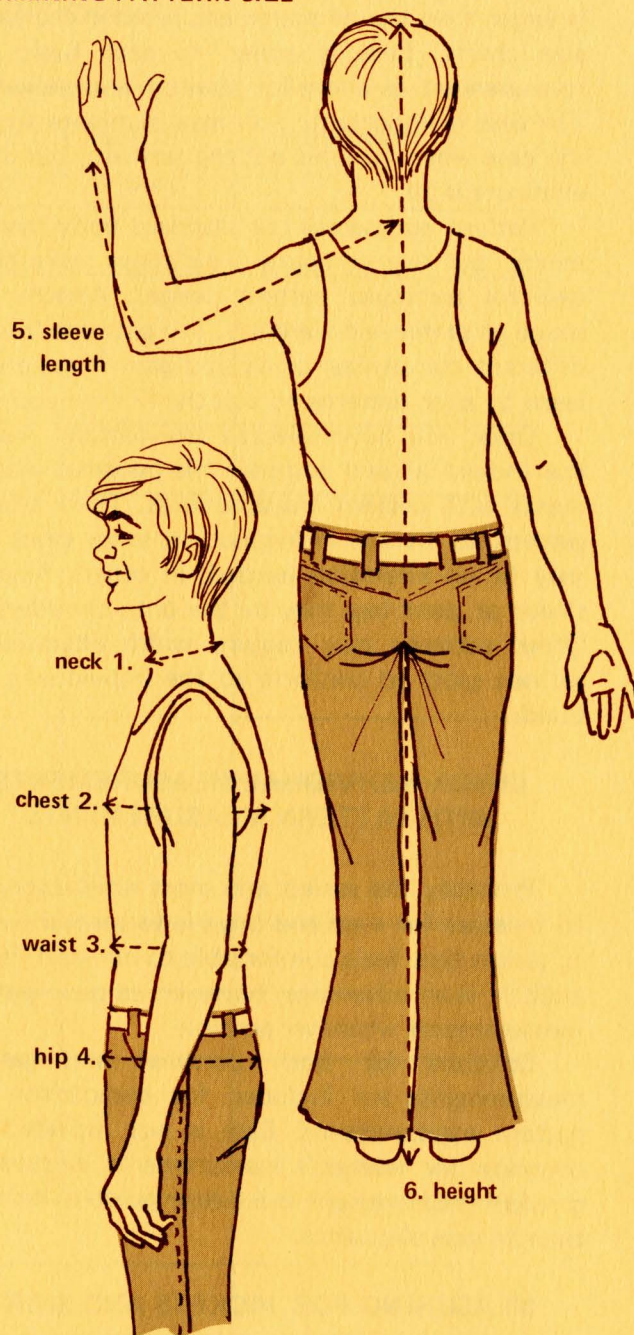
2. **Chest.** Take measurement under the arms and over the fullest part of the chest.

3. **Waist.** Tie a string around the waist at the natural waistline. Use the measurement to purchase the pattern even if it is for hip-huggers pants or for pants to be worn below the natural waistline.

4. **Hip.** Take measurement around the fullest part of the seat.

5. **Sleeve length.** Measure from the base of the neck at the back around the bent elbow to the wrist. The arm should be held up. This measurement is needed for men's sizing only.

DETERMINING PATTERN SIZE



6. **Height.** Measure from the crown of the head to the floor in stocking feet. This is needed only for boys, not for men or toddlers.

The kind of garment that you plan to make will tell you which measurements you need to check with the charts in the pattern books. Compare the measurements you have taken with the measurements on the pattern sizing charts. If personal measurement falls between two on the pattern chart, pick the smaller size for a tighter fit, the larger size for a looser fit.

When measuring a pattern, you will find that it is larger than the measurement listed in the pattern size charts. Ease is added to each basic body measurement to allow for comfort and movement. The ease is important. You may eliminate some of the ease when you cut out the garment, but do not eliminate it all.

Pattern companies use standard body measurements, but one company may allow more or less ease for particular pattern designs. Another may shape an armhole differently. Try patterns from the different companies; or as you gain in experience, learn to alter patterns to suit the fit that you want.

Once you have selected the pattern, measure the individual and compare his personal measurements with pattern measurements. Then, alter the pattern to fit the individual. In some cases there may be no alteration needed; in others, length of sleeve or pant legs may be the only consideration. Other patterns may require width alterations in various spots to conform to the individual's body build.

CHECK INDIVIDUAL MEASUREMENTS WITH PATTERN MEASUREMENTS

Probably the easiest and most satisfactory way to measure for men and boys is to measure a shirt or jacket that feels comfortable to him and fits him well. It is an advantage, however, to have personal measurements whenever possible.

Columns for both personal and garment measurements are included for comparison with pattern measurements. Ease is not included as is common for women's measurements, because the garment measurement is a better guide at this time than an ease allowance.

MEASURING FOR JACKETS AND SHIRTS

1. **Neck**—Measure around the base of the neck, adding 1/2" for ease when wearing.

2. **Armhole length**—Measure the curve from the tip of the shoulder around the curve to the line established under the arm for the chest.

3. **Chest**—Measure around the fullest part. Usually this will be under the arms and over the shoulder blades. Use a string or cord to establish the chestline.

4. **Waist**—Measure at the natural waistline and mark it with a string or cord. Measure over a shirt but not trousers. Take a snug, but not tight measurement.

5. **Hip**—Measure around the fullest part of the seat.

6. **Shoulder length**—Measure around from the base of the neck to the tip of the shoulder.

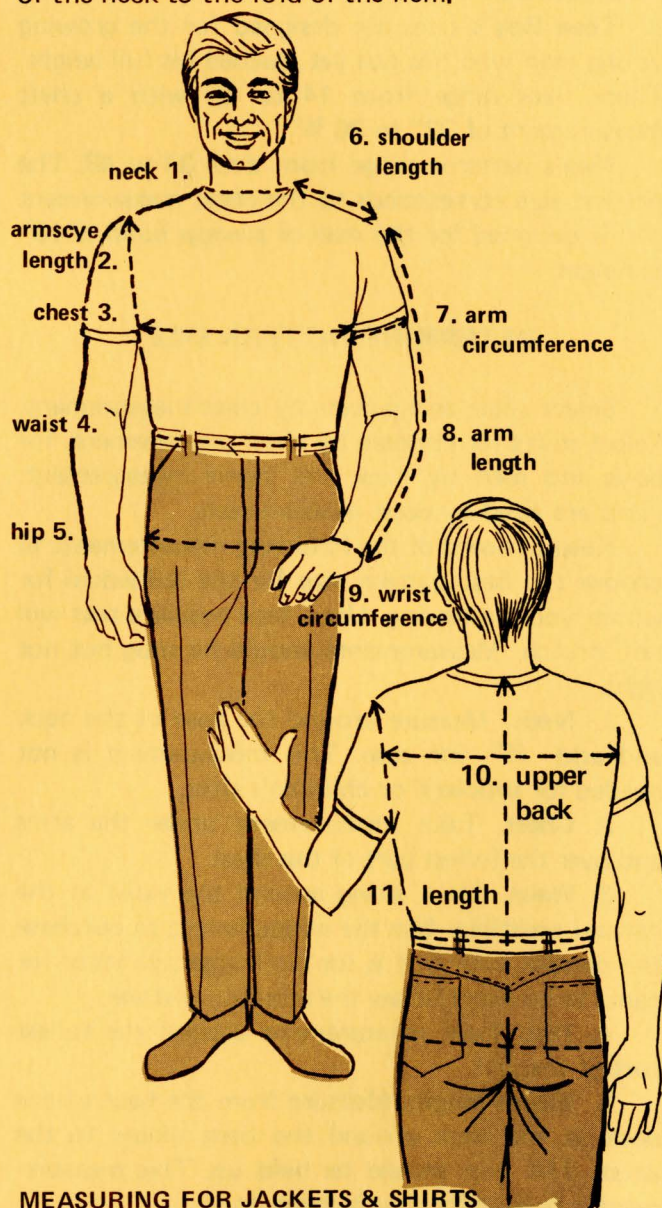
7. **Arm circumference**—Measure around the fullest part of the arm. This usually falls about an inch below the armpit.

8. **Arm length**—Measure from the tip of the shoulder around the elbow to the wrist with the arm slightly bent.

9. **Wrist circumference**—Measure around the wrist bone, adding 1/4" to 1/2" for ease when wearing.

10. **Upper back**—Measure across shoulder blades from armhole line to armhole line.

11. **Length of garment**—Measure from the base of the neck to the fold of the hem.



MEASURING FOR JACKETS & SHIRTS

JACKET AND SHIRT MEASUREMENT CHART

	Personal* measure	Garment measure	Pattern measure	Adjustment (+ or -)
1. Neck				
2. Armscye length				
front				
back				
3. Chest (____ inches from shoulder seam at neck line)				
4. Waist				
5. Hip (____ inches below waist)				
6. Shoulder length				
7. Arm circumference				
8. Arm length:				
Shoulder to elbow				
Elbow to wrist				
9. Wrist circumference				
10. Upper back (____ inches down from seam at neckline)				
11. Length of garment				

*In some case the measurements may need to be further broken down to fit an individual. You will also find that you will need to depend less upon garment measurements as you gain experience.

MEASURING PANTS

MEASURING FOR PANTS

As for shirts and jackets, a comfortable and well-fitting pair of pants serves as a good guide. Again both personal and garment measurement columns are included.

As you gain experience in measuring for men, you will begin to use personal measurements more often and depend less upon garment measurement.

1. **Waist:** Tie a cord or string around the waist to establish the natural waistline. Take a snug but not tight measurement. Leave cord tied until measurements are finished. Allow $1/2''$ to $1''$ ease.

2. **Hip:** Measure around the fullest part of the seat. This will vary according to height and body contour. Ease may vary from $1''$ for a tight fit to $3''$ for a loose fit.

3. **Thigh:** Measure around the fullest part. At least $2''$ ease is needed for even tight pants.

4. **Knee:** Measure around the center of the kneecap. At least $2''$ ease is needed.

5. **Calf:** Measure around the fullest part. At least $2''$ ease is needed.

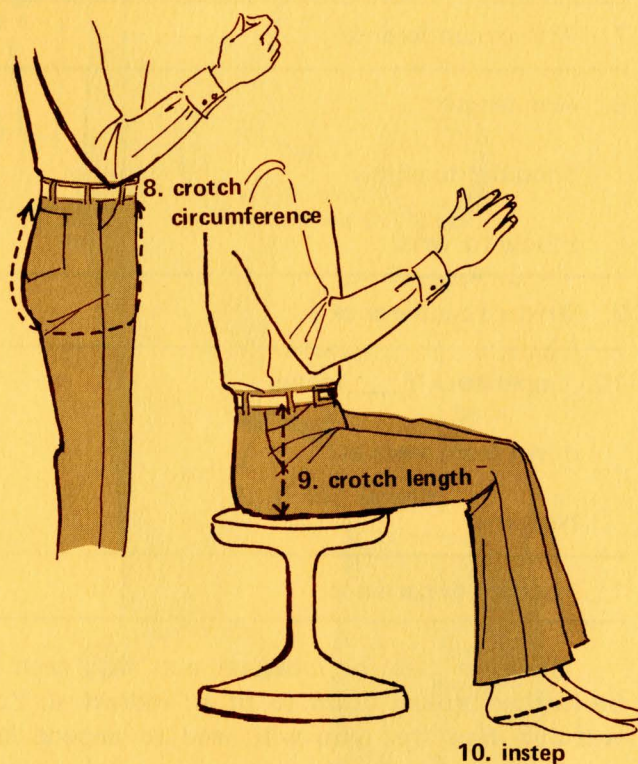
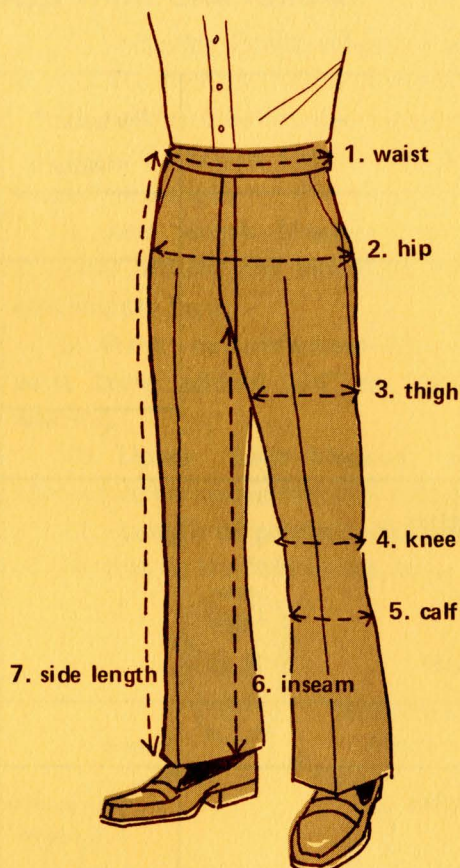
6. **Inseam:** Measure the inside seam from the crotch to the desired length of pant. Add hem allowance.

7. **Side length:** Measurement from the waist to the desired length. Add hem allowance.

8. **Crotch Circumference (standing):** Stand in a normal position and measure from the waistline at Center Front through the legs to the waistline at Center Back. Divide the total measure into two parts. The front will measure from waist to the inseam. Subtract the front measurement from the total to get the back measurement. Allow $3/4''$ to $1''$ ease.

9. **Crotch length(seated):** Have individual sit on a flat, hard chair or table. Measure from cord at waistline over the hip to the chair. Allow $1/2''$ to $1''$ for ease.

10. **Instep:** Measure around the heel and over the instep. The finished hem width of the pant leg must be at least equal to this measurement or the foot will not go through.



PANTS MEASUREMENT CHART

	Personal measure	Garment measure	Pattern measure	Adjustment (+ or -)
1. Waist				
2. Hip (____ inches below waist)				
3. Thigh (____ inches below waist)				
4. Knee (____ inches below waist)				
5. Calf (____ inches below waist)				
6. Inseam				
7. Side length				
8. Crotch circumference (standing)	front:____ back: ____ Total:			
9. Crotch length (seated)				
10. Instep				

