

sewing
love

HANDMADE CLOTHES
FOR ANY BODY

SANAE ISHIDA



SLOPER MEASUREMENT FORM

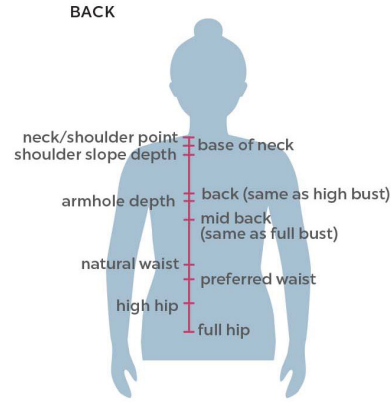
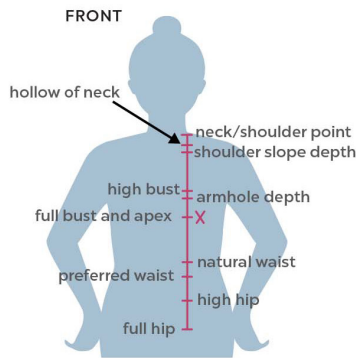
Here's a handy-dandy set of worksheets where you can record the necessary measurements to create your very own, unique torso, sleeve and lower body slopers. Please refer to pages 53-119 in the SEWING LOVE book for specific instructions on taking measurements, drafting slopers and sewing muslins.

Don't be overwhelmed by the charts! Some of the measurements are repeated across different slopers, and the math you'll be doing is very basic. In less time than you would expect, you'll have all the information you need to draft the slopers. You've got this!!!

TORSO SLOPER

Refer to pages 77-95 for all of the torso measuring tips and drafting goodness. The columns with the bold outlines contain the numbers that you will ultimately need to draft the slopers.

DATE:



VERTICAL MEASUREMENTS

We'll start with vertical measurements after you've prepped yourself with tape, elastic and a necklace or chain. Note that the base of neck and armhole depth are a little different. These numbers will be plotted on a vertical line.

1. TORSO VERTICAL MEASUREMENTS

Start measuring downward from neck/shoulder point, except for the armhole depth. Keep the measuring tape as straight as possible.

Body Section	Vertical Measurement	Additional Info + Tips
Hollow of neck		Measure from neck/shoulder point to the dip between your clavicles.
Base of neck	1 1/2"	No need to measure. When drafting the vertical line, mark a spot 1 1/2 inches down from the neck/shoulder point.
Shoulder slope depth		Measure from neck/shoulder point. See page 80.
High bust		Measure from neck/shoulder point. Where the armpit tape is; will also be used for back.
Armhole depth		Make sure to measure from outer shoulder tape to armhole depth tape.
Full bust		Measure from neck/shoulder point to fullest part of bust, usually the nipple area. Will also be used for mid back.
Bust apex		Usually the same as full bust. Measure from neck/shoulder point to nipple. Record if different from full bust.
Natural waist		Measure from neck/shoulder point to where you tied the elastic.
Preferred waist		Measure from neck/shoulder point.
High hip		Measure from neck/shoulder point to your pelvic bone.
Full hip		Measure from neck/shoulder point to the fullest part of your hips.

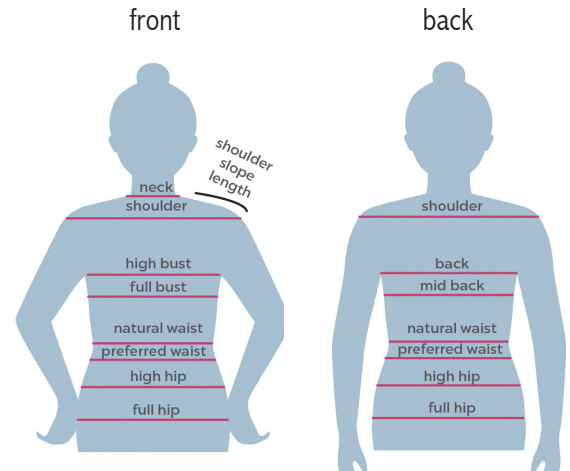
HORIZONTAL MEASUREMENTS + A LI'L BIT OF MATH...

Let's take some horizontal measurements and do some simple calculations in this section. It looks like a lot, but it's a pretty quick process. Use the calculated numbers in the last column of tables 3 and 4 to draw the horizontal lines for the front and back torso sloper.

2. TORSO HORIZONTAL FULL MEASUREMENTS

The measuring tape should be snug but not too tight.

Body Section	Horizontal Full Measurement
High bust circumference	
Full bust circumference	
Natural waist circumference	
Preferred waist circumference	
High hip circumference	
Full hip circumference	



3. TORSO HORIZONTAL FRONT MEASUREMENTS + CALCULATIONS

Take the front measurements and make the calculations in columns 4 and 6 (highlighted in pink). The numbers in the last column is what you need to draft the horizontal lines for the front torso sloper.

Body Section	Horizontal Front Measurement	Additional Info + Tips	Divide Horizontal Front Measurement by 2	Ease	Horizontal lines: Add columns 4 + 5
Neck		The width across the front of your neck; measure from one side of the necklace to the other.		0	
Shoulder		Outer shoulder to outer shoulder.		0	
Shoulder slope length		Neck/shoulder point to outer shoulder. See page 80.	No need to divide; use column 2 measurement	0	
High bust		Measure from side to side on the front side only.		1/4"	
Armhole depth		Use the same measurement as full bust below.		1/2"	
Full bust		Measure from side to side on the front side only.		1/2"	
Bust apex to bust apex		i.e. Nipple to nipple		0	
Natural waist		Measure from side to side on the front side only.		1/4"	
Preferred waist		Measure from side to side on the front side only.		1/4"	
High hip		Measure from side to side on the front side only.		1/4"	
Full hip		Measure from side to side on the front side only		1/4"	

4. TORSO HORIZONTAL BACK MEASUREMENTS + CALCULATIONS

Refer to the “Additional Info + Tips” to get the numbers in column 2. Then it’s just a matter of a few more calculation in columns 4 and 6 (highlighted in pink). You’ll use the numbers in the last column to draft the horizontal lines of the back sloper. P.S. in the illustrations, the “hollow of neck” should be “base of neck”.

Body Section	Horizontal Back Measurement	Additional Info + Tips	Divide Horizontal Back Measurement by 2	Ease	Horizontal lines: Add columns 4 + 5
Neck		Same as horizontal front measurement.		0	
Back shoulder		Measure outer shoulder to outer shoulder on the back.		0	
Back		Corresponds to high bust on front. Subtract high bust from high bust circumference.		1/4"	
Armhole depth		Use the same measurement as mid back below.		1/2"	
Mid back		Corresponds to full bust on front. Subtract full bust from full bust circumference.		1/2"	
Natural waist		Subtract natural waist front measurement from natural waist circumference.		1/4"	
Preferred waist		Subtract preferred waist front measurement from preferred waist circumference.		1/4"	
High hip		Subtract high hip front measurement from high hip circumference.		1/4"	
Full hip		Subtract full hip front measurement from full hip circumference.		1/4"	

Hooray! You’ve completed the Torso section!



SLEEVE SLOPER

This part is quick and easy! Refer to page 97-104 for details. The columns with the bold outlines contain the numbers that you will ultimately need to draft the sloper.

DATE:

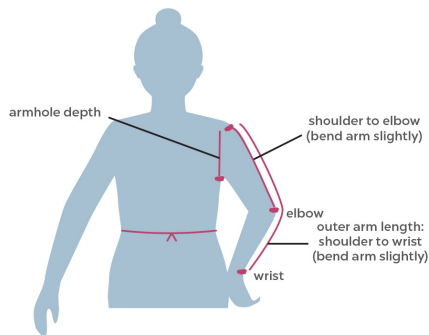
5. SLEEVE VERTICAL MEASUREMENTS + CALCULATIONS

Body Section	Vertical Measurement	Additional Info + Tips
Outer arm length		Outer shoulder to wrist bone, with your arm slightly bent. Securing the measuring tape at the wrist and gently guiding the measuring tape up to the outer shoulder edge works best for me.
Armhole depth		Same as torso vertical measurement.
Shoulder to elbow		Outer shoulder edge to elbow, with your arm slightly bent.

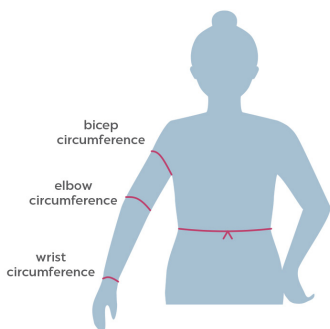
6. SLEEVE HORIZONTAL MEASUREMENTS

Body Section	Horizontal Measurement	Additional Info + Tips	Ease	Ease + Horizontal Measurement (E + HM)	Divide E + HM by 2
Bicep circumference		Fullest part of arm. Take a measurement with your arm relaxed, then make a muscle to see if the circumference changes. Record the larger number.	1 1/2"		
Elbow circumference			1 1/2"		
Wrist circumference			1 3/4"		

VERTICAL SLEEVE MEASUREMENT



HORIZONTAL SLEEVE MEASUREMENT



Sleeve section complete!

LOWER BODY SLOPER

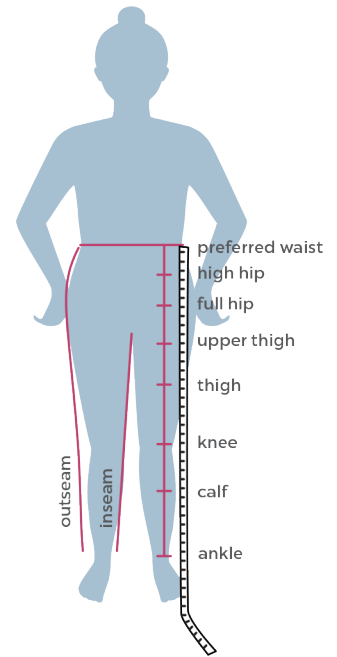
Note: if you've already measured your torso, you will have the measurements for your preferred waist, high hip and full hip. Refer to pages 106-119 for details. The columns with the bold outlines contain the numbers that you will ultimately need to draft the lower body sloper.

DATE:

7. LOWER BODY VERTICAL MEASUREMENTS

Start measuring from preferred waist. Use these vertical measurements to plot the vertical points for the front and back lower body slopers.

Body Section	Vertical Measurement	Additional Info + Tips
High hip		From preferred waist to pelvic bone.
Full hip		From preferred waist to fullest part of hip, including buttocks (sometimes called low hip).
Crotch Depth		Copy number from chart 8 below.
Upper thigh		From preferred waist to the fullest part of your upper leg, usually between ½ and 4 inches below your crotch/buttocks.
Thigh		From preferred waist to about halfway between the upper thigh and knee.
Knee		From preferred waist to the top of your knee cap or where the bone juts out most.
Calf		From preferred waist to the fullest part of your calf
Outseam		From preferred waist to ankle bone. Attach measuring tape with sticky tape to ankle and pull it up to waist.
Inseam		From crotch to ankle bone. Attach measuring tape with sticky tape to ankle and pull it up to crotch.



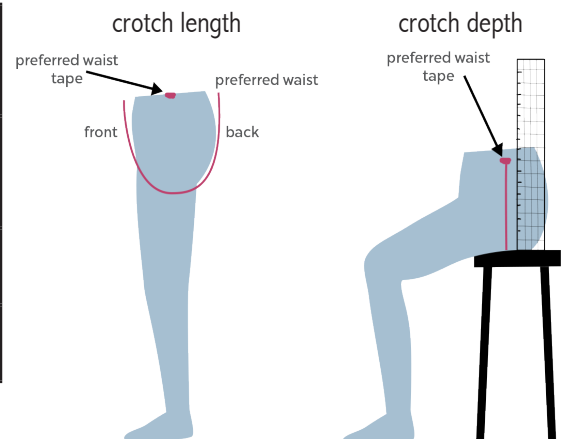
CROTCH MEASUREMENTS

This is by far the most awkward part, but never fear! It's super fast to get these measurements. You'll notice that the measuring instructions for the crotch area is last in the book, but I've placed the table here for added ease of drafting the slopers.

8. LOWER BODY CROTCH MEASUREMENTS

See page 110 in the book for details on taking measurements. Measure from preferred waist.

Body Section	Measurement	Ease	Add columns 2 + 3	Additional Info + Tips
Front crotch depth		0		Vertical plot point for front lower body sloper
Front crotch length		¼"		For the front crotch curve
Back crotch length		¼"		For the back crotch curve



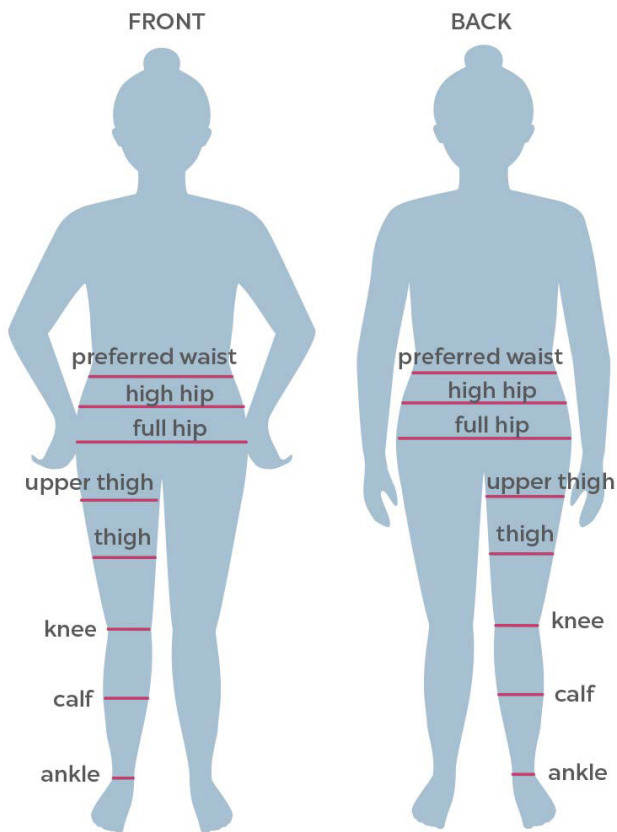
LOWER BODY HORIZONTAL MEASUREMENTS

Be aware that many of the circumferences from chart 9 will be reused in charts 10 and 11, so there's actually very little measuring going on here, especially if you have the preferred waist, high hip and full hip measurements from the torso section.

9. LOWER BODY HORIZONTAL FULL MEASUREMENTS

You may not need the first three measurements if you've already completed the torso section.

Body Section	Horizontal Full Measurement	Additional Info + Tips
Preferred waist circumference*		If you've already taken the measurements for the torso section, use the number in chart 2
High hip circumference*		If you've already taken the measurements for the torso section, use the number in chart 2
Full hip circumference*		If you've already taken the measurements for the torso section, use the number in chart 2
Upper thigh circumference		
Thigh circumference		
Knee circumference		
Calf circumference		
Ankle circumference		



10. LOWER BODY HORIZONTAL FRONT MEASUREMENTS + CALCULATIONS

Remember that you may need to simply copy over numbers from previous charts in column 2 and this chart will be mainly for calculating columns 4 and 6 (highlighted in pink). Use the numbers in column 6 to draw the horizontal lines for the front lower body sloper. The column 7 numbers make it easier to find the midpoint. when plotting along the center of the vertical line.

Body Section	Horizontal Front Measurement (HFM)	Additional Info + Tips	Divide HFM by 2	Ease	Horizontal lines: Add columns 4 + 5	Midpoint: divide column 6 by 2
Preferred waist*		Measure from side to side on the front side only or use the number from chart 3, column 2.		1/2"		
High hip*		Measure from side to side on the front side only or use the number from chart 3, column 2.		1/4"		
Full hip*		Measure from side to side on the front side only or use the number from chart 3, column 2.		1/4"		
Crotch depth line		Same as full hip above		2" to left	Add full hip number above + 2"	Use same midpoint as full hip
Upper thigh circumference		Copy the corresponding number from chart 9		1/4"		
Thigh circumference		Copy the corresponding number from chart 9		1/4"		
Knee circumference		Copy the corresponding number from chart 9		1/2"		
Calf circumference		Copy the corresponding number from chart 9		1/4"		
Ankle circumference		Copy the corresponding number from chart 9		1 1/2"		

11. LOWER BODY HORIZONTAL BACK MEASUREMENTS + CALCULATIONS

Like chart 10, you will be copying over a bunch of numbers and this chart is mainly for calculations in columns 4 and 6, 7. Use the numbers in column 6 to draw the horizontal lines for the back lower body sloper. The numbers in column 7 make it easier to find the midpoint when plotting along the center of the vertical line.

Body Section	Horizontal Back Measurement (HBM)	Additional Info + Tips	Divide HBM by 2	Ease	Horizontal lines: Add columns 4 + 5	Midpoint: Divide column 6 by 2
Back preferred waist*		Subtract front preferred waist measurement from preferred waist circumference or use number from chart 4, column 2.		½"		
Back high hip*		Subtract front high hip measurement from high hip circumference or use number from chart 4, column 2.		¼"		
Back full hip*		Subtract front full hip measurement from full hip circumference or use number from chart 4, column 2.		¼"		
Crotch depth line		Same as back full hip above		3" to right	Add back full hip number above + 3"	Use same midpoint as back full hip
Upper thigh circumference		Copy the corresponding number used in charts 9 + 10		½"		
Thigh circumference		Copy the corresponding number used in charts 9 + 10		½"		
Knee circumference		Copy the corresponding number used in charts 9 + 10		½"		
Calf circumference		Copy the corresponding number used in charts 9 + 10		½"		
Ankle circumference		Copy the corresponding number used in charts 9 + 10		1 ½"		

Lower Body section complete!

Great job!