

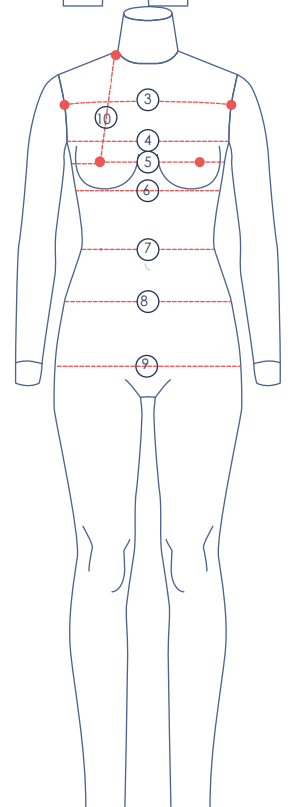
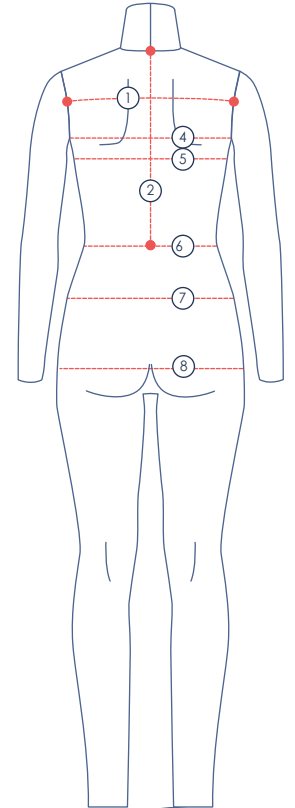


Thrifty *The* Stitcher

CLARE-LOUISE HARDE

LEARN TO SEW WITH A PRO

POINT OF MEASURE	HOW TO MEASURE	MY BODY MEASURES	AMOUNT TO ADD TO FIT BUDDY
1 CROSS BACK	Measure across the upper back at mid-armhole level approximately 5" (12.7 CM) down from CB neck.		
2 NAPE TO WAIST	Measure from back neck to the waist level. A necklace around your neck is a good guideline for your nape. Tie a string or tape measure around your waist to accurately gauge the position of the waistline		
3 CROSS FRONT	Measure across the top chest at mid-armhole level approximately 3" (7.6 CM) down from front neck. Use the imaginary position of a well fitted armhole as your guide		
4 HIGH BUST	Measure around the body at the base of the armhole above the bustline.		
5 FULL BUST	Measure around the body at the fullest part of bosom		
6 UNDER BUST	Measure around the rib cage just under the bust		
7 WAIST	Measure around the body at your natural waistline . A string or tape measure around your waist helps to gauge the position of the waistline		
8 HIGH HIP	Measure around the body over the front curve of your hip bones. This measurement helps with the tummy shaping		
9 HIP	Measure around the body at the fullest part of your bottom		
10 SIDE NECK POINT TO BUST POINT	Measure from the side of the neck where it meets the shoulder to the bust apex.		



Personal block pattern			
	Bust	Waist	Hips
Closest block size to my measures			

My fitting Notes

1st FIT

2nd FIT