

KNITWARE WORKSHEET

CUSTOM SIZE MEASUREMENT DATA

Name: _____ Units: ins / cm

Sex: Woman / Man / Child Age: _____ Date: _____

ACTUAL PHYSICAL MEASUREMENTS

This first section contains ACTUAL PHYSICAL MEASUREMENTS of the body. They are NOT the finished dimensions of the garment, and do NOT include any ease. These measurements are used to calculate the finished dimensions of any garment that you design, depending on the design parameters and ease selected at that time.

Refer to **Body Measurement Diagram** for the following measurements:

- | | | |
|----------------------|-------------------------|---------------------------|
| 1. Chest: _____ | 6. Arm depth: _____ | 11. Waist to Knee: _____ |
| 2. Waist: _____ | 7. Upper arm: _____ | 12. Waist to Ankle: _____ |
| 3. Hips: _____ | 8. Wrist: _____ | 13. Head circ.: _____ |
| 4. Back width: _____ | 9. Neck to waist: _____ | |
| 5. Arm length: _____ | 10. Waist to Hip: _____ | |

CALCULATION FACTORS

You can use this section to pre-set certain measurements for a custom size. However, you should only set these values when you are more experienced with Knitware. **If you don't understand these, don't set them in the custom size.**

Top neck opening at back:	default or _____
Front neck depth:	default or _____
Body ribbing length:	default or _____
Neck-band ribbing length:	default or _____

EASE FACTORS

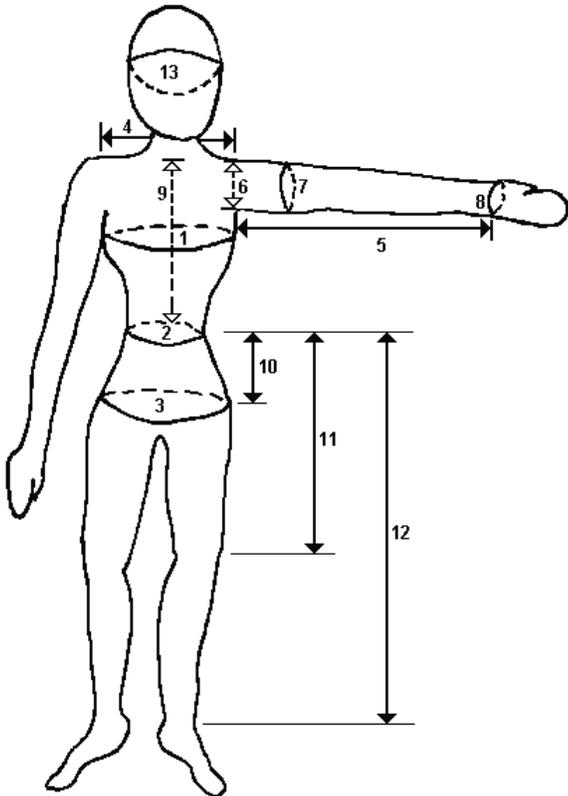
You can use this section to pre-set an ease factor for a custom size. However, you should only set this value when you are more experienced with Knitware. EASE FACTOR, combined with Ease Style, is used extensively in the program to calculate the finished dimensions of the garment. **CHANGE WITH CARE!!**

Ease factor: default or _____

OBTAINING CUSTOM SIZE DATA: HOW TO MEASURE

The custom body should be measured accurately with a tape measure. You may wish to print and use a worksheet to record your data.

Do not try to measure yourself; the numbers will not be accurate, so get someone to help you. Wear normal foundation garments, at most a light close-fitting garment over that. Have the person being measured raise both arms; tie a string snugly around the upper body at the underarms. Tie a second string around the waist.



1	Chest	Around the fullest part of the bust or chest, with the tape measure straight across the back. The chest should be fully expanded; breathe deeply.
2	Waist	At the natural indentation, fitting comfortably (room to breathe).
3	Hips	Around the widest or fullest part.
4	Back width	Straight across the back, between the shoulder bone tips. Alternatively, measure between the shoulder seams on a tight fitting shirt.
5	Arm length	Along the inside of the arm, from the body at the underarm string to the wrist, with the elbow slightly bent and the arm away from the body.
6	Armhole depth	At the back, from the top of the shoulder bone to the bottom of the armhole (at the string). Alternatively, use half of the measurement around the armhole.
7	Upper arm	Around the fullest part of the upper arm, muscles flexed (if it makes a difference).
8	Wrist	Around the wrist bone. If the wrist is small and the knuckles large, measure also around the knuckles of the palm with the hand held flat, subtract 1" from this. Use the larger of the two numbers.
9	Neck to waist	At the back, from the top vertebra (knob) to the waist string.
10	Waist to Hip	At the side, from waist string to hips.
11	Waist to Knee	At the side, from waist string to center of knee cap.
12	Waist to Ankle	At the side or front, from waist string to ankle bone.
13	Head circumference	Circumference around the head; over the forehead and behind the ears.

No one is a perfect standard size. One nearly always wants the sleeves or back waist a little longer or shorter, or the hips a bit bigger or smaller, etc. Then there are growing children and those larger than size 56 (which is as big as the 'standard' measurement tables go). Custom Sizes allows you to enter, store, and retrieve CUSTOM, or individual, physical measurements for a particular size. The closest standard size is used as a base for you to build your custom size, but it (the standard size) remains unchanged on the file.

Since you access the custom sizes by name, so it is a good idea to keep your custom size names unique. (**NOTE:** The program will allow you to create two custom sizes with the same name. If there are two custom sizes on the file with the same name, the most recent one will be retrieved during pattern creation, and you will lose access to the earlier size created with that name.)

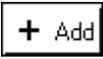
When you first run the KNITWARE program, the custom size file is empty. When you first select **Size Data/Custom Sizes** from the main menu of your Knitware program, the **Customize Size Data** Form displays with default or zeroed data. Once you change these fields and **SAVE** the record, subsequent accesses of this form will show this initial record.

You use the navigator bar (top section of the form) to add a new custom size, change or delete an old one. See the following section for more information on adding and changing custom size data.

Click the [**PRINT**] button to print the current size exactly as displayed on the screen. Use the [**LIST**] button to produce a listing of all custom records on the size data file and optionally print them.

Other function buttons on this form include [**SAVE**] to accept the data as shown and store it on the file, [**CANCEL**] to delete the changes that were made, [**COPY**] to make a new copy of an existing record, and [**CLOSE**] to close the form and return to the Main Window.

ADD/CHANGE CUSTOM SIZE DATA

The following sections contain instructions on adding or modifying custom size data. If data is showing, it can be changed. To add a new record, click the  on the navigator bar.

When all data has been entered and verified, click the [**SAVE**] button to accept the new data and store the record on the custom sizes file. If you do not want to keep the changes, click [**CANCEL**] instead.

When you are finished with the **Customize Size Data** form, click the [**CLOSE**] button. If there is active data that has not been saved, a warning message box will be displayed.

DATE ADDED/UPDATED defaults to current date, but you can change it.

DEFINING THE CUSTOM SIZE

The first panel contains size identifying data.

- **SIZE NAME** should be unique; if it is not unique, the program may not be able to retrieve it during pattern creation. Try and make the name meaningful, e.g. *Johnny age 7, Ranger Rogers, Mary 6 mo pregnant*.
- **DATE:** The date that the custom size was added or updated. For a new size it defaults to the current date. Change it if you wish.
- **UNITS:** select measurement units of *ins* (for imperial) or *cms* (for metric) from the drop-down selection list.
- **SEX:** select *Man*, *Woman* or *Child* from the drop-down selection list. Use *Child* for doll, baby and premie sizes.
- **AGE** is optional; it is not used in any calculations.

- **CHEST:** enter the actual physical chest size (no ease added). The program will then search the standard size table for the closest standard size data and will retrieve this information and display it as default values for all the other measurements on the lower section of the screen.

The lower section of the screen is for the **Actual Physical Measurements**, and **Calculation/Ease Factors**. UNITS/SEX/CHEST values are used to retrieve base information from the Standard Size Data File, and create default values for the rest of the fields on the form. For example (if UNITS were *ins*), Woman 35 would display Woman size 36 data, Child 23 would display Child size 24 data, Man 67 would display Man Size 52 data.

The fields **WAIST** through **HEAD CIRCUMFERENCE** (and **CHEST**) *contain actual physical measurements* of the body. They are NOT the finished dimensions of the garment, and do NOT include any ease. These body measurements are used to calculate the finished dimensions of any garment you design, depending on the design parameters and ease selected *at that time*.

The custom body should be measured accurately with a tape measure before any of these fields are changed. See the Worksheets: How To Measure section for more details.

CALCULATION FACTORS are for various defaults used by the program to calculate finished dimensions. In most cases, you would not change the default values.

- **TOP NECK OPENING:** change if the custom body has a wider or narrower neck than average (used for round or V necklines only).
- **NECK DEPTH:** change if the custom person consistently likes their necklines shorter or deeper than the standard provided by Knitware (this factor is used only for round necklines).
- **BODY HEM:** change if the custom person consistently likes more or less length on the body ribbing/hem. (Knitware calculates default sleeve hem length as a fraction of body hem length.)
- **NECK RIBBING:** change if the custom person consistently likes more or less length on the neckline ribbing/collar. Neck ribbing is also used to set default values for cardigan front band width and hood front trim width.

Use the **NOTES** field to enter any extra information that you want to save. This could be hand or foot measurements, weight, or any other details about the person.

EASE FACTOR, combined with **Ease Style** (set in the pattern design components), is used extensively in calculating the finished dimensions of a garment. **CHANGE WITH CARE!!!! This is an advanced feature and you should not change it unless you have extensive experience using Knitware.**