

Body Types, Sizes, and Fit

BODY TYPE is the overall silhouette shape of the body. Silhouette is the outline of the body torso beginning at the shoulders and following through to the hips. A person's figure may be described as a rectangle, hourglass, triangle or pear, or inverted triangle. Knowing a client's body type helps determine the style of clothing that flatters that shape.



Objective:



Review body types, sizes, and fit as well as appropriate workplace attire.

Key Terms:



alterations	hourglass silhouette	regular
big	inverted triangle silhouette	rise
body type	junior	short silhouette
business casual attire	missy	sleeve length
casual attire	petite	tall
dressing for success	plus size	triangle or pear silhouette
dressy or resort casual attire	professional attire	women's
Euro sizes	ready-to-wear	
fashion silhouette	rectangle silhouette	

Understanding Body Type, Size, and Fit

To dress appropriately, a person must be aware of his or her body type and size. In addition, he or she must pay attention to the way items fit.

MEASUREMENTS

Body type is the overall silhouette shape of a physical structure that reflects the contours of a figure based on waistline measurement.

Silhouette is the outline of the body torso beginning at the shoulders and following through to the hips. Once measurements for the shoulder, bust/chest, waist, and hips are accurately taken, the results are interpreted as a body type. The body type of an individual determines the clothing style that flatters the body silhouette.

A flexible tape measure is used for accurate measurements. The measuring tape should be situated so a finger can be placed behind the tape and close to the body. For precision, have another person take your measurements. Also, stand with good posture when your measurements are taken. Your feet should be placed in a natural standing position about 6 inches apart. Good posture is essential for accurate measurements.

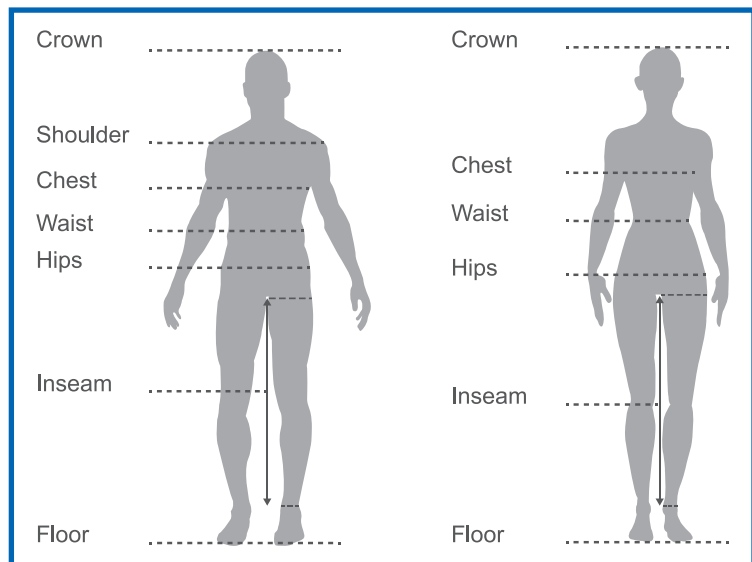


FIGURE 1. Body type is the overall silhouette shape of the body. Taking accurate measurements helps determine your body type.

Six Basic Measurements

- ◆ The shoulder measurement is of the largest circumference around the body on the outside of the shoulders. Keep your hands and arms down by your sides. The tape measure should be placed around your body on the outside of the shoulders at the widest point. The visual appearance of a silhouette starts at the shoulders. Their curve or straightness help determine the body type.
- ◆ The bust/chest measurement is the widest circumference measurement around the breasts or chest. When being measured, stand with good posture and hold your arms up and out of the way.
- ◆ The waist measurement is the smallest torso circumference; it is generally between the rib cage and the belly button. To find the indented waist (where a trouser or skirt sits), place a piece of elastic around your body and bend from side to side until the elastic settles into the natural waistline. Stand with good posture, and hold your arms up and out of the way. The person measuring should keep one finger between the tape and your body.
- ◆ The hip measurement is the widest circumference—around the buttocks and thighs. The measurement is taken by placing the tape measure around the buttocks and thighs at the widest point. If you are being measured, stand with your heels together, and hold your arms up and out of the way. The hip measurement is one of circumference, so the tape measure should be held parallel to the floor. The person measuring wraps the measuring tape around the hip area and slides the tape down the body to the widest part; it may be a few inches or up to 12 inches below the waist. Most women’s hip measurements are

taken between 7 and 9 inches below the natural waist. Drawing the tape too tightly skews the measurement.

- ◆ **Sleeve length** is the measurement from the back neck center (nape of the neck) to the shoulder and down the arm to the wrist. This measurement is taken with the jacket off and with arms at the side.
- ◆ An accurate measurement for the male neck is found by measuring around the neck at the Adam's apple. For females, measure loosely around the neck to a point where a typical necklace would rest. The person measuring should be able to place two fingers behind the tape measure.



FIGURE 2. An accurate measurement for the male neck is found by measuring around the neck at the Adam's apple. The person measuring should be able to place two fingers behind the tape measure.

Other Jacket, Pant, and Shirt Measurements

- ◆ Front length—Measure from the base of the neck to the waistline on the front side of the torso.
- ◆ Back length—Measure from the base of the neck to the waistline on the center back.
- ◆ Dress length—Measure from the base of the neck to the hemline on the center back.
- ◆ Skirt length—Measure from the waist to the hemline on the center back.
- ◆ Leg outer seam—Measure from the waist to the hem at the side of the leg.
- ◆ Leg inseam—Measure from the crotch seam to the hem on the inside of the leg.
- ◆ Waist to floor front (pant)—Measure from the natural waist down to the floor in the center front.
- ◆ Waist to floor back—Measure from the natural waist to the floor in the center back, including the natural curve of the buttocks. This measurement is taken when altering or constructing pants.
- ◆ Thigh measurement for pant and stocking sizes—Measure the circumference around the thigh at the largest point.
- ◆ **Rise** is the distance between the middle of the crotch seam to the waist. To find the rise, measure from the natural waistline in the center front continuing between the legs and up the back to the natural waist. Rise is an essential measurement for pants, especially evening wear, because it determines comfort. The measurement indicates how much the pants will rise up the leg when you sit down. A normal or regular fit rise is about 9 inches in length when worn at the natural waist. Khakis and trousers usually have a regular rise.



UNDER INVESTIGATION...

LAB CONNECTION: Measuring

The accuracy of body measurements helps determine body silhouette and has an impact on clothing fit. There is a standard way to measure. A great way to begin learning about measurements is by practicing on an individual. A flexible tape measure will be needed.

Create a chart with all the body measurements that need to be taken: shoulders, bust/chest, waist, and hips. Then take and record the measurements of a mannequin or another individual. If this is your first time taking body measurements, you may wish to watch someone taking standard measurements before you begin. If you watch the video “How to Take Body Measurements” at <http://www.youtube.com/watch?v=WbpCs0H5nSM>, please note that a few circumference measurements are not depicted as being parallel to the floor. Make sure your measurements are parallel to the floor—specifically waist, bust/chest, and hips. Have someone else take the same body measurements on the mannequin, and compare your measurements for accuracy.

- Low-rise pants (especially jeans) are worn at the hips and sit about 3 inches below the belly button. The rise is between 5 and 8 inches in length (women). Low-rise pants make people appear shorter because the leg line is visually stopped at the waistband.
- Mid-rise pants sit just below the natural waist and are a flattering look for most silhouettes. The rise is between 8 and 12 inches, and the waistband sits just below the natural waist (near the belly button). Mid-rise is often the most comfortable rise for jeans.
- High-rise pants (“mom jeans”) sit a few inches above the belly button. This rise is unflattering to most figures and tends to emphasize figure problems. The rise is typically over 12 inches and creates a boxy shape on the wearer and flattens the rear.

SILHOUETTE FEATURES

As stated previously, knowing your body type helps determine the style of clothing that flatters your body silhouette. Body measurements determine body type by comparing the percentage difference between two or more body areas.

A **fashion silhouette** is “the shape clothing and undergarments give the body in the attire of a given period,” according to author Michelle Powell-Smith (eHow). Fashion silhouettes change over time and often embrace the social characteristics of the time.

Women

Fashion designers and personal shoppers must consider body type when designing or selecting clothes for customers.

Hourglass Silhouette

An **hourglass silhouette** is the appearance of the shoulders and hips being the same width and the outline of the body being noticeably curved in at the waist. The shoulders and

hips are about the same “size,” and the person has a defined waist. This body shape can be any size (missy, petite, junior, or women’s) and is considered to be ideal in this era of fashion history. The waist is a minimum of 25 percent smaller than the shoulder and hip measurements. For example, a waist of 25 inches and shoulder and hip measurements of 36 inches indicate an hourglass silhouette. Most fashion experts and stylists attempt to create an hourglass silhouette for all women, regardless of body type. To create an hourglass shape for a tall person, the associate could suggest the following silhouette lines and/or types of clothing:

- ◆ Belt or cinch the waist
- ◆ Jackets or cardigans that fall just above the hip
- ◆ Form fitting but not clingy clothing
- ◆ Slacks or jeans with a slight flare at the bottom



FIGURE 3. Slacks or jeans with a flare at the bottom accentuate the hourglass shape.

Rectangle Silhouette

A **rectangle silhouette** is the appearance that the shoulders, waist, and hips create a straight, somewhat boxy body outline. The waist is less than 25 percent smaller than the shoulder and bust/chest measurements. For instance, a waist of 30 inches and shoulder and bust/chest measurements of 32 inches indicate a rectangle silhouette. To flatter a rectangle silhouette, the associate could suggest the following silhouette lines and/or types of clothing:

- ◆ Snug fit through the waist
- ◆ Boot-cut pants
- ◆ Fitted jackets
- ◆ Ruffles and/or sleeve details that add volume to the shoulder

Triangle or Pear Silhouette

A **triangle or pear silhouette** is the appearance of the shoulder and waist being noticeably narrower than the hips; the body outline appears to curve outward at the hips (similar to the shape



FIGURE 4. The ruffled sleeves on this blouse add volume at the shoulder and help create an hourglass shape.

of a pear). The hip measurement is more than 5 percent larger than the shoulder and bust measurements. For example, a hip measurement of 36 inches and shoulder and bust/chest measurements of 32 inches indicate a triangle silhouette. To flatter a triangle silhouette, the associate could suggest the following silhouette lines and/or types of clothing:

- ◆ Wide leg pants; increased width begins at the thighs
- ◆ Boat neck tops
- ◆ Tailored jackets
- ◆ A-line skirts

Inverted Triangle Silhouette

An **inverted triangle silhouette** is the appearance of square shoulders wider than the body outline of the waist and hips; the waist and hips appear columnar (e.g., a pillar). Shoulder and bust/chest measurements are more than 5 percent larger than the hip measurement. For instance, a hip measurement of 36 inches and shoulder and bust/chest measurements of 45



FIGURE 6. A belt defines the waist and helps shape the appearance of the hips for an inverted triangle silhouette.

inches each indicate an inverted triangle silhouette. To flatter an inverted triangle silhouette, the associate could suggest the following silhouette lines and/or types of clothing:

- ◆ Soft knits or woven fabrics that drape and/or fabrics with stretch
- ◆ V-neck or open neckline blouses and shirts
- ◆ Waist definition (belts, sashes, jacket button placement, etc.)
- ◆ Vertical seaming

FIT AND SIZE CATEGORIES

Well-fitting garments help create a flattering appearance. Female size and fit across brands and retailers can fluctuate greatly. Male sizing, however, is closely tied to measurements and tends to be more consistent from one brand and retailer to the next. The U.S. women's standard clothing sizes were originally developed with data collected in the 1940s to 1950s. At that time, European and U.S. sizes were similar, which is no longer the case. Menswear standard sizes were developed during the Revolutionary War and were first used for army uniforms. Menswear has traditionally been based on



FIGURE 5. Can you see how an A-line skirt would camouflage a wide hip and create a softer outline for the triangle silhouette?

the man's chest measurement with all other measurements being proportional to the chest. This, too, is changing.

- ◆ Women's size categories—petite, missy, junior, and women's
- ◆ Men's size categories—regular, short, tall, and big
- ◆ Unisex size categories—XXS (extra, extra small), XS (extra small), S (small), M (medium), L (large), XL (extra large), and XXL (extra, extra large)

Euro Sizes

Euro sizes are European standard clothing label sizes based on body dimensions and measured in centimeters. Euro sizes are 10 numbers higher than U.S. sizes. For example, a men's size 58 Euro is a U.S. size 48.

Ready-to-Wear

Ready-to-wear is mass-produced clothing in standard sizes and sold in a finished condition in retail and online stores. Ready-to-wear or “off-the-rack” is the opposite of made-to-order or custom-designed clothing. Typically, ready-to-wear garments need few alterations.

Alterations

Alterations are adjustments to a garment that change the way it fits. Many retail stores have an alterations department for customer purchases; most retail purchases require no additional alteration cost to the customer. However, there may be a fee for sale item alterations.

Women

Missy is a standard size range of clothing made to fit the average female with an average bust, average height, and an hourglass figure. It is the most common size category and is best suited to females 5 feet 4 inches to 5 feet 9 inches. In a missy size, no one measurement is out of proportion with the others. The primary accommodation for missy sizes is to sell various hem lengths (e.g., short, regular, and long) for different heights. Sizes are even numbers; sizes 2 to 16 are typical.

Petite is a standard size range of clothing made to fit shorter females. Petite garments have shorter arms, legs, and torso (shorter waist) than the missy size. This size is best suited to females 4 foot 11 inches to 5 foot 3 inches (sometimes 5 feet 4 inches, depending on the brand). Petite sizes are normally even numbers beginning at 0 (zero). All petite frames benefit from the elongation effect of wearing heels. To enhance petite shapes:

- ◆ Hourglass—Wearing high-waist garments and long necklaces or scarves elongates (lengthens) your appearance.
- ◆ Rectangle—Using a triangular color block at the waist helps create an hourglass figure.
- ◆ Triangle—Softens strong shoulder lines with ruffles or a peplum skirt.

- ◆ Inverted triangle—Wearing a solid color from waist to toe, including hosiery and shoes, minimizes the hips.

Junior is a standard size range of clothing for shorter women—5 feet 4 inches to 5 feet 5 inches—with high busts and a relatively straight, slim body through the waist and hips. The sizes are odd numbers—usually 1 to 15—one size lower than the missy sizes. The shoulders, waist, and thigh are cut smaller than the missy size. Junior designs are youthful and can be trendy.

Women’s is a standard range of clothing sizes for curvier women of average height and sometimes with a lower bust line. Women’s is also called **plus size**. Women’s sizes begin at 16W and increase in size. Category sizes are 1X (similar to extra large with slightly different proportions) and up and parallel increased bust, waist, and hip measurements. Designs can be trendy or classic.



FIGURE 7. Petite women are shorter through the torso, arms, and legs. Wearing high-waist garments elongates (lengthens) the silhouette.



FIGURE 8. Tall men range from 6 feet 1 inch to 6 feet 3 inches tall, with a long torso and/or long arms. The coat sleeve and body length is 1½ inches longer than regular.

Men

Regular is a standard size range of clothing for a well-proportioned man’s body (5 feet 8 inches to 6 feet ½ inch tall), with hips and chest of equal girth (circumference).

Short is a standard size range of clothing for a short torso or sleeve length and describes a man who is 5 feet 3 inches to 5 feet 7½ inches tall. The garment body is 2 inches shorter than the “regular” size.

Tall is a standard size range of clothing for men 6 feet 1 inch to 6 feet 3 inches tall with a long torso and/or long arms. The body length of shirts is 2 inches longer than the “regular” size. The coat sleeve and body length is 1½ inches longer than regular. Tall sizes are a proportionate extension of regular sizes, but big sizes are a disproportionate expansion of them. The tallest tall size is 4XL-tall with a neck size of 20 to 20½ inches, a sleeve size of 37 to 38 inches, a waist size of 52 to 54 inches, and a chest size of 58 to 60 inches.

Big is a standard size range of clothing for men of average height (5 feet 8 inches to 6 feet ½ inch tall) but whose neck, sleeve, waist, and chest measurements are larger than those who wear “regular.” Pockets, lapels, and other details increase in size for a pleasing proportion. The first size considered big is 2XB. The neck is 18 to 18½ inches, the sleeve is 34 to 35 inches, the

waist is 46 to 48 inches, and the chest is 50 to 52 inches. The largest big size is usually 9XB. The neck is 28+ inches, the sleeve is 36 inches, the waist is 70 to 72 inches, and the chest is 74 to 76 inches.

Menswear Measurement Details

- ◆ Measurements are taken around the fullest part of the chest. To ensure an accurate measurement, the tape measure should be placed close under the arms, and the tape should be flat across the back. Blazer and suit jacket sizes generally correspond with chest size.
- ◆ Measure around the base of the neck and over the Adam's apple.
- ◆ Sleeves are measured from the collar, along the shoulders, and down the outer arm to the hem.
- ◆ Menswear pant and slack sizes are determined by measuring around the natural waistline. In a retail store setting, pants and slacks are labeled with the waist and the inseam measurements in inches. For example, if a man has a 34-inch waist and a 32-inch inseam, he would select preferred pant styles (e.g., flat front or pleated) with those same waist and inseam measurements. Jean options for men include boot-cut and slim-leg styles.
- ◆ Inseam is the inside leg measurement taken from the crotch seam down to the anklebone. Side seam is the outside leg measurement taken from the natural waistline to the hem (ankle).
- ◆ The center back length is measured from the center of the collar seam to the hem of the shirt or jacket.

Basic Fit Recommendations for All Garments

- ◆ No gapping should appear anywhere on the garment.
- ◆ The shoulder seam should line up with the edge of the person's shoulder and arm.
- ◆ The arm length should extend to the wrist, but it should not cover the base of the thumb.
- ◆ Arm and leg widths should be aligned to the garment style and should flatter the body.
- ◆ The waist should not ride up or down on the body.
- ◆ The garments should curve with the buttocks; they should not produce extra or loose fabric folds.

WORKPLACE DRESS STANDARDS

Dressing for success is selecting a wardrobe or garment and adjusting an appearance to make the best impression. "Power dressing" is a term often associated with dressing for success in the professional workplace. Appearance matters when creating a professional image so the outward appearance matches the talent. Dress codes vary by the type of industry or business and may vary within the same work setting (e.g., management, reception, sales, and shipping). Personal grooming is essential to dressing for success. For instance, brushing teeth, shaving, styling hair, trimming nails, and being free of odor (including strong cologne or perfume fragrances) is a crucial part of appearance.

Business Professional Attire

Professional attire is a conservative style of workplace dress required in most corporate offices. Professional business dress is often purchased at Brooks Brothers, Ann Taylor, Men's Wearhouse, Nordstrom, etc.

Women's business professional attire includes:

- ◆ Suit—Pants or skirt suit in navy blue or black
- ◆ Blouse—Modestly cut in solid colors or small prints
- ◆ Business dresses—With or without a jacket
- ◆ Shoes—Flats or up to 3-inch heel business styles; clean and polished; worn with hose
- ◆ Hosiery—Skin tone or black and without a design
- ◆ Accessories and grooming
 - Minimal jewelry—One ring per hand
 - Daywear makeup
 - Neutral nail polish
 - Minimal jewelry (e.g., typically one ring per hand)
 - Neutral, neat hairstyle
- ◆ Avoid
 - Facial piercings and visible tattoos
 - Dangling earrings
 - Plunging necklines or backless tops
 - Flip-flops or platform shoes
 - Lycra pants

Men's business professional attire includes:

- ◆ Suit—Business suit in a dark color and a conservative tie; vest optional; wool or wool blend suiting fabric of navy blue, black, or grey; good fit and hem lengths (sleeves and pants)
- ◆ Shirt—Long-sleeve, fitted, and collared; tie coordinated with suit and shirt
- ◆ Tie—Small conservative print, stripes, or solid; silk
- ◆ Shoes—Dressy dark leather shoes with black socks; clean and polished



FIGURE 9. Professional attire is a conservative style of workplace dress required in most corporate offices.

- ◆ Accessories and grooming
 - Minimal jewelry—One ring per hand
 - Clean and neat hairstyle
 - Belt to match the shoes
 - Shaven or groomed facial hair
- ◆ Avoid
 - Facial piercings and some earrings
 - Visible tattoos
 - Casual shoes: sneakers and flip-flops
 - Nontraditional colors or suit fabrics

Business Casual Attire

Business casual attire is a more relaxed and a less formal version of professional dress in which a person is neatly dressed, well coordinated, and still professional looking. Each workplace describes business casual to meet its specific needs. Specific business casual dress varies by industry, business setting, and departments within a business. Business casual clothing often is purchased at Banana Republic, J. Crew, Eddie Bauer, etc.

Women’s business casual attire guidelines:

- ◆ General—Solid colors are more appropriate than patterns. Women should have a jacket available at work at all times for last-minute client or corporate meetings and events.
- ◆ Pants—Dress trousers or full-length (khaki, corduroy, twill, or cotton) or knee-length pencil skirts; neatly pressed
- ◆ Blouses and shirts—Cotton or silk blend blouses or conservatively patterned shirts with collars; multiple, non-revealing styles (e.g., polo or knit shirts with collars)
- ◆ Dresses and sweaters—Casual-style dress (e.g., wrap) and sweaters, twin sets, and cardigans
- ◆ Shoes—Low-heel shoes, kitten heels, or flats; open-toe shoes in appropriate areas
- ◆ Hosiery—May not be needed; optional
- ◆ Accessories and grooming—Natural hairstyles and manicured nails
- ◆ Avoid
 - Jeans (especially skinny or colored jeans), shorts, and leggings
 - Athletic wear and yoga clothes
 - Sandals with straps between toes, tennis shoes, and flip-flops

Men’s business casual attire guidelines:

- ◆ Pants—Cotton khaki in navy blue, brown, or black; not linen slacks (because of excessive wrinkling)

- ◆ Shirts—A long-sleeved button-down pressed shirt with a collar—usually white or blue cotton; polo shirts or knit shirts with a collar
- ◆ Sport coat or blazer
 - A seasonal sport coat or blazer over a shirt with no tie
 - A seasonal jacket for last-minute meetings and events
 - Conservative color choices: tan, gray, and dark blue
- ◆ Sweaters
- ◆ Shoes—Leather casual shoes (loafers) worn with socks; clean and polished
- ◆ Accessories and grooming
 - Leather belts
 - Clean-cut relaxed hair
 - Conservative jewelry (one ring per hand, one watch or bracelet, one necklace)
 - Clean-shaven
- ◆ Avoid
 - Facial piercings
 - Jeans
 - Athletic wear and beach wear
 - Muscle shirts, sports jerseys, and Hawaiian shirts
 - Tennis shoes, sandals, and flip-flops



FIGURE 10. Business casual dress is tasteful and appropriate for the work environment. It is more relaxed than professional attire.

Dressy or Resort Casual Attire

Dressy or resort casual attire is a specialized clothing style reserved for off-site corporate meetings and conferences with clients, country club engagements, up-scale restaurants, and vacations. Resort casual clothing must be polished, sophisticated, and comfortable. It includes bright colors and immaculate white garments as well as lightweight and breathable cotton, linen, and silk garments. Capri pants and walking shorts are appropriate for daywear. Dressy jackets over a white or black outfit are acceptable for the evening. Accessories (e.g., belts, scarves and shawls, shoes, handbags, hats, and jewelry) are important for resort casual looks. No short shorts or swimwear should be worn to corporate meeting events. Resort casual clothing can be purchased from Patchington, Women’s Cruise Wear, and Avenue.

Casual Attire

Casual attire is comfortable workplace dress with an element of personal expression appropriate to the business setting. Casual business dress should be comfortable and practical. However, it should not be distracting or offensive. Some casual clothing is not appropriate for the workplace (e.g., clothing worn to the beach, for yard work, for exercise sessions, and for sporting events).

Men—Khakis or trouser jeans (dark wash and regular fit rather than low-rise without holes) with buttons on the back pockets should be worn with a belt. Sweaters, Bermuda or cargo shorts, plain T-shirts (no slogans), polo shirts, and turtlenecks are acceptable. Company logo clothing is usually acceptable. Muscle shirts, sandals, flip-flops, and cut-off shorts should not be worn in the workplace.

Women—Khakis or trouser jeans (dark wash with a flattering cut and no holes; no low-rise) that look good with a jacket should be worn. Long or short skirts, walking shorts, plain T-shirts (no slogans), polo shirts, turtlenecks, or casual button-down shirts are acceptable. Company logo clothing is usually acceptable. No faded or frayed jeans, tube tops, short skirts, or flip-flops should be worn in the workplace.

High School Homecoming Attire

Teen Women's Attire:

- ◆ Dresses—Party dresses to the knee or slightly above or skirts (knee length or just above the knee) and appropriate tops
- ◆ Shoes—Heels or open-toe sandals
- ◆ Accessories and grooming—Styled hair, jewelry to complement the outfit, and manicured nails
- ◆ Avoid—Heels that make walking and dancing difficult, plunging necklines, dress or top cutouts that reveal excessive skin, and evening gowns (full length)



FIGURE 11. Homecoming dance dates often coordinate their garment colors. For example, if the girl buys a red dress, the boy may wear a red tie.

Teen Men's Attire:

- ◆ Shirts—Dress shirt with tie and optional vest, dress slacks, and dress shoes
- ◆ Accessories and grooming—Clean, natural hair, jewelry (simple items such as a ring, watch, or bracelet), and clean hands and nails
- ◆ Avoid—Jeans, tennis shoes, and T-shirts

Summary:



Body type is the overall silhouette shape or the outline of the body torso beginning at the shoulders and following through to the hips. Knowing a client's body type

helps determine the style of clothing that flatters that shape. The four main silhouettes are hourglass, rectangle, triangle or pear, and inverted triangle. Most fashion experts and stylists attempt to create an hourglass silhouette for all women, regardless of body type. Women's clothing size categories are missy, petite, junior, and women. Men's clothing size categories are regular, short, tall, and big. Appropriate workplace attire differs by individual business or industry. The basic workplace attire categories are professional, business casual, dressy or resort casual, and casual.

Checking Your Knowledge:



1. List the six basic measurements taken by a tailor or seamstress.
2. Describe the advantages and disadvantages of the hourglass and the triangle or pear silhouettes.
3. Describe the rise of a pair of pants. Distinguish between low-, mid-, and high-rise pants.
4. Describe four basic fit requirements for all garments.
5. Describe and give examples of professional business attire.

Expanding Your Knowledge:



Call the human resource department of two local businesses to request time to conduct a short phone interview with the staff. Indicate you have three main questions: How do employees dress for success? What is the dress code? How should a person dress for an interview at that office? Compare the results. Share your findings with the class.

Web Links:



European Clothing Sizes Conversions

http://goeurope.about.com/cs/shopping/l/bl_clothes_size.htm

Fashion Timeline

<http://vintagefashionguild.org/fashion-timeline/>

How to Take Measurements for Women

<http://www.wikihow.com/Take-Measurements-%28For-Women%29>

Jean Fit Guide

<http://www.allamericanclothing.com/>

Nordstrom Fit Guide for a Man's Dress Shirt

<http://shop.nordstrom.com/c/mens-dress-shirts-fit-guide>