

### Craft Yarn Council Standard Body Measurements\*

Woman's Size	X-SMALL	SMALL	MEDIUM	LARGE	1X	2X	3X
<b>Bust (inches)</b>	28–30	32–34	36–38	40–42	44–46	48–50	52–54
<b>Center Back (Neck to Cuff)</b>	27–27½	28–28½	29–29½	30–30½	31–31½	31½–32	32½–33
<b>Back Waist Length</b>	16½	17	17¼	17½	17¾	18	18
<b>Cross Back (Shoulder to Shoulder)</b>	14–14½	14½–15	16–16½	17–17½	17½	18	18
<b>Sleeve Length to Underarm</b>	16	17	17	17½	17	18	18

\*For more sizes, including men and children, go to [www.yarnstandards.com](http://www.yarnstandards.com).

In fact, designers usually design to one of the following **ease dimensions**:

- **Very close fitting:** 1"–2" narrower than your actual measurements. Hello, Lana Turner!
- **Close fitting:** Snug but not tight, your exact size. Works best with lighter-weight yarns. Knit summer tanks are often sized this way.
- **Standard-fitting:** 2"–4" more than your body measurements. You can easily wear this over a T-shirt or other top; it will still show your curves quite nicely. This is the basic fit of most pullover sweaters.
- **Loose fitting:** 4"–6" wider than your body. Nice, comfy, sweatshirt or almost baggy sweater; it will hang straight on your body rather than hug your curves. Cardigans that are meant to be worn over other shirts and sweaters are often made with this much ease.

- **Oversized:** 6" or more of ease. Something you want to cuddle up in. An oversized sweater is so loose, you could probably even fit something else—a cocker spaniel, a baby, your own folded-up legs—in the sweater along with you.

Armed with this knowledge, you can now begin to get a feel for how that size medium sweater with a finished bust measurement of 40" is going to fit your 38" bust.

## SWEATIN' TO THE OLDIES

### Getting Measurements from Your Fave Sweaters

Now that you understand fit, the real question is how you want your sweater to fit you. Perhaps you're the kind of gal on whom standard-fitting sweaters show not only the luscious curves of your bust but also those of