

HOW TO CHART FEMALE FIGURE PROPORTIONS

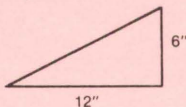
You can make a chart of your figure that shows important length and width proportions. By comparing your proportions to standard proportions, you'll see if parts of your figure are longer or shorter—wider or narrower—than the standard.

STANDARD LENGTHS: The hipline divides the figure in half. A line at the underarm divides the upper half of the figure equally. The knee divides the legs equally.

STANDARD WIDTHS: The front view of today's ideal silhouette is a slender figure with shoulders as wide as hips, or slightly wider, and with a narrow waistline.

To make a chart of your figure, you will need someone to help you, and the following materials:

Paper slightly longer than your total height and wide enough for a full-size diagram of your figure (use shelf or wrapping paper). A right angle triangle cut from cardboard.
Pencil, masking tape, ruler.



DIRECTIONS

Mark the center of the paper by folding it lengthwise in half.

Attach paper to wall or door with masking tape with center fold perpendicular to floor, and crease paper at floor level.

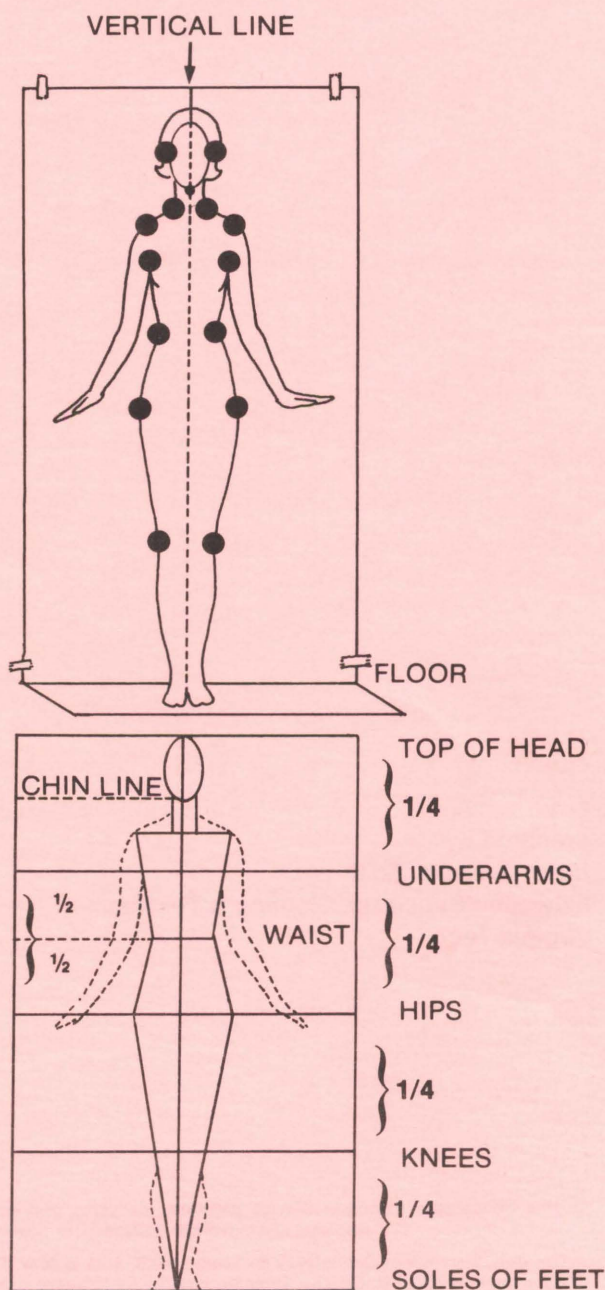
Stand (without shoes) with back against the paper, your figure centered on the center fold line.

Have your assistant mark the points indicated in the top figure. For accuracy, use the triangle as a level by holding it with the 6-inch edge against the wall and the 12-inch edge touching the figure at the point to be recorded. Make a pencil dot where the right angle touches the paper.

To determine head length, turn to profile and mark chin level on center line.

Draw lines to connect the dots, and you'll have a basic diagram of the lengths and widths of your figure. Draw the contour of the head as shown in the lower figure. Draw horizontal lines connecting dots at underarm, hip, and knee.

To find the standard lengths for a figure of your height, divide the length of your figure into fourths. To do this fold your figure diagram in half crosswise and then fold it in half again. The standard lengths indicated by these fold lines can be compared to your charted lengths indicated by the horizontal lines you drew at underarm, hip, and knee.



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