

HOW TO CHART MALE FIGURE PROPORTIONS

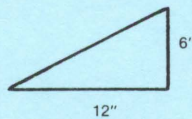
Figure types and size ranges, as listed on clothing labels and commercial patterns, are based on height, body proportions, and silhouette of the form. Size indications found on patterns and ready-to-wear labels are guides for the consumer in the selection of apparel for proper fit, personal comfort, and an attractive appearance.

Men can study their figures by determining how their proportions compare with those of a standard male figure. 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 figure. Having this information will help you to choose clothes that will flatter your physique and make you comfortable. Clothes can create illusions of a standard figure.

MAKE A CHART OF YOUR FIGURE

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 6-inch by 12-inch right-angle triangle cut from cardboard. Pencil, masking tape, ruler.



DIRECTIONS

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

Attach the paper to a wall or door with masking tape, and crease the paper at floor level.

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

Have your assistant mark the points indicated in Figure 1. 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. Turn your cheek to the wall to determine your head length. Have your assistant mark a dot at the chin level on the center line.

Using the ruler, connect the dots with lines to produce an outline of your figure. Draw the shape of your head as shown in Figure 2.

Remove the paper from the wall. Draw a straight line across the top of the paper even with the top of the head and along the fold at the floor level.

Measure from the top of your head to each point listed on Chart 1.

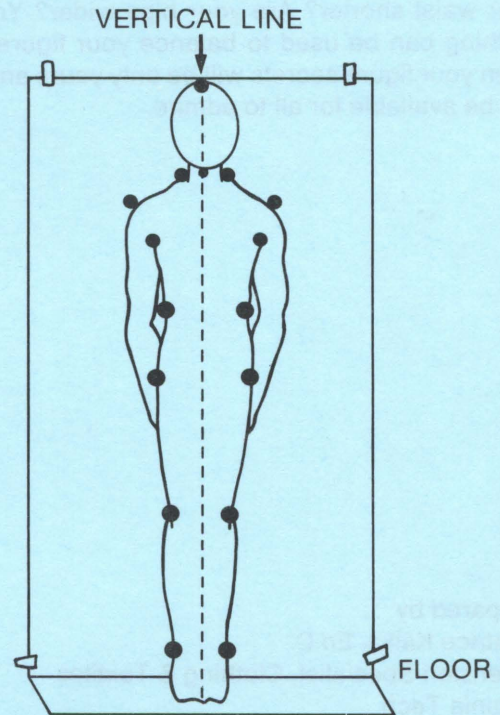


FIGURE 1

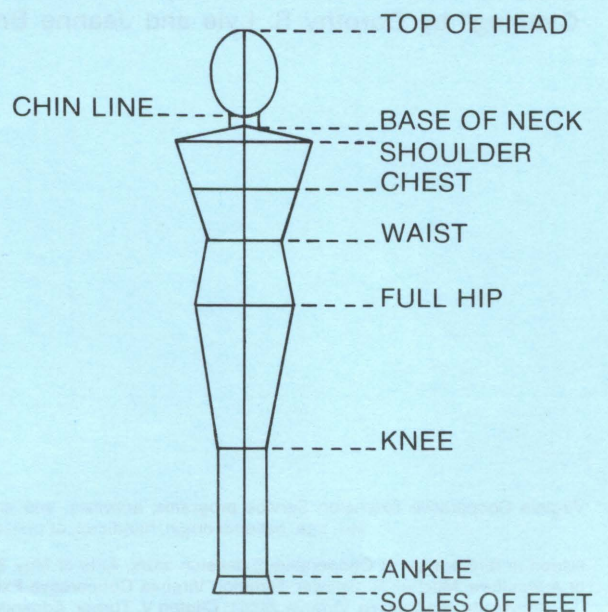


FIGURE 2

655
762
346-022
PI
pec

COMPARE YOUR MEASUREMENTS

To compare your measurements with the standard male figure, convert your measurements to head lengths. The measurement from the top of your head to your chin is one head length. What is your head length? (_____ inches)

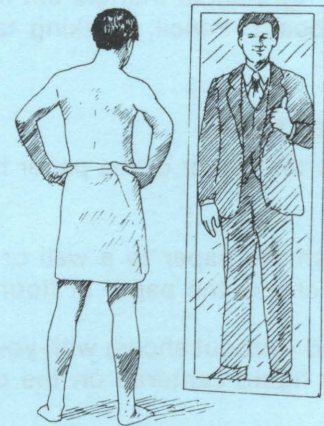
Let's suppose that it is 9 inches. How many head lengths would your upper torso (head to waist) be if it measured 30"? It would be $3\frac{1}{3}$ head lengths ($30 \div 9 = 3\frac{1}{3}$). Now compute the head-length figures for each of your measurements. Record your measurements on your figure diagram.

How do you compare with the standard male figure? Is your waist shorter? Are your hips wider? Your choice of clothing can be used to balance your figure proportions. Then your figure secrets will be only yours and your assets will be available for all to admire.

Measurements of Standard Male Figure

Top of Head to:	Number of Head Lengths
Chin	1
Base of Neck	$1\frac{1}{4}$
Shoulder	$1\frac{1}{2}$
Chest	$2\frac{1}{8}$
Waist	3
Full Hip	4
Knee	$6\frac{1}{4}$
Ankle	$8\frac{1}{4}$
Soles of Feet	$8\frac{1}{2}$
Width	
Shoulder	2
Waist	$1\frac{1}{8}$
Full Hip	$1\frac{1}{2}$
Knee	$\frac{3}{4}$
Ankle	$\frac{5}{8}$

CHART I



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Basis of information for this publication is "Contemporary Clothing" by Dorothy S. Lyle and Jeanne Brinkley.

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; Clinton V. Turner, Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.