



# CALCULATING EASE: CHEST

## *Measuring for a Sweater*

### WHAT IS EASE?

Ease is the difference between your body measurements and that of a finished garment.

#### *Positive vs Negative*

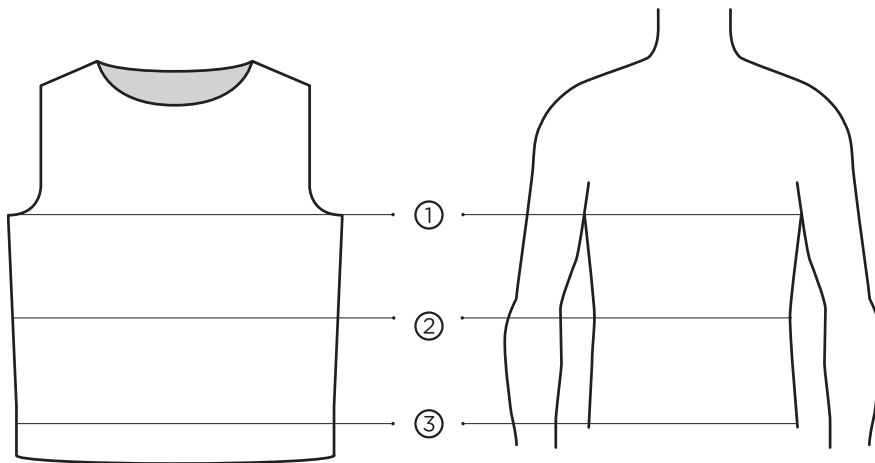
Positive ease creates extra fabric, while negative ease results in a garment dimension smaller than that of the wearer — made possible by the signature stretchiness of knit fabric. No ease occurs when the measurements of a garment and your body are exactly the same.

### CALCULATE YOUR EASE

*Subtract your chest measurement from the chest measurement of your favorite sweater. This will give you an idea of the amount of ease you should account for when choosing which size to knit. Our patterns list the finished dimensions of the sweater. As ease amount is a personal choice, the modeled ease amount is not to be assumed to be recommended ease.*

### THE IMPORTANCE OF YARN WEIGHT:

When choosing a sweater to measure it is important to consider the weight of the yarn/fabric in relation to the weight of the yarn you'll be knitting with. In order to ensure a similar fit, make sure to measure a sweater with a comparable yarn weight.



### SWEATER MEASUREMENTS

### MY MEASUREMENTS

### PREFERRED EASE

① CHEST: _____	-	① CHEST: _____	=	_____
	<i>minus</i>		<i>equals</i>	
② WAIST: _____		② WAIST: _____		
③ HIPS: _____		③ HIPS: _____		

*Knitting patterns generally use the chest measurement as the primary reference dimension for sizing, but noting your waist and hip measurement relative to your favorite sweaters will give you an idea of what garment shapes work well for you (hourglass, A-line, straight body, etc.)*