

TIPS AND TUTORIAL

Key Tips for Getting a Good Fit

1. **Measure your body accurately**
2. **Pick the right style for your body**
3. **Pick the right size for you**
4. **Modify where needed**
5. **Knit a gauge square and check your gauge**

DIFFERENT SHOULDER TYPES

Drop Shoulder

Square body with no shoulder shaping. Sleeves come straight out. The edges of the garment's shoulders will hang over the edge of the body's shoulder.

Circular Yoke

Decreases or increases for the yoke are worked across a few rounds only. Often used in colourwork yoke designs.

Raglan

Decreases or increases are worked on each side of raglan seams every right side row or every other round.

Saddle Shoulder

A strip of fabric is worked across the top of the shoulder and is known as a saddle. The armholes will be shaped either with a set-in or raglan shaping

Set-In Sleeve

Body armholes curved to the shape of the shoulder. Sleeve caps are worked to fit into the armhole opening.

These are the basic types of construction. Note that many modern garments end up using a mixture/hybrid of several different types!

GETTING STARTED

1. Think About Your Garment Style

Before you get started, take a look at your wardrobe. What sweaters make you feel good? Take a close look at those to give yourself some pointers on what types of sweaters you should be knitting for yourself.

- How is the garment constructed? Drop Shoulder, Raglan, Saddle Shoulder, Circular Yoke, Set-In Sleeve or something else?
- How is it put together? Seamless? Top down? Bottom up? Side-to-side?
- What kind of fabric/gauge is it knitted for?
- How much ease is there in the garment? Is it oversized, body skimming, or with little ease?

Finally, **measure** each garment you like from your wardrobe and compare it to your body size. This will point you in the direction you want to go in.

2. Understand Ease

The amount of ease is a personal choice.

Choose a small amount of ease (or even negative ease) for a close-fitted garment. Or, for a looser fit, include more ease.

You can also have different amounts of ease for different areas of the body; perhaps you prefer less at the bust, or more at the waist, etc.

Bear in mind the garment type when picking ease. For example, a cardigan with negative ease will have a gaping button band, but if you use a zip that isn't a problem.

The yarn and fabric also play a part: for example a thick yarn will need more ease and a heavily textured/cabled garment will also need more generous ease.

Positive Ease

When you knit a garment that is larger than your bust size, then that is positive ease. Most garments have positive ease. 1-2" (2.5-5 cm) ease gives a comfortable fit, 3-5" (7.5-12.5 cm) of ease gives a relaxed fit, and more than 10" (25.5cm) of ease gives an oversized fit.

No Ease

This is just as it sounds; the size you pick will be your exact bust size. So for a 40" (102 cm) bust you would knit a 40" (102 cm) garment size.

Negative Ease

This means that you are knitting a garment with a smaller bust size than your body measurement.

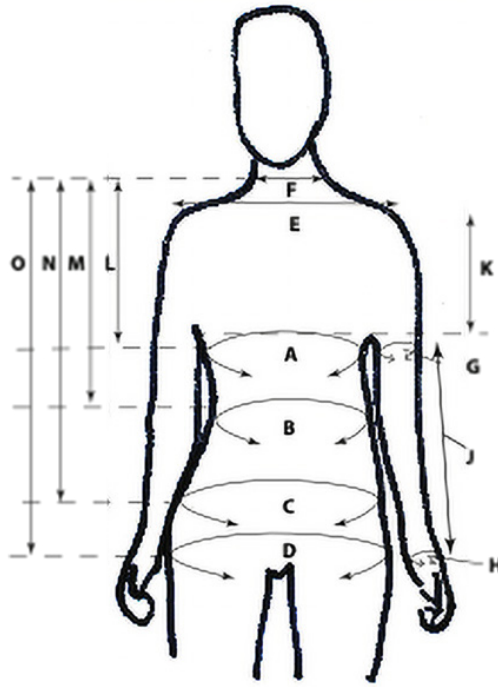
So for a 40" (102 cm) bust, you would knit a 38" (96.5 cm) garment size for 2" (5 cm) of negative ease.

For negative ease to work, you will need a stretchy fabric that looks OK when stretched.

3. Body Measurements

Next, you need to take some accurate measurements. This is the only way to get a perfect, custom fit just for you. Keep these details safe, as you can use them for future projects (assuming no change in size). Get someone to help you with these measurements for more accuracy.





Width Measurements

Width	Marker	Measurement	Ease	Total
Bust	A			
Waist	B			
High Hips	C			
Full Hips	D			
Shoulders	E		0	
Neck	F			
Upper arm	G			
Wrist	H			

Length Measurements

Length	Marker	Measurement	Ease	Total
Arm length	J		0	0
Armhole depth	K			
Nape to bust	L		0	0
Nape to waist	M		0	0
Nape to high hips	N		0	0
Nape to full hips	O		0	0



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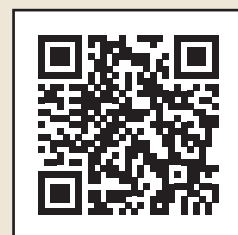


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