

SewTech – since 1984- MGMs

MGM's are Minimum Garment Measurements—measurements with minimal ease—the smallest measurement of the garment for a particular part of your body. SewTech patterns are based on MGMs.

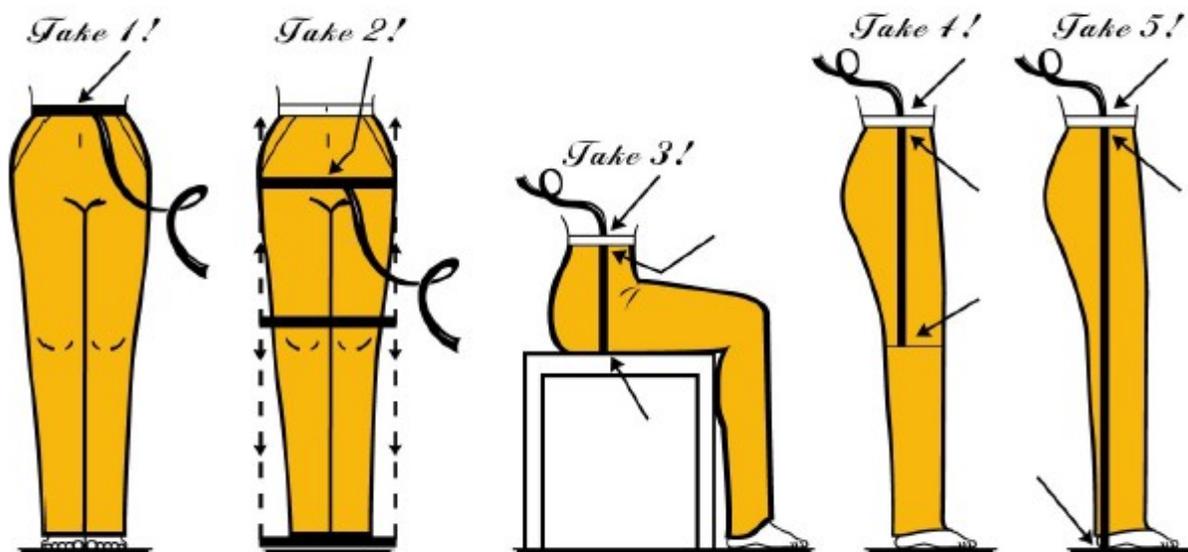
MGMs are either horizontal (span from apex to apex of bust), vertical (bodice length), or circular (bust circumference). You can visualize an MGM as the *smallest flexible container* into which the part of your body that you are measuring would fit—with just enough wiggle room to slide in and out.

Ultimately, your largest MGMs for a garment (pants, blouse, shorts, etc.) would allow all your smaller MGMs for that garment to fit in. Typically, for pants, your largest MGMs would be (1) circumference of your lower torso and (2) length measurement.

Ex. The biggest part of your lower body is 40 inches (**Take 2!**); your length is 40 inches (**Take 5!**). If you were to cut a piece of fabric 40" x 40" (smallest flexible container) you should be able to wrap the piece of fabric around yourself from the waist to the floor. (MGMs do not include seam or hem allowances.)

Grab a measuring tape, and a piece of elastic long enough to go around your waist. Get close to a flat, unpaddinged surface on which to sit. A full mirror helps. A buddy is better.

Let's take your **Take 5!** MGMs for pants...



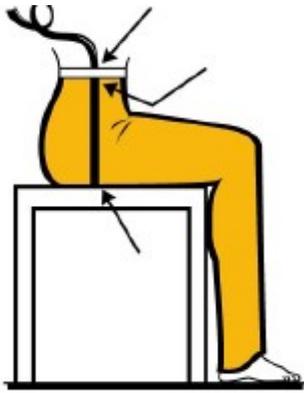


Take your elastic and run it around your waist. Pull it up snugly. This is not for a waist measurement. It is to *define the place* where YOU like your waistband to be. Now do this: Temporarily loosen—do not remove—the elastic to a comfort level you prefer. Run your measuring tape over the loosened elastic at your predefined waist position. Record waist MGM. Pull elastic up snugly again and leave on for the next 4 measurements. On to **Take 2!**

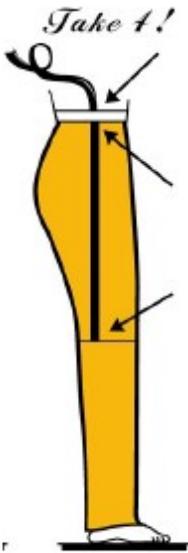


Forget body measurements. Position and run the measuring tape around your hips at any point just below your predefined waistline. Temporarily secure the measuring tape. Move the point to the side-hip so you can hold the point on the tape with one hand on that side. Place your other hand on your opposite hip. Now, slide the tape sideways, then up and down—over the largest area—until where, if the tape were a hoop, and you released it, the hoop would slide to the floor. This is your lower torso MGM. Redo the measurement to confirm the MGM. On to **Take 3!**

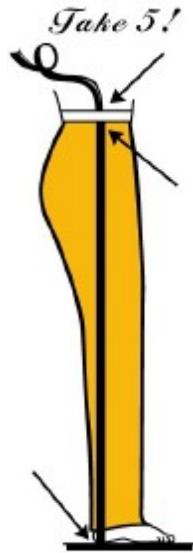
*Take 3!*



Slide the measuring tape—zero edge in first—under the elastic at the side-hip. Sit on the hard surface. You should be erect and forward-facing. That mirror helps here. Look straight ahead and, with one hand, slide the zero-edge of tape until it touches the the sitting surface. Now, depress and hold the tape at your side-hip/side-waist at the lower edge of the elastic. Record the MGM. (You will have to temporarily retract the tape to see the MGM.) Repeat. Reposition the tape as in start of this measurement. Stand. On to ***Take 4!***



Look straight ahead. Slide the tape down the side-hip until the tape is at the level of the mid-knee. Note the measurement at the side-hip/side-waist by again depressing and holding that point on the measuring tape. Record this MGM. (You will have to temporarily retract the tape to see the MGM.) Repeat. Reposition the tape as in start of this measurement. Remain standing. On to ***Take 5!***



Slide the tape, from the knee position, downward all the way to the floor. Keep erect and forward-facing. When the zero-edge of the tape touches the floor, again depress and hold the tape at the side-hip/side-waist. Record that MGM. Repeat.

You've completed your ***Take 5!*** for the pants pattern.