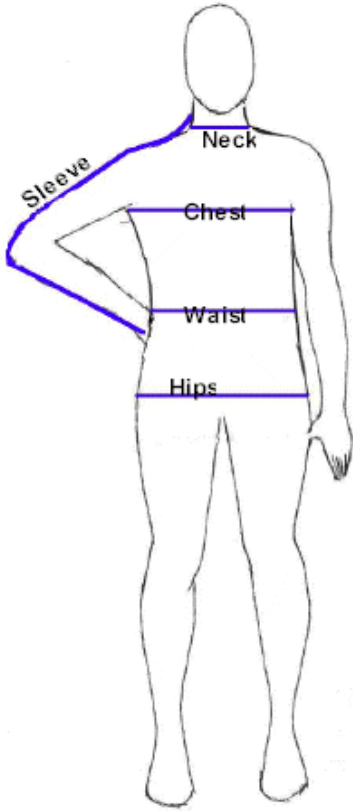


ASPECT

Sizing Information from Aspect Corporate Clothing

Men

How to find your size



As a general rule, a man's measurement is the same as his size. Where small, medium, large, etc. are concerned, the best way to ensure proper fit is to know your measurements. **Always** consult online merchant's size charts and fit tips.

What you'll need -- A cloth tape measure and a full-length mirror. For best results take body measurements undressed or in lightweight clothing. Keep your arms at your side and have a friend take the measurements. When measuring, keep the tape measure snug, but not tight. Stand up straight!

Chest size

Take measurements under armpits, around fullest part of chest and shoulder blades

Neck size

Measure around the base of the neck.

Easier method: Take a shirt that fits great and measure from the center of the button to the far end of the button hole. Inches = Size (If it's 17 1/2 inches, you're a 17 1/2 neck) Round up. For example, if you measure 17 1/4, round up to 17 1/2.

Sleeve measure

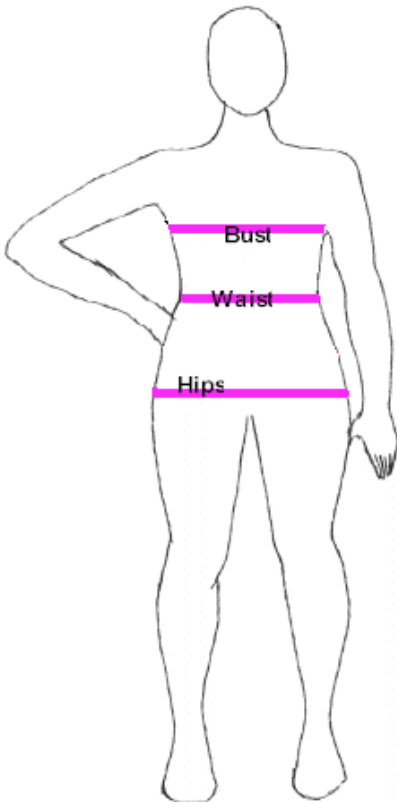
Bend your elbow and put your hand on your hip. Have someone measure from middle of back of your neck, around shoulder and elbow to wrist bone.

Easier method: Take a shirt that fits and fold at the elbow 90 degrees and measure from middle back of collar to cuff.

ASPECT

Sizing Information from Aspect Corporate Clothing

Women How to find your size



Sizes mean nothing!! One manufacturer's size 8 is another one's 12. UK sizes look the same as US, but they're not. Because US sizing has changed over the years, finding your size in vintage clothing can be a challenge. But armed with your accurate measurements, you can decipher any sizing system.

What you'll need - A cloth tape measure and a full length mirror. Take measurements undressed or in lightweight clothes. Pull the tape measure snug, but not too tight. Keep your arms at your side and have a friend take the measurements, for the best results. And don't slouch! Stand up nice and tall.

Bust

Measure around the shoulder blades, under the armpits and over the fullest part of the bust.

Waist

Find your natural waistline and measure.

Hip

Measure the fullest part of the hip (usually about 7-9 inches below the waist)

Bra Size

1. Wear a comfortable bra and measure the rib cage just below the breast. If the number is 33 or less, add 5 inches to that number and that is your bra size. Over 33 inches add 3 inches to get you bra size. Both ways, rounding odd numbers up to even.

2. Then take measure the bust around the fullest part. When you subtract the last number (fullest part) by the among of your bra size, you'll come up with a number used to determine cup size by using the chart below (the A,B,C, etc. cup chart) For example if your bra size was 36 and your cup measurement was 38, the difference is 2" so you would wear a 36B.

Use this chart:

AA = 1/2"
A = 1"
B = 2"
C = 3"
D = 4"
DD or E = 5"
F = 6"
G = 7"