

DEPARTMENT OF EDUCATION SCHOOLS DIVISION OF NEGROS ORIENTAL REGION VII



Kagawasan Ave., Daro, Dumaguete City, Negros Oriental

TLE-HE-DRESSMAKING

Quarter 1 - Module 3:

PRODUCE LADIES SKIRTS (SK)

Plan Garment Design & Take Client's Body Measurement





PAGMAMAY ARI NG PAMAHALAAN THINDI PINAGEIEIL TLE - Grade 10

Alternative Delivery Mode

Quarter 1 – Module 3: Produce Ladies Skirts (SK): Plant Garment Design & Take

Client's Body Measurement

First Edition, 2020

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TLE

Quarter 1 – Module 3: Produce Ladies Skirts (SK)

(Plan Garment Design &

Take Client's Measurement)



Introductory Message

For the facilitator:

Welcome to <u>TLE-10 Dressmaking</u> Alternative Delivery Mode (ADM) Module on <u>Produce Ladies Skirts: Plan Garment Design & Take Client's Body</u> Measurement!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to <u>TLE-10 Dressmaking</u> Alternative Delivery Mode (ADM) Module on <u>Produce Ladies Skirts: Plan Garment Design & Take Client's Body Measurement!</u>

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

6	What I Need to Know	This will give you an idea of the skills or competencies you are expected to learn in the module.
	What I Know	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
600	What's In	This is a brief drill or review to help you link the current lesson with the previous one.
	What's New	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
2	What is It	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
A BC	What's More	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
	What I Have Learned	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
010	What I Can Do	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.

	Assessment	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
Ø _Ø	Additional Activities	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
Q,	Answer Key	This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

- 1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
- 2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
- 3. Read the instruction carefully before doing each task.
- 4. Observe honesty and integrity in doing the tasks and checking your answers.
- 5. Finish the task at hand before proceeding to the next.
- 6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



This module was designed and written with you in mind. It is here to help you master the nature of Dressmaking. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

After going through this module, you are expected to:

- 1. prepare measuring tools in accordance with the job requirements;
- 2. take body measurements of clients according to standard operating procedure
- 3. record the body measurement on the Individual measurement chart;
- 4. convert the obtained measurement from English to Metric System of measurement or vice versa; and
- 5. formulate a project plan for ladies' skirt.



Direction: Read and understand each item being described below. Choose the letter of the correct answer and write your answer in your quiz notebook.

1.	The color that make A. White	us feel clean and fresh B. Blue	It also connotes pa C. Orange	ssion and bravery D. Pink
2.	The color which su death.	ggests strength and di	gnity and symboliz	es mourning and
	A. Blue	B. Pink	C. Red	D. Black
3.	A warm color that su A. Blue	aggests deliciousness a B. Yellow	nd ripeness. C. Red	D. Black
4.	The color which mal	kes us feel bold and dar B. Pink	ring. It connotes pas C. Red	ssion and bravery. D. Black
5.	-	dy where full, gathered Thin legs and feet C. La		
6.	good.	an where wide belts, br		lness in blouse is
wa	A. Short waist B.	Prominent abdomen	C. Thick waistline	D. Long
7.	A sturdy cotton twil threads.	ll textile in which the v	weft passes under t	wo or more warp
		Poplin	C. Linen D	. Cotton
8.		that is made by taking the panel look like pleated B. Gored skirt	ed strips.	
9.	Type of skirt which ground.	is small at the waist	and widens evenly	as it reaches the
	_	Pleated skirt C. Ga	thered skirt	D. A-line skirt
10). Skirt style which is to the hips.	gathered at the waist a	nd set into a band t	to look more fitted
	A. Straight skirt B.	Pleated skirt C. Ga	athered skirt	D. A-line skirt

Lesson

3

Produce Ladies Skirts (SK)

Plan Garment Design & Take Client's Body Measurement

Measurements should be accurate and exact, it should not be too tight or too loose because accurate body measurements will help us produce the correct patterns and with this, we can achieve well-fitted garments. This can save time, resources and effort. In this lesson, you will learn about garment design, taking client's body measurement, draft basic/block pattern & cut pattern for skirt.



What's In

Direction: Answer the questions below on your notebook.

- 1. Why is it important to take accurate measurement in drafting ladies skirt?
- 2. What are the things to be considered before measuring and drafting the basic/block pattern for ladies' skirt?



Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners. The following are information that would lead to the activities and assessment. Some activities may need your own discretion upon checking, or you may use rubric if provided. Please review the activities and answer keys and amend if necessary.

What's New



Can You Guess the Missing Words?

Guess the word based on the given definition in each number. Write the missing letters of the word inside the letter blocks below the definition.

1.	The	flexible	tane	essential	for	taking	body	measuremen	t
.	1110	110211010	uapc	Coociitiai	101	carring	Doay	incasar cincin	ı

A			A	S	E

2. The measurement from the tip of the shoulder to other shoulder tip.

S		L		R

3. The measurement taken around the smallest part of the torso.

A		T

4. The measurement taken around the widest part of the hips over the fullest part of the buttocks.

	S

5. The measurement taken around the fullest part of the bust in line with the shoulder blades.

В		T



BODY MEASUREMENT

Accurate body measurements are needed to determine the correct shape of the body translated into paper or pattern size to use and if there are alterations needed. The hip or bust measurement are usually the choice in picking the pattern size; for tops follow the bust measurement, but for skirts or pants use the hip measurement. If you are choosing a dress pattern, go by whichever measurement is the largest.

The task in taking body measurement can be taken without assistance but it is easier when you have someone to back-up.

RULES IN TAKING BODY MEASUREMENT

- 1. Wear under garments or body suit when measuring. (Tights and leotards)
- 2. Use tape measure that does not stretch.
- 3. Tie a string around the waistline.
- 4. Pull the tape snug, but not too tight.
- 5. Be sure to keep the tape parallel to the floor.
- 6. Take the girth measurement, then length measurements.
- 7. Ask the patron to stand in a relaxed, upright position in stockinged feet
- 8. Insert two fingers in taking girth measurements.
- 9. Record all measurements on a chart accurately.

MEASURING TOOLS NEEDED:



a. Tape measure



b. string



- c. Pencil
- d. Notebook/Measuring Chart

PROCEDURE IN TAKING BODY MEASUREMENTS

There are several parts of the body to be measured. These are taken in:

- a. Horizontal measurement- is taken from left of the figure to the right
- b. Vertical Measurement is taken from the top of the body figure to its base.
- c. Circumferential Measurement is taken around the body.



A. Horizontal Measurements



1. Shoulder – Taken from the tip of the left shoulder to the tip of the right shoulder, aching slightly to cover the cervical prominence of the neck bone.



2. Bust point width – Taken across from the tip of the left bust point to the tip of the right bust point.



3. Chest front – taken from one the arm joint to the other arm joint in front.

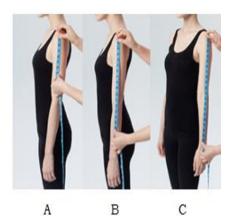


4. **Across back-** Taken from the arm joint to the other joint.



5. Full back – Taken from the armpit to the other armpit.

B. Vertical Measurements



- **1. Sleeve length –** Taken from the shoulder tip to the desired length.
- A. Short sleeve
- B. Three quarter/3/4 sleeve
- C. Long sleeve



2. Bust point height – Taken from the neck point down to the apex point or bust.



3. Front Figure- Taken from the neck point passing over the bust down to the waistline level.



4. Front center to waist- From the center neck down to the center waistline.



5. Back Figure- Taken from the center of the back shoulder over the shoulder blade down to the waistline level.



6. Down center back – Taken from the nape at the back down to the center waistline.



- **7. Skirt length** Taken from the waist down to the desired length of skirt.
- a. Stop here for short **above-the-knees** length
- b. Stop here if you want a **tea length** dress
- c. Stop here if you want a **floor length** dress

C. Circumferential Measurement



1. Neck – Taken snugly around the base of the neck to determine the collar size



2. Upper bust – Measure above the bust high under the arms, keeping the tape measure flat and straight across the back.



3. Bust – Taken around the fullest part of the bust in line with the shoulder blades at the back.



4. Bust – Taken around the fullest part of the bust in line with the shoulder blades at the back.



- **5. Waistline Measurement.** Run the tape measure around the waistline. (A) This is the measurement around the smallest part of your waist. You can tie a string around to find the smallest part. Wrap the tape around first to find your natural waist, then measure.
- * When measuring a circumference, put two fingers under the tape measure. This will serve as additional allowance.



6. First hips – Taken around the body just below the waist just above the hip bones to give a measurement across the tummy.



7. Second hips – taken around the widest part of the hips over the fullest part of the buttocks.



8. Armhole – taken around the arm in line with the armpit.



9. Arm girth - Measurement is taken around the arm

SAMPLE INDIVIDUAL MEASUREMENT CHART

Name: Date: **Body Parts Actual Body Measure** Measuremen **Computed Measurement to** t Needed be Needed (Divisor) **Inches Centimeters Inches** Centimeter A. Horizontal Measurement Shoulder 15 38.1 2 7.5 19.05

Bust point width	6.5	16.51	2	3.25	8.255
Chest front	12.5	31.75	2	6.25	15.875
Across back	13	33.02	2	6.5	16.51
Full back	15	38.1	2	7.5	19.05
B. Vertical Measurement					
Sleeve length	8	20.32	1	8	20.32
Bust point height	8	20.32	1	8	20.32
Front figure	15.5	39.37	1	15.5	39.37
Front center to waist	12	30.48	1	12	30.48
Back figure	15	38.1	1	15	38.1
Down center back	17	43.18	1	17	43.18
Skirt length (Knee)	18	45.72	1	18	45.72
a. Above the knee	16	40.64	1	16	40.64
b. Tea length	27	68.58	1	27	68.58
c. Floor length	36	91.44	1	36	91.44
C. Circumferentia 1 Measurement					
neck	12	30.48	2	6	15.24
Upper bust	32	81.28	4	8	20.32
Bust	34	86.36	4	8.5	21.59
Under-bust/below bust	30	76.4	4	7.5	19.05
Waist measurement	24	63.5	4	6	15.24
First Hips	32	81.28	4	8	20.32
Second Hips	34	86.36	4	8.5	21.59
Armhole	15	38.1	2	7.5	19.05
Arm girth	10.5	26.67	2	5.25	13.335

PROCEDURE IN TAKING BODY MEASUREMENTS FOR LADIES SKIRT

Materials Needed: Tape Measure

Individual Measurement Chart (IMC)

Pencil String

1. Waistline Measurement. Run the tape measure around the waistline.

This is the measurement around the smallest part of your waist. You can tie a string around to find the smallest part. Wrap the tape around first to find your natural waist, then measure.

- *When measuring a circumference, put two fingers under the tape measure. This will serve as additional allowance.
- **2. Lower Hip Measurement.** On the other side of the hip, run the tape measure from the waistline level to the level where the buttocks are fullest. This will be where the lower hip level will fall.
- **3. Lower Hipline.** Run the tape measure along the lower hip level where the buttocks are fullest. If the stomach is prominent or rounded add an allowance of (2) or more inches (or 5.1 cm. or more) until the fullness of the stomach is covered. This is done so that the skirt will fall nicely and not bulge around the stomach area
- **4. Skirt length**. Run the tape measure from the waistline level down to the skirt length desired.



DIFFERENT SKIRT LENGTHS THAT YOU MAY DESIRE:



Micro: It is a skirt that has a thigh length. *Best for young*



Mini: It is a skirt that is usually above the knee *Best for young*



Knee Length: It is a skirt that is till the knee. *Great for shorter legs*



Below the knee: It is a skirt that just below the knee. While standing the knees are not visible. *Ideal length for business*



Midi: It is a skirt that is of the calf length. Can be lady like on the young but start to look old on the more mature.



Maxi: It is a skirt that is below the calf length.

Must be worn with High heal cause the length shortens your leg.



Ankle Length: It is a skirt whose hem is just above the shoes.



Body Parts to be

Measured

Floor Length: It is a skirt that while wearing covers the shoe.

MEASUREMENTS NEEDED IN MAKING SKIRT PATTERN OF VARYING LENGTHS

Your Name		Date Taken:
Body parts to be Measured	Standard Measurements for lower hips level	Actual Measurement
A. Waistline	_	
B. Lower Hip Level		
a. Extra Small Figure	5½" (14 cm)	
b. Small Figure	6½" (16.5 cm)	
c. Medium Figure	7½" (19 cm)	
d. Large Figure	8½" (22 cm)	
e. Extra Large Figure	9½" (24.5 cm)	
f. Lower Hip		
C. Skirt Length		
a. Regular Skirt Length		
b. Mini Skirt Length		
c. Midi (mid-knee) Skirt Length		
d. Maxi skirt Length		
e. Long Gown Length		
	Checked	by:
INDIVIDUAL	MEASUREMENT CHAR	Γ (IMC)
Your Name		Date Taken:

Measurement

Needed

Computed

Measurement

Actual Body

Measurement

Waist Circumference	1/4	
Hip1 Circumference	1/4	
Hip2 Circumference	1/4	
Skirt Length		

PROJECT PLAN FOR LADIES' SKIRT

Project Planning is the underlying base behind every successful project. This serves as a guide in making a quality and beautiful project. It should be well structured and carefully drafted. It should contain the materials and tools to be used, design and procedure in making the project and the criteria for evaluating the finished output coupled with rubrics designed by the teacher and students.

Components of a Project Plan

- 1. **Project Plan No.** reflects the number of projects
- 2. **Date Started** date when the construction of the project will start.
- 3. **Date Finished** the exact date when the project will be completed
- 4. **Name of the Project** a specific description of the job/ project.
- 5. **Objectives** states the purpose why a project should be done. This is usually stated in three learning domains: the cognitive, psychomotor and affective.
- 6. **Tools and Equipment** list of tools and equipment in the accomplishment of the job
- 7. **Materials and Supplies Needed** the itemized list of tools and supplies needed to produce a project.
 - a. Quantity suggests the amount needed.
 - b. Unit is the unit of measure of the quantity.
 - c. Description refers to the features and characteristics of the materials and supply needed.
 - d. Unit Cost is the selling price per quantity and unit of the materials
 - e. Total Cost is the total amount needed per quantity of supply and material needed.
 - f. Total is the over-all total cost of all the supplies and materials to be used.
- 8. **Design Specifications** the photographic representation of the project in two to five views: front, back, right, left and top views.
- 9. **Procedure** the chronological steps or operations involved to accomplish the project. This is divided into two stages:
 - a. Preparation stage depicts the preparation to be done before the actual execution or performance of the operations.

- b. Performance stage the actual procedures involve in the actual making of the project where all tools, supplies, materials and equipment intended to make the project ready.
- 10. **Evaluation** the process of assessing the finished project with its given criteria prepared during planning and evaluating.



What's More

Activity 1

Directions: Get a patron/ partner. She can be your sibling, mother, or guardian, etc. Then, measure her actual body measurement needed in making the skirt pattern. This will be the actual measurements needed in sewing the ladies skirt. Use separate sheet if necessary.

Partner's Name ______ Date Taken: ____

Body Parts to be Measured	Actual Body Measurement	Measurement Needed	Computed Measurement
Waist Circumference		1/4	
Hip1 Circumference		1/4	
Hip2 Circumference		1/4	
Skirt Length			

Activity 2

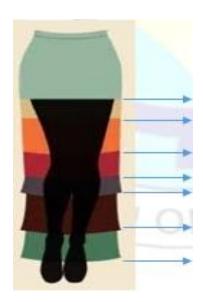
Direction: Identify the body measurements referred to in the statement below. Write your answer in your quiz notebook.

1. Taken around the body just below the bust.
2. This is the measurement around the smallest part of your waist.
3. Taken around the body below the waist & just above the hip bones to give a measurement across the tummy.
4. Measurement is taken around the arm
5. Taken around the widest part of the hips
6. Taken around the arm in line with the armpit.
7. Taken from back shoulder down to the waistline level.
8. Taken from the bust point to the other bust point.
9. Taken at the back nape down to the center waistline.
10. Taken from shoulder tip point to the other shoulder tip point.



What I Have Learned

Identification. Directions. Draw and Label the skirt lengths on your test notebook.





What I Can Do

Directions: Ask a female family member as your customer/patron and take her actual body measurement using inches and centimeter and then calculate the measurement using the divisor given. Take the measurements accurately because the actual measurements are vital for a snugly fit garment. Copy the template below using a long bond paper and put it in along plastic envelope.

Name:______Date: ______

Body Parts	Actual Body Measure		Measurement Needed (Divisor)	Computed Measurement to be
	Inches	Centimeter		Needed Inches Centimeters
A. Horizontal				
Measurement				
Shoulder			2	
Bust point width			2	
Chest front			2	

Across back	2	
Full back	2	
B. Vertical		
Measurement		
Sleeve length	1	
Bust point height	1	
Front figure	1	
Front center to waist	1	
Back figure	1	
Down center back	1	
Skirt length	1	
d. Above the knee	1	
e. Tea length	1	
f. Floor length	1	
C. Circumferential		
Measurement		
neck	2	
Upper bust	4	
Bust	4	
Under-bust/below bust	4	
Waist measurement	4	
First Hips	4	
Second Hips	4	
Armhole	2	
Arm girth	2	

Checked by: _____



Assessment

MULTIPLE CHOICE

Directions: Write the letter of your choice that corresponds the correct answer. Write your answer in your quiz notebook.

- 1. The measurement taken from the smallest part of torso.
 - a. Hips
- b. Sleeve
- c. Shoulder
- d. Waist
- 2. The measurement taken from one point of the bust to the other bust point.
- a. Bust Height b. Shoulder c. Bust Distance
- d. Waist

3.	The measurement back.	nt is taken from the	e nape down to the cer	nter waistline at the	
	a. Front Figure	b. Sleeve Length	c. down center back	d. Sleeve Girth	
4.	Which measurem a. Bust	ent is taken around b. Shoulder	the fullest part of bust c. Hips	? d. Waist	
5.			waist down to the desire c. Sleeve Length	•	
6.	It is the measurer a. Vertical	ment taken from left b. Circumferentia	t of the figure to the rigill c. Horizontal	nt d. Diagonal	
7.	The measuremen a. Vertical	_	o of the body figure to it l c. Horizontal	s base. d. Diagonal	
8.	It is the manner of a. Vertical	of measurement take b. Circumferentia	en around the body. l c. Horizontal	d. Diagonal	
9.			neck point down to tip of e c. Bust Distance		
10		-	he purpose why a proje c. design/drawing d.		
11	projects	e terms used opera	tionally and conceptua c. design/drawing d.		
1 (in the accomplishment		
12			c. design/drawing d.	_	
 13. The itemized list of supplies needed to produce a project. a. Objectives b. design/drawing c. Materials & Supplies Needed d. tools & equipment 					
14	l. It is the exactne a. accuracy	ss of a measured dis b. calculator	stance or circumference c. Conversion	e. d. calculation	
15	5. to change of figua. accuracy	ares like changing fr b. calculator	om centimeters to inch c. Conversion	es and vice versa d. calculation	



Additional Activities

Make a Project Plan

Directions: Make a project plan for your sleeping garment using the template below. Use separate sheet if necessary.

Project Plan No				
				rted:
Year and Secti	ished:			
I. Name of the	Project:			
II. Objectives:				
1.				
2.				
3.				
III. Tools and	Equipment:			
1.				
2.				
3.				
4. 5.				
IV. Materials	and Cunnlies	Noodod:		
Quantity	Unit	Description	Unit Cost	Total Cost
V. Design Spec	cifications:			

VI. Procedure:

A. Pre-sewing stage A1.

A2.
A3.
B. Sewing Stage
B1.
B2.
В3.

VII. Evaluation:

Criteria for Evaluation (Rubrics of Performance)					

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http://images.gvc.com/is/image/a/94/a201894 e24.102?\$uslarge\$

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