

Size Chart

Two size ranges are available
Sizes 30-52 (Includes youth sizes 30-34)

Sizes 46-66

There is a generous overlap between sizes 46-52 so you can choose which size range best suits your measurements, while still allowing for blending between sizes.

Size		30*	32*	34*	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
Choose between two size ranges		Sizes 30-52																	
											Sizes 46-66								
Chest	inches	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
	cm	76.2	81.3	86.4	91.4	96.5	101.6	106.7	111.8	116.8	121.9	127.0	132.1	137.2	142.2	147.3	152.4	160	167.6
Waist	inches	24	26	28	30	32	34	36	38	40.5	43	45.5	48	51	54	58	62	65	68
	cm	61	66	71.1	76.2	81.3	86.4	91.4	96.5	102.9	109.2	115.6	121.9	129.5	137.2	147.3	157.5	165.1	172.7
Hip	inches	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
	cm	76.2	81.3	86.4	91.4	96.5	101.6	106.7	111.8	116.8	121.9	127	132.1	137.2	142.2	147.3	152.4	160	167.6
Shoulder Width	inches	13.4	15	16.5	16.8	17	17.5	18	18.5	19	19.5	20.1	20.5	20.9	21.3	21.7	22	22.4	22.8
	cm	34	38	42	42.6	43.2	44.5	45.7	47	48.3	49.5	51	52	53	54	55	56	57	58
Upper Arm	inches	10.2	10.8	11.4	12	12.6	13.2	13.8	14.2	14.6	15	15.7	16.5	17.1	17.7	18.3	18.9	19.7	20.5
	cm	26	27.5	29	30.5	32	33.5	35	36	37	38	40	42	43.5	45	46.5	48	50	52
Height	inches	4' 10"	5' 1"	5' 5"											5' 10"				
	cm	152	157	167											177				

* **Youth sizes.** Sizes 30, 32, 34 carry on directly from the child sizes, and bridge the gap into adult sizes.

The sewing instructions in this tutorial are relevant for all sizes 30-66.

Finished Garment Measurements

Sometimes it is handy to know how much “ease” there is in a pattern if trying to decide between sizes.

The following chart details the measurements of the finished garment.

Finished Garment Size		30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
Hip Clearance <i>(Elastic waistband fully stretched)</i> EASE: 1 ¼” (3.5cm) - 2 ½” (7cm) depending on size	inches	32.9	34.6	36.4	38.2	40.2	42.1	43.9	45.9	47.8	50.2	52.4	54.7	57.7	60.6	63.8	66.7	70.5	74
	cm	83.5	88	92.5	97	102	107	111.5	116.5	121.4	127.5	133	139	146.5	154.0	162	169.5	179	188
Rise <i>(U-shaped, from top front waistband to top back waistband)</i>	inches	23	23.8	24.6	25.8	26.6	27.2	28	28.7	29.5	30.9	31.9	33.7	35.2	36.4	37.6	39.4	40.9	42.5
	cm	58.5	60.5	62.5	65.5	67.5	69	71	73	75	78.5	81	85.5	89.5	92.5	95.5	100	104	108
Inleg	inches	27.4	28.7	30.1	32.1	32.1	32.1	32.1	32.1	31.9	31.9	31.9	31.9	31.7	31.7	31.5	31.5	31.3	31.3
	cm	69.5	73	76.5	81.5	81.5	81.5	81.5	81.5	81	81	81	81	80.5	80.5	80	80	79.5	79.5



Gather Supplies

Suggested Fabrics

This pattern requires midweight non-stretch woven fabric, with enough softness to drape well with the elasticated waist. Stiffer fabric such as denim for example, would not be suitable.

Summer options include: mid-weight linen or cotton, hemp, chambray, light-weight denim, light-weight twills.

Cooler weather options include: soft wool suiting, wool mixes, brushed cotton.

Fabric Requirement Chart

You may need more if matching plaids/checks or if you have a directional fabric.

Fabric Width		30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
110cm / 43"	inches	86.6	86.6	86.6	90.6	90.6	90.6	90.6	90.6*	90.6*	94.5*	118.1*	118.1*	118.1*	126*	126*	126*	137.8*	137.8*
	cm	220	220	220	230	230	230	230	230*	230*	240*	300*	300*	300*	320*	320*	320*	350*	350*
132cm / 52"	inches	59.1	59.1	59.1	70.9	70.9	90.6	90.6	90.6	90.6	90.6	94.5*	94.5*	94.5*	98.4*	98.4*	98.4*	114.2*	114.2*
	cm	150	150	150	180	180	230	230	230	230	230	240*	240*	240*	250*	250*	250*	290*	290*
150cm / 59"	inches	55.1	55.1	55.1	63	63	74.8	74.8	74.8	82.7	82.7	94.5	94.5	94.5	98.4*	98.4*	98.4*	98.4*	98.4*
	cm	140	140	140	160	160	190	190	190	210	210	240	240	240	250*	250*	250*	250*	250*

* Please note, these sizes will need the waistband turned to run along the selvedge or will need a 3/8" (1cm) seam allowance added to the back of the waistband (fold line). Fabric requirement listed allows for an additional seam to be added at the back of the waistband.



Waist Tie

Size		30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
Waist Tie	inches	16.5	16.9	17.3	17.7	18.1	18.5	18.9	19.3	19.7	20.1	20.5	20.9	21.3	22	22.8	23.6	24.4	25.2
Cut x2	cm	42	43	44	45	46	47	48	49	50	51	52	53	54	56	58	60	62	64

Elastic Requirements

Size		30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66	
		1 1/2" (38mm) elastic											2" (50mm) elastic							
Back Elastic	inches	12	13	14	15	16.1	17.1	18.1	19.1	20.3	21.5	22.8	24	25.6	27	28.9	30.9	32.5	34.1	
Cut 1	cm	30.5	33	35.5	38	41	43.5	46	48.5	51.5	54.5	58	61	65	68.5	73.5	78.5	82.5	86.5	

Other Supplies & Notions

- Spool of coordinating thread
- Elastic 1 1/2" (38mm) for sizes 32-50, or 2" (50mm) for sizes 52-66 of firm knitted, woven, or non-roll elastic + a large safety pin for threading the elastic through. See [chart above](#) for length required.



Upcycle Inspiration

Making Pants from Recycled Materials

All Twig + Tale® patterns are designed to be made from upcycled materials! Here at Twig + Tale® HQ, we are proudly passionate about recycling. We hope to encourage and inspire you to enjoy that same satisfaction of making something truly exquisite from discarded textiles. Here are some ideas on how to make your garment from upcycled materials - saving the planet and your pocket.



When making adult sized garments it can be challenging to find items to upcycle which yield enough fabric for a complete garment. This is where thinking about accents can be helpful.

Cotton shirts can be upcycled into pockets.

Shoelaces can be used as waist ties, as can twill tape, or bias binding unpicked off discarded garments.



Scrap-busting! Scraps could be used for contrasting waistbands, or pockets, or even to make your own bias binding.



Search the [T+T Blog at twigantale.com](https://www.twigantale.com/blog) for directions on how to upcycle shirts into bias binding.