

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
Chest EASE: 7 ¾” (20cm)	inches	39.4	41.3	43.1	44.9	46.7	48.4	50.4	52.2	54.1	56.1	58.3	60.2	62.2	64.4	66.3	68.5	71.7	74.8
	cm	100	105	109.5	114	118.5	123	128	132.5	137.5	142.5	148	153	158	163.5	168.5	174	182	190
Waist EASE: 10 ¼” (26cm)	inches	36.2	38.2	40	41.7	43.5	45.3	47.2	49	51	53	55.1	57.1	59.1	61.2	63.2	65.4	68.5	71.7
	cm	92	97	101.5	106	110.5	115	120	124.5	129.5	134.5	140	145	150	155.5	160.5	166	174	182
Hip (at hem) EASE: 4 ¾” (12cm)	inches	36.2	38.2	43.5	41.7	43.5	45.3	47.2	49	51	53	55.1	57.1	59.1	61.2	63.2	65.4	68.5	71.7
	cm	92	97	110.5	106	110.5	115	120	124.5	129.5	134.5	140	145	150	155.5	160.5	166	174	182
Centre Back Neck Seam to Hem	inches	25.2	26.4	27.4	29.7	29.9	30.1	30.5	30.7	30.9	31.1	31.3	31.9	32.5	32.9	33.5	33.9	34.4	35
	cm	64	67	69.5	75.5	76	76.5	77.5	78	78.5	79	79.5	81	82.5	83.5	85	86	87.5	89
Long Sleeve Length (From base of neck, over shoulder to wrist)	inches	27.8	29.3	30.9	32.5	32.9	33.3	33.7	34.3	34.6	35	35.4	35.8	36.2	36.6	37	37.4	37.8	38.2
	cm	70.5	74.5	78.5	82.5	83.5	84.5	85.5	87	88	89	90	91	92	93	94	95	96	97
Short Sleeve Length	inches	15.4	16.3	17.3	18.3	18.7	19.1	19.5	20.1	20.5	20.9	21.7	22	22.4	22.8	23.2	23.6	24.4	24.6
	cm	39	41.5	44	46.5	47.5	48.5	49.5	51	52	53	55	56	57	58	59	60	62	62.5
Shoulder Width	inches	15.4	16.5	17.7	18.9	19.3	19.7	19.9	20.7	21.3	21.9	22.2	22.6	23	23.4	23.8	24	24.4	24.8
	cm	39	42	45	48	49	50	50.5	52.5	54	55.5	56.5	57.5	58.5	59.5	60.5	61	62	63
Upper Arm (at underarm)	inches	14.6	14.8	15.2	15.6	16.1	16.7	17.3	18.1	18.7	19.3	19.9	20.7	21.3	22	22.6	23.2	24.2	25
	cm	37	37.7	38.5	39.5	41	42.5	44	46	47.5	49	50.5	52.5	54	56	57.5	59	61.5	63.5



Gather Supplies

Suggested Fabrics

Lightweight linen, cotton lawn, voile, muslin, gauze, double gauze.

This shirt needs a soft, breezy, drapery fabric. Using quilting cotton or something similar will produce a stiff shirt, losing the casual feel of the design.

Other Supplies & Notions

- Spool of coordinating thread
- Small piece of featherweight/lightweight fusible interfacing to stabilise the facing and collar - knitted or woven is better, but non-woven would be ok. An interfacing with a similar or lighter weight, and slightly less drape than your fabric is recommended.
- 1-3 small button(s) if adding the optional button loop(s)
- 2 small buttons or 2 sets of snaps if adding the optional sleeve tabs



Image by Kristie Comarmond



Image by Kiran Grewal



Image by Rūta Iliuk - Vanagaitė



Fabric Requirement Chart

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

LONG SLEEVE VERSION

Fabric Width		30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
110cm / 43"	inches	90.6	90.6	92.5	92.5	96.5	96.5	100.4	100.4	104.3	104.3	126	126	126	126	126	126	137.8	137.8
	cm	230	230	235	235	245	245	255	255	265	265	320	320	320	320	320	320	350	350
130cm / 51"	inches	63	63	63	63	66.9	66.9	66.9	74.8	74.8	74.8	86.6	86.6	86.6	98.4	98.4	98.4	98.4	98.4
	cm	160	160	160	160	170	170	170	190	190	190	220	220	220	250	250	250	250	250

SHORT SLEEVE VERSION

Fabric Width		30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
110cm / 43"	inches	74.8	74.8	76.8	76.8	80.7	80.7	84.6	84.6	94.5	94.5	96.5	96.5	98.4	98.4	100.4	100.4	106.3	106.3
	cm	190	190	195	195	205	205	215	215	240	240	245	245	250	250	255	255	270	270
130cm / 51"	inches	55.1	55.1	55.1	55.1	55.1	55.1	55.1	66.9	66.9	66.9	74.8	74.8	74.8	86.6	86.6	86.6	86.6	86.6
	cm	140	140	140	140	140	140	140	170	170	170	190	190	190	220	220	220	220	220



Upcycle Inspiration

Making a Shirt 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 is more challenging to create a fully upcycled garment - so we look more to adding details and accents.

Depending on the size shirt you intend to make, you may need to mix and match more than one garments together.

Soft and light and bursting with memories, muslin baby swaddle wraps are simply delightful for this shirt.

The added nostalgia of giving a favourite wrap a second life will make your project that much more precious.



Having a reverse facing is a great way to use pieces of upcycled material within your Breeze shirt.



Search Breeze Shirt on the Twig + Tale® blog for how to add a reverse facing.

Linen garments are perfectly suited to upcycling into these shirts.

