Size Chart - Inches

You will see there are two size ranges.

The first is 0-22 (Twig + Tale Sizes A-L)

The second is a 14-38 (Twig + Tale Sizes H-T).

There is an overlap from sizes 14-22 (H-L) where you can choose which size range you would like to use based on your waist to hip ratio.

This tutorial covers sizes A-L (0-22).

Numeric Siz	ze	0 (12yr)	2 (14yr)	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38
Twig + Tale	Size	A	В	С	D	E	F	G	Н	I	J	K	L	M	N	О	P	Q	R	S	Т
		0-22 RANGE																			
							14-32 RANGE														
Upper Bust inch	inch	29	30	31	32	33	34	35.5	37	39	41	43	45								
									37	39	41	43	45	47	49	51	53	55	57	59	61
Full Bust inch	inch	30	32	33	34	35	36	37.5	39	41	43	45	47								
									41	43	45	47	49	51	53	55	57	59	61	63	65
Waist inch	inch	25	25	25	26	27	28	29.5	31	33	35	37	39								
									32	34	36	38	40	42	44	47	50	53	56	59	62
Нір	inch	33	35	36	37	38	39	40.5	42	44	46	48	50								
									42	44	46	48	50	52	54	57	60	63	66	69	72
Shoulder	inch	13.1	13.3	13.6	13.8	14	14.3	14.6	15	15.6	15.7	15.9	16.2								
Width									15.7	16.2	16.4	16.7	16.9	17.1	17.4	17.7	17.9	18.1	18.3	18.8	19.3
Upper Arm	inch	9.4	9.8	10.2	10.6	11	11.4	11.8	12.2	13	13.8	14.6	15.4								
									12.2	13	13.8	14.6	15.4	15.7	16.5	17.3	18.1	18.9	19.7	20.5	21.3
Height	feet	4'9"	5'2"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"	5'5"

Size Chart - Centimetres

You will see there are two size ranges.

The first is 0-22 (Twig + Tale Sizes A-L)

The second is a 14-38 (Twig + Tale Sizes H-T).

There is an overlap from sizes 14-22 (H-L) where you can choose which size range you would like to use based on your waist to hip ratio.

This tutorial covers sizes A-L (0-22).

Numeric Siz	ze	0 (12yr)	2 (14yr)	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38
Twig + Tale	Size	A	В	С	D	E	F	G	Н	I	J	K	L	M	N	0	P	Q	R	S	Т
	0-22 RANGE																				
											14-32 I	RANGE									
Upper Bust cm	cm	73.7	76.2	78.7	81.3	83.8	86.4	90.2	94	99.1	104.1	109.2	114.3								
									94	99.1	104.1	109.2	114.3	119.4	124.5	129.5	134.6	139.7	145	150	155
Full Bust	cm	76.2	81.3	83.8	86.4	88.9	91.4	95.3	99.1	104.1	109.2	114.3	119.4								
									104.1	109.2	114.3	119.4	124.5	129.5	134.6	139.7	144.8	149.9	155	160	165
Waist	cm	63.5	63.5	63.5	66	68.6	71.1	74.9	78.7	83.8	88.9	94	99.1								
									81.3	86.4	91.4	96.5	101.6	106.7	111.8	119.4	127	134.6	142.5	150	157.5
Нір	cm	83.8	88.9	91.4	94	96.5	99.1	102.9	106.7	111.8	116.8	121.9	127								
									106.7	111.8	116.8	121.9	127	132.1	137.2	144.8	152.4	160	167.5	175.5	183
Shoulder	cm	33.2	33.8	34.5	35	35.5	36.2	37.2	38.2	39.5	40	40.5	41.2								
Width									40	41.2	41.7	42.5	43	43.5	44.2	45	45.4	46	46.6	47.8	49
Upper Arm	cm	24	25	26	27	28	29	30	31	33	35	37	39								
									31	33	35	37	39	40	42	44	46	48	50	52	54
Height	cm	145	157.5	165	165	165	165	165	165	165	165	165	165	165	165	165	165	165	165	165	165

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		a	b	c	d	e	f	g	h	i	j	k	1
Finished Chest (at underarm)	inches	36	37	38	39	40	40.7	42.3	43.9	45.9	47.8	49.8	51.8
EASE: 4 ³ / ₄ " (12cm)	cm	91.5	94	96.5	99	101.5	103.5	107.5	111.5	116.5	121.5	126.5	131.5
Finished Waist	inches	34.6	35.6	36.6	37.6	38.6	39.6	40.9	42.5	44.5	46.5	48.4	50.4
EASE: 11 ¹ /2" (29cm)	cm	88	90.5	93	95.5	98	100.5	104	108	113	118	123	128
Finished Hip	inches	40.2	41.7	43.3	44.3	45.3	46.1	47.6	49.2	51.2	53.1	55.1	57.1
EASE: 7" (18cm)	cm	102	106	110	112.5	115	117	121	125	130	135	140	145
Centre Back Neck Seam	inches	22.4	24	25.2	25.2	25.4	25.6	25.8	26	26.2	26.6	27	27.2
to Hem	cm	57	61	64	64	64.4	65	65.5	66	66.5	67.5	68.5	69
Long Sleeve Length	inches	27.6	28.7	29.9	30.3	30.5	30.7	31.1	31.5	31.9	32.3	32.9	33.1
(From base of neck, over shoulder to	cm	70	73	76	77	77.5	78	79	80	81	82	83.5	84
wrist)													
Shoulder Width	inches	14.4	14.6	14.8	15	15.4	15.6	15.9	16.1	16.7	17.1	17.7	17.9
EASE: 1 1/4" (3cm)	cm	36.5	37	37.5	38	39	39.5	40.5	41	42.5	43.5	45	45.5
Upper Arm (at underarm)	inches	13.4	13.8	14.4	14.6	14.8	15	15.6	15.9	16.7	17.7	18.3	19.1
EASE: 3 ½" (3cm)	cm	34	35	36.5	37	37.5	38	39.5	40.5	42.5	45	46.5	48.5
CB neck seam to Hem - tunic length	inches	28.3	29.5	30.7	31.1	31.3	31.5	31.7	31.9	32.1	32.5	32.9	33.1
	cm	72	75	78	79	79.5	80	80.5	81	81.5	82.5	83.5	84

Gather Supplies

Suggested Fabrics

Lightweight linen, cotton lawn, voile, muslin, gauze, double gauze, rayon, tencel, silk.

This shirt needs a soft, breezy, drapey 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). Pattern pieces are included for making the button loop, but store-bought bias could be used.
- 2 small buttons or 2 sets of snaps if adding the optional sleeve tabs
- 8" (20.5cm) optional elastic for the back. An elastic width from 1/4" (6mm) up to 1/2" (12mm) would be suitable.







Image by Angela Schade



Image by Ruth Phillips



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		a	b	С	d	e	f	g	h	i	j	k	1
110cm /43"	inches	59	59	79	79	79	83	83	83	83	83	87	87
	cm	150	150	200	200	200	210	210	210	210	210	220	220
130cm / 51"	inches	49	53	69	69	79	79	83	83	83	83	87	87
	cm	125	135	175	175	200	200	210	210	210	210	220	220
150cm / 59"	inches	55	55	59	59	59	63	63	63	67	67	67	67
	cm	140	140	150	150	150	160	160	160	170	170	170	170

FLOUNCE SLEEVE VERSIONS

Fabric Width		a	b	С	d	e	f	g	h	i	j	k	1
110cm /43"	inches	55	55	59	59	79	79	79	83	83	83	87	87
	cm	140	140	150	150	200	200	200	210	210	210	220	220
130cm / 51" + 150cm / 59"	inches	55	55	59	59	59	59	59	63	63	63	63	63
	cm	140	140	150	150	150	150	150	160	160	160	160	160

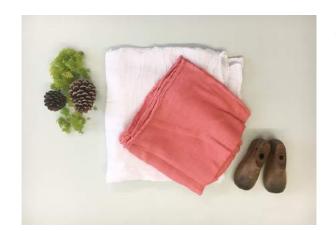
ADD FOR TUNIC LENGTH

Fabric Width		a - 1
110cm /43"	inches	12
	cm	30
130cm / 51"	inches	12
	cm	30
150cm / 59"	inches	12
	cm	30

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 two 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 upcyled 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.