

# 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 14-38 (H-T).**

Numeric Size		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	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	
		0-22 RANGE																				
									14-32 RANGE													
Upper Bust	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	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	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
Hip	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 Width	inch	13.1	13.3	13.6	13.8	14	14.3	14.6	15	15.6	15.7	15.9	16.2									
										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"	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 14-38 (H-T).**

Numeric Size		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	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	
		0-22 RANGE																				
											14-32 RANGE											
Upper Bust	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
Hip	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 Width	cm	33.2	33.8	34.5	35	35.5	36.2	37.2	38.2	39.5	40	40.5	41.2									
										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	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.

<b>Finished Garment Size</b>		<b>h</b>	<b>i</b>	<b>j</b>	<b>k</b>	<b>l</b>	<b>m</b>	<b>n</b>	<b>o</b>	<b>p</b>	<b>q</b>	<b>r</b>	<b>s</b>	<b>t</b>
Finished Chest (at underarm) EASE: 4” (10cm)	inches	45	47	49	51	53	55	57	59	61	64	66	68	71
	cm	114	119	124	129	134	139	144	150	156	162	168	172	180
Finished Waist EASE: 12 ½” (32cm)	inches	44	46	48	50	52	54	57	59	62	65	67	70	72
	cm	113	118	123	128	133	138	144.5	151	157.5	164	171	177.5	184
Finished Hip EASE: 7” (18cm)	inches	49.2	51.2	53.1	55.1	57.1	60	62	65	68	71	74	77	80
	cm	125	130	135	140	145	151.5	158.5	166	173	180	187.5	194.5	202
Centre Back Neck Seam to Hem	inches	26	26.2	26.6	27	27.2	28	29	30	30	30	31	31	32
	cm	66	66.5	67.5	68.5	69	71.5	74	75	76	76	77	78	80.5
Long Sleeve Length (From base of neck, over shoulder to wrist)	inches	31	32	32	33	33	33	34	34	34	35	35	36	36
	cm	79.5	81	82	83	84	84.5	85.5	86.5	87	88	89	90.5	91.5
Shoulder Width EASE: 1 ¼” (3cm)	inches	16	17	17	18	18	18	18	19	19	19	20	20	21
	cm	41.5	43	44	45.5	46	46	46.5	47.5	48.5	49	50.5	51.5	53
Upper Arm (at underarm) EASE: 2- 3 ¼” (5-8cm)	inches	15.9	16.7	17.7	18.3	19.1	19	20	21	21	22	23	23	24
	cm	40.5	42.5	45	46.5	48.5	49	50.5	52.5	54	55.5	59.5	59	61
CB neck seam to Hem - tunic length	inches	31.9	32.1	32.5	32.9	33.1	34	35	35	36	36	37	37	38
	cm	81	81.5	82.5	83.5	84	87.5	89	90	91	92	93	94.5	95.5
Flare Sleeve Length - mid length	inches	19	20	20	21	21	22	22	22	23	23	24	24	24
	cm	49.5	51	52	53	54	55	55.5	56.5	57.5	58.5	60	61	62
Flare Sleeve Length - short length	inches	15	15	16	16	17	17	17	18	18	18	19	19	20
	cm	37.5	38.5	40	41	42	43	43.5	44.5	45.5	46.5	48	49	50

# Gather Supplies

---

## Suggested Fabrics

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

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). 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  $\frac{3}{4}$ " (1cm) up to  $\frac{1}{2}$ " (1.2cm) would be suitable.



Image by Breanna Hite



Image by Lorraine Swanson



Image by Casandra Lorentson



# 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		h	i	j	k	l	m	n	o	p	q	r	s	t
110cm / 43"	inches	83	83	83	87	87	94	94	118	118	130	130	130	130
	cm	210	210	210	220	220	240	240	300	300	330	330	330	330
130cm / 51"	inches	83	83	83	87	87	98	98	98	102	102	102	102	102
	cm	210	210	210	220	220	250	250	250	260	260	260	260	260
150cm / 59"	inches	63	67	67	67	67	98	98	98	102	102	102	102	102
	cm	160	170	170	170	170	250	250	250	260	260	260	260	260

## FLOUNCE SLEEVE VERSIONS

Fabric Width		h	i	j	k	l	m	n	o	p	q	r	s	t
110cm / 43"	inches	83	83	83	87	87	98	98	98	102	102	102	102	102
	cm	210	210	210	220	220	250	250	250	260	260	260	260	260
130cm / 51" + 150cm / 59"	inches	63	63	63	63	63	98	98	98	102	102	102	102	102
	cm	160	160	160	160	160	250	250	250	260	260	260	260	260

## ADD FOR TUNIC LENGTH

Fabric Width		h-l	m-t
110cm / 43"	inches	12	16
	cm	30	40
130cm / 51"	inches	12	16
	cm	30	40
150cm / 59"	inches	12	16
	cm	30	40

# 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 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.

