

# 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 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																				
									14-38 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									
										12.6	13.4	14.2	15	15.7	16.5	17.3	18.1	18.9	19.7	20.5	21.3	22
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

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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																					
														14-38 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										
										32	34	36	38	40	42	44	46	48	50	52	54	56	
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.

Finished Garment Size		a	b	c	d	e	f	g	h	i	j	k	l
Hip Clearance <i>(Elastic waistband fully stretched)</i> EASE: 1” (2.5cm) - 2 1/2” (7cm) depending on size	inches	36	37	38	39	40	41.1	42.7	44.3	46.7	48.4	50.4	52.2
	cm	91.5	94	96.5	99	101.5	104.5	108.5	112.5	118.5	123	128	132.5
Rise <i>(U-shaped, from top front waistband to top back waistband)</i>	inches	25.2	25.5	26	26.4	26.8	27.4	28	28.4	29.5	30.3	31.1	32.5
	cm	64	64.8	66	67	68	69.5	71	72.1	75	77	79	82.5
Inleg	inches	3.5	3.7	3.9	4.1	4.1	4.3	4.3	4.3	4.3	4.3	4.5	4.5
	cm	9	9.5	10	10.5	10.5	11	11	11	11	11	11.5	11.5



Image by Valentina Tazza



Image by Celena Hsiung



Image by Kama Chamberlain

# Gather Supplies

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## Suggested Fabrics

The shorts are a casual style with a semi-loose fit so will suit a light to mid-weight woven fabric with good drape. Stiffer fabrics will give a more structured look which may not be desirable.

**Light and mid-weight wovens:** Linen, cotton, seersucker, silk, lightweight wool suiting, tencel, bamboo, viscose rayon, chambray, light twills, mixed fibre wovens with good drape

## Fabric Requirement Chart

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

Fabric Width		a	b	c	d	e	f	g	h	i	j	k	l
110cm/43"	inches	39.4	47.2	47.2	47.2	47.2	47.2	59.1	59.1	59.1*	70.9*	70.9*	70.9*
	cm	100	120	120	120	120	120	150	150	150*	180*	180*	180*
132cm/52"	inches	35.4	39.4	39.4	39.4	39.4	39.4	47.2	51.2	51.2	55.1	55.1	55.1
	cm	90	100	100	100	100	100	120	130	130	140	140	140
150cm/59"	inches	35.4	35.4	35.4	39.4	39.4	39.4	39.4	39.4	39.4	47.2	47.2	47.2
	cm	90	90	90	100	100	100	100	100	100	120	120	120

\* Please note, these sizes will need the waistband turned to run along the selvedge or will need a  $\frac{3}{8}$ " (1cm) seam allowance added to the back of the waistband (fold line). Fabric Requirement in these sizes is for the waistband with a seam added at the back of the waistband.



## Other Supplies & Notions

- Spool of coordinating thread
- Elastic 1" (25mm) for sizes A-L, or 1 ½" (38mm) for sizes M-T of firm knitted, woven, or non-roll elastic + a large safety pin for threading the elastic through.  
See [chart below](#) for length required.

## Elastic Cut Lengths

Size		a	b	c	d	e	f	g	h	i	j	k	l
Back Elastic	inches	28.1	28.1	28.1	29.1	30.1	31.1	32.7	34.3	36.2	38.2	40.2	42.1
Cut 1 of 1" (25mm) elastic	cm	71.5	71.5	71.5	74	76.5	79	83	87	92	97	102	107



Image by Heather Landry



Image by Lim Hwee Ke



Image by Ashlee deRooy



# Upcycle Inspiration

## Making Shorts 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.



Cotton or linen duvet covers may yield enough fabric for a full pair of shorts. Often the fabric around the edges of the covers is in better condition than in the middle.

Embroidered handkerchiefs make cute pockets.

Lace can be layered over fabric for an interesting pocket detail.



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) for directions on how to upcycle shirts into bias binding.