

# Meadow Skirt – Size Chart – Inches

You will see there are two size ranges. The first is 0-22 (Twig + Tale® Sizes A-L) and 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 based on your waist to hip ratio.

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

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
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"



# Meadow Skirt – Size Chart – Centimetres

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

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
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 - Sizes A-L

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. The skirt is drafted for 5’5” or 165cm.

Finished Garment Size		a	b	c	d	e	f	g	h	i	j	k	l
Waist (top of waistband - <b>woven</b> ) EASE: ¾” (1.9cm)	inches	25.6	24.8	25.6	26.5	27.4	28.7	30.2	31.7	33.7	35.6	37.8	39.4
	cm	65	63	65	67.2	69.5	72.8	76.8	80.5	85.7	90.5	96	100
Waist (top of waistband - <b>sensory</b> ) EASE: -4 ¾” (-12.4cm)	inches	20.2	19.2	20.2	21.2	22.1	23.1	24.6	26.1	28.6	29.5	31.7	33.9
	cm	51.3	48.8	51.3	53.8	56.2	58.7	62.5	66.3	72.7	75	80.5	86
Waist (top of waistband - <b>pregnancy</b> ) EASE: -2 ⅔” (-6.8cm)	inches	22.4	21.5	22.4	23.4	24.4	25.4	26.9	28.3	30.9	33.1	35	37.2
	cm	57	54.5	57	59.5	62	64.5	68.2	72	78.4	84f	89	94.6
Hip (Extended Narrow Back Waistband) EASE: 4 ½” (11.5cm)	inches	40.2	39.2	40.2	41.1	42.1	43.1	44.6	46.1	48.6	50.6	52.6	54.5
	cm	102	99.5	102	104.5	107	109.5	113.2	117	123.5	128.5	133.5	138.5
Side Waist to Hem - <b>Above Knee</b> Incl. elastic back waistband	inches	15.6	16.9										
	cm	39.5	43										
Side Waist to Hem - <b>Knee</b> Incl. elastic back waistband	inches	18.3	19.7										
	cm	46.6	50										
Side Waist to Hem - <b>Below Knee</b> Incl. elastic back waistband	inches	21.1	22.4										
	cm	53.5	57										
Side Waist to Hem - <b>Maxi Length</b> Incl. elastic back waistband	inches	35.2	37.8										
	cm	89.5	96										



# Gather Supplies

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## Suggested Fabrics

Lightweight wovens: linen, cotton, chambray, double gauze, muslin, lawn, viscose rayon.

Mid-weight wovens suit the shorter lengths better: Pinwale cord, velveteen, drill, quilting cotton. For a special occasion skirt; satin, chiffon or silk.

Lightweight knits: Modal, merino, jersey. Thicker weight knits such as French terry are not suitable.

***Check out the upcycle inspiration guide - you might find you can repurpose something!***

***If sewing an adaptive waistband:*** Cotton lycra with at least 5% lycra with good recovery, to stretch over sensory-sensitive, or pregnant bellies and hips.

Please see the adaptive add-on for further information on choosing a suitable knit fabric for these waistbands.

## Other Supplies & Notions

- Spool of coordinating thread
- Up to 17.9" (45.5cm) of 1" wide elastic
- Large safety pin for threading the elastic through
- Adaptive waistband version only:  
Up to 24.6" (62.5cm) of 1/4" (6mm) wide elastic
- Optional: Lightweight interfacing for front waistband - knitted or woven are better but non-woven would be okay

## Fabric Requirements - Sizes A-L

Fabric Requirement is for elastic-back waistband version. The amounts given are for non-directional fabrics.

- Add: 8" (20cm) to any length for waist ties
- Remove: 6" (15cm) from any length if making a version with an adaptive waistband.

### ABOVE KNEE

Fabric Width		a	b	c	d	e	f	g	h	i	j	k	l
43"/110cm	inches	51	55	55	63	63	67	67	67	67	67	67	67
	cm	130	140	140	160	160	170	170	170	170	170	170	170
52"/132cm	inches	47	51	51	51	51	51	51	51	51	51	55	55
	cm	120	130	130	130	130	130	130	130	130	130	140	140
59"/150cm	inches	47	51	51	51	51	51	51	51	51	51	51	51
	cm	120	130	130	130	130	130	130	130	130	130	130	130

### KNEE LENGTH

Fabric Width		a	b	c	d	e	f	g	h	i	j	k	l
43"/110cm	inches	55	59	59	63	63	75	75	75	75	75	75	75
	cm	140	150	150	160	160	190	190	190	190	190	190	190
52"/132cm	inches	51	55	55	55	55	55	55	55	55	55	59	59
	cm	130	140	140	140	140	140	140	140	140	140	150	150
59"/150cm	inches	51	55	55	55	55	55	55	55	55	55	55	55
	cm	130	140	140	140	140	140	140	140	140	140	140	140



### BELOW KNEE

Fabric Width		a	b	c	d	e	f	g	h	i	j	k	l
43"/110cm	inches	63	67	67	67	67	79	79	79	79	79	79	79
	cm	160	170	170	170	170	200	200	200	200	200	200	200
52"/132cm	inches	59	63	63	63	63	63	63	63	63	63	67	67
	cm	150	160	160	160	160	160	160	160	160	160	170	170
59"/150cm	inches	59	63	63	63	63	63	63	63	63	63	67	67
	cm	150	160	160	160	160	160	160	160	160	160	170	170

### MAXI LENGTH

Fabric Width		a	b	c	d	e	f	g	h	i	j	k	l
43"/110cm	inches	91	98	98	98	98	110	110	114	114	114	114	118
	cm	230	250	250	250	250	280	280	290	290	290	290	300
52"/132cm	inches	83	91	91	91	91	98	98	98	98	98	98	98
	cm	210	230	230	230	230	250	250	250	250	250	250	250
59"/150cm	inches	83	91	91	91	91	98	98	98	98	98	98	98
	cm	210	230	230	230	230	250	250	250	250	250	250	250

### FABRIC REQUIRED FOR ADAPTIVE WAISTBANDS

Fabric Width		a	b	c	d	e	f	g	h	i	j	k	l
Pregnancy Waistband 150cm / 59"	inches	24	24	24	24	24	24	24	24	24	24	24	24
	cm	60	60	60	60	60	60	60	60	60	60	60	60
Sensory Waistband 150cm / 59"	inches	12	12	12	12	12	12	12	12	12	12	12	12
	cm	30	30	30	30	30	30	30	30	30	30	30	30



## WAISTBAND ELASTIC

We recommend the width of the **waist** elastic to be two rows of 1” elastic, or you can modify the pattern to 3 rows of  $\frac{5}{8}$ ” or  $\frac{1}{2}$ ” elastic if desired.

Please note: Try the skirt on and adjust the elastic to fit. The measurements in these charts are just a **guide** as different brands and types of elastic will have different stretchiness. The beauty of sewing your clothes is that you can get a custom fit.

The amounts may need to be less than in the chart. **I have sometimes needed to reduce the elastic by as much as 10cm in certain brands of elastic!** These elastic measurements below are based on wearing the garment on the mid-low waist. If wearing the garment on the high waist, you may need to adjust the length further to suit.

Elastic Length		a	b	c	d	e	f	g	h	i	j	k	l
Woven Waistband	inches	11	10.6	11	11.4	11.8	12.6	13.4	14.2	15	15.9	16.9	17.9
Cut 2	cm	28	27	28	29	30	32	34	36	38	40.5	43	45.5
Knit Waistband	inches	17.3	16.9	17.3	17.7	18.1	19.3	20.1	20.9	21.7	22.6	23.6	24.6
Cut 1	cm	44	43	44	45	46	49	51	53	55	57.5	60	62.5

## ADAPTIVE WAISTBAND ELASTIC

We recommend the width of the **waist** elastic to be  $\frac{1}{4}$ ” (6mm) elastic.