

# 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 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																				
									14-38 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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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 H-T

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		h	i	j	k	l	m	n	o	p	q	r	s	t
Hip Clearance (Regular Elastic waistband fully stretched) EASE: 4 1/2” (11.5cm)	inches	46.1	48.6	50.6	52.6	54.5	56.5	58.5	61.2	64.2	66.9	69.7	72.6	75.4
	cm	117	123.5	128.5	133.5	138.5	143.5	148.5	155.5	163	170	177	184.5	191.5
<b>Adaptive Waistband: Sensory</b> (relaxed) EASE: -4 3/4” (-12.4cm)	inches	25	27.6	29.5	31.7	33.9	36	38.2	40.9	43.7	46.5	49.2	51.8	54.7
	cm	63.5	70	75	80.5	86	91.5	97	104	111	118	125	131.5	139
<b>Adaptive Waistband: Pregnancy</b> (relaxed) EASE: -2 2/3” (-6.8cm)	inches	28.3	30.9	33.1	35	37.2	39.4	41.5	44.3	47	49.8	52.8	55.3	58.3
	cm	72	78.4	84	89	94.6	100	105.5	112.5	119.5	126.5	134	140.5	148
Side Waist to Hem - <b>Above Knee</b> Incl. elastic back waistband	inches	16.9												
	cm	43												
Side Waist to Hem - <b>Knee</b> Incl. elastic back waistband	inches	19.7												
	cm	50												
Side Waist to Hem - <b>Below Knee</b> Incl. elastic back waistband	inches	22.4												
	cm	57												
Side Waist to Hem - <b>Maxi Length</b> Incl. elastic back waistband	inches	37.8												
	cm	96												



# Gather Supplies

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## Suggested Fabrics

Lightweight wovens: linen, cotton, chambray, double gauze, muslin, lawn, viscose rayon. For a special occasion skirt; satin, chiffon or silk.

Mid-weight wovens suit the shorter lengths better: Pinwale cord, velveteen, drill, quilting cotton.

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 30" (75cm) of 1" wide elastic
- Large safety pin for threading the elastic through
- *Adaptive waistband version only:*
  - Up to 35" (89cm) 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 H-T

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		h	i	j	k	l	m	n	o	p	q	r	s	t
43"/110cm	inches	67	67	67	67	67	67	67	-	-	-	-	-	-
	cm	170	170	170	170	170	170	170	-	-	-	-	-	-
52"/132cm	inches	51	51	51	55	55	55	55	67	67	67	67	67	-
	cm	130	130	130	140	140	140	140	170	170	170	170	170	-
59"/150cm	inches	51	51	51	51	51	55	55	55	55	55	55	55	55
	cm	130	130	130	130	130	140	140	140	140	140	140	140	140

### KNEE LENGTH

Fabric Width		h	i	j	k	l	m	n	o	p	q	r	s	t
43"/110cm	inches	75	75	75	75	75	75	75	-	-	-	-	-	-
	cm	190	190	190	190	190	190	190	-	-	-	-	-	-
52"/132cm	inches	55	55	55	59	59	59	59	71	71	71	71	71	-
	cm	140	140	140	150	150	150	150	180	180	180	180	180	-
59"/150cm	inches	55	55	55	55	55	59	59	59	59	59	59	59	59
	cm	140	140	140	140	140	150	150	150	150	150	150	150	150



### BELOW KNEE

Fabric Width		h	i	j	k	l	m	n	o	p	q	r	s	t
43"/110cm	inches	79	79	79	79	79	79	79	-	-	-	-	-	-
	cm	200	200	200	200	200	200	200	-	-	-	-	-	-
52"/132cm	inches	63	63	63	67	67	67	67	79	79	79	79	79	-
	cm	160	160	160	170	170	170	170	200	200	200	200	200	-
59"/150cm	inches	63	63	63	67	67	67	67	67	67	67	67	67	67
	cm	160	160	160	170	170	170	170	170	170	170	170	170	170

### MAXI LENGTH

Fabric Width		h	i	j	k	l	m	n	o	p	q	r	s	t
43"/110cm	inches	114	114	114	114	118	118	118	-	-	-	-	-	-
	cm	290	290	290	290	300	300	300	-	-	-	-	-	-
52"/132cm	inches	98	98	98	98	98	98	98	110	110	110	110	110	-
	cm	250	250	250	250	250	250	250	280	280	280	280	280	-
59"/150cm	inches	98	98	98	98	98	98	98	98	98	98	98	98	98
	cm	250	250	250	250	250	250	250	250	250	250	250	250	250

### FABRIC REQUIRED FOR ADAPTIVE WAISTBANDS

Fabric Width		h	i	j	k	l	m	n	o	p	q	r	s	t
Pregnancy Waistband 150cm / 59"	inches	24	24	24	24	24	24	24	24	24	24	24	24	48*
	cm	60	60	60	60	60	60	60	60	60	60	60	60	120*
Sensory Waistband 150cm / 59"	inches	12	12	12	12	12	12	12	12	12	12	12	12	24*
	cm	30	30	30	30	30	30	30	30	30	30	30	30	60*

\* Size T - If fabric is 155cm wide you can halve the amount required.



## 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		h	i	j	k	l	m	n	o	p	q	r	s	t
Elastic Waistband	inches	14.2	15	15.9	16.9	17.9	18.9	19.9	21.5	23	24.6	26.2	27.8	29.3
1" (25mm) wide - Cut 2	cm	36	38	40.5	43	45.5	48	50.5	54.5	58.5	62.5	66.5	70.5	74.5
Knit Waistband	inches	20.9	21.7	22.6	23.6	24.6	25.6	26.6	28	29.3	30.7	32.1	33.5	35
$\frac{1}{4}$ " (6mm) wide - Cut 1	cm	53	55	57.5	60	62.5	65	67.5	71	74.5	78	81.5	85	89

## ADAPTIVE WAISTBAND ELASTIC

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

Please see the adaptive add-on for more information regarding these waistbands.