

# Size Chart

Two size ranges are available  
**Sizes 30-52** (Includes youth sizes 30-34)

**Sizes 46-66**

There is a generous overlap between sizes 46-52 so you can choose which size range best suits your measurements, while still allowing for blending between sizes.

Size		30*	32*	34*	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
Choose between two size ranges		Sizes 30-52												Sizes 46-66					
Chest	inches	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
	cm	76.2	81.3	86.4	91.4	96.5	101.6	106.7	111.8	116.8	121.9	127.0	132.1	137.2	142.2	147.3	152.4	160	167.6
Waist	inches	24	26	28	30	32	34	36	38	40.5	43	45.5	48	51	54	58	62	65	68
	cm	61	66	71.1	76.2	81.3	86.4	91.4	96.5	102.9	109.2	115.6	121.9	129.5	137.2	147.3	157.5	165.1	172.7
Hip	inches	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
	cm	76.2	81.3	86.4	91.4	96.5	101.6	106.7	111.8	116.8	121.9	127	132.1	137.2	142.2	147.3	152.4	160	167.6
Shoulder Width	inches	13.4	15	16.5	16.8	17	17.5	18	18.5	19	19.5	20.1	20.5	20.9	21.3	21.7	22	22.4	22.8
	cm	34	38	42	42.6	43.2	44.5	45.7	47	48.3	49.5	51	52	53	54	55	56	57	58
Upper Arm	inches	10.2	10.8	11.4	12	12.6	13.2	13.8	14.2	14.6	15	15.7	16.5	17.1	17.7	18.3	18.9	19.7	20.5
	cm	26	27.5	29	30.5	32	33.5	35	36	37	38	40	42	43.5	45	46.5	48	50	52
Height	inches	4' 10"	5' 1"	5' 5"	5' 10"														
	cm	152	157	167	177														

\* **Youth sizes.** Sizes 30, 32, 34 carry on directly from the child sizes, and bridge the gap into adult sizes.

The sewing instructions in this tutorial are relevant for all sizes 30-66.



## 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>30</b>	<b>32</b>	<b>34</b>	<b>36</b>	<b>38</b>	<b>40</b>	<b>42</b>	<b>44</b>	<b>46</b>	<b>48</b>	<b>50</b>	<b>52</b>	<b>54</b>	<b>56</b>	<b>58</b>	<b>60</b>	<b>63</b>	<b>66</b>
Chest (at underarm) Ease = 4 1/2" / 11.5cm	inches	35.4	37.2	39	40.9	42.7	44.5	46.3	48	50	52.2	54.1	56.3	58.3	60.2	62.4	64.4	67.5	70.7
	cm	90	94.5	99	104	108.5	113	117.5	122	127	132.5	137.5	143	148	153.0	158.5	163.5	171.5	179.5
Waist (halfway down side seam) Ease = 8" / 20.5cm	inches	34.8	36.4	38	39.8	41.3	43.1	44.9	46.7	48.6	51	53.3	55.7	58.1	60.4	62.8	65.4	68.5	72
	cm	88.5	92.5	96.5	101	105	109.5	114	118.5	123.5	129.5	135.5	141.5	147.5	153.5	159.5	166	174	183
Hip (at hem straight across) Ease = 6" / 15.2cm	inches	36.4	38.4	40.2	41.9	43.7	45.5	47.4	49.2	51.2	53.1	54.7	57.3	59.3	61.4	63.4	65.4	68.5	71.7
	cm	92.5	97.5	102	106.5	111	115.5	120.5	125	130	135	139	145.5	150.5	156	161	166	174	182
Centre Back Neck Seam to Hem Straight Hem version	inches	20.9	22	23.8	26.1	26.4	26.6	26.9	27.1	27.8	28	28.5	29.1	29.5	30.1	30.7	31.1	31.3	32.1
	cm	53	56	60.5	66.4	67	67.6	68.2	68.8	70.5	71	72.5	74	75	76.5	78	79	79.5	81.5
Add for curved dropped hem = 1.4" / 3.5cm																			
Shoulder Width	inches	12.2	13.4	14.6	15.7	16.1	16.5	17.1	17.5	17.9	18.5	18.9	19.3	19.7	20.1	20.5	20.7	21.1	21.3
	cm	31	34	37	40	41	42	43.5	44.5	45.5	47	48	49	50	51	52	52.5	53.5	54



# Gather Supplies

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## Suggested Fabrics

**Exterior:** I like to use vintage woolen blankets, but you can use any warm fabric such as wool, wool blends, corduroy, denim, pre-quilted cottons, or velvet. Fleece and soft-shell are also suitable fabrics. You could also use quilting cottons or linen for a spring weight vest or quilt an extra layer in between the exterior and lining fabric for extra warmth. Oilskin and lightweight suede make for a stunning vest.

**Lining:** Traditionally you would use a slippery fabric for lining; however, cotton, linen and flannel work well too. If using a lightweight exterior fabric, you could use pre-quilted polyester lining to provide extra warmth.

## Other Supplies & Notions

- Spool of coordinating thread
- Button(s) or toggle(s)
- Cord elastic for fastening loops (optional - approximately 7"/18 cm per button)
- If using a heavyweight fabric, you might benefit from using a walking foot.



Image by Emmaline Fenner



Image by Sarah Booth



Image by Hannah Evans



## Fabric Requirement Chart

You will need the following amounts for both the exterior and the lining fabrics. You may need more if matching plaids/checks or if you have a directional fabric. If adding batting for a puffer-style vest, then you will need the same amount of that too.

Fabric Width		30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
110cm /43"	inches	55.1	55.1	55.1	55.1	66.9	66.9	66.9	66.9	78.7	78.7	78.7	78.7	86.6	86.6	94.5	94.5	94.5	94.5
	cm	140	140	140	140	170	170	170	170	200	200	200	200	220	220	240	240	240	240
132cm / 52"	inches	47.2	47.2	47.2	47.2	55.1	55.1	55.1	55.1	66.9	66.9	66.9	66.9	70.9	70.9	78.7	78.7	90.6	90.6
	cm	120	120	120	120	140	140	140	140	170	170	170	170	180	180	200	200	230	230
150cm / 59"	inches	47.2	47.2	47.2	47.2	47.2	47.2	47.2	47.2	55.1	55.1	55.1	55.1	66.9	66.9	70.9	70.9	78.7	78.7
	cm	120	120	120	120	120	120	120	120	140	140	140	140	170	170	180	180	200	200

IF NOT SEWING A HOODED VERSION, REDUCE YOUR FABRIC REQUIREMENTS BY THE FOLLOWING AMOUNT:

Fabric Width		30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	63	66
110cm /43"	inches	13.8	13.8	13.8	13.8	13.8	13.8	13.8	13.8	13.8	13.8	13.8	13.8	15.7	15.7	15.7	15.7	15.7	15.7
	cm	35	35	35	35	35	35	35	35	35	35	35	35	40	40	40	40	40	40



# Upcycle Inspiration

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## Making a Vest 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.



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100% Pure wool blanket. Blankets make wonderfully warm vests. Use the stitched selvedge edge for a feature on the tops of pockets.

Denim jeans and corduroy pants for exterior or for accents and details.



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Leather scraps from old coats and jackets make excellent accents and details such as back yoke.

Selection of vintage leather buttons, and wooden toggles.

Linen and cotton shirts work well for vest linings.



*You can also make your own wooden buttons! Search the blog at [twigandtale.com](http://twigandtale.com) for our tutorial.*

