

# 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

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**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: 3 1/8” (8cm)	inches	44.1	46.1	48.2	50.2	52.2	54.3	56.7	59.1	61.6	64	66.3	68.7	71.1
	cm	112	117	122.5	127.5	132.5	138	144	150	156.5	162.5	168.5	174.5	180.5
Finished Waist EASE: 8 1/4” (21cm)	inches	40	41.7	43.9	45.9	47.8	50.4	52.8	55.3	57.9	60.2	62.8	65.2	67.7
	cm	101.5	106	111.5	116.5	121.5	128	134	140.5	147	153	159.5	165.5	172
Finished Hip EASE: 4 1/3” (11cm)	inches	46.5	48.2	50.2	52.2	54.1	57.7	60	62.4	64.8	67.1	69.5	71.9	74.2
	cm	118	122.5	127.5	132.5	137.5	146.5	152.5	158.5	164.5	170.5	176.5	182.5	188.5
Centre Back Neck Seam to Hem ** Straight Hem	inches	24.2	24.4	24.6	25	25.2	25.6	26	26.4	27	27.4	27.8	28.1	28.7
	cm	61.5	62	62.5	63.5	64	65	66	67	68.5	69.5	70.5	71.5	73
	<i>** Add 2” (5cm) for curved dropped hem - sizes H-L. Add 2 1/2” (6.5cm) for sizes M-T.</i>													
Shoulder Width	inches	15.4	15.7	16.1	16.5	17.1	17.3	17.5	17.7	18.1	18.3	18.7	19.3	19.7
	cm	39	40	41	42	43.5	44	44.5	45	46	46.5	47.5	49	50



# 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 for a spring weight vest or quilt an extra layer in between the exterior and lining fabric for extra warmth. Sherpa 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 Audrey Debruyne



Image by Sarah Morris



Image by Victoria Phillips



# 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.

## OUTER AND LINING

Fabric Width		h	i	j	k	l	m	n	o	p	q	r	s	t
110cm / 43"	inches	63	63	63	66.9	70.9	74.8	74.8	78.7	78.7	90.6	98.4	98.4	98.4
	cm	160	160	160	170	180	190	190	200	200	230	250	250	250
130cm / 51"	inches	51.2	51.2	59.1	59.1	63	66.9	66.9	70.9	70.9	78.7	78.7	78.7	78.7
	cm	130	130	150	150	160	170	170	180	180	200	200	200	200
150cm / 59"	inches	51.2	51.2	59.1	59.1	63	66.9	66.9	70.9	70.9	78.7	78.7	78.7	78.7
	cm	130	130	150	150	160	170	170	180	180	200	200	200	200
<i>Remove 15.7" (40cm) if not using a hood</i>														



Image by Carol Kite



Image by Liz Joffrion



Image by Yvette Roberts





# Upcycle Inspiration

## 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.



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

Mother-of-Pearl buttons rescued off an old garment.

Length of lace elastic found at thrift store for button loops.

Yarn can be used to embroider some flowers onto a pocket or to make a sweet pom-pom for the tip of the hood.



Plaid wool pants for a classic waistcoat.

Length of elastic for button loops.

Handmade wooden buttons made from native tree branches which came down in the storm.

Fabric remnant (new) found at thrift store for lining.



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



100% Pure wool blanket. Use the stitched selvedge edge for a feature on the tops of pockets.

Woolen sweater. Give it a hot wash and machine dry to begin the felting process. This means it won't unravel when you cut it, and it will be warmer.

You may need to piece together several sweaters depending on the size.

Corduroy pants make great autumn vests.

Selection of wooden and vintage leather buttons.

