



The measurements in this chart are for a minimal stretch fabric. Choose your size according to these measurements, and then choose which pattern to use according to the stretch capacity of your fabric. All sizes come have 4 different stretch capacity patterns.

	4	6	8	10	12	14	16
HIPS CM	84	88	92	96	100	104	108
WAIST CM	60	64	68	72	76	80	84

	18	20	22	24	26	28	30
HIPS CM	112	117	122	127	132	137	142
WAIST CM	88	94	100	106	112	118	124

If your hip and waist measurements differ greatly, choose the size that fits your hips. To ensure that the waist fits, you can add elastic to the waistband.

Test what length of elastic is comfortable, and how easily it passes over the hips.

	4	6	8	10	12	14	16
ELASTIC CM	56-60	60-64	64-68	68-72	72-76	76-80	80-84

	18	20	22	24	26	28	30
ELASTIC CM	84-88	88-94	94-100	100-106	106-112	112-118	118-124

ALL PATTERNS HAVE A 6MM SEAM ALLOWANCE.