

Adult Shirt Sizes

	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Regular/Tall Chest Measurement	30-32	34-36	38-40	42-44	46-48	50-52	54-55	57-58	60-61	63-64
Regular/Tall Neck Size (for woven shirts)	13½-14	14-14½	15-15½	16-16½	17-17½	17½-18	18-18½	18½-19	19-19½	19½-20
Regular Sleeve Measurement	30½-31½	32-33	34-35	35-36	36½-37½	37½-38½	38½-39½	39½-40½	40½-41½	41½-42½
Tall Sleeve Measurement	-	-	-	36½-37½	38-39	39-40	40-41	41-42	-	-

K500ES, p. 88-89	7XL	8XL	9XL	10XL	S608ES, p. 40-41	7XL	8XL	9XL	10XL
Chest Measurement	69	72	75	78	Chest Measurement	76	80	83	86
Sleeve Measurement (from shoulder)	15	15¼	15½	15¾	Neck Size	20¾	21¼	21¾	22¼
					Sleeve Measurement (from center back)	42	42	42	42

Unisex Pant Sizes

	XS	S	M	L	XL	2XL	3XL	4XL
Waist	24-26	28-30	32-34	36-38	40-42	44-46	48-50	52-54
Inseam	30	31	32	32	33	33½	34	34½

Ladies Sizes

Tops								
	XS	S	M	L	XL	XXL	Plus 1X	Plus 2X
Size	4	6/8	10/12	14/16	18/20	20	18-20W	22-24W
Bust Measurement	32½-34	34½-35½	36½-38	39½-41	43-45	48	47-51	52-56

Bottoms								
L210 Cheer Short, p. 222	XS	S	M	L	XL	XXL	Plus 1X	Plus 2X
Waistband	20	22	24	26	28	30	32	36
Inseam	3	3	3	3	3	3	5	5

L252 Sweatpant, p. 332	XS	S	M	L	XL	XXL	Plus 1X	Plus 2X
Waistband	30	33½	36	38½	41	43½	46	48½
Inseam	29½	30	31	31	31½	32	32½	33

L505P Silk Touch™ Pant, p. 321	XS	S	M	L	XL	XXL	Plus 1X	Plus 2X
Waist Relaxed	29	30	32	35	38	40	42	44
Inseam	30	30½	31	31½	32	33	33	33

Youth Sizes

	XS	S	M	L	XL
Size	2-4	6-8	10-12	14-16	18-20



Adult Sizes

	XS	S	M	L	XL	2XL	3XL	4XL
Chest	30-32	34-36	38-40	42-44	46-48	50-52	54-55	57-58

Junior Ladies Sizes

Tops								
	S	M	L	XL	XXL	Plus 1X	Plus 2X	
Size	3/5	7/9	11/13	15/17	17/19	21/23	25/27	
Bust Measurement	28	30	32	34	36	41	46	

Bottoms								
	S	M	L	XL	XXL	Plus 1X	Plus 2X	
Waistband Relaxed	34	36	38	40	42	44	46	
Inseam	31	32	32½	32½	32½	33	33½	

Youth Sizes

	XS	S	M	L	XL
Size	2-4	6-8	10-12	14-16	18-20



How to Measure for Ladies and Plus Sizes:

Bust – Measure under your arms, at the fullest part of your chest.

Relaxed Waist – Measure around your hips, keeping the tape a bit loose.

Inseam – Measure from the crotch seam to the bottom of the pants.

How to Measure for Men's and Adult Sizes:

Neck – Measure at the base of your neck.

Sleeve – Measure length from center back neck, over point of shoulder to the wrist.

Chest – Measure under your arms, at the fullest part of your chest.

Waist – Measure around your waist at height you normally wear your pants.

Inseam – Measure from the crotch seam to the bottom of the pants.

Sizing for Infants' Apparel

	6M	12M	18M	24M
Approx. Age	3 - 6 M	6 - 12 M	12 - 18 M	18 - 24 M
Approx. Weight (lbs)	7 - 15	16 - 22	23 - 27	28 - 30
Approx. Length (inches)	17 - 24	25 - 28	29 - 31	32 - 34

Sizing for Toddlers' Apparel

	2T	3T	4T
Approx. Weight (lbs)	30 - 33	33 - 36	36 - 41
Approx. Height (inches)	32 - 36	36	38
Approx. Chest Size (inches)	24	25	28

Winged Stitches

Kathy and Chris Strasbourg
425/823-8644
wingedstitches@comcast.net