

FROM THE FOUNDER OF THE #VIKISEWS BRAND

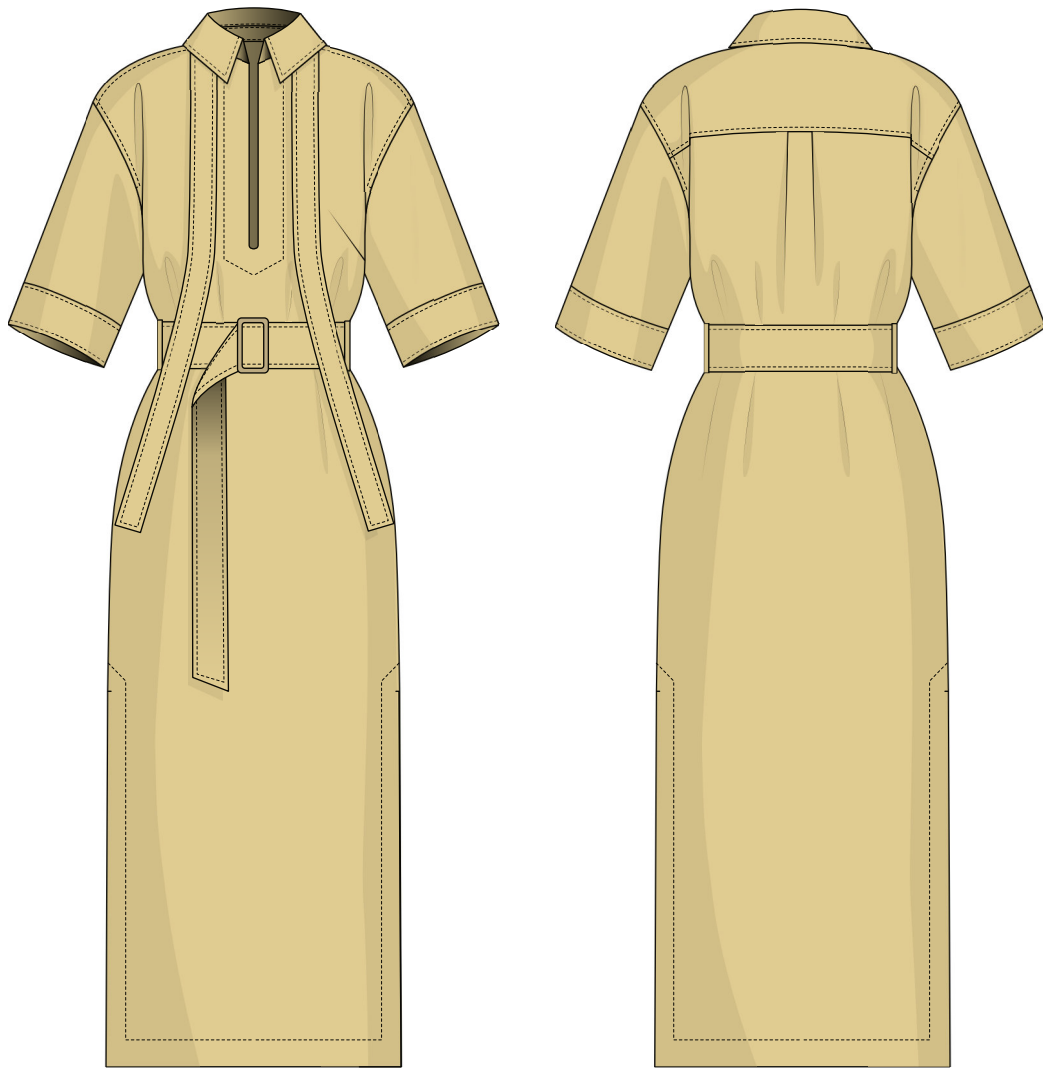


Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission. I wanted to create modern patterns with the utmost detailed and clear instructions.

Now, with each new collection we are constantly improving our instructions, amending them and adding more relevant details. By the time the final product reaches you, our drafters, correctors, and editors would have spent weeks perfecting every word and every photograph. If you compile a few of our instructions together, you will get a sewing manual that will assist you in sewing all kinds of garments at any difficulty level.

And I would be very happy if these instructions helped you to turn your hobby into a lifelong passion... Enjoy the process! Create your ultimate dream wardrobe! Wear your garments proudly for years to come!

If you have any questions, please contact us at info@vikisews.com – we are always there to help.



HELEN PATTERN DESCRIPTION

Helen is a loose-fitting dress with a straight silhouette. It has a detachable belt that closes with a buckle. The front features bust darts transferred to the side seams. The back features a separate yoke with a pleat underneath at the center back. Helen has a turn-down collar with a separate stand. A free-hanging decorative collar tie is attached with tacks under the collar. There is a slit from the neckline down to the bust level at the center front. The dress features set-in semi-fitted sleeves with cuffs. The side seams end in high hemline slits. The front and hemline slits, cuffs, collar, belt, collar tie, and garment hem feature topstitching lines. The dress is below-knee length.



IMPORTANT!

The contents of this pattern are copyright protected and belong exclusively to Vikisews. You may use Vikisews patterns for personal use. It is prohibited to share Vikisews patterns and instructions with third parties, as well as to publish patterns and instructions online for public access. **Non-compliance with the mentioned rules is a violation of the US copyright law and may result in civil liability and criminal prosecution.**

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TOTAL EASE ALLOWANCE

	Bust ease	Waistline ease	Hipline ease	Upper arm ease
cm	33.2–33.7	51.7–51.9	24.3–24.5	20
inches	13 1/8–13 1/4	20 3/8	9 5/8	7 7/8

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Garment length at center back, cm	Sleeve length, cm
1 (154–160)	114.8	44.4–47.1
2 (162–168)	118.8	46.4–49.2
3 (170–176)	122.8	48.4–51.1
4 (178–184)	126.8	50.4–53.2

Height, ft	Garment length at center back, in	Sleeve length, in
1 (5'1"–5'3")	45 1/4	17 1/2–18 1/2
2 (5'4"–5'6")	46 3/4	18 1/4–19 3/8
3 (5'7"–5'9")	48 3/8	19–20 1/8
4 (5'10"–6'1")	49 7/8	19 7/8–21

SUGGESTED FABRIC

To sew this dress, choose dress-weight and suiting fabrics with the following properties:

- Medium weight, easily pressed and steamed, non-stretch or with very little stretch, structured, opaque
- The fiber content can include natural fibers (wool, silk, cotton, linen), artificial fibers (viscose), blends (wool + silk, wool + polyester, cotton + viscose, etc.), and synthetics (polyester, polyester + elastane)
- The following fabrics are recommended: wool, gabardine, denim, fine wale corduroy, faux leather, suede

Attention! We do not recommend stretchy knit materials (jersey fabrics) and lightweight sheer fabrics (chiffon, organza, stretch lace).

The dress in the photo is made of denim. The fiber content is a blend: 98% recycled cotton + 2% polyester. This fabric is medium weight, with very little stretch.

PATTERN PIECES LIST

1. From main fabric:

- front — cut 1 on fold
- back — cut 1 on fold
- back yoke — cut 1 on fold
- undercollar — cut 1 on fold
- upper collar — cut 1 on fold
- collar stand — cut 2 on fold
- sleeve — cut 2
- cuff — cut 2
- collar tie — cut 1
- belt — cut 1
- front slit facing — cut 1
- belt loop — cut 1

***IMPORTANT!** Don't forget to transfer all pattern markings and notches onto the fabric.*

2. From interfacing:

- upper collar — cut 1 on fold
- undercollar — cut 1 on fold
- collar stand — cut 2 on fold
- belt — cut 1
- front slit facing — cut 1

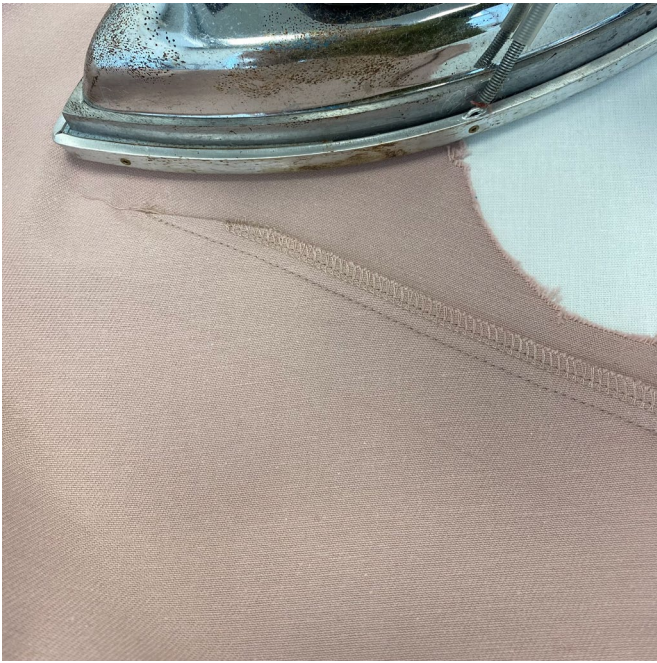
Additionally, cut two interfacing strips, 3 cm (1 1/8") wide, to interface the slit seam allowances. The grainline of the interfacing strips should be along the longer side (along the interfacing selvedge).

SEAM ALLOWANCES

All pattern pieces include seam allowances as follows:

- garment hem allowance — 4 cm (1 5/8")
- top cuff seam allowance — 1.5 cm (5/8")
- side seam allowance at the slit section — 2.5 cm (1")
- all other edges — 1 cm (3/8")

Take this into account when laying out pattern pieces on the fabric.



Finish the edge on the overlocker, with the bottom of the dart facing up. Tie knots and hide the thread tails in the dart bulk. Press flat, then press upwards. Press and steam to shrink out the ease at the dart point.



Make a pleat at the top of the back piece as indicated on the pattern pieces. Secure the pleat with hand stitches or on the sewing machine within the seam allowance (at 5–7 mm (1/4") from the edge).



Align the bottom edge of the yoke piece and the top edge of the back piece, right sides together, match all the notches. Pin and stitch on the sewing machine, backstitching at the beginning and end.