

# FROM THE FOUNDER OF THE #VIKISEWS BRAND

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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](mailto:info@vikisews.com) — we are always there to help.



## EDEN PATTERN DESCRIPTION

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Eden is a semi-fitted dress with an accentuated waist and a waist seam. It is fitted with waist darts at the back and princess seams that transition into darts at the front. The dress features long set-in sleeves, a deep square neckline on the front and a round neckline on the back. It closes with an invisible zipper in the center back seam. Eden is above-knee length.



## IMPORTANT!

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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.**

You may use Vikisews patterns for commercial use, to sew custom-made garments and/or create fashion collections, on the condition that the patterns are solely used in a manufacturing setting and are not further shared with individuals.

# TOTAL EASE ALLOWANCE

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	Bust ease	Waistline ease	Hipline ease	Upper arm ease
cm	2.7–4.6	1	2.5	3.9–4.7
inches	1 1/8–1 3/4	3/8	1	1 1/2–1 7/8

# GARMENT LENGTH, SLEEVE LENGTH

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Height, cm	Center back length, cm	Sleeve length (estimated), cm
1 (154–160)	78.6–81.9	62.9–63
2 (162–168)	82.6–85.9	64.9–65
3 (170–176)	86.6–89.9	66.9–67
4 (178–184)	90.4–93.9	68.9–69

Height, ft	Center back length, in	Sleeve length (estimated), in
1 (5'1"–5'3")	31–32 1/4	24 3/4
2 (5'4"–5'6")	32 1/2–33 7/8	25 1/2–25 5/8
3 (5'7"–5'9")	34 1/8–35 3/8	26 3/8
4 (5'10"–6'1")	35 5/8–37	27 1/8

# SUGGESTED FABRIC

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

- medium weight, soft, non-stretch or low-stretch
- the fiber content can include natural fibers (wool, cotton), artificial fibers (viscose), blends (wool + polyester, cotton + viscose, etc.), and synthetics (polyester)
- the following fabrics are recommended: dress-weight wool, suiting fabrics, gabardine, jersey fabrics.

**Attention!** We do not recommend lightweight and very stretchy fabrics.

The dress in the photo is made of suiting fabric. The fabric is medium-weight, soft, and low-stretch. The fiber content is a blend of 56% polyester and 44% viscose. The fabric weight is 400 g/m<sup>2</sup>.

# PATTERN PIECES LIST

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## 1. From main fabric:

- center front bodice — cut 1 on fold
- side front bodice — cut 2
- back bodice — cut 2
- front skirt — cut 1 on fold
- back skirt — cut 2
- front facing — cut 1 on fold
- back facing — cut 2
- sleeve — cut 2

## 2. From interfacing:

- front facing — cut 1 on fold
- back facing — cut 2

Additionally, cut two interfacing strips, 2 cm (3/4") wide, to reinforce the seam allowances for the invisible zipper in the center back seam. The interfacing strips should be cut on the straight grain (parallel to the selvedge).

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

# SEAM ALLOWANCES

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All pattern pieces include the seam allowances as follows:

- garment hem allowance — 3 cm (1 1/8")
- sleeve hem allowance — 3 cm (1 1/8")
- center back seam allowance — 1.5 cm (5/8")
- all other edges — 1 cm (3/8").

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



Press the darts flat.



Press and steam the darts, shrinking out the fullness at the dart points on a tailor's ham. Press the darts towards the center front and center back, respectively.

**Important!** To prevent imprints when pressing, slip a piece of thick paper between the dart intake and the main piece.



Place the back bodice and back skirt pieces right sides together. Align the waist seam edges, match the notches, and pin. Stitch on the sewing machine, backstitching at the beginning and end of the seam.