

# 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!

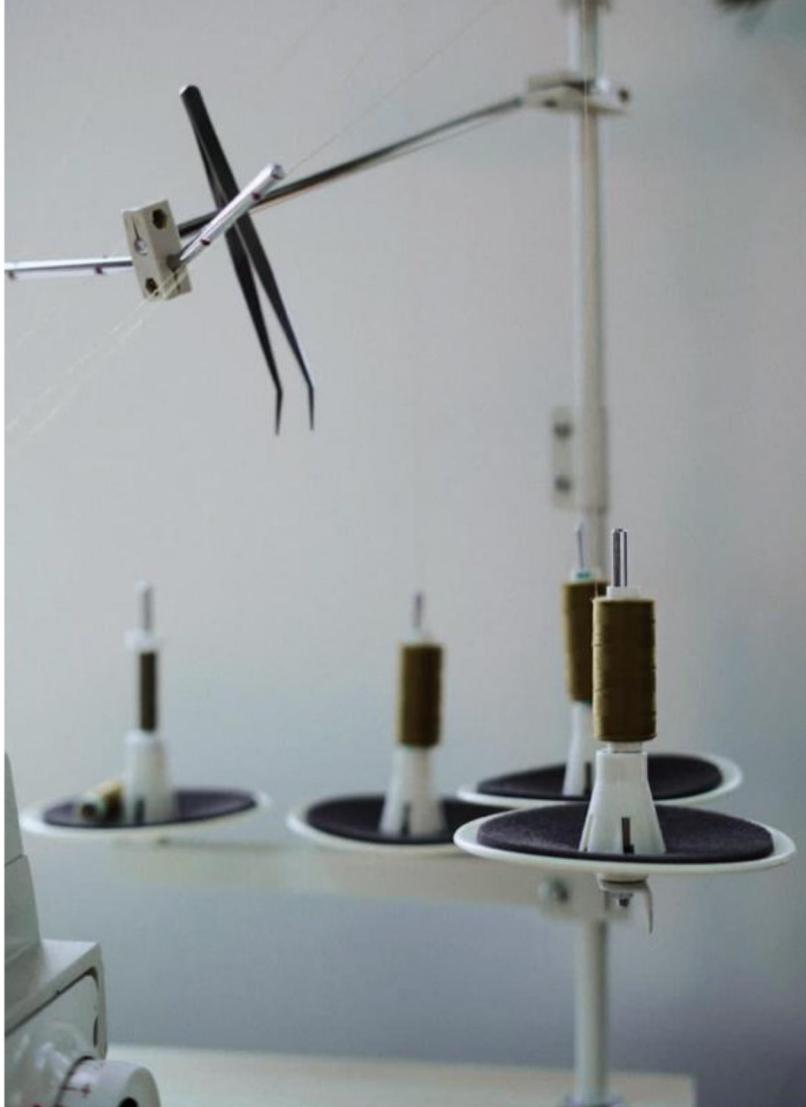
If you have any questions, please contact us at [info@vikisews.com](mailto:info@vikisews.com) — we are always there to help.



## HELGA PATTERN DESCRIPTION

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Helga is a semi-fitted dress with an accentuated waist. The shaping of the dress is achieved with tucks. The dress fastens with an invisible zipper in the center back seam. It has long sleeves and a boatneck. The dress is available in midi and mini length options.



## 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     | 22.2–27.8 | 4.9–5.1        | 20.8–22.3    | 13.8–19.6      |
| inches | 8 3/4–11  | 1 7/8–2        | 8 1/4–8 3/4  | 5 3/8–7 3/4    |

# GARMENT LENGTH, SLEEVE LENGTH

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| Height, cm  | Center back length<br>(long dress), cm | Center back length<br>(short dress), cm | Sleeve length, cm |
|-------------|--|---|-------------------|
| 1 (154–160) | 128.3–131.9                            | 70.3–73                                 | 68–70.3           |
| 2 (162–168) | 132.3–135.9                            | 75.3–78                                 | 68.5–70.8         |
| 3 (170–176) | 136.3–139.9                            | 80.3–83                                 | 68.6–70.9         |
| 4 (178–184) | 140.3–143.9                            | 85.3–88                                 | 68.9–71.2         |

| Height, ft     | Center back length<br>(long dress), in | Center back length<br>(short dress), in | Sleeve length, in |
|----------------|--|---|-------------------|
| 1 (5'1"–5'3")  | 50 1/2–51 7/8                          | 27 5/8–28 3/4                           | 26 3/4–27 5/8     |
| 2 (5'4"–5'6")  | 52 1/8–53 1/2                          | 29 5/8–30 3/4                           | 27–27 7/8         |
| 3 (5'7"–5'9")  | 53 5/8–55 1/8                          | 31 5/8–32 5/8                           | 27–27 7/8         |
| 4 (5'10"–6'1") | 55 1/4–56 5/8                          | 33 5/8–34 5/8                           | 27 1/8–28         |

# SUGGESTED FABRIC

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

- medium weight, opaque, with a little elastane
- the fiber content can include natural fibers (cotton, linen), blends (cotton + polyester, cotton + elastane, etc.), and synthetics (polyester, polyester + elastane)
- the following fabrics are recommended: suiting, heavyweight cotton

**Attention!** We do not recommend lightweight, sheer fabrics.

The dress in the photo is made of suiting fabric. The fabric is medium weight and has very little stretch. The fiber content is a blend of wool and elastane. The fabric weight is 410 g/m<sup>2</sup>.

# FABRIC AND NOTIONS REQUIREMENTS

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1. Main fabric (long dress), 140 cm wide, with a directional print/nap, in meters:

| Height, cm  | Size |      |       |      |      |      |      |      |
|-------------|------|------|-------|------|------|------|------|------|
|             | 34   | 36   | 38-42 | 44   | 46   | 48   | 50   | 52   |
| 1 (154-160) | 1.95 | 2.25 | 2.65  | 2.75 | 2.75 | 2.8  | 2.8  | 2.8  |
| 2 (162-168) | 2.05 | 2.3  | 2.65  | 2.85 | 2.85 | 2.85 | 2.9  | 2.9  |
| 3 (170-176) | 2.1  | 2.4  | 2.7   | 2.9  | 2.95 | 2.95 | 2.95 | 3    |
| 4 (178-184) | 2.15 | 2.5  | 2.8   | 3    | 3    | 3    | 3.05 | 3.05 |

Main fabric (short dress), 140 cm wide, with a directional print/nap, in meters:

| Height, cm  | Size  |      |      |      |       |
|-------------|-------|------|------|------|-------|
|             | 34-36 | 38   | 40   | 42   | 44-52 |
| 1 (154-160) | 1.4   | 1.4  | 1.4  | 1.5  | 2     |
| 2 (162-168) | 1.45  | 1.45 | 1.45 | 1.65 | 2.05  |
| 3 (170-176) | 1.5   | 1.55 | 1.55 | 1.75 | 2.15  |
| 4 (178-184) | 1.6   | 1.6  | 1.65 | 1.9  | 2.25  |

Main fabric (long dress), 150 cm wide, with a directional print/nap, in meters:

| Height, cm  | Size |       |      |      |       |      |      |
|-------------|------|-------|------|------|-------|------|------|
|             | 34   | 36-38 | 40   | 42   | 44-48 | 50   | 52   |
| 1 (154-160) | 1.95 | 1.95  | 2.05 | 2.35 | 2.55  | 2.55 | 2.8  |
| 2 (162-168) | 2    | 2.05  | 2.15 | 2.45 | 2.65  | 2.65 | 2.85 |
| 3 (170-176) | 2.1  | 2.1   | 2.2  | 2.5  | 2.7   | 2.75 | 2.95 |
| 4 (178-184) | 2.15 | 2.15  | 2.3  | 2.6  | 2.8   | 2.8  | 3.05 |

Main fabric (short dress), 150 cm wide, with a directional print/nap, in meters:

| Height, cm  | Size  |       |      |      |       |
|-------------|-------|-------|------|------|-------|
|             | 34-40 | 42-44 | 46   | 48   | 50-52 |
| 1 (154-160) | 1.4   | 1.4   | 1.4  | 1.6  | 2     |
| 2 (162-168) | 1.45  | 1.45  | 1.5  | 1.7  | 2.05  |
| 3 (170-176) | 1.5   | 1.55  | 1.6  | 1.85 | 2.15  |
| 4 (178-184) | 1.6   | 1.6   | 1.75 | 1.95 | 2.25  |

Main fabric (long dress), 55" wide, with a directional print/nap, in yards:

| Height, ft     | Size  |       |       |       |       |       |
|----------------|-------|-------|-------|-------|-------|-------|
|                | 34    | 36    | 38-42 | 44    | 46-48 | 50-52 |
| 1 (5'1"-5'3")  | 2 1/8 | 2 1/2 | 2 7/8 | 3     | 3     | 3     |
| 2 (5'4"-5'6")  | 2 1/4 | 2 1/2 | 2 7/8 | 3 1/8 | 3 1/8 | 3 1/8 |
| 3 (5'7"-5'9")  | 2 1/4 | 2 5/8 | 3     | 3 1/8 | 3 1/4 | 3 1/4 |
| 4 (5'10"-6'1") | 2 3/8 | 2 3/4 | 3     | 3 1/4 | 3 1/4 | 3 3/8 |

Main fabric (short dress), 55" wide, with a directional print/nap, in yards:

| Height, ft     | Size  |       |       |       |
|----------------|-------|-------|-------|-------|
|                | 34-36 | 38-40 | 42    | 44-52 |
| 1 (5'1"-5'3")  | 1 1/2 | 1 1/2 | 1 5/8 | 2 1/8 |
| 2 (5'4"-5'6")  | 1 5/8 | 1 5/8 | 1 3/4 | 2 1/4 |
| 3 (5'7"-5'9")  | 1 5/8 | 1 3/4 | 1 7/8 | 2 3/8 |
| 4 (5'10"-6'1") | 1 3/4 | 1 3/4 | 2 1/8 | 2 1/2 |

Main fabric (long dress), 59" wide, with a directional print/nap, in yards:

| Height, ft     | Size  |       |       |       |       |       |
|----------------|-------|-------|-------|-------|-------|-------|
|                | 34    | 36-38 | 40    | 42    | 44-50 | 52    |
| 1 (5'1"-5'3")  | 2 1/8 | 2 1/8 | 2 1/4 | 2 5/8 | 2 3/4 | 3     |
| 2 (5'4"-5'6")  | 2 1/8 | 2 1/4 | 2 3/8 | 2 5/8 | 2 7/8 | 3 1/8 |
| 3 (5'7"-5'9")  | 2 1/4 | 2 1/4 | 2 3/8 | 2 3/4 | 3     | 3 1/4 |
| 4 (5'10"-6'1") | 2 3/8 | 2 3/8 | 2 1/2 | 2 7/8 | 3     | 3 3/8 |

Main fabric (short dress), 59" wide, with a directional print/nap, in yards:

| Height, ft     | Size  |       |       |       |       |
|----------------|-------|-------|-------|-------|-------|
|                | 34-40 | 42-44 | 46    | 48    | 50-52 |
| 1 (5'1"-5'3")  | 1 1/2 | 1 1/2 | 1 1/2 | 1 3/4 | 2 1/8 |
| 2 (5'4"-5'6")  | 1 5/8 | 1 5/8 | 1 5/8 | 1 7/8 | 2 1/4 |
| 3 (5'7"-5'9")  | 1 5/8 | 1 3/4 | 1 3/4 | 2     | 2 3/8 |
| 4 (5'10"-6'1") | 1 3/4 | 1 3/4 | 1 7/8 | 2 1/8 | 2 1/2 |

**IMPORTANT!** When purchasing fabric, please account for shrinkage and buy 5% more than required.

2. Knit or woven lightweight interfacing, 140 cm (55") wide, for all sizes in all heights — 0.15 m (1/8 yd)
3. One invisible zipper, in centimeters:

| Height, cm  | Size |      |      |    |    |    |      |      |    |    |
|-------------|------|------|------|----|----|----|------|------|----|----|
|             | 34   | 36   | 38   | 40 | 42 | 44 | 46   | 48   | 50 | 52 |
| 1 (154-160) | 56   | 56.6 | 57.5 | 58 | 59 | 60 | 60.6 | 61.5 | 62 | 63 |
| 2 (162-168) | 57   | 57.6 | 58.5 | 59 | 60 | 61 | 61.6 | 62.5 | 63 | 64 |
| 3 (170-176) | 58   | 58.6 | 59.5 | 60 | 61 | 62 | 62.6 | 63.5 | 64 | 65 |
| 4 (178-184) | 59   | 59.6 | 60.5 | 61 | 62 | 63 | 63.6 | 64.5 | 65 | 66 |

One invisible zipper, in inches:

| Height, ft     | Size   |        |        |        |        |        |        |        |        |        |
|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
|                | 34     | 36     | 38     | 40     | 42     | 44     | 46     | 48     | 50     | 52     |
| 1 (5'1"-5'3")  | 22     | 22 1/4 | 22 5/8 | 22 7/8 | 23 1/4 | 23 5/8 | 23 7/8 | 24 1/4 | 24 3/8 | 24 3/4 |
| 2 (5'4"-5'6")  | 22 1/2 | 22 5/8 | 23     | 23 1/4 | 23 5/8 | 24     | 24 1/4 | 24 5/8 | 24 3/4 | 25 1/4 |
| 3 (5'7"-5'9")  | 22 7/8 | 23 1/8 | 23 3/8 | 23 5/8 | 24     | 24 3/8 | 24 5/8 | 25     | 25 1/4 | 25 5/8 |
| 4 (5'10"-6'1") | 23 1/4 | 23 1/2 | 23 7/8 | 24     | 24 3/8 | 24 3/4 | 25     | 25 3/8 | 25 5/8 | 26     |

4. Stitched bias-cut fusible stay tape, 1.5 cm (5/8") wide, for all sizes in all heights — 2.1 m (2 1/4 yd)
5. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker)

## TOOLS AND EQUIPMENT

- sewing machine for construction
- overlocker for finishing raw edges. It can be replaced with a stretch overlock stitch or a zigzag stitch on the sewing machine (overlock or zigzag stitch width 2-3 mm, stitch length 2.5 mm)
- invisible zipper foot for the sewing machine
- one-sided foot for the sewing machine
- stitch-in-the-ditch foot (optional)

# PATTERN PIECES LIST

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## 1. From main fabric:

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

## 2. From interfacing:

- front neck facing — cut 1
- back neck facing — cut 2

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

# SEAM ALLOWANCES

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All pattern pieces include seam allowances as follows:

- garment and sleeve hem allowances — 3 cm (1 1/8")
- center seam allowance on the back pieces — 1.5 cm (5/8")
- all other edges — 1 cm (3/8")

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

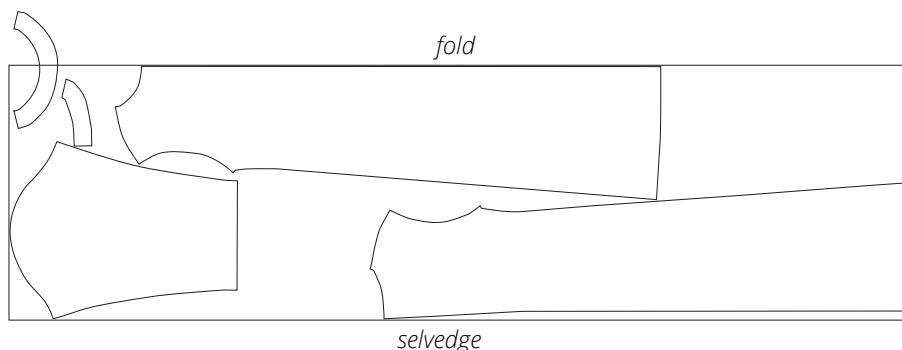
# CUTTING LAYOUT

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## Long dress

Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,  
for sizes 34-36 in all heights

Main fabric, 150 cm (59") wide, with a directional print/nap, cut on fold,  
for sizes 34-42 in all heights



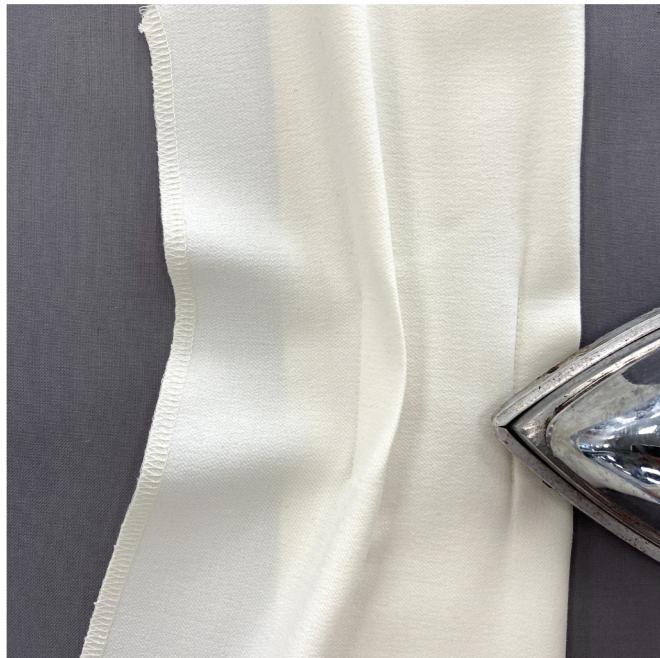
**Attention!** Cut the front neck facing piece on a single layer  
out of the leftover fabric.



Stitch on the sewing machine without backstitching. Leave long thread tails at both ends of the seam.



Tie the thread tails into a knot and hide them between the fabric layers using a needle.



Press the tucks flat.