

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.



ARILENA PATTERN DESCRIPTION

Arilena is a semi-fitted wrap dress with a defined waist. The front of the dress is secured with waist ties. Its edges are finished with applied bands. There is a gathered drawstring casing at the waist level on the right front. The dress has long, semi-fitted set-in sleeves and is above-ankle length.



IMPORTANT!

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TOTAL EASE ALLOWANCE

	Bust ease	Waistline ease	Hipline ease	Upper arm ease
cm	-0.8 – 0.2	18–19	3–4	4.2–0.7
inches	-3/8 – 1/8	7 1/8–7 1/2	1 1/8–1 5/8	1 5/8–1/4

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length, cm	Sleeve length, cm
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1 (154–160)	121–122.8	63.2–59.4
2 (162–168)	126–127.8	65.1–61.3
3 (170–176)	130.6–132.4	67–63.3
4 (178–184)	136–137.8	68.9–65.2

Height, ft	Back length, in	Sleeve length, in
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1 (5'1"–5'3")	47 5/8–48 3/8	24 7/8–23 3/8
2 (5'4"–5'6")	49 5/8–50 3/8	25 5/8–24 1/8
3 (5'7"–5'9")	51 3/8–52 1/8	26 3/8–24 7/8
4 (5'10"–6'1")	53 1/2–54 1/4	27 1/8–25 5/8

SUGGESTED FABRIC

To sew this dress, choose soft, low to medium-stretch, medium-weight knit fabrics made of natural fibers, artificial fibers, blends, or synthetics.

Recommended fabrics: knits, sweater knits, double knits.

Attention! We recommend using only stretchy fabrics for this garment.

The dress in the photos is made of knit fabric. The fabric is medium-weight, soft, and low-stretch. The fiber content is 100% wool. The fabric weight is 270 g/m².

FABRIC AND NOTIONS REQUIREMENTS

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

Height, cm	Size					
	34	36	38	40	42-48	50-52
1 (154-160)	2.05	2.1	2.3	2.35	2.9	2.95
2 (162-168)	2.15	2.15	2.3	2.4	3	3.05
3 (170-176)	2.2	2.3	2.35	2.45	3.1	3.15
4 (178-184)	2.3	2.35	2.4	2.55	3.2	3.25

Main fabric, 55" wide, with a directional print/nap, in yards:

Height, ft	Size					
	34	36	38	40	42-48	50-52
1 (5'1"-5'3")	2 1/4	2 1/4	2 1/2	2 5/8	3 1/8	3 1/4
2 (5'4"-5'6")	2 3/8	2 3/8	2 1/2	2 5/8	3 1/4	3 3/8
3 (5'7"-5'9")	2 3/8	2 1/2	2 5/8	2 5/8	3 3/8	3 1/2
4 (5'10"-6'1")	2 1/2	2 5/8	2 5/8	2 3/4	3 1/2	3 1/2

Main fabric, 150 cm wide, with a directional print/nap, in meters:

Height, cm	Size						
	34	36	38	40	42	44-46	48-52
1 (154-160)	2	2	2.05	2.2	2.25	2.3	2.95
2 (162-168)	2.05	2.1	2.1	2.2	2.25	2.35	3.05
3 (170-176)	2.1	2.15	2.15	2.2	2.4	2.4	3.15
4 (178-184)	2.2	2.2	2.25	2.3	2.4	2.5	3.25

Main fabric, 59" wide, with a directional print/nap, in yards:

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

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

2. Clear elastic, 6 mm (1/4") wide, for all heights:

Size	34-38	40-44	46-52
Length, cm	85	90	95
Length, in	33 1/2	35 3/8	37 3/8

TOOLS AND EQUIPMENT

- sewing machine for construction
- overlocker for construction and 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)
- coverstitch or coverlock machine for finishing the garment hem and sleeve hems. If you don't have a coverstitch machine, it can be replaced with a twin needle on any regular sewing machine that can do a zigzag stitch.

IMPORTANT! We recommend using specialty needles when working with knit fabrics (for example, STRETCH, SUPER STRETCH, JERSEY, etc.). These are ballpoint needles, so they part the threads of the fabric you are stitching rather than piercing them.

PATTERN PIECES LIST

From main fabric:

- left front – cut 1
- right front – cut 1
- back – cut 1 on fold
- sleeve – cut 2
- waist tie – cut 2
- drawstring – cut 1
- back neckband – cut 1 on fold
- top right front band – cut 1
- bottom right front band – cut 1
- top left front band – cut 1
- bottom left front band – cut 1

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

SEAM ALLOWANCES

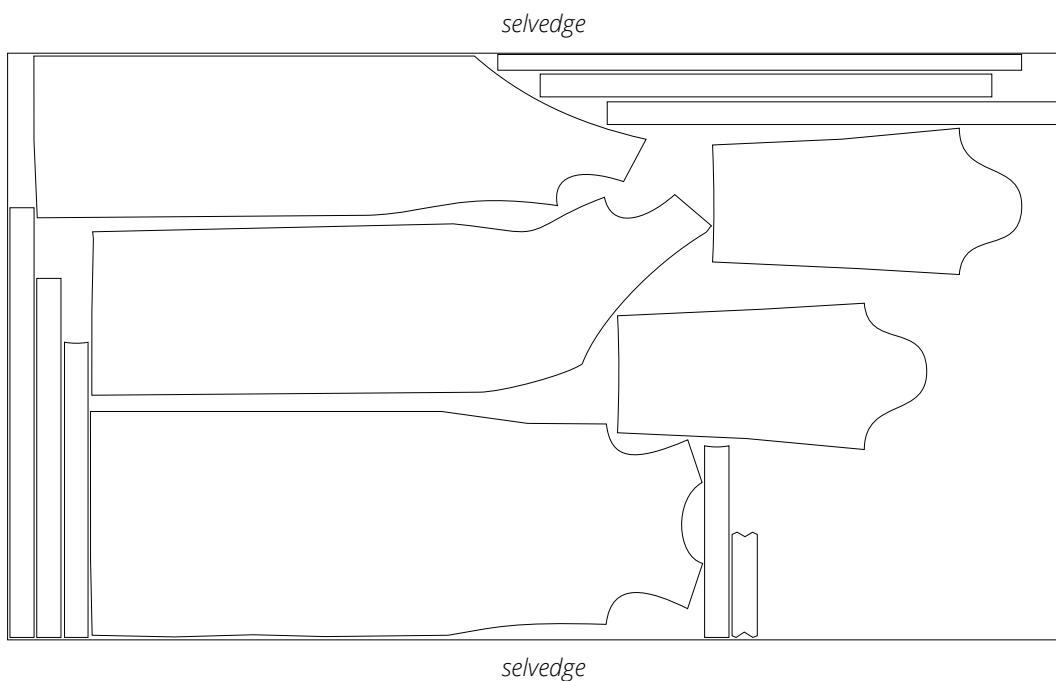
All pattern pieces include seam allowances as follows:

- hem allowances on the right front, left front, back, and sleeve pieces – 4 cm (1 5/8")
- all other edges – 1 cm (3/8").

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

CUTTING LAYOUT

Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer, for sizes 34–40 in all heights; main fabric, 150 cm (59") wide, with a directional print/nap, cut on a single layer, for sizes 40–46 in all heights





Press the seams flat.

Press the seam allowances towards the back.



Place the left front and back pieces right sides together. Align and pin the side seam edges, matching the notches.



Stitch the side seam on the overlocker, keeping the left front piece facing up.

Press the seam flat.

Press the seam allowances towards the back.