

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.



ARLETTE PATTERN DESCRIPTION

Arlette is a semi-fitted dress with an accentuated waist. It features a shaped midriff detail with a gathered overlay. The bodice is tightly gathered along the waistline. The turn-down shirt collar has a separate collar stand. The dress has drop shoulders and long shirt sleeves. The sleeves feature pleats at the bottom and are finished with cuffs that close with a button and buttonhole. The sleeve slit is finished with a placket. The A-line double skirt is gathered tightly at the top edge. The skirt of the dress is finished with a free-hanging lining. The dress closes with a center front button placket and an invisible zipper in the left side seam. Arlette is above-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.**

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

	Bust ease	Waistline ease	Hipline ease (for the lining)	Upper arm ease
cm	45.3–57.8	4–7	20–27.8	13.8–15.1
inches	17 7/8–22 3/4	1 5/8–2 3/4	7 7/8–11	5 3/8–6

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length, cm	Sleeve length including shoulder width and cuff, cm
1 (154–160)	82.3–84.1	75.3–79.8
2 (162–168)	86.3–88.1	77.2–81.7
3 (170–176)	90.3–92.1	79.1–83.6
4 (178–184)	94.3–96.1	81.1–85.5

Height, ft	Back length, in	Sleeve length including shoulder width and cuff, in
1 (5'1"–5'3")	32 3/8–33 1/8	29 5/8–31 3/8
2 (5'4"–5'6")	34–34 5/8	30 3/8–32 1/8
3 (5'7"–5'9")	35 1/2–36 1/4	31 1/8–32 7/8
4 (5'10"–6'1")	37 1/8–37 7/8	31 7/8–33 5/8

SUGGESTED FABRIC

To sew this dress, choose dress-weight fabrics with the following properties: medium weight, soft, non-stretch, sheer or opaque. The fiber content can include natural fibers, artificial fibers, blends, and synthetics.

The following fabrics are recommended: chiffon, batiste, natural or artificial silk, dress-weight viscose, challis.

For the lining, we recommend lining fabrics made of artificial fibers, synthetic fibers, or blends.

The dress in the photo is made of chiffon. The fabric is medium weight, sheer, soft, and low-stretch. The fiber content is 100% polyester. The fabric weight is 130 g/m².

The lining is a blend of polyester (97%) and spandex (3%). The fabric weight is 144 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	44	46	48	50	52
1 (154–160)	3.6	3.65	3.75	4.15	4.25	4.3	4.35	4.5	4.55	4.6
2 (162–168)	3.7	3.8	3.85	4.3	4.3	4.35	4.45	4.6	4.7	4.75
3 (170–176)	3.85	4	4.1	4.35	4.4	4.45	4.6	4.8	4.85	4.9
4 (178–184)	4	4.1	4.2	4.45	4.5	4.55	4.85	4.95	5	5.1

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

Height, ft	Size									
	34	36	38	40	42	44	46	48	50	52
1 (5'1"–5'3")	3 7/8	4	4 1/8	4 1/2	4 5/8	4 3/4	4 3/4	4 7/8	5	5
2 (5'4"–5'6")	4	4 1/8	4 1/4	4 3/4	4 3/4	4 3/4	4 7/8	5	5 1/8	5 1/4
3 (5'7"–5'9")	4 1/4	4 3/8	4 1/2	4 3/4	4 3/4	4 7/8	5	5 1/4	5 1/4	5 3/8
4 (5'10"–6'1")	4 3/8	4 1/2	4 5/8	4 7/8	4 7/8	5	5 1/4	5 3/8	5 1/2	5 5/8

2. Lining fabric, 140 cm wide, with a directional print, in meters:

Height, cm	Size	
	34–40	42–52
1 (154–160)	0.85	1.1
2 (162–168)	0.9	1.1
3 (170–176)	0.95	1.2
4 (178–184)	1.1	1.25

Lining fabric, 55" wide, with a directional print, in yards:

Height, ft	Size	
	34–40	42–52
1 (5'1"–5'3")	7/8	1 1/4
2 (5'4"–5'6")	1	1 1/4
3 (5'7"–5'9")	1	1 1/4
4 (5'10"–6'1")	1 1/4	1 3/8

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

3. Lightweight knit interfacing, 140 cm (55") wide, for all sizes in all heights — 0.6 m (5/8 yd)
4. Stitched straight-grain fusible stay tape, 1 cm (3/8") wide, for all sizes in all heights — 1 m (1 1/8 yd)
5. One invisible zipper, 50 cm (19 5/8") long, for all sizes in all heights
6. Ten button blanks (plus one or two spare ones), 1.1 cm (3/8") in diameter
7. Matching thread — 4 spools (1 spool for the sewing machine + 3 spools for the overlocker)

TOOLS AND EQUIPMENT

- sewing machine for construction
- overlocker for finishing raw edges. This may 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)
- buttonhole foot for the sewing machine
- one-sided foot for the sewing machine to attach the zipper
- bias tape maker
- press tool and molds for button covering

PATTERN PIECES LIST

1. From main fabric:

- front bodice — cut 2
- back bodice — cut 1 on fold
- front midriff — cut 1 on fold
- back midriff — cut 1 on fold
- front midriff overlay — cut 1 on fold
- back midriff overlay — cut 1 on fold
- sleeve — cut 2
- sleeve placket — cut 2
- undercollar — cut 1 on fold
- upper collar — cut 1 on fold
- collar stand — cut 2
- cuff — cut 2
- front skirt — cut 2 on fold
- back skirt — cut 2 on fold

Additionally, cut the following from the main fabric:

- a bias-cut strip, 2.5 cm (1") wide and 70 cm (27 1/2") long, to finish the zipper tape

2. From lining fabric:

- front midriff — cut 1 on fold
- back midriff — cut 1 on fold
- front skirt lining — cut 1 on fold
- back skirt lining — cut 1 on fold

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

3. From interfacing:

- front midriff — cut 2 on fold
- back midriff — cut 2 on fold
- sleeve placket — cut 2
- undercollar — cut 1 on fold
- upper collar — cut 1 on fold
- collar stand — cut 2
- cuff — cut 2

Additionally, cut the following from interfacing:

- two strips, 7 cm (2 3/4") wide (length according to the pattern), to interface the placket on the front bodice pieces

The interfacing strips should be cut on the straight grain (parallel to the selvedge).

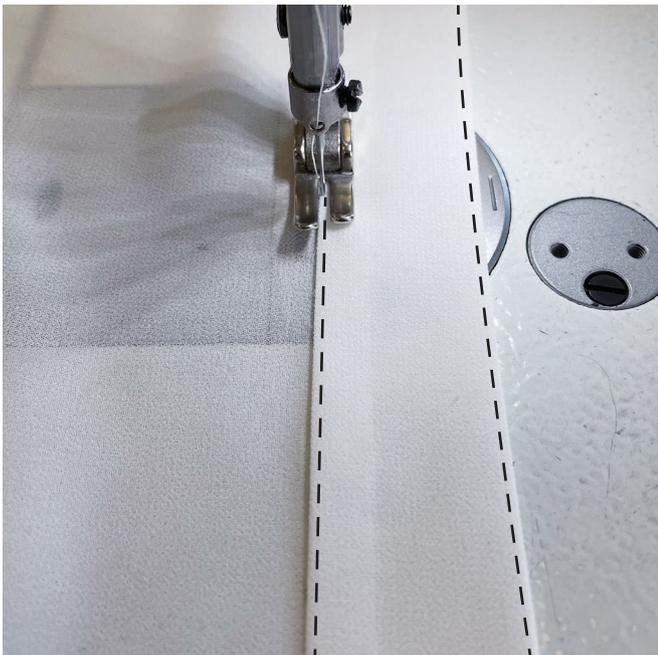
SEAM ALLOWANCES

All pattern pieces include 1 cm (3/8") seam allowances.

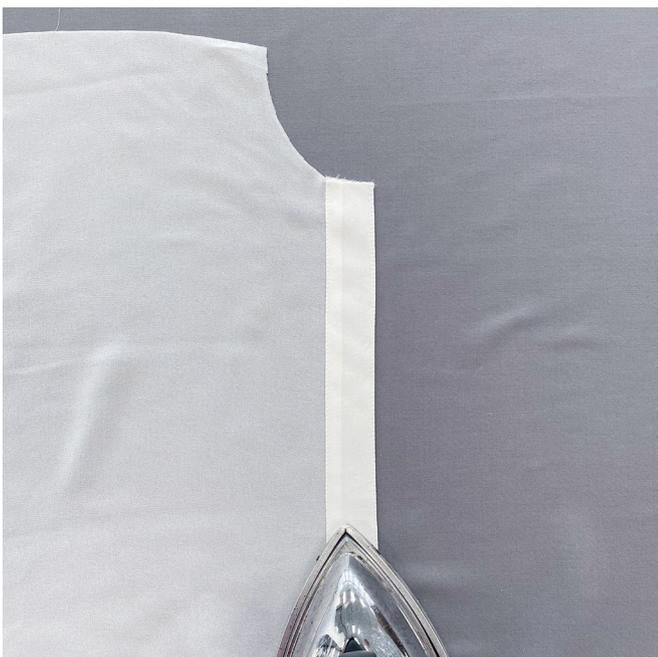
Take this into account when laying out pattern pieces on the fabric.



Press the grown-on placket to the wrong side, aligning the pressed fold with the second marked line.



Machine-stitch at 1–2 mm from the inner pressed edge of the placket and its outer edge. Backstitch at the beginning and end of each seam.



Press the placket.