

FROM THE FOUNDER OF THE VIKISEWS® BRAND



Back in 2016, when I started making my first sewing patterns and instruction manuals, my main goal was to solve the problems I personally faced at the beginning of my sewing journey: the lack of stylish patterns that provide a great fit and contain clear sewing instructions. That's how Vikisews was born—a brand designed to help you create fashionable, on-trend clothing with your own hands.



The sewing instructions we create is the result of our team's careful, meticulous work. May they help you develop your sewing hobby—or even turn it into your life's work! Enjoy every step of the sewing process and create a thoughtful, stylish wardrobe!

If you have any questions, we're always here to help: info@vikisews.com



RUSHANA PATTERN DESCRIPTION

Rushana is a semi-fitted blouse with an accentuated waist. The blouse has a waist seam and a waistband at the front. The front is gathered at the waistline and neckline. The stand collar closes with hooks and eyes at the back. The semi-fitted sleeves are short and finished with lingerie elastic. The back features a center seam and a slit at the top. The bottom edge of the back is finished with lingerie elastic. The bottom edge of the waistband is finished with a peplum overlapping at the front. The waistband and peplum close with an invisible zipper in the center back seam. Rushana is hip-length.



PLEASE READ BEFORE USE

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 (estimated)	Upper arm ease
cm	30.3–28.5	0.5	16.3–24.5	9.9–10.8
inches	11 7/8–11 1/4	1/4	6 3/8–9 5/8	3 7/8–4 1/4

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Center back length from waist down, cm	Sleeve length including shoulder width, cm
1 (154–160)	18.8–18.7	22.8 – 27.9
2 (162–168)	20.8–19.3	22.8 – 27.9
3 (170–176)	22.8–20.5	22.8 – 27.9
4 (178–184)	24.8–22.5	22.8 – 27.9

Height, ft	Center back length from waist down, cm	Sleeve length including shoulder width, in
1 (5'1"–5'3")	7 3/8	9–11
2 (5'4"–5'6")	8 1/4–7 5/8	9–11
3 (5'7"–5'9")	9–8 1/8	9–11
4 (5'10"–6'1")	9 3/4–8 7/8	9–11

SUGGESTED FABRICS

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

- thin, pliable, soft, non-stretch or low-stretch, sheer, semi-sheer, or opaque, and double-faced;

The fiber content can include natural fibers (silk, cotton); artificial fibers (viscose); blended fibers (cotton + silk, cotton + viscose, silk + viscose, etc.); and synthetic fibers (polyester, polyester + elastane).

The following fabrics are recommended: chiffon, crepe de chine, lightweight natural or artificial silk.

For the underlining, we recommend using soft corset mesh or organza.

Attention! We do not recommend stretchy knit fabrics or dense crispy fabrics.

The blouse in the photo is made of blouse chiffon. The fabric is thin, pliable, soft, and non-stretch. The fiber content is 100% natural silk.

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)	1.25	1.3	1.3	1.35	1.4	1.45	1.5	1.6	1.65
2 (162-168)	1.3	1.35	1.35	1.4	1.45	1.5	1.55	1.6	1.7
3 (170-176)	1.35	1.4	1.4	1.45	1.5	1.55	1.6	1.65	1.75
4 (178-184)	1.45	1.45	1.5	1.55	1.6	1.65	1.65	1.75	1.8

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

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

2. Underlining fabric (soft corset mesh, organza), 140 cm wide, with a directional print/nap, in meters:

Size	34-36	38-52
meters	0.2	0.25

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

Underlining fabric (soft corset mesh, organza), 55" wide, with a directional print/nap — 1/4 yards

3. One invisible zipper, 20-25 cm (8-10") long, for all sizes and heights

4. Four sew-on hook-and-eye closures, size S1

5. Picot lingerie elastic, 0.8-1 cm (about 3/8") wide — 80-100 cm (31 1/2-39 3/8"), depending on the size. The exact elastic length is specified on the pattern.

6. 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. 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)
- stitch-in-the-ditch foot for the sewing machine (optional)
- invisible zipper foot for the sewing machine
- one-sided foot for attaching the zipper

PATTERN PIECES LIST

1. From main fabric:

- front — cut 1 on fold
- back — cut 2
- sleeve — cut 2
- peplum — cut 2
- stand collar — cut 2
- waistband — cut 2

2. From underlining fabric:

- stand collar – cut 2
- waistband – cut 2

SEAM ALLOWANCES

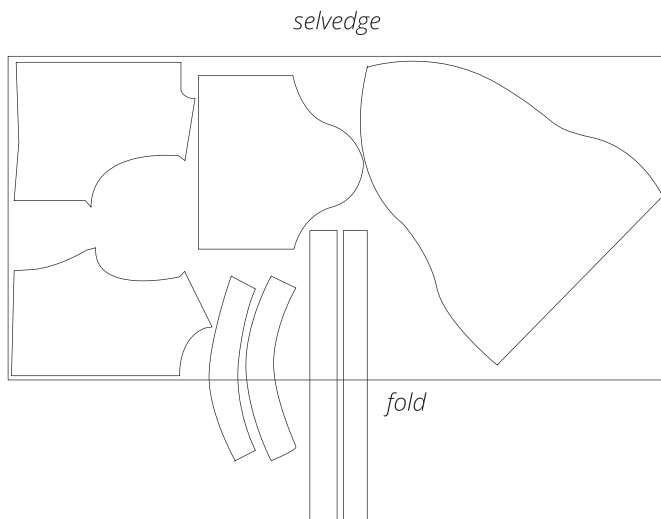
All pattern pieces include seam allowances as follows:

- center seam allowance on the peplum and waistband pieces — 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.

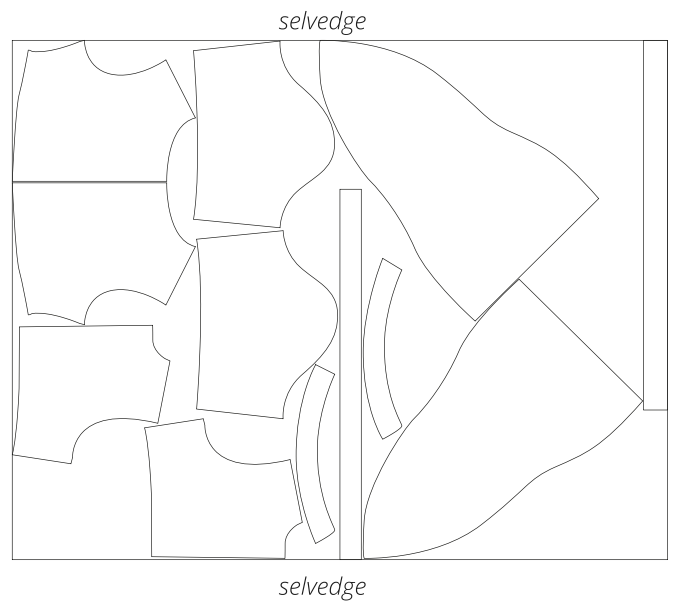
CUTTING LAYOUT

Main fabric, 140 cm (55") wide,
with a directional print/nap, cut on fold,
for sizes 34–44 in heights 1–3 and for sizes
34–40 in height 4

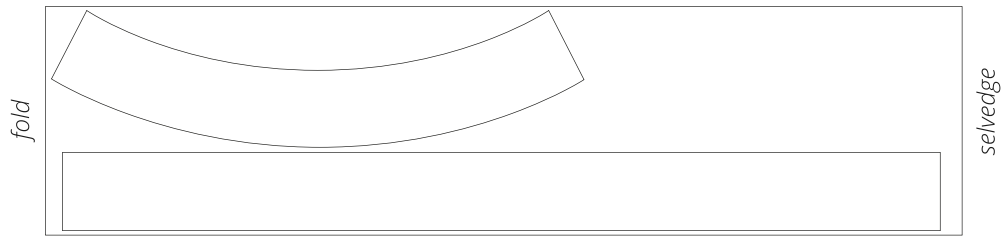


Important! Cut the stand collar and waistband pieces on a single layer out of the leftover fabric.

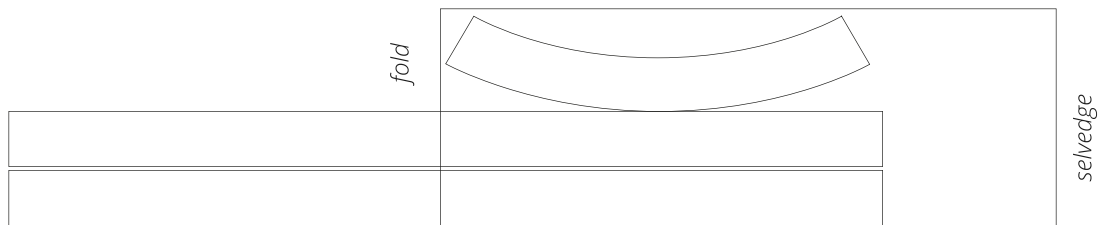
Main fabric, 140 cm (55") wide,
with a directional print/nap, cut on a single
layer, for sizes 46–52 in heights 1–3,
and for sizes 42–52 in height 4



Underlining fabric, 140 cm (55") wide, cut on fold, for sizes 34–36 in all heights

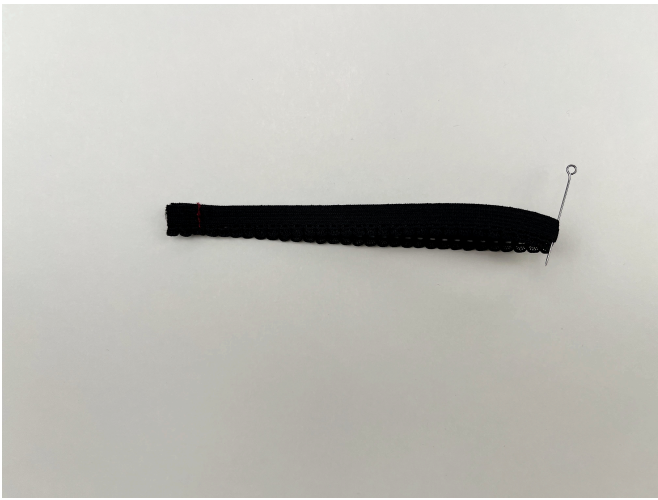


Underlining fabric, 140 cm (55") wide, cut on fold, for sizes 38–52 in all heights



Important! Cut the waistband pieces on a single layer out of the leftover fabric.

READY? LET'S GET SEWING!



16. Divide the sleeve elastic into 2 equal parts. Mark the reference points.



17. Divide the bottom edge of the sleeve piece into 2 equal parts. Mark the reference points.



18. Place the elastic wrong side down onto the right side of the sleeve piece. Align the scalloped edge of the elastic with the seam allowance line, the scalloped edge is pointing upwards. Match the reference points and pin.



19. Machine-stitch the back and sleeve elastic at 2-3 mm from the scalloped edge while stretching it to match the length of the piece. Backstitch at the beginning and end of the seam.