

FROM THE FOUNDER OF THE VIKISEWS® BRAND

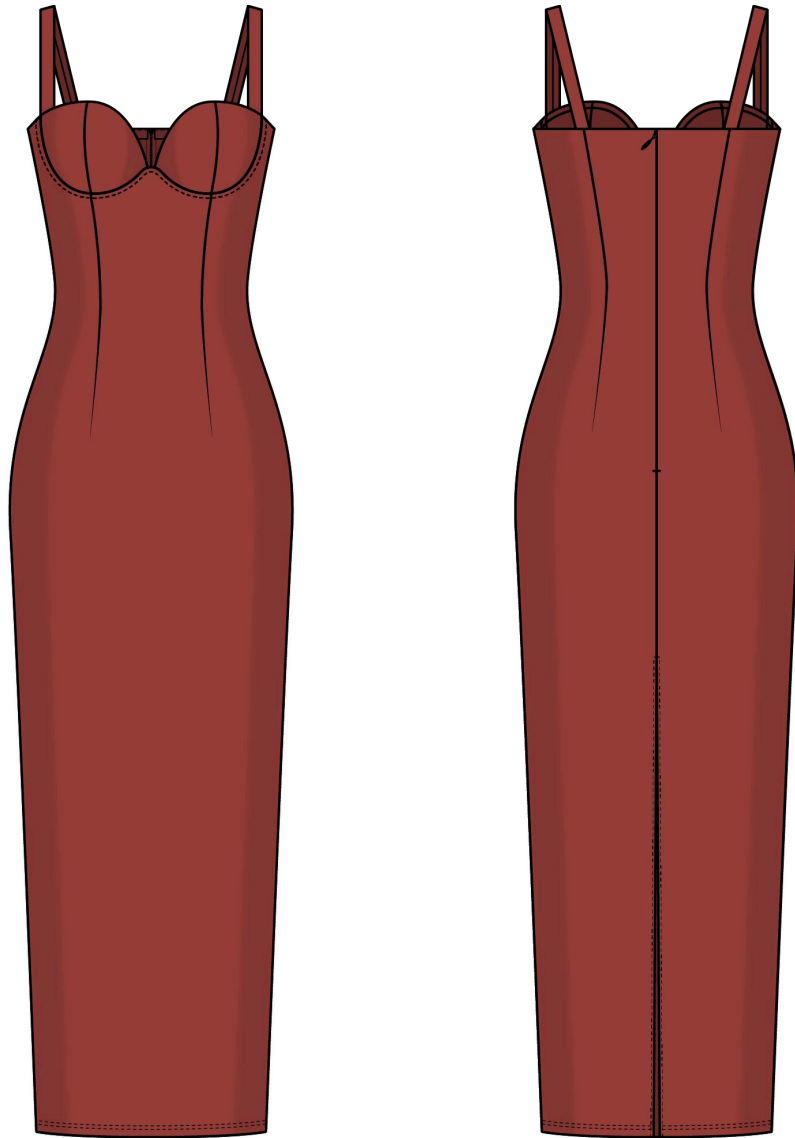


Back in 2016, when I started making my first sewing patterns and instruction manuals, my main goal was to solve the problems I personally faced at the beginning of my sewing journey: the lack of stylish patterns that provide a great fit and contain clear sewing instructions. That's how Vikisews was born—a 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



SCILLA PATTERN DESCRIPTION

Scilla is a close-fitting dress with wide straps. The front and back are fitted with waist darts. The center back seam has an invisible zipper and ends with a slit. The dress has foam bust cups. Scilla is below-knee length.



PLEASE READ BEFORE USE

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TOTAL EASE ALLOWANCE

	Bust ease (estimated)	Waistline ease	Hipline ease
cm	-3.5 to -2.6	-2.9 to -3.1	-1.5
inches	-1 3/8 to -1	-1 1/8 to -1 1/4	- 5/8

GARMENT LENGTH

Height, cm	Center back length from waist down, cm	Height, ft	Center back length from waist down, in
1 (154–160)	80.1	1 (5'1"–5'3")	31 1/2
2 (162–168)	83.1	2 (5'4"–5'6")	32 3/4
3 (170–176)	86.1	3 (5'7"–5'9")	33 7/8
4 (178–184)	89.1	4 (5'10"–6'1")	35 1/8

SUGGESTED FABRICS

To sew this dress, choose medium-weight, soft, stretchy knit fabrics. The stretch factor should be at least 2.0.

You can determine the stretch factor yourself. Mark 10 cm (4") along the crosswise grain of the fabric, lay a measuring tape next to the marked section, and stretch the fabric. Divide the measurement you get by 10.

The fiber content should include elastane and spandex and can also include natural, artificial, blended, or synthetic fibers.

The following fabrics are recommended: double-knit jersey, knit fabrics.

Attention! We recommend using only stretchy fabrics for sewing this dress.

The dress in the photo is made of double-knit jersey. The fabric is medium-weight, soft, and stretchy. The fiber content is 96% polyester + 4% spandex. The fabric weight is 210 g/m².

FABRIC AND NOTIONS REQUIREMENTS

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

Height, cm	Size				
	34-40	42-46	48	50	52
1 (154-160)	1.05	1.1	1.15	1.25	1.25
2 (162-168)	1.1	1.1	1.15	1.25	1.3
3 (170-176)	1.15	1.15	1.2	1.3	1.35
4 (178-184)	1.15	1.2	1.25	1.35	1.35

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

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

2. Bra foam, 3 mm (1/8") thick, for all sizes in all heights — 30 by 50 cm (12" by 20")

3. Corset mesh, 40 g/m², 140 cm wide, cut in one direction, in meters:

Size	34-40	42-52
meters	0.1	0.15

Corset mesh, 40 g/m², 55" wide, cut in one direction, for all sizes and heights — 1/8 yd.

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

4. Lightweight knit interfacing, 140 cm wide, cut in one direction, in meters:

Size	34-44	46-52
meters	0.45	0.5

Lightweight knit interfacing, 55" wide, cut in one direction, for all sizes and heights — 1/2 yd.

5. Stitched bias-cut fusible stay tape with stitch reinforcement, 1.5 cm (5/8") wide — 3–3.3 m (3 1/4–3 5/8 yd).
6. One pair of plunge bra underwires in the necessary size.
7. Channeling tape — 0.5–0.8 m (1/2–7/8 yd).
8. Grosgrain ribbon, 1 cm (3/8") wide — 10 cm (4").
9. One invisible zipper, 40–45 cm (16–18") long, for all sizes and heights.
10. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker).

TOOLS AND EQUIPMENT

- sewing machine for construction
- overlocker for construction and 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)
- coverstitch or coverlock machine for finishing the garment hem. If you don't have a coverstitch machine, the hem can be finished with a twin needle on a regular sewing machine with a zigzag function
- stitch-in-the-ditch foot for the sewing machine (optional)
- invisible zipper foot for the sewing machine
- one-sided foot for attaching the zipper
- loop turner

PATTERN PIECES LIST

1. From main fabric:

- front — cut 1 on fold
- back — cut 2
- strap — cut 2
- center cup — cut 2
- side cup — cut 2
- top edge binding — cut 2

2. From bra foam:

- side cup — cut 2
- center cup — cut 2

3. From corset mesh:

- cup seam binding — cut 2
- bridge — cut 1 on fold

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

4. From interfacing:

- strap — cut 2

SEAM ALLOWANCES

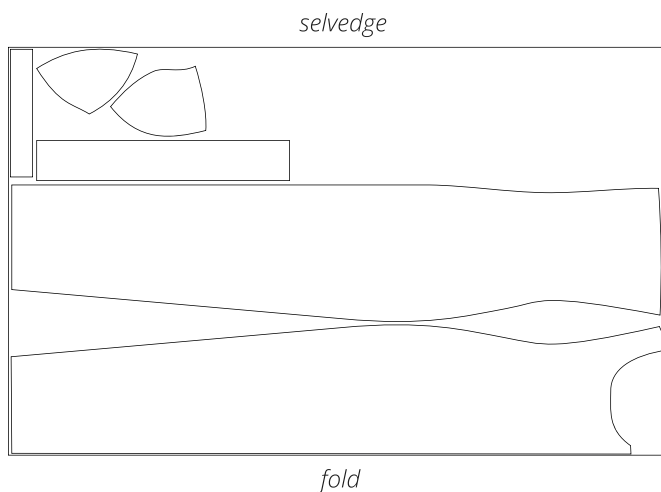
All pattern pieces include seam allowances as follows:

- garment hem allowance — 2 cm (3/4")
- center back seam allowance — 1.5 cm (5/8")
- all other edges — 1 cm (3/8")

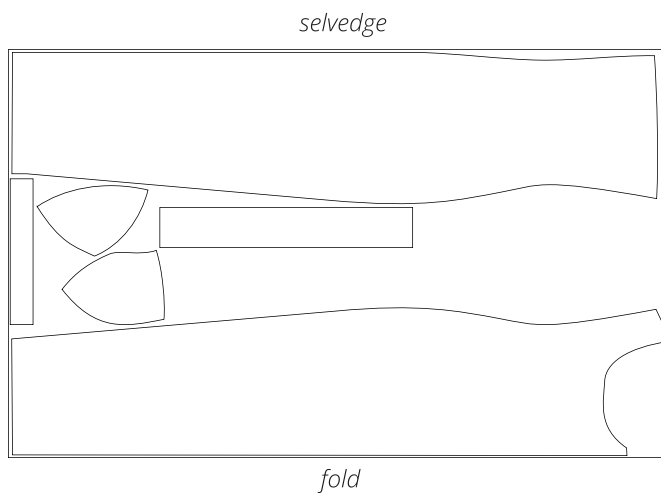
Take this into account when laying out the pattern pieces on the fabric.

CUTTING LAYOUT

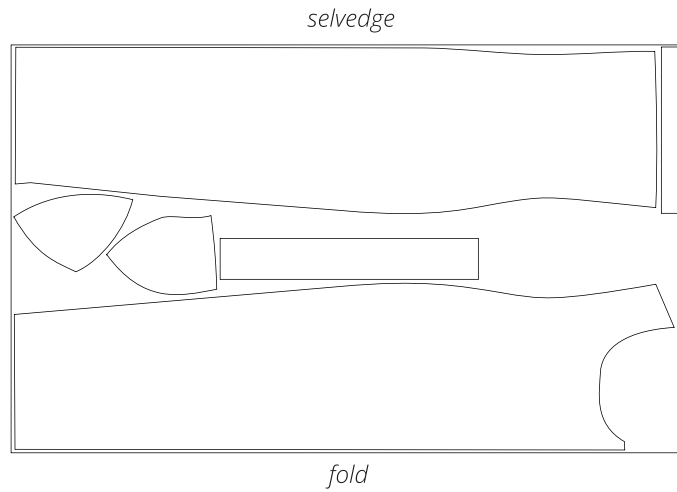
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,
for size 34 in all heights



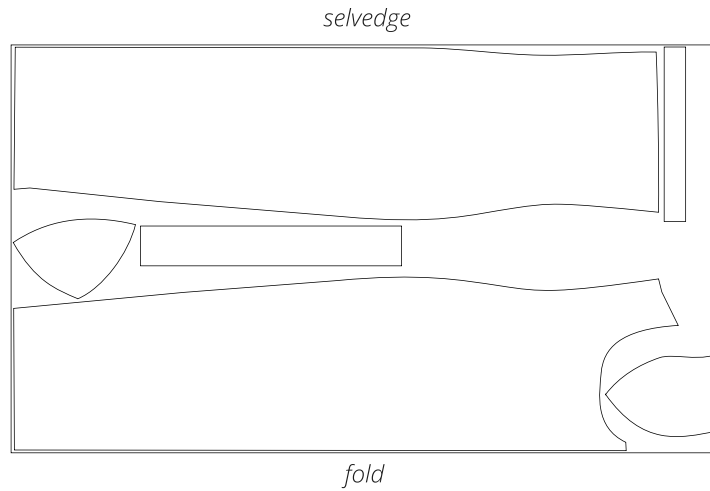
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,
for sizes 36–40 in all heights



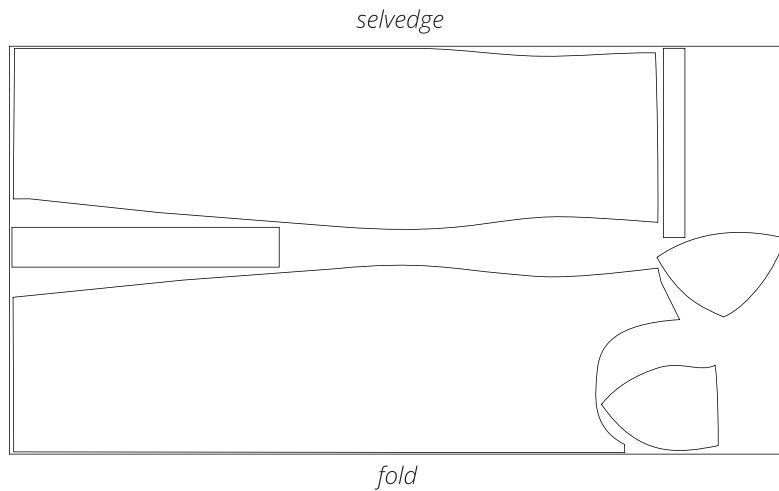
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,
for sizes 42–46 in all heights



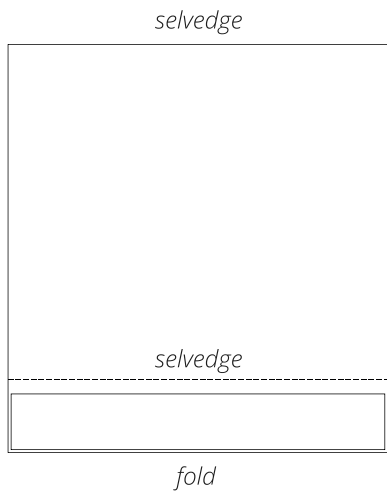
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,
for size 48 in all heights



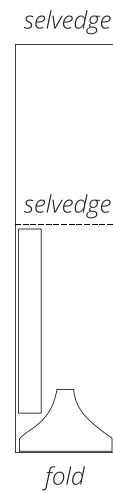
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,
for sizes 50–52 in all heights



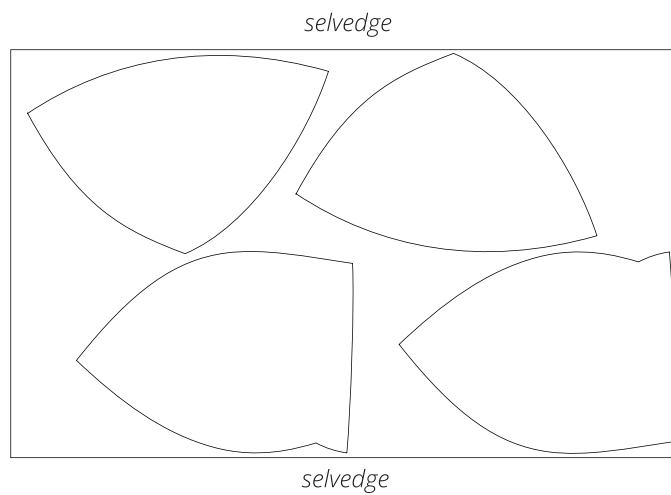
Interfacing, 140 cm (55") wide, cut on a partial fold and in one direction, for all sizes in all heights



Corset mesh, 140 cm (55") wide, cut on a partial fold and in one direction, for all sizes in all heights



Bra foam, 30x50 cm (12" by 20"), cut on a single layer and in one direction, for all sizes in all heights



READY? LET'S GET SEWING!



5. Press the darts on the front and back pieces towards the center.



6. Place the front and back pieces right sides together. Align the side edges, match the notches, and pin.



7. Stitch on the overlocker, with the back piece facing up. Press the seam flat.

Important! The pattern pieces include 1 cm (3/8") side seam allowances. Since the overlocker stitch width is 7 mm (just over 1/4"), trim 3 mm (1/8") off the seam allowance either before stitching or while overlocking.



8. Press the side seam allowances towards the front piece.



9. Overlock the center back edges, with the right side facing up. Press the seam.