

# FROM THE FOUNDER OF THE VIKISEWS® BRAND

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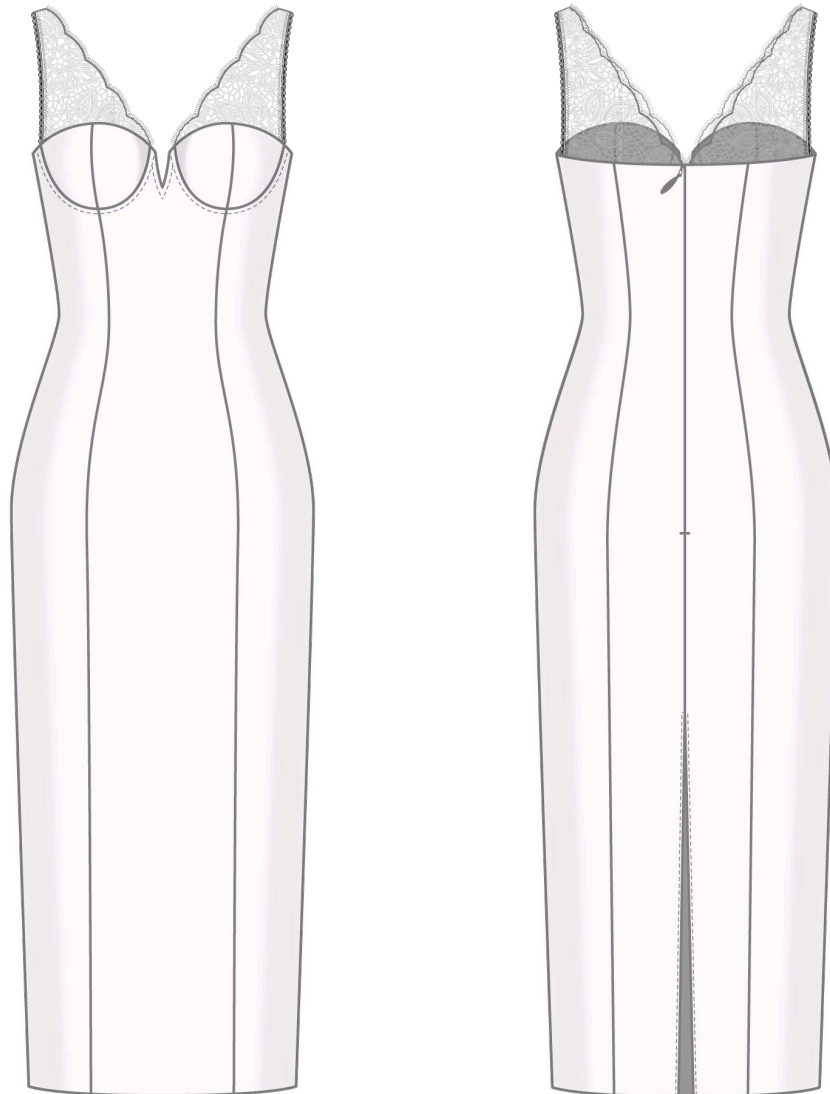


Back in 2016, when I started making my first sewing patterns and instruction manuals, my main goal was to solve the problems I personally faced at the beginning of my sewing journey: the lack of stylish patterns that provide a great fit and contain clear sewing instructions. That's how Vikisews was born—a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



## MALENA PATTERN DESCRIPTION

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Malena is a close-fitting, lined dress with an accentuated waist and foam cups. The front and back are fitted with princess seams. The center back seam features an invisible zipper closure and a slit. The top edges of the cups are finished with lace. Malena is below-knee length.



## PLEASE READ BEFORE USE

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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 (estimated)	Waistline ease	Hipline ease
cm	1.4–3.5	2–1.6	2
inches	1/2–1 3/8	3/4–5/8	3/4

## GARMENT LENGTH

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Height, cm	Center back length from the waist down, cm	Height, ft	Center back length from the waist down, in
1 (154–160)	74	1 (5'1"–5'3")	29 1/8
2 (162–168)	77	2 (5'4"–5'6")	30 3/8
3 (170–176)	80	3 (5'7"–5'9")	31 1/2
4 (178–184)	83	4 (5'10"–6'1")	32 5/8

## SUGGESTED FABRICS

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To sew this dress, choose soft, non-stretch or low-stretch, medium-weight dress-weight fabrics made of natural, artificial, blended, or synthetic fibers.

The following fabrics are recommended: gabardine, suiting fabrics, stretch crepe, natural or artificial silk.

For the lining, use lining fabrics with 3–5% elastane. The lining fabric can be made of artificial fibers (viscose), blended fibers (viscose + elastane; viscose + polyester), or synthetic fibers (polyester; polyester + elastane).

As an additional fabric, use lace and non-stretch embroidered mesh, either transparent or matching the main fabric.

The dress in the photo is made of dress-weight crepe. The fabric is medium weight, soft, and low-stretch. The fiber content is 95% polyester + 5% elastane. The fabric weight is 210 g/m<sup>2</sup>.

The lining is 96% viscose + 4% elastane. The fabric weight is 90 g/m<sup>2</sup>.

The additional fabric is lace. The fabric is medium weight, soft, and non-stretch. The fiber content is 100% synthetic fibers. The fabric weight is 125 g/m<sup>2</sup>.

# FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 140 cm (55") wide, with a directional print/nap, in meters:

Height, cm	Size						
	34	36-42	4	46	48	50	52
1 (154-160)	1	1.05	1.1	1.1	1.15	1.15	1.2
2 (162-168)	1.05	1.1	1.15	1.15	1.15	1.2	1.25
3 (170-176)	1.05	1.1	1.15	1.2	1.2	1.25	1.3
4 (178-184)	1.1	1.15	1.2	1.2	1.2	1.3	1.35

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

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

2. Lining fabric, 140 cm (55") wide, with a directional print, in meters:

Height, cm	Size							
	34	36-40	42	44	46	48	50	52
1 (154-160)	0.95	0.95	0.95	0.95	1	1.05	1.05	1.05
2 (162-168)	0.95	1	1	1	1.05	1.05	1.1	1.1
3 (170-176)	1	1	1.05	1.05	1.1	1.1	1.1	1.15
4 (178-184)	1.05	1.05	1.05	1.1	1.1	1.15	1.2	1.2

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

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

3. Lace fabric, 30 cm wide or more, with scallops on both edges, for all heights, in meters:

34-38	40-42	44-46	48-50	52
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0.6	0.65	0.7	0.75	0.8

Lace fabric, 12" wide or more, with scallops on both edges, for all heights, in yards:

34-38	40-46	48-52
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5/8	3/4	7/8

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

- 4. Bra foam, 3 mm (1/8") thick, for all sizes in all heights — 30 x 50 cm (12 x 20")
- 5. Lightweight interfacing, knit or woven, 140 cm (55") wide, for all sizes in all heights — 0.15 m (1/8 yd)
- 6. Stitched bias-cut fusible stay tape with stitch reinforcement, 1.5 cm (5/8") wide — 2.7-3.2 m (3 -3 1/2 yd)
- 7. One pair of bra underwires in the necessary size
- 8. One V-wire separator, 4.5 cm (1 3/4") long and 2 cm (3/4") wide, for all sizes in all heights
- 9. Band elastic, 1 cm wide, for all heights, in meters:

34	36	38	40	42	44	46	48	50-52
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0.8	0.82	0.85	0.87	0.9	0.92	0.95	0.97	1

Band elastic, 3/8" wide, for all heights, in yards:

37-38	40-48	50-52
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7/8	1	1 1/8

- 10. One invisible zipper, 40 cm (16") long, for all sizes and heights
- 11. Matching thread for the main fabric — 1 spool for the sewing machine
- 12. Matching thread for the lining fabric — 1 spool for the sewing machine

# TOOLS AND EQUIPMENT

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

## PATTERN PIECES LIST

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### 1. From main fabric:

- center front – cut 1 on fold
- side front – cut 2
- center back – cut 2
- side back – cut 2
- side cup – cut 2
- center cup – cut 2
- v-wire facing – cut 1
- top edge facing – cut 2

### Also, cut from the main fabric:

- square, 4×3 cm (1 5/8" × 1 1/8")– slit reinforcement

### 2. From additional material (bra foam):

- side cup – cut 2
- center cup – cut 2

### 5. From interfacing:

- v-wire facing – cut 1
- top edge facing – cut 2

### Additionally, cut the following from interfacing:

- 4×3 cm (1 5/8" × 1 1/8") square pieces to interface the slit reinforcement
- 2×2 cm (3/4" × 3/4") square piece to interface the corner area of the center front piece

### 3. From additional fabric (lace):

- top front – cut 2
- top back – cut 2

### 4. From lining fabric:

- center front lining – cut 1 on fold
- side front lining – cut 2
- center back lining – cut 2
- side back lining – cut 2
- cup seam binding – cut 2
- cup top edge binding – cut 2

***IMPORTANT!** Don't forget to transfer all notches from the pattern to the fabric.*

# SEAM ALLOWANCES

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All pattern pieces include seam allowances as follows:

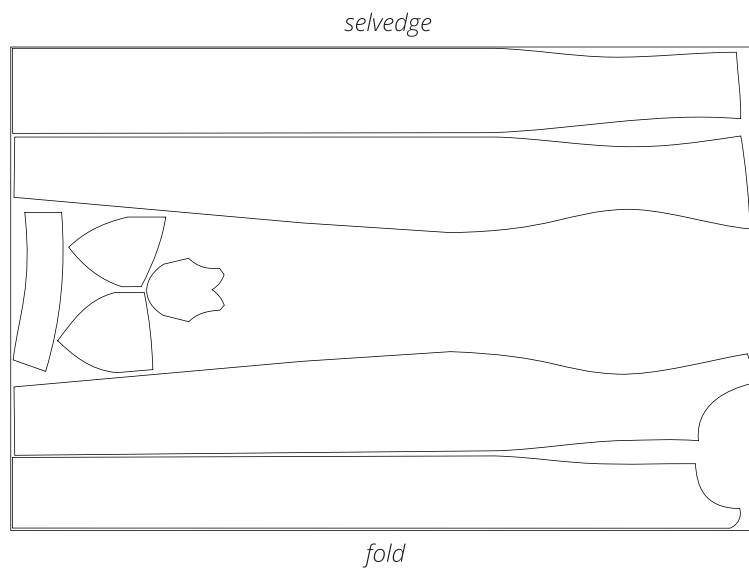
- garment hem allowance — 4 cm (1 5/8")
- center seam allowance on the center back pieces — 1.5 cm (5/8")
- all other edges — 1 cm (3/8")

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

# CUTTING LAYOUT

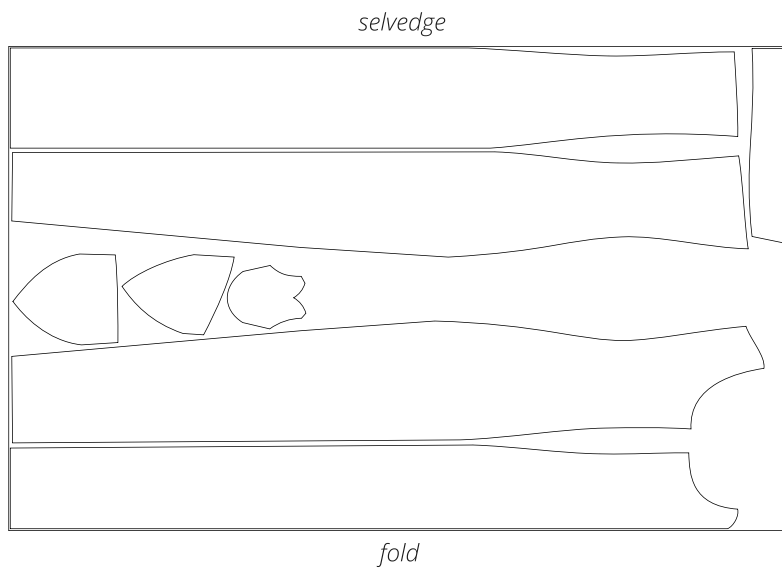
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Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,  
for size 34 in all heights



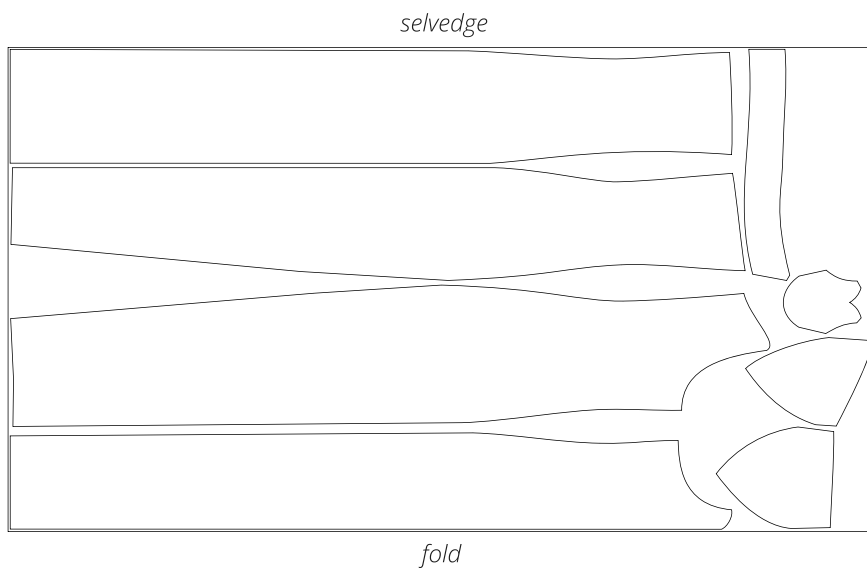
**Important!** Cut only one v-wire facing piece.

Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,  
for sizes 36–42 in all heights



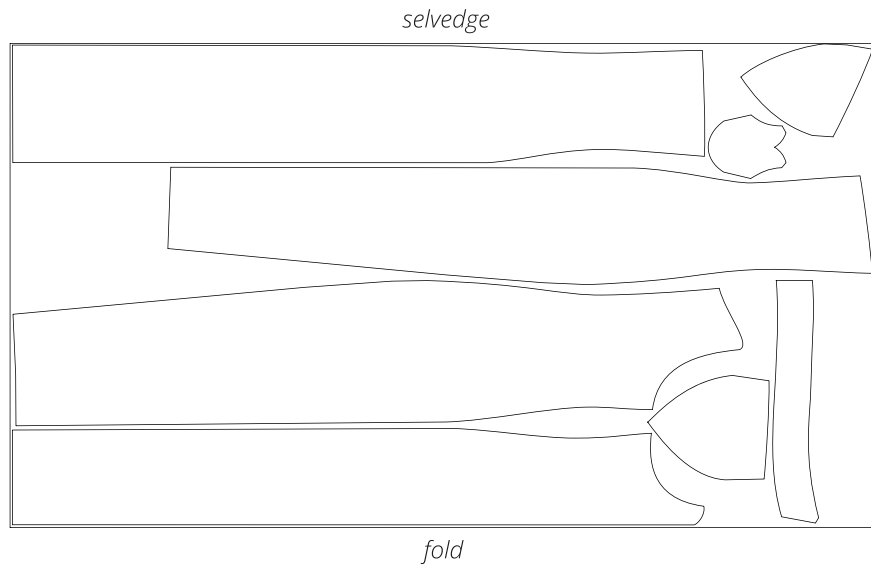
**Important!** Cut only one v-wire facing piece.

Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,  
for sizes 44–50 in all heights



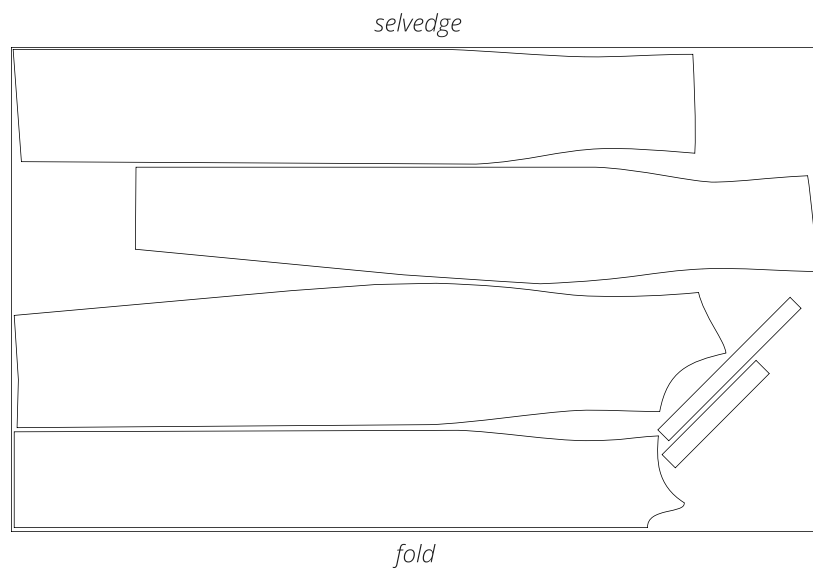
**Important!** Cut only one v-wire facing piece.

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

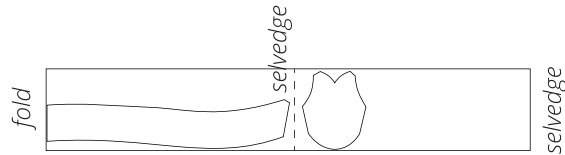


**Important!** Cut only one v-wire facing piece.

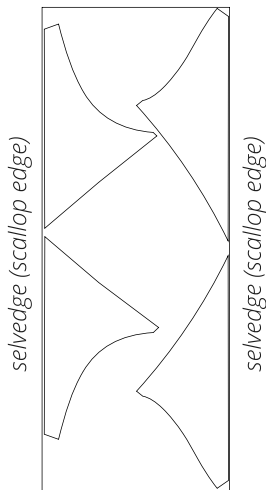
Lining fabric, 140 cm (55") wide, with a directional print, cut on fold,  
for all sizes in all heights



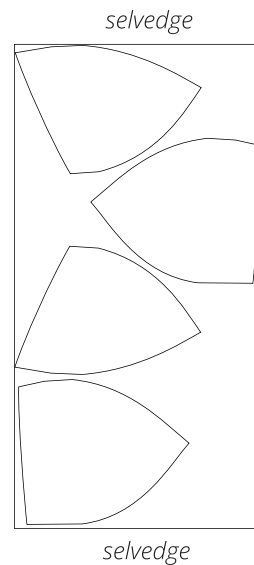
Interfacing, 140 cm (55") wide,  
cut on a partial fold, for all sizes  
in all heights



Additional fabric (lace) 30 cm (12") wide,  
cut on a single layer, for all sizes  
in all heights



Additional material (bra foam) 30 x 50 cm  
(12" x 20"), cut on a single layer,  
for all sizes in all heights

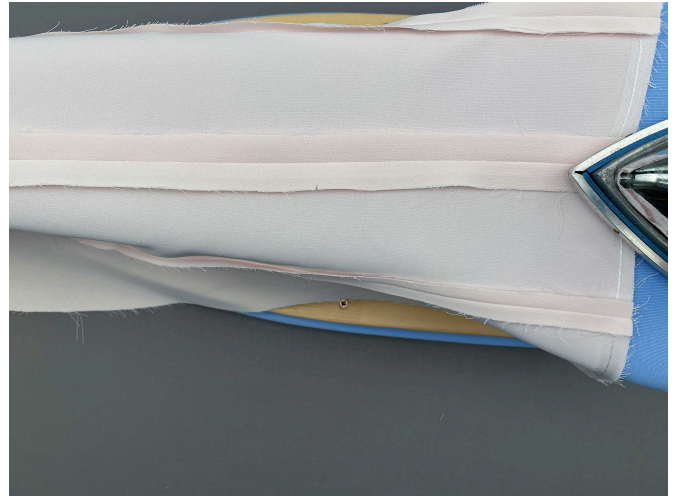


**READY? LET'S GET SEWING!**

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6. Machine-stitch from the slit notch to the zipper notch. Backstitch at the beginning and end of the seam.



7. Staystitch from the top edge to the zipper notch and from the slit notch to the bottom edge. Do not backstitch.

8. Press the center back seam allowances open.



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

10. Clip into the side seam allowances in the waist area, stopping 2 mm short of the seam.

Machine-stitch, backstitching at the beginning and end of the seam.