

FROM THE FOUNDER OF THE VIKISEWS® BRAND

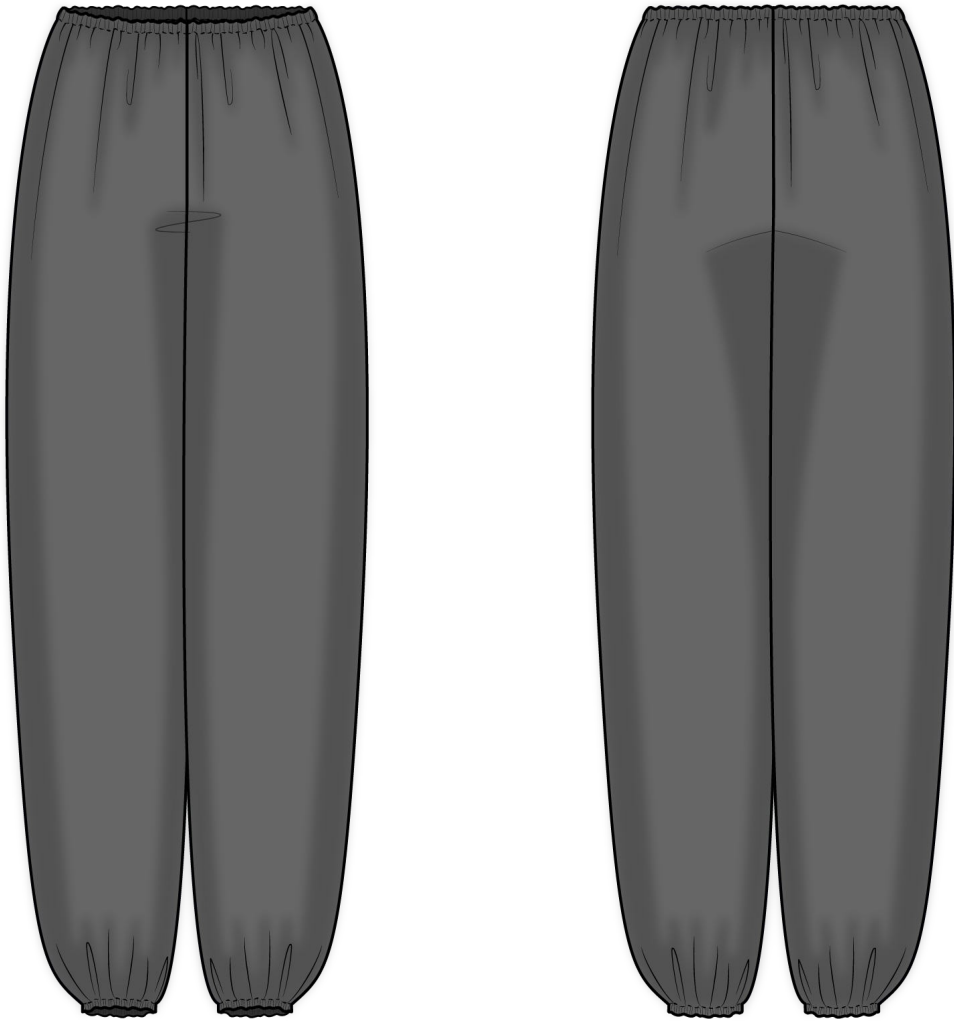


Back in 2016, when I started making my first sewing patterns and instruction manuals, my main goal was to solve the problems I personally faced at the beginning of my sewing journey: the lack of stylish patterns that provide a great fit and contain clear sewing instructions. That's how Vikisews was born—a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



LISSA PATTERN DESCRIPTION

Lissa is a pair of semi-fitted, straight-cut pants. The grown-on waistband is elasticated. The bottom edges are gathered with elastic. The pants are ankle-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.**

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

	Waistline ease (estimated)	Hipline ease
cm	27.2	10.3–10.5
inches	10 3/4	4–4 1/8

GARMENT LENGTH

Height, cm	Side seam length, cm	Finished hem width (estimated), cm
1 (154–160)	94.5–98.2	44.4–62.2
2 (162–168)	98.8–102.5	44.4–62.2
3 (170–176)	103.1–106.8	44.4–62.2
4 (178–184)	107.3–111.1	44.4–62.2

Height, ft	Side seam length, in	Finished hem width (estimated), in
1 (5'1"–5'3")	19 1/8–19 7/8	17 1/2–24 1/2
2 (5'4"–5'6")	20 1/8–20 7/8	17 1/2–24 1/2
3 (5'7"–5'9")	21 1/8–21 3/4	17 1/2–24 1/2
4 (5'10"–6'1")	22–22 3/4	17 1/2–24 1/2

SUGGESTED FABRICS

To sew these pants, choose sweater knit fabrics (stretch factor 1.2–1.5) that are pliable, soft, medium weight, made of natural, artificial, blended, and synthetic fibers.

The following fabrics are recommended: lightweight French terry, knits, single jersey.

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

The pants in the photo are made of soft, pliable knit fabric. The fabric is medium weight, soft, and stretchy. The fiber content is 50% acetate + 28% nylon + 18% polyester. The fabric weight is 260 g/m². The stretch factor is 1.5.

FABRIC AND NOTIONS REQUIREMENTS

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

Height, cm	Size							
	34	36	38	40–44	46	48	50	52
1 (154–160)	1	1.15	1.5	1.75	1.75	1.8	1.9	2.05
2 (162–168)	1.05	1.2	1.6	1.85	1.85	1.9	2	2.15
3 (170–176)	1.1	1.3	1.65	1.9	1.95	1.95	2.05	2.2
4 (178–184)	1.15	1.35	1.75	2	2	2.05	2.2	2.3

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

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

2. Main fabric, 160 cm wide, with a directional print/nap, in meters:

Height, cm	Size						
	34	36–38	40	42	44	46	48–52
1 (154–160)	1	1.05	1.05	1.05	1.15	1.45	1.75
2 (162–168)	1.05	1.1	1.1	1.1	1.2	1.5	1.85
3 (170–176)	1.1	1.1	1.15	1.15	1.25	1.6	1.9
4 (178–184)	1.15	1.15	1.15	1.2	1.3	1.65	2

Main fabric, 63" wide, with a directional print/nap, in yards:

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

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

3. Elastic, 2 cm (3/4") wide (waistband elastic) — 55–85 cm (21 5/8–33 1/2"). The exact elastic length depends on the size and is specified on the pattern
4. Elastic, 1.5 cm (5/8") wide (hem elastic) — 60–85 cm (23 5/8–33 1/2"). The exact elastic length depends on the size and is specified on the pattern.
5. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker)

TOOLS AND EQUIPMENT

- sewing machine
- overlocker for construction and finishing raw edges. This may be replaced with a stretch overlock stitch or a zigzag stitch on a regular sewing machine (overlock or zigzag stitch width 2–3 mm, stitch length 2.5 mm)
- elastic threader (may be replaced with a safety pin)

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 without piercing them.

PATTERN PIECES LIST

From main fabric:

- front leg — cut 2
- back leg — cut 2

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

SEAM ALLOWANCES

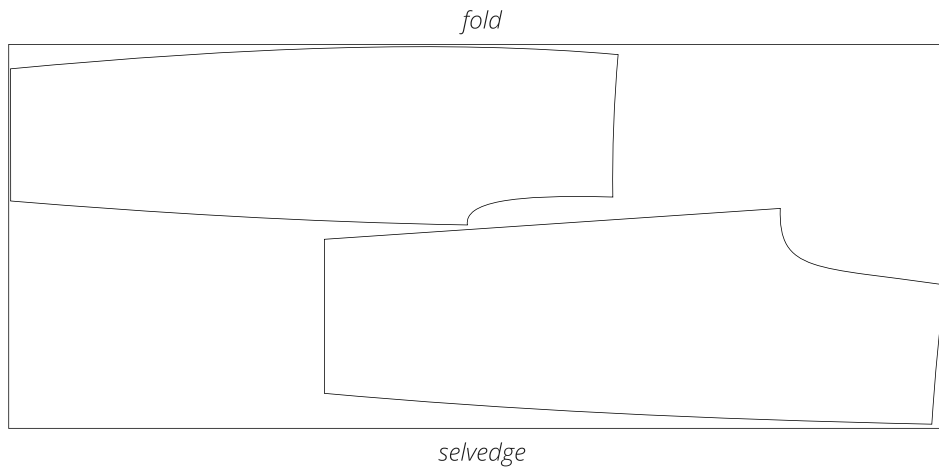
All pattern pieces include seam allowances as follows:

- top seam allowance — 2.3 cm (7/8")
- garment hem allowance — 1.5 cm (5/8")
- all other edges — 1 cm (3/8")

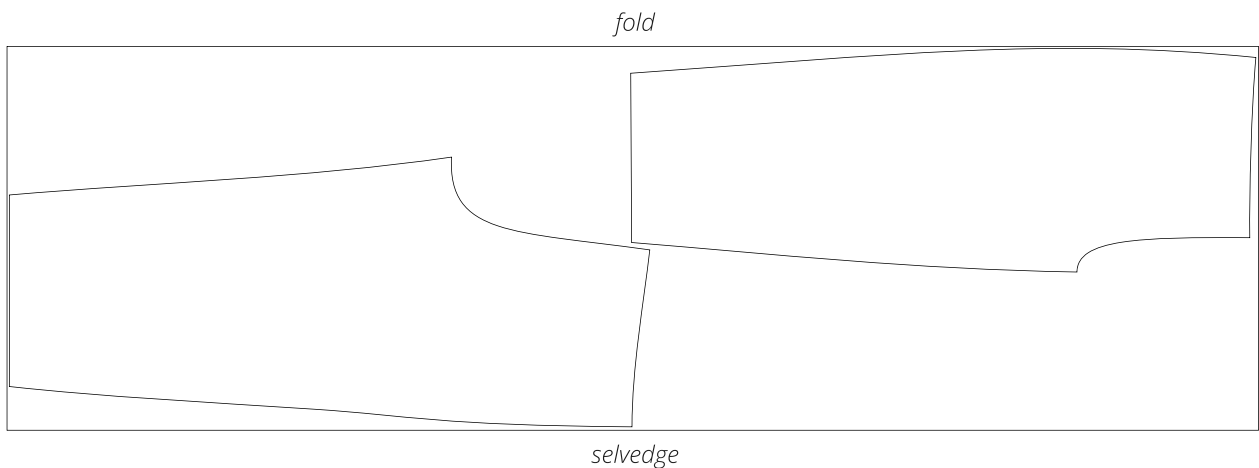
Take this into account when laying out the pattern pieces on the fabric.

CUTTING LAYOUT

Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,
for sizes 34–38 in all heights; main fabric, 160 cm (63") wide, with a directional print/nap,
cut on fold, for sizes 34–46 in all heights



Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,
for sizes 40–52 in all heights; main fabric, 160 cm (63") wide, with a directional print/nap,
cut on fold, for sizes 48–52 in all heights



READY? LET'S GET SEWING!



4. Turn one leg right side out, and the other wrong side out. Insert one leg into the other, right sides together. Align the crotch and center edges, match the notches and seams, and pin.



5. Stitch on the overlocker, with the left leg piece facing up.
Press the seam flat.
Press the center seam allowances towards the right leg piece.



6. Press and steam the elastic. Cut the required length of the elastic for the waistband and hems.



7. Overlap the ends of the elastic by 1 cm (3/8"), pin, and machine-stitch with two seams, backstitching at the beginning and end.