

# FROM THE FOUNDER OF THE #VIKISEWS BRAND

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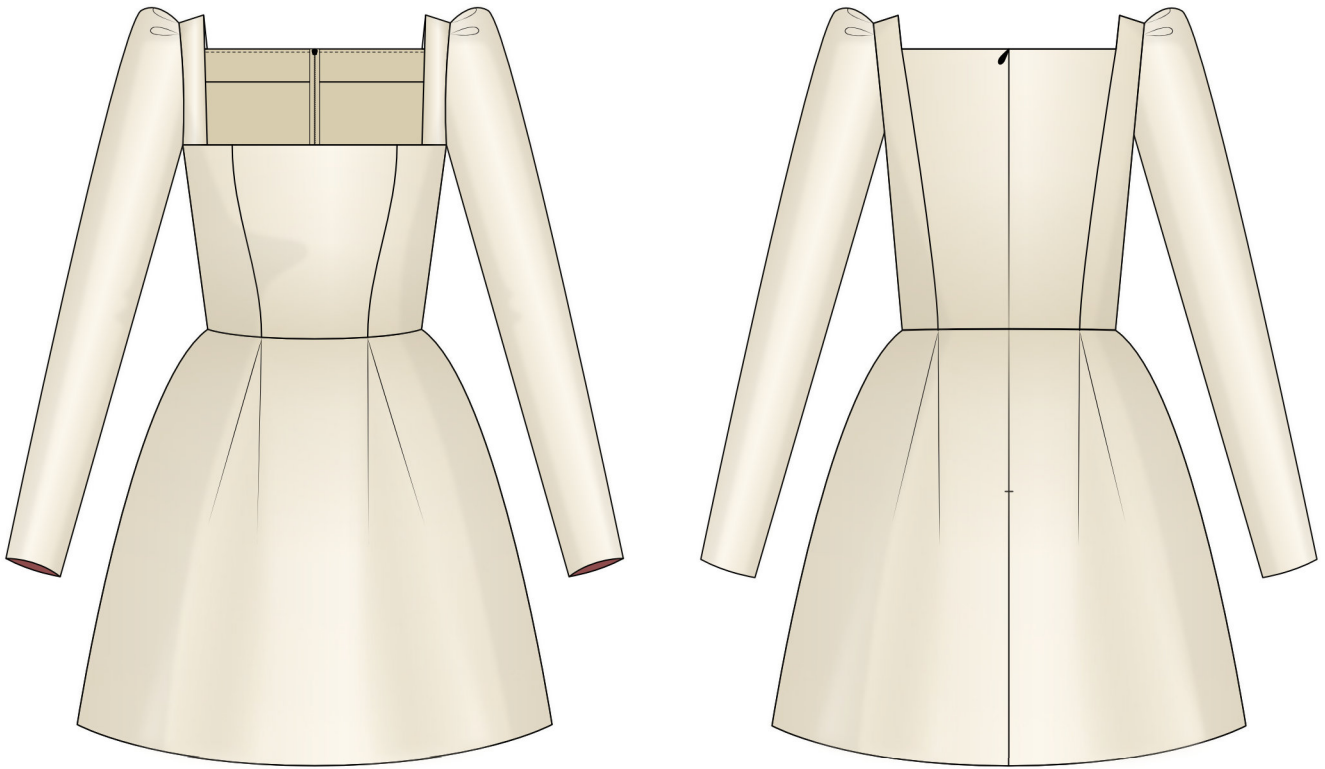


Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission. 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](mailto:info@vikisews.com) — we are always there to help.



## ESTELLA PATTERN DESCRIPTION

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Estella is a dress with a close-fitting bodice, a voluminous skirt, and an accentuated waist. It features a waist seam, princess seams at the front and back of the bodice, and inverted pleats on the skirt. The dress features a deep square neckline and long, unlined, set-in sleeves that are pleated at the cap. The garment closes with an invisible zipper in the center back seam and is finished with a free-hanging lining. Estella is above-knee length.



## IMPORTANT!

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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	Waistline ease	Hipline ease	Upper arm ease
cm	2.5–3	2.3–2.4	35.8–43.1	5–5.5
inches	1–1 1/8	7/8–1	14 1/8–17	2–2 1/8

# GARMENT LENGTH, SLEEVE LENGTH

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Height, cm	Back length from waist down, cm	Sleeve length, cm
1 (154–160)	40–41	56
2 (162–168)	43–44	58
3 (170–176)	46–47	60
4 (178–184)	49–50	62

Height, ft	Back length from waist down, in	Sleeve length, in
1 (5'1"–5'3")	15 3/4–16 1/8	22
2 (5'4"–5'6")	16 7/8–17 3/8	22 7/8
3 (5'7"–5'9")	18 1/8–18 1/2	23 5/8
4 (5'10"–6'1")	19 1/4–19 5/8	24 3/8

# SUGGESTED FABRIC

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To sew this dress, choose structured, non-stretch dress-weight and suiting fabrics made of natural, artificial, synthetic fibers, or blends.

The following fabrics are recommended: gabardine, jacquard, satin, brocade, taffeta.

The dress in the photo is made of taffeta. The fabric is medium weight, structured, and non-stretch. The fiber content is 100% polyester. The fabric weight is 240 g/m<sup>2</sup>.

The lining is 100% viscose and has a weight of 100 g/m<sup>2</sup>.

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

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

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

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

Height, cm	Size							
	34	36	38	40	42	44-48	50	52
1 (154-160)	0.7	0.75	0.8	0.8	0.85	0.9	0.95	0.95
2 (162-168)	0.75	0.8	0.8	0.8	0.85	0.95	0.95	1
3 (170-176)	0.85	0.85	0.85	0.9	0.95	1	1.05	1.1
4 (178-184)	0.9	0.9	0.9	0.95	1	1.05	1.1	1.15

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

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

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

3. Lightweight knit or woven interfacing, 140 cm (55") wide, for all sizes in all heights — 0.2 m (1/4 yd).
4. Stitched bias-cut fusible stay tape with stitch reinforcement, 1.5 cm (5/8") wide — 3 m (3 1/4 yd).
5. One invisible zipper, 60 cm (23 5/8") long, for all sizes in all heights.
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).
- invisible zipper foot for the sewing machine.

## PATTERN PIECES LIST

### 1. From main fabric:

- center front bodice — cut 1 on fold
- side front bodice — cut 2
- center back bodice — cut 2
- side back bodice — cut 2
- front skirt — cut 1 on fold
- back skirt — cut 2
- sleeve — cut 2
- back facing — cut 2
- strap — cut 4.

### 2. From lining fabric:

- center front bodice — cut 1 on fold
- side front bodice — cut 2
- center back bodice lining — cut 2
- side back bodice lining — cut 2
- front skirt lining — cut 1 on fold
- back skirt lining — cut 2.

### 3. From interfacing:

- back facing — cut 2
- strap — cut 2.

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

# SEAM ALLOWANCES

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All pattern pieces include seam allowances as follows:

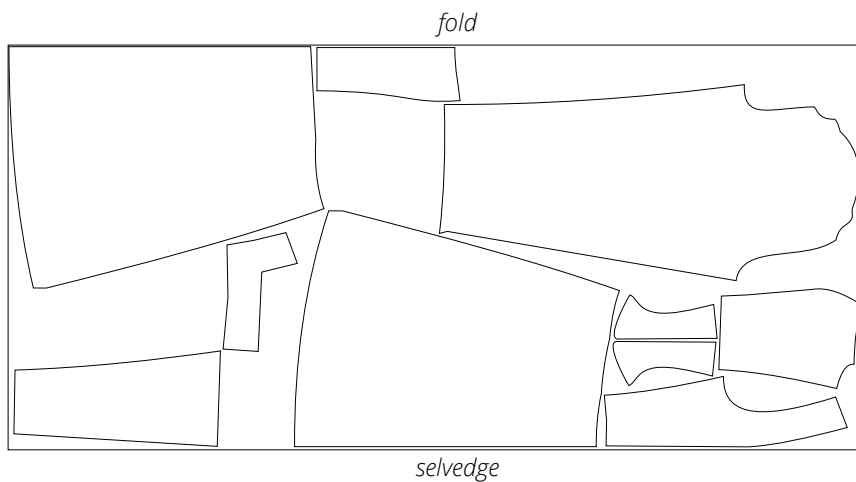
- garment hem allowance — 2.5 cm (1")
- sleeve hem allowance — 2 cm (3/4")
- center seam allowances on the center back bodice and back skirt pieces — 1.5 cm (5/8")
- skirt lining hem allowance — 1.5 cm (5/8")
- all other edges — 1 cm (3/8").

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

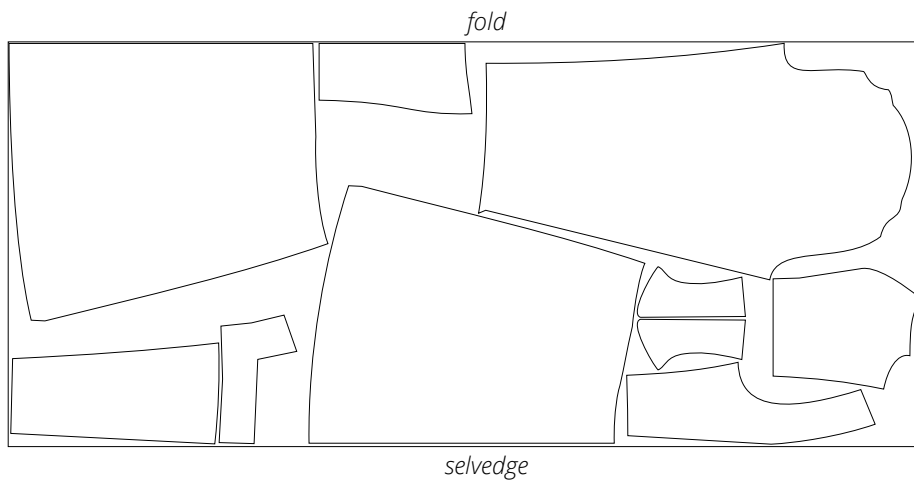
# CUTTING LAYOUT

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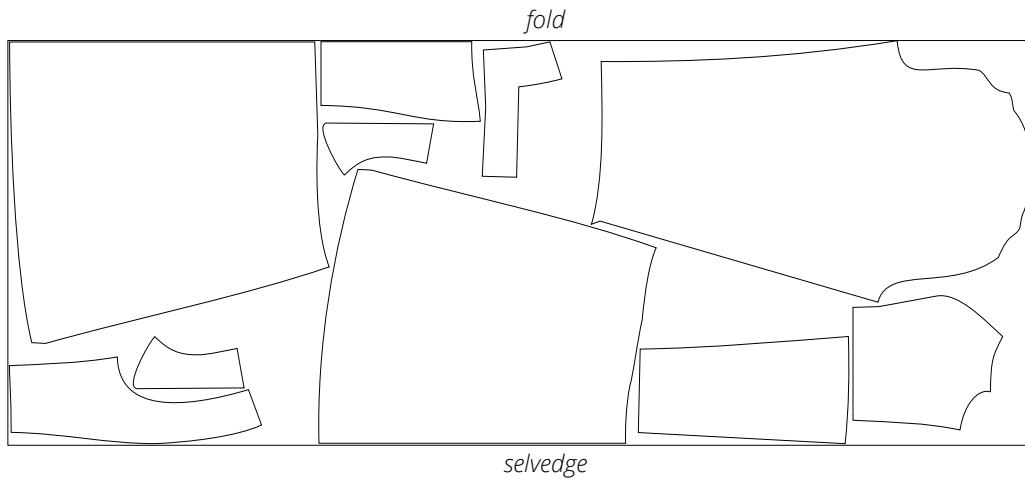
Main fabric, 140 cm (55") wide, with a directional print/nap,  
cut on fold, for sizes 34–36 in all heights



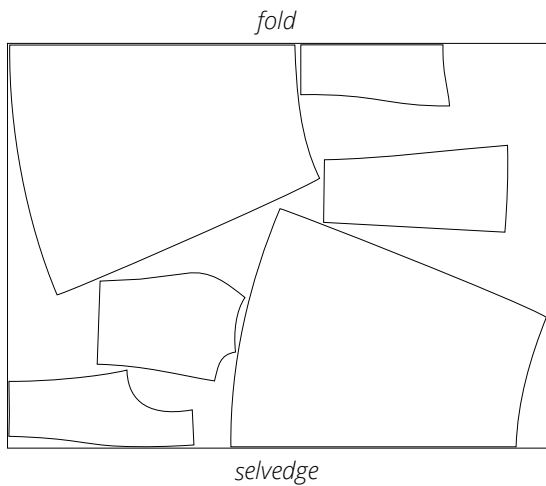
Main fabric, 140 cm (55") wide, with a directional print/nap,  
cut on fold, for sizes 38–46 in all heights



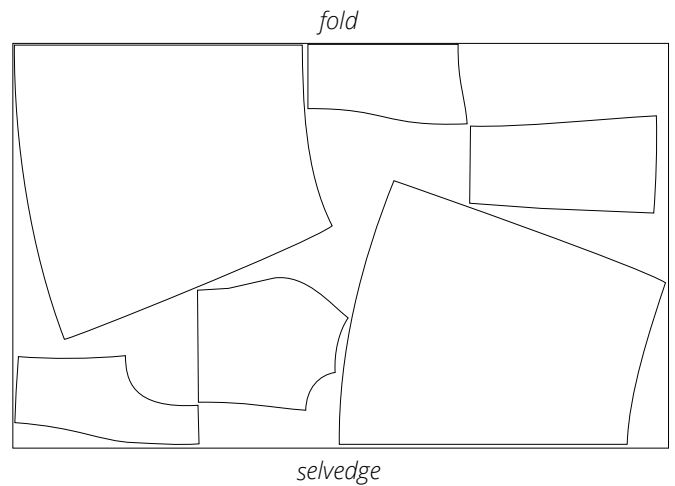
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold, for sizes 48–52 in all heights



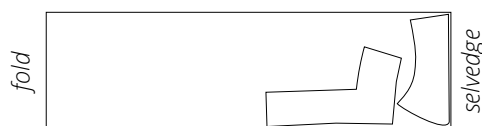
Lining fabric, 140 cm (55") wide, with a directional print, cut on fold, for sizes 34–40 in all heights



Lining fabric, 140 cm (55") wide, with a directional print, cut on fold, for sizes 42–52 in all heights



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



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

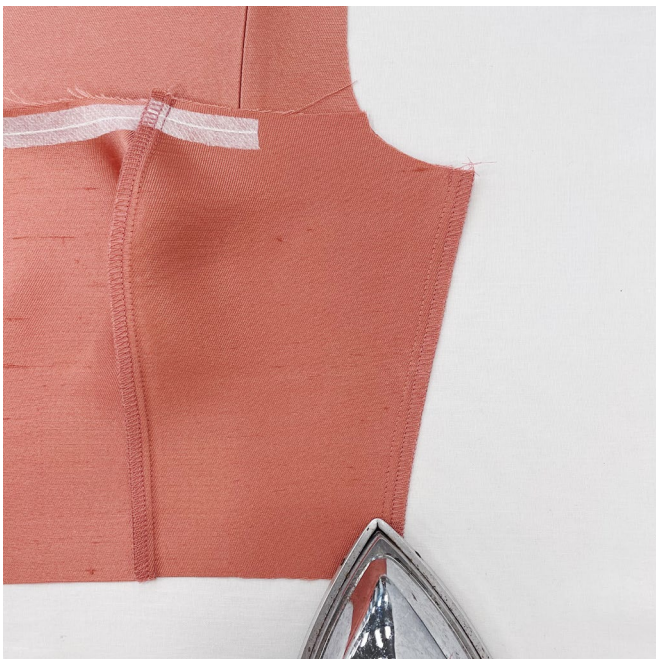


Press the seam allowances open.



Place the assembled front and back bodice pieces right sides together, align the side edges, and pin in place.

Stitch on the sewing machine, backstitching at the beginning and end of each seam.



Finish the seam allowances on the overlocker, keeping the assembled front bodice facing up. Press the seams.