

FROM THE FOUNDER OF THE VIKISEWS® BRAND

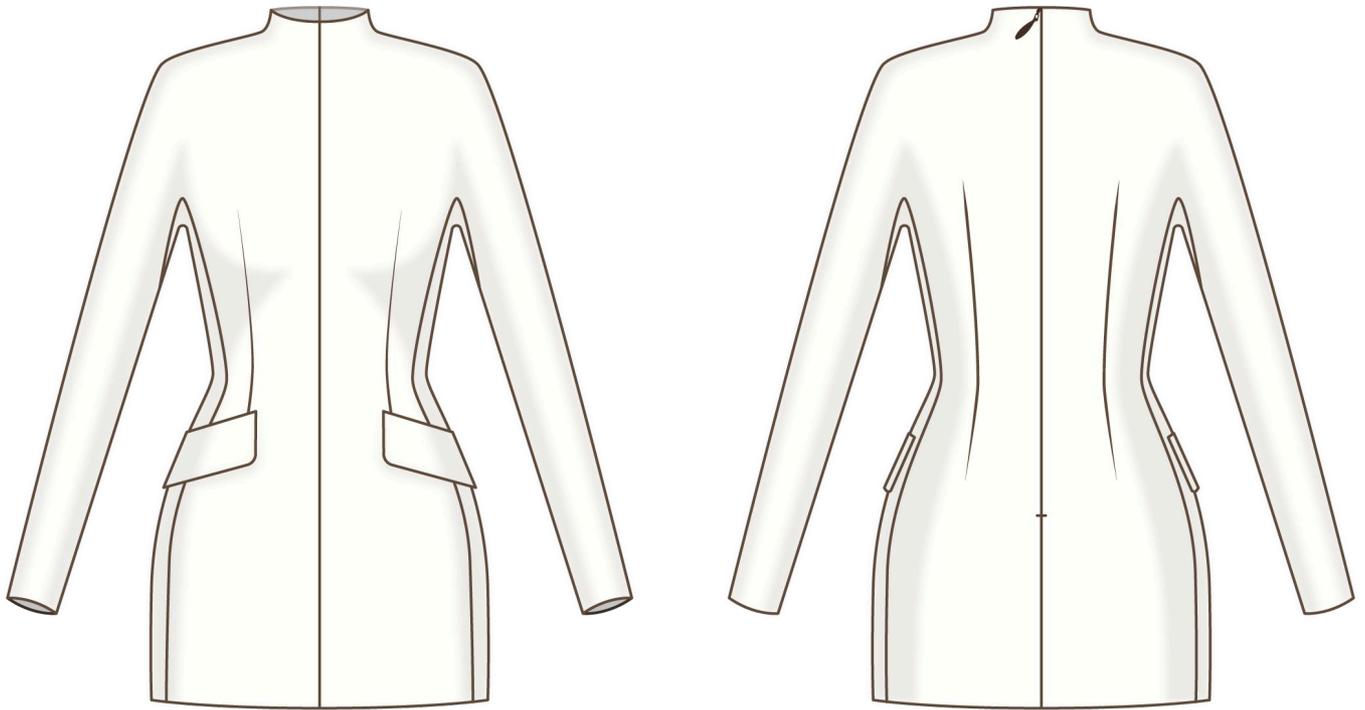


Back in 2016, when I started making my first sewing patterns and instruction manuals, my main goal was to solve the problems I personally faced at the beginning of my sewing journey: the lack of stylish patterns that provide a great fit and contain clear sewing instructions. That's how Vikisews was born—a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



ADA PATTERN DESCRIPTION

Ada is a close-fitting dress with an accentuated waist. It has applied side pieces transitioning into sleeve gussets. The front features waist darts, a center seam, and faux pockets with flaps. The back is fitted with waist darts and a center seam. The dress has a grown-on stand collar and long grown-on sleeves with gussets. Ada closes with an invisible zipper in the center back seam and is above-knee 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

	Bust ease	Waistline ease	Hipline ease	Upper arm ease (estimated)
cm	2.6 to -0.8	1-0.5	12.6-11.9	3.9-0.5
inches	1-3/8	3/8-1/4	5-4 5/8	1 1/2-1/4

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Center back length with stand collar, cm	Sleeve length including shoulder and stand collar, cm
1 (154-160)	77.4-84.1	70.8-70.5
2 (162-168)	80.9-87.6	73-72.7
3 (170-176)	83.3-90.1	75.1-74.8
4 (178-184)	86.3-93.1	77.3-77

Height, ft	Center back length with stand collar, in	Sleeve length including shoulder and stand collar, in
1 (5'1"-5'3")	30 1/2-33 1/8	27 7/8-27 3/4
2 (5'4"-5'6")	31 7/8-34 1/2	28 3/4-28 5/8
3 (5'7"-5'9")	32 3/4-35 1/2	29 5/8-29 1/2
4 (5'10"-6'1")	34-36 5/8	30 3/8

SUGGESTED FABRICS

To sew this dress, choose medium-weight, soft, highly elastic knit fabrics. The stretch factor should be at least 1.5.

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

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

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

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 70% viscose + 25% nylon + 5% elastane. The fabric weight is 320 g/m².

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)	1.65	1.7	1.75	1.8	1.8	1.95	2
2 (162-168)	1.75	1.8	1.85	1.85	1.95	2	2.05
3 (170-176)	1.8	1.85	1.9	1.9	2	2.1	2.1
4 (178-184)	1.85	1.9	1.95	1.95	2.05	2.15	2.2

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

Height, ft	Size						
	34	36-38	40-42	44	46	48-50	52
1 (5'1"-5'3")	1 3/4	1 7/8	1 7/8	2	2	2 1/8	2 1/8
2 (5'4"-5'6")	1 7/8	2	2	2	2 1/8	2 1/8	2 1/4
3 (5'7"-5'9")	2	2	2 1/8	2 1/8	2 1/8	2 1/4	2 1/4
4 (5'10"-6'1")	2	2 1/8	2 1/8	2 1/8	2 1/4	2 3/8	2 3/8

2. Additional fabric, 140 cm (55") wide, for all sizes and heights — 0.10 m (1/8 yd)

3. Lightweight knit interfacing, 140 cm wide, in meters:

Height, cm	Size	
	34-48	50-52
1 (154-160)	0.2	0.25
2 (162-168)	0.2	0.25
3 (170-176)	0.2	0.25
4 (178-184)	0.2	0.25

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

Lightweight knit interfacing, 55" wide — 1/4 yd

4. Stitched bias-cut fusible stay tape with stitch reinforcement, 1.5 cm (5/8") wide — 1.4 m (1 1/2 yd)

5. One invisible zipper, 65 cm (26") long

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 stitching and finishing seam allowances. 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 the sewing machine

***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

1. From main fabric:

- front — cut 2
- back — cut 2
- side — cut 2
- bottom flap — cut 2
- top flap — cut 2
- pocket facing — cut 2
- welt — cut 2
- collar front facing — cut 2
- collar back facing — cut 2

2. From interfacing:

- top flap — cut 2
- welt — cut 2

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

Additionally, cut the following from interfacing:

- four triangles to interface the corner of the grown-on sleeve on the front and back pieces
- two strips to reinforce the pocket area on the front pieces

SEAM ALLOWANCES

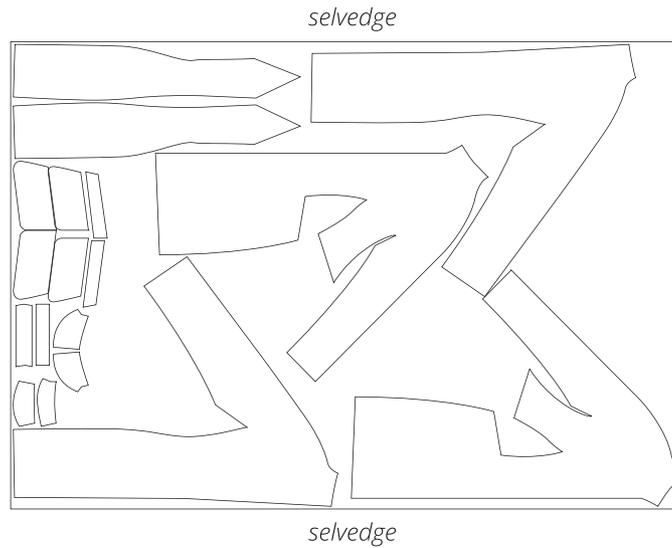
All pattern pieces include seam allowances as follows:

- garment hem allowance — 3 cm (1 1/8")
- sleeve hem allowance — 3 cm (1 1/8")
- all other edges — 1 cm (3/8")

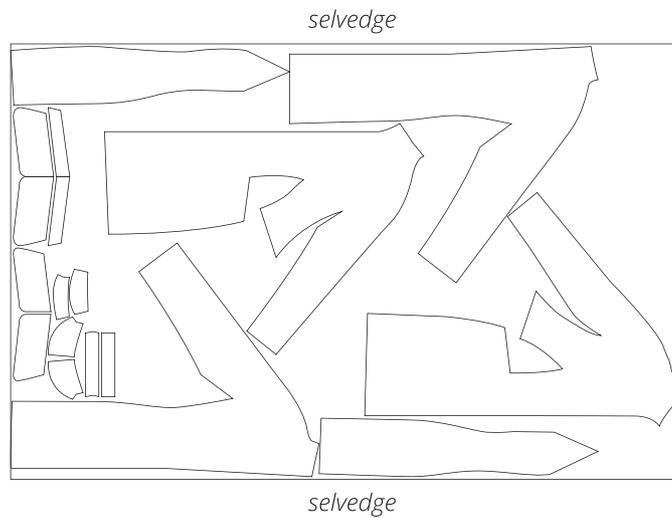
Take this into account when laying out the pattern pieces on the fabric.

CUTTING LAYOUT

Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer,
for sizes 34–46 in all heights



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



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



READY? LET'S GET SEWING!

INTERFACING THE MAIN GARMENT PIECES

We recommend testing your interfacing and/or fusible stay tape on a scrap of fabric before applying it to the main pieces. Check your iron's temperature and steam settings (check if it's safe to use steam on your main fabric). Check how long it takes for the interfacing to bond.

To interface, put the fusible side of the interfacing onto the wrong side of the fabric piece (or a section thereof) and press with the iron. Do not iron the piece, but instead press it section by section, holding it down with the iron for a few seconds until that section is adhered and then pressing down the next section. You may use a cotton pressing cloth to protect your iron sole.

Once the interfacing is fused, leave the piece on a hard flat surface for 15 minutes for it to cool down.



Fully interface the following:

- welt – 2 pieces
- top flap – 2 pieces



Partially interface the following:

- corner of the grown-on sleeve on the front and back pieces.

Apply bias-cut fusible stay tape along the following:

- corner of the grown-on sleeve on the front and back pieces.

TOP GARMENT FITTING



We recommend making a toile or assembling the garment out of the main fabric for an initial fitting before proceeding to construction.

Use calico or a fabric similar to the chosen main fabric in terms of properties to make a toile.

If you are doing the first fitting using the main fabric, cut the pieces with additional seam allowances.

Main rules of the toile fitting or the initial garment fitting:

1. Interface the garment pieces following the recommendations provided in the instructions.
2. Following the notches, assemble the garment along the main construction seams:
 - center back and center front seam
 - baste the darts
 - princess seams
 - top and bottom sleeve seams.
3. Adjust and baste the garment hem and sleeve hem.
4. Baste the zipper
5. Cut all the small pieces out of calico and pin them onto the garment.

Assemble the garment using one of the following methods:

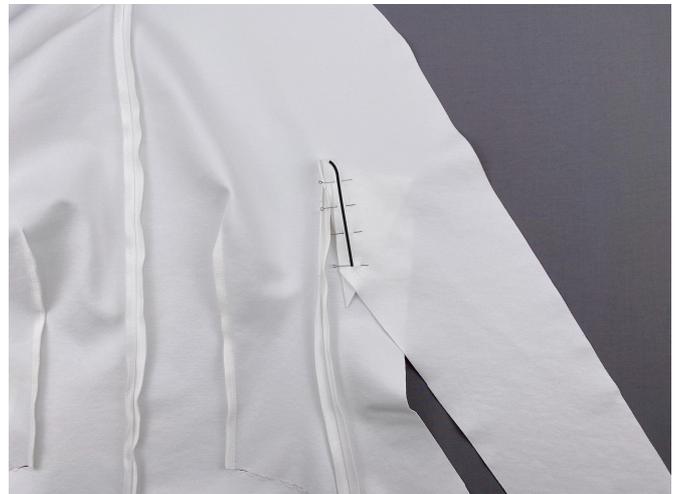
- machine-stitch (4–5 mm stitch length)
- hand-baste (approximately 1 cm [3/8"] stitch length)



11. Place the side piece with the assembled front piece, right sides together. Align the grown-on sleeve corner with the notch on the side piece. Align the princess seam edges, match the notches, and pin.



12. Machine-stitch, backstitching at the beginning and end of the seam. Stitch from the bottom edge to the grown-on sleeve corner. Clip into the corner, stopping 2 mm short of the seam.



13. Place the top part of the side piece with the grown-on sleeve corner, right sides together. Align the seam lines and pin. Machine-stitch, backstitching at the beginning and end of the seam, stopping 1 cm (3/8") short of the underarm edge of the grown-on sleeve.



14. Clip into the seam allowance of the side piece at the grown-on sleeve corner, stopping 2 mm short of the seam.