

# FROM THE FOUNDER OF THE #VIKISEWS BRAND

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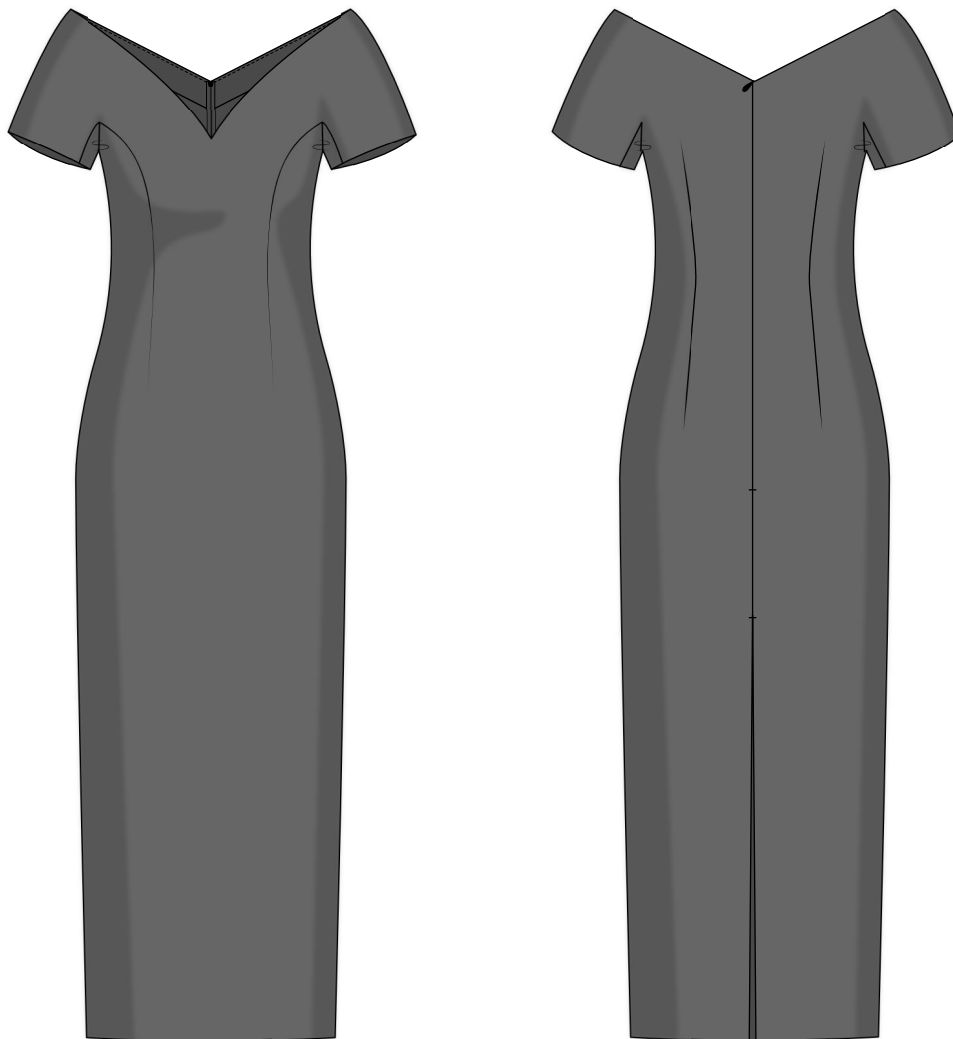


Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission. 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.



## BERNADETTE PATTERN DESCRIPTION

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Bernadette is a semi-fitted dress with an accentuated waist. The front is fitted with princess seams that transition into darts, while the back is shaped with waist darts. The dress features a shaped neckline and short, grown-on, three-piece sleeves. It closes with an invisible zipper in the center back seam. Bernadette is fully finished with a lining and is above-ankle 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

	Bust ease	Waistline ease	Hipline ease	Upper arm ease
cm	1	0	1.7–4	10.6–9.4
inches	3/8	0	5/8–1 5/8	4 1/8–3 3/4

# GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Center back length, cm	Sleeve length (estimated), cm
1 (154–160)	116.4–118.4	14.8–16.4
2 (162–168)	120.9–122.9	15.8–17.3
3 (170–176)	124–125.9	16.8–18.3
4 (178–184)	127.7–129.6	17.8–19.3

Height, ft	Center back length, in	Sleeve length (estimated), in
1 (5'1"–5'3")	45 7/8–46 5/8	5 7/8–6 1/2
2 (5'4"–5'6")	47 5/8–48 3/8	6 1/4–6 3/4
3 (5'7"–5'9")	48 7/8–49 5/8	6 5/8–7 1/4
4 (5'10"–6'1")	50 1/4–51	7–7 5/8

# SUGGESTED FABRIC

To sew this dress, choose dress-weight fabrics with the following properties:

- medium weight, pliable, soft, stretchy, opaque
- the fiber content can include natural fibers (silk), artificial fibers (viscose), blends (silk + polyester + elastane), and synthetics (polyester + elastane)
- the following fabrics are recommended: velvet, stretch velvet, velour.

**Attention!** The chosen fabric should contain elastane.

For the lining, choose lining fabrics made of blends (viscose + elastane) or synthetics (polyester + elastane).

The dress in the photo is made of knit velvet. The fabric is medium-weight, pliable, soft, and low-stretch. The fiber content is a blend of polyester and elastane. The fabric weight is 260 g/m<sup>2</sup>.

The fiber content of the lining is a blend of viscose and elastane. The fabric weight is 70 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	42	44	46	48	50-52
1 (154-160)	1.5	1.55	1.55	1.55	1.6	1.6	1.65	1.65
2 (162-168)	1.55	1.55	1.6	1.6	1.6	1.65	1.65	1.7
3 (170-176)	1.6	1.6	1.6	1.65	1.7	1.7	1.7	1.75
4 (178-184)	1.65	1.65	1.7	1.7	1.75	1.75	1.75	1.8

Main 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")	1 5/8	1 3/4	1 3/4	1 3/4	1 3/4
2 (5'4"-5'6")	1 3/4	1 3/4	1 3/4	1 3/4	1 7/8
3 (5'7"-5'9")	1 3/4	1 3/4	1 3/4	1 7/8	1 7/8
4 (5'10"-6'1")	1 3/4	1 3/4	1 7/8	1 7/8	2

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

Height, cm	Size						
	34-38	40	42	44-46	48	50	52
1 (154-160)	1.35	1.35	1.45	1.45	1.5	1.5	1.5
2 (162-168)	1.4	1.4	1.5	1.5	1.5	1.55	1.55
3 (170-176)	1.4	1.45	1.55	1.55	1.55	1.55	1.6
4 (178-184)	1.45	1.5	1.55	1.6	1.6	1.6	1.65

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

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

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

3. Lightweight interfacing, knit or woven, 140 cm wide, cut in one direction, in meters:

Height, cm	Size	
	34-44	46-52
1 (154-160)	0.35	0.4
2 (162-168)	0.35	0.4
3 (170-176)	0.35	0.4
4 (178-184)	0.35	0.4

Lightweight interfacing, knit or woven, 55" wide, cut in one direction, in yards:

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

4. One invisible zipper, 70 cm (27 1/2") long, for all sizes in all heights.
5. Stitched straight-grain fusible stay tape, for all sizes in all heights — 1.3 m (1 3/8 yd).
6. Matching thread — 1 spool for the sewing machine.

## 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)
- 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:

- front — cut 1 on fold
- back — cut 2
- bottom sleeve — cut 2
- front facing — cut 1 on fold
- back facing — cut 2.

## 2. From lining fabric:

- front lining — cut 1 on fold
- back lining — cut 2
- bottom sleeve lining — cut 2.

## 3. From interfacing:

- front facing — cut 1 on fold
- back facing — cut 2.

Additionally, cut four interfacing strips, 2 cm (3/4") wide, to reinforce the zipper and slit seam allowances.

Also, cut four interfacing squares, 3 cm × 3 cm (1 1/8 × 1 1/8"), to reinforce the armscye corners. The interfacing strips should be cut on the straight grain (parallel to the selvedge).

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

# SEAM ALLOWANCES

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All pattern pieces include the seam allowances as follows:

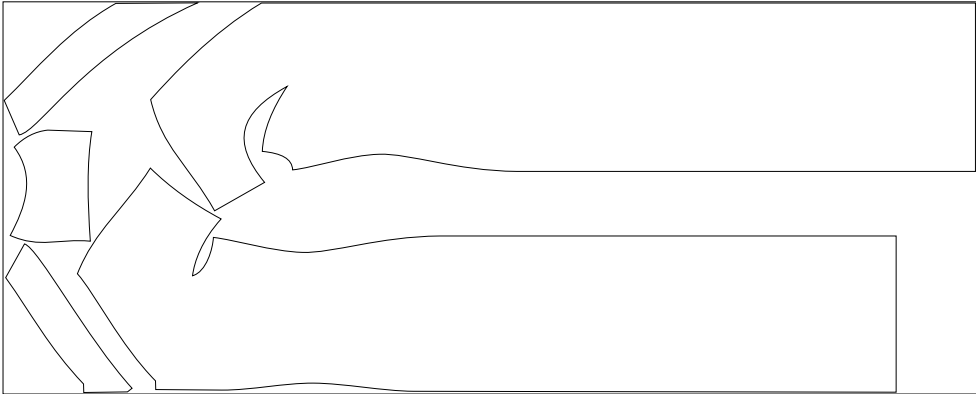
- garment hem allowance — 3 cm (1 1/8")
- sleeve hem allowance — 3 cm (1 1/8")
- center back seam allowance — 1.5 cm (5/8")
- all other edges — 1 cm (3/8").

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

# CUTTING LAYOUT

Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold, for sizes 34–44 in all heights

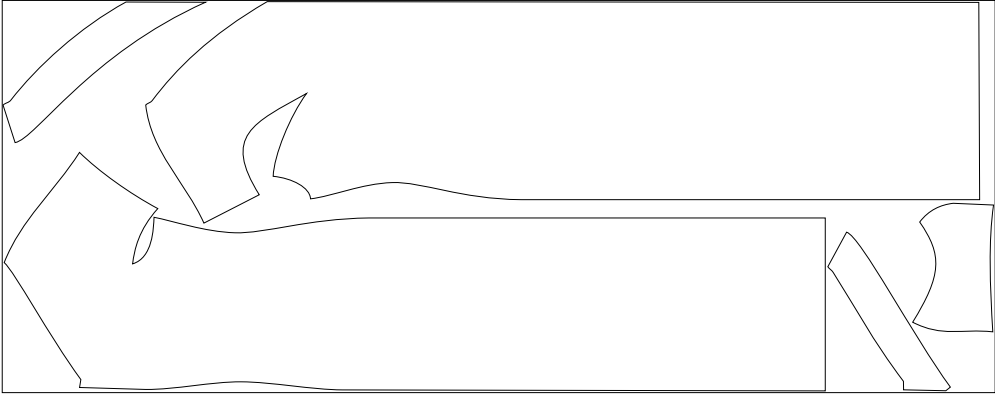
*fold*



*selvedge*

Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold, for sizes 46–52 in all heights

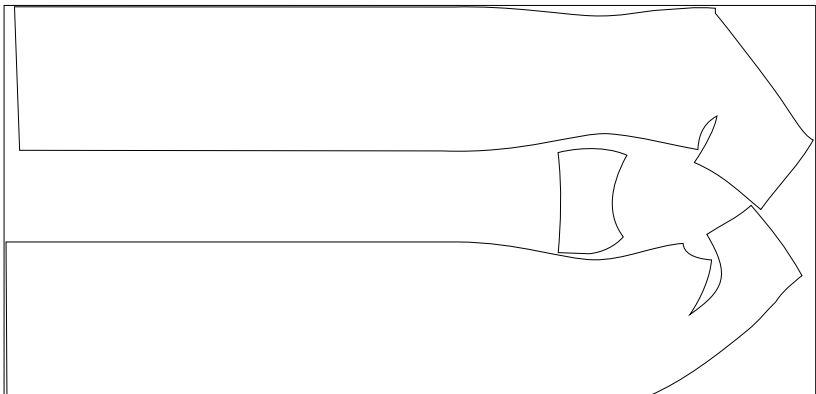
*fold*



*selvedge*

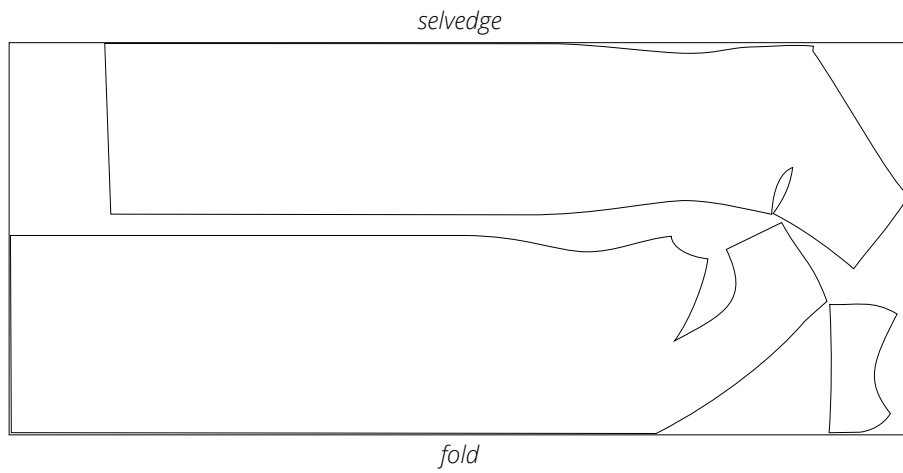
Lining fabric, 140 cm (55") wide, with a directional print, cut on fold, for sizes 34–40 in all heights

*selvedge*

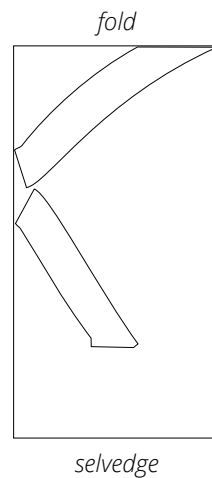


*fold*

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 in one direction, for all sizes in all heights



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

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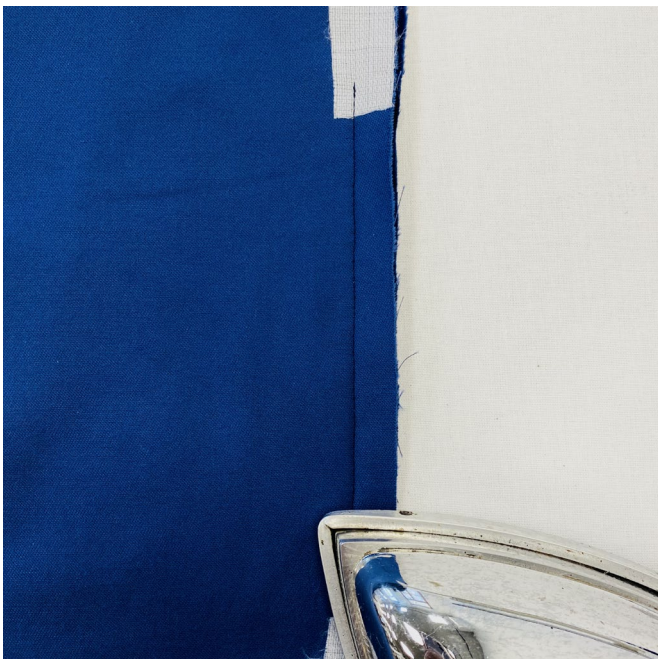


Press the dart seam allowances open.  
Press and steam the dart, shrink out the fullness at the dart point on a tailor's ham.  
Press the seam allowance at the dart point towards the center of the garment.



Place the back pieces right sides together, align the center edges, and pin between the zipper notch and the slit notch. Machine-stitch at 1.5 cm (5/8") from the edge, backstitching at the beginning and end of the seam.

Hand-baste between the slit notch and the bottom edge at 1.5 cm (5/8") from the edge.



Press the seam flat.