

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



ELMIRA PATTERN DESCRIPTION

Elmira is a close-fitting, fully lined dress. There are gathers along the center front, center back, and side seams. The front has a shaped yoke that fastens with a button and button loop. The neckline is round. The set-in sleeves are long and close-fitting. The sleeve caps feature pleats. Elmira is above-knee length.



PLEASE READ BEFORE USE

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TOTAL EASE ALLOWANCE

	Bust ease	Waistline ease	Hipline ease	Upper arm ease
cm	-7 to -9	-2.4 to -2.8	-4.9 to 5	0.5 to 3.4
inches	-2 3/4 to -3 1/2	-1 to -1 1/8	-1 7/8 to 2	1 1/4-1 3/8

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Garment length, cm	Sleeve length, cm
1 (154-160)	68.9-72.5	62.9-66.8
2 (162-168)	71.4-75	64.7-68.6
3 (170-176)	73.9-77.5	66.7-70.5
4 (178-184)	76.4-80	68.8-72.4

Height, ft	Garment length, in	Sleeve length, in
1 (5'1"-5'3")	27 1/8-28 1/2	24 3/4-26 1/4
2 (5'4"-5'6")	28 1/8-29 1/2	25 1/2-27
3 (5'7"-5'9")	29 1/8-30 1/2	26 1/4-27 3/4
4 (5'10"-6'1")	30 1/8-31 1/2	27 1/8-28 1/2

SUGGESTED FABRICS

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

The following fabrics are recommended: knits, viscose knits, viscose single jersey, biflex, and medium-weight double jersey fabrics. The stretch factor should be from 1.5 to 2.

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.

Attention! We recommend using only stretchy fabrics with good recovery after stretching for this dress.

The dress in the photo is made of knit fabric. The fabric is medium weight, soft, and stretchy. The fiber content is 100% polyester. The fabric weight is 200 g/m².

The dress lining is made of knit fabric. The fiber content is 100% polyester. The fabric weight is 200 g/m².

FABRIC AND NOTIONS REQUIREMENTS

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

Height, cm	Size					
	34-36	38-42	44	46	48-50	52
1 (154-160)	1.35	1.4	1.7	1.75	1.75	1.75
2 (162-168)	1.4	1.45	1.75	1.75	1.8	1.8
3 (170-176)	1.45	1.5	1.8	1.8	1.8	1.85
4 (178-184)	1.5	1.5	1.8	1.85	1.85	1.85

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

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

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

Height, cm	Size				
	34	36-38	40-46	48	50-52
1 (154-160)	0.75	0.8	0.8	0.8	0.8
2 (162-168)	0.8	0.8	0.8	0.85	0.85
3 (170-176)	0.8	0.8	0.85	0.85	0.85
4 (178-184)	0.85	0.85	0.85	0.85	0.9

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

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

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

3. Additional fabric (mesh, tulle) for one pair of sleeve heads, 140 cm (55") wide, for all sizes in all heights — 0.65 m (3/4 yd)
4. Clear elastic, 6 mm (1/4") wide — 0.78–0.91 m (7/8–1 yd), depending on size
5. Elastic cord, 2 mm in diameter — 3 cm (1 1/8")
6. One button, 0.7–1 cm (1/4–3/8") in diameter
7. 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)
- stitch-in-the-ditch foot for the sewing machine (optional)

***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
- sleeve — cut 2
- front yoke — cut 2

Additionally, cut the following from the main fabric:

- two strips (binding pieces), 3.5–4 cm (1 3/8–1 5/8") wide and the length equal to the finished length of the sleeve head plus 2 cm (3/4").

2. From lining fabric:

- front lining — cut 2
- back lining — cut 2
- front yoke — cut 2

3. From additional fabric:

- sleeve head — cut 2

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

SEAM ALLOWANCES

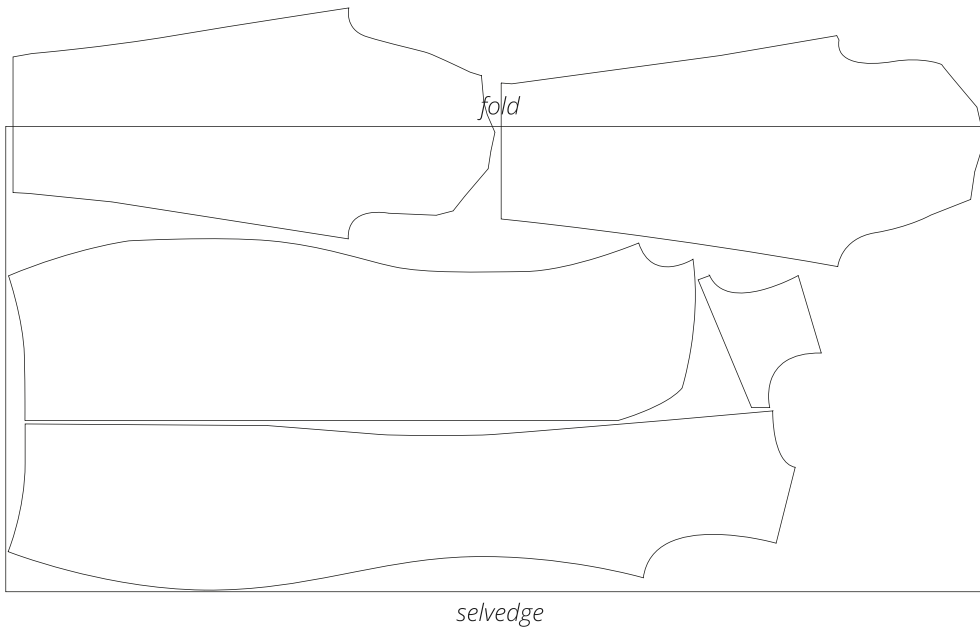
All pattern pieces include seam allowances as follows:

- garment hem allowance — 2 cm (3/4")
- sleeve hem allowance — 2 cm (3/4")
- all other edges — 1 cm (3/8")

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

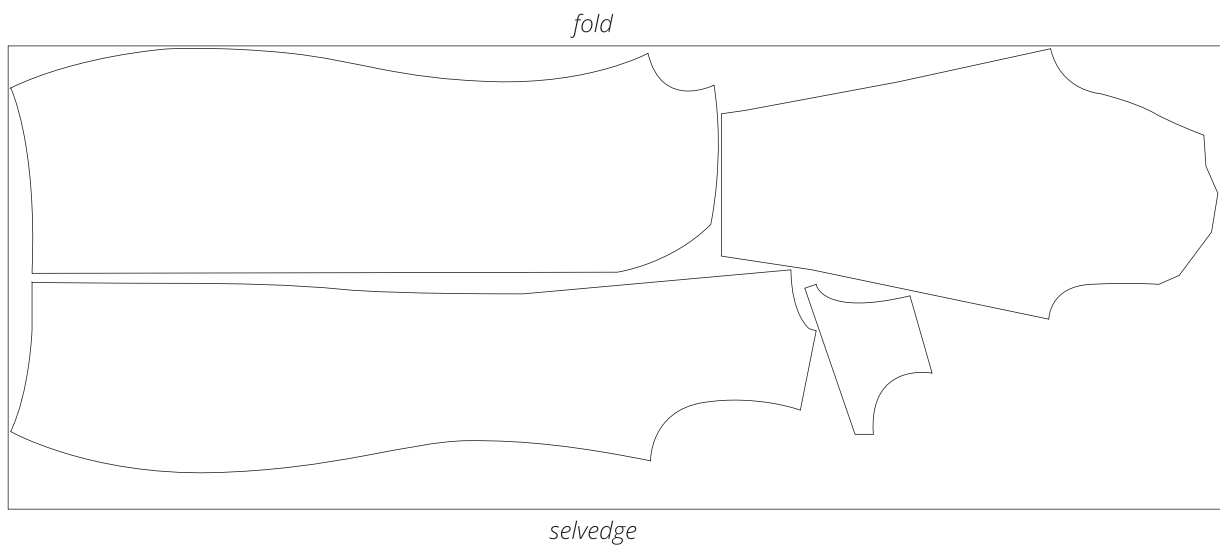
CUTTING LAYOUT

Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,
for sizes 34–42 in all heights

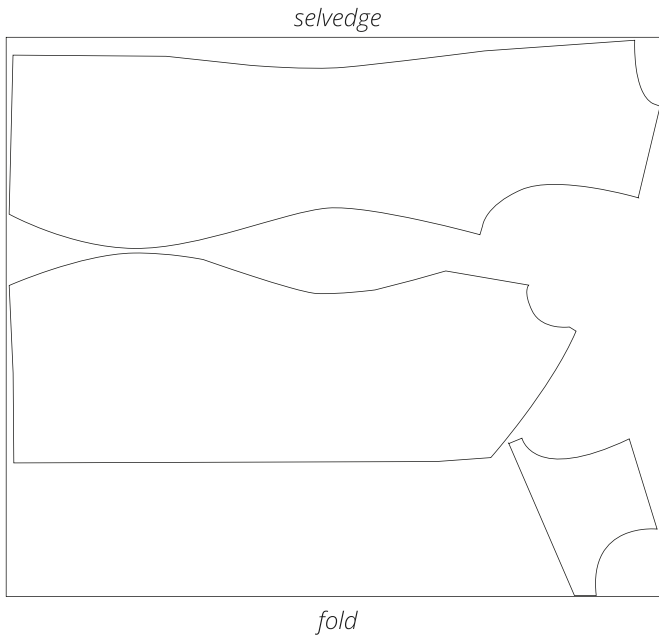


Attention! Cut the sleeve pieces on a single layer out of the leftover fabric.

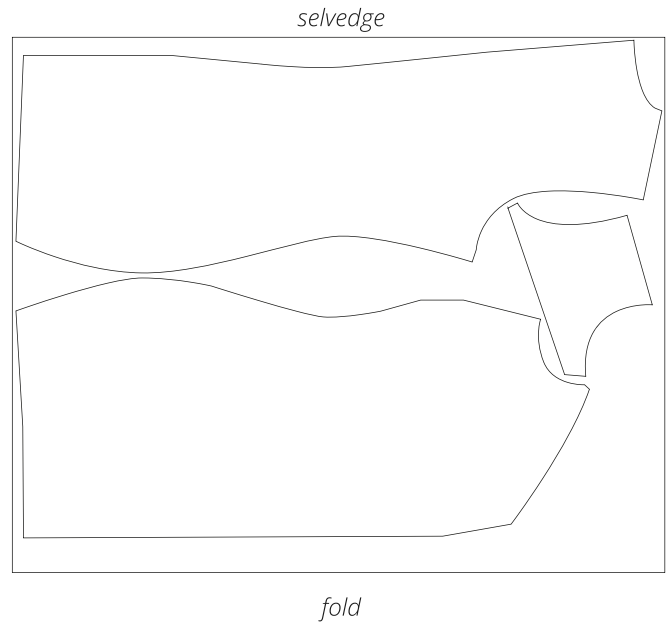
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,
for sizes 44–52 in all heights



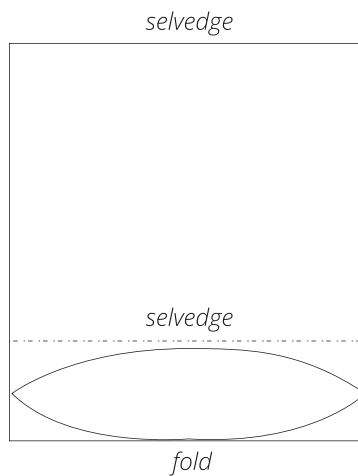
Lining fabric, 140 cm (55") wide,
with a directional print, cut on fold,
for sizes 34–40 in all heights



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



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



READY? LET'S GET SEWING!

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 a knit fabric similar to the chosen main fabric in terms of properties to make a toile.

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

1. Create gathers on the front and back pieces.
2. Following the notches, assemble the garment along the main construction seams:
 - side seams;
 - shoulder seams;
 - baste the yoke;
 - create pleats on the sleeve pieces;
 - assemble the sleeves and baste them into the armholes.
3. Adjust and baste the garment hem and sleeve hems.

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).



4. Place the front pieces right sides together. Align the center edges, match the notches, and pin. Machine-stitch, stopping 1 cm (3/8") short of the top edge. Backstitch at the beginning and end of the seam.



5. Press the seam flat.



6. Press the seam allowances open.



7. Place the back pieces right sides together. Align the center edges, match the notches, and pin. Machine-stitch. Backstitch at the beginning and end of the seam.



8. Press the seam flat.