

# 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.



## KAIA PATTERN DESCRIPTION

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Kaia is a semi-fitted blouse with a straight silhouette. The front is shaped with bust darts. The double-layer back yoke is brought over to the front. The blouse features a turn-down shirt collar with a separate collar stand and long, set-in, drop-shoulder shirt sleeves. At the bottom, the sleeve has pleats and a sleeve vent finished with a sleeve placket. Applied cuffs close with buttons and buttonholes. The blouse fastens with buttons and buttonholes at the center front. The curved garment hem features slits in the side seams.



## 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. According to part 1 of clause 1252 and clause 1301 of the Civil Code of the Russian Federation, failure to comply with the mentioned rules constitutes a breach of the legislation in force in the field of copyright and entails liability of the violator. Illegal use or distribution will be prosecuted in accordance with legislation.

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	15.5–19.9	35.8–37.6	10.8–12.6	8.9–10.0
inches	6 1/8–7 7/8	14 1/8–14 3/4	4 1/4–5	3 1/2–3 7/8

# GARMENT LENGTH, SLEEVE LENGTH

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Height, cm	Back length, cm	Sleeve length including shoulder and cuff width, cm
1 (154–160)	65.5–67.3	74.5–78.6
2 (162–168)	68.5–70.3	76.7–81.3
3 (170–176)	71.5–73.3	78.6–83.2
4 (178–184)	74.5–76.3	80.6–85.2

Height, ft	Back length, in	Sleeve length including shoulder and cuff width, in
1 (5'1"–5'3")	25 3/4–26 1/2	29 3/8–31
2 (5'4"–5'6")	27–27 5/8	30 1/4–32
3 (5'7"–5'9")	28 1/8–28 7/8	31–32 3/4
4 (5'10"–6'1")	29 3/8–30	31 3/4–33 1/2

# SUGGESTED FABRIC

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

- moderately lightweight, pliable, soft, non-stretch or low-stretch, opaque
- the fiber content can include natural fibers (silk, cotton, linen), artificial fibers (viscose), blends (viscose + silk, cotton + polyester, cotton + viscose, etc.), and synthetics (polyester, polyester + elastane)
- the following fabrics are recommended: silk, artificial silk, cotton, linen, cupro, shirting, lightweight fine wale corduroy, modal.

**Attention!** We do not recommend stretchy knit fabrics, heavyweight, bulky fabrics (coating, corduroy), and lightweight, sheer fabrics (chiffon, stretch lace).

The blouse in the photo is made of blouse and dress-weight silk. The fabric is resilient, soft, double-faced, and has very little stretch. The fiber content is 100% polyester.

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

2. Lightweight knit or woven interfacing, 140 cm wide, for all sizes:

Height, cm	Meters
1 (154–160)	0.7
2 (162–168)	0.7
3 (170–176)	0.75
4 (178–184)	0.8

Lightweight knit or woven interfacing, 55" wide, for all sizes:

Height, ft	Yards
1 (5'1"–5'3")	3/4
2 (5'4"–5'6")	3/4
3 (5'7"–5'9")	7/8
4 (5'10"–6'1")	7/8

3. Thirteen buttons, 0.7–1 cm (1/4–3/8") in diameter

4. 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)
- buttonhole foot for the sewing machine
- stitch-in-the-ditch foot for the sewing machine (optional).

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.



**Fully interface the following pieces:**

- upper collar — 1 piece cut on fold
- undercollar — 1 piece cut on fold
- collar stand — 2 pieces
- cuff — 2 pieces
- sleeve placket — 2 pieces.

**Partially interface the following pieces:**

- grown-on placket area on the front — 2 pieces.

To interface, apply 6.5 cm (2 1/2") wide strips of interfacing cut on the straight grain.

To interface, put the gluey 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.

## FITTING

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### First fitting

We recommend doing a first fitting for any garment.

**Why?** The first fitting is done to check the balance of the garment, adjust the ease (only to reduce it and given that you haven't sewn a toile and haven't made any pattern modifications prior to cutting the fabric), adjust the garment and sleeve lengths and check the neckline depth.

**How?** After applying the interfacing, baste the darts and the yoke pieces, then construct the entire garment (including the sleeves) along the main structural seams: shoulder seams, side seams. Baste the upper collar in. Baste the garment hem. Baste the cuffs to the sleeves.

To ensure a well-fitting garment, it's important to properly assemble it for the fitting, so pay attention to the notches. First pin the pieces at the notches and then between them, making sure the fabric is lying smoothly.

**To baste the garment, use one of the following methods:**

- machine-stitch (4–5 mm stitch length)
- hand-baste (approximately 1 cm [3/8"] stitch length). Ensure the pieces are lying on a straight flat surface (table) without any parts hanging off the surface.