

FROM THE FOUNDER OF THE #VIKISEWS BRAND

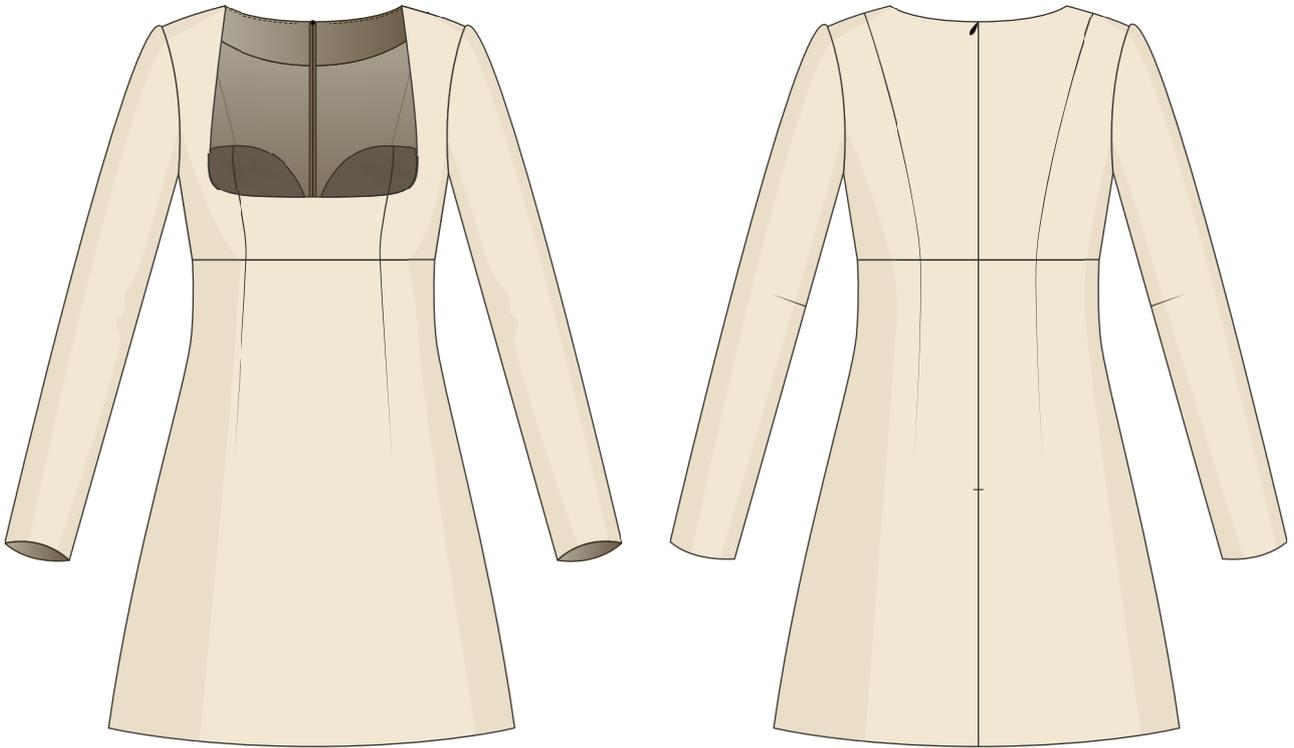


Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission.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



CARA PATTERN DESCRIPTION

Cara is a close-fitting dress with an accentuated waist. It features an underbust seam as well as front and back princess seams transitioning into darts. The front has a deep square neckline with decorative bust cups. The set-in sleeves are long and feature elbow darts. The dress is finished with a free-hanging lining and fastens with an invisible zipper in the center back seam. Cara is above-knee length.



IMPORTANT!

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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	5.4–6.6	4.8–6.8	6–6.9	4.1–3.5
inches	2 1/8–2 5/8	1 7/8–2 5/8	2 3/8–2 3/4	1 5/8–1 3/8

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Garment length, cm	Sleeve length, cm
1 (154–160)	73.6–75	58
2 (162–168)	77.6–79	60
3 (170–176)	81.6–83	62
4 (178–184)	85.6–87	64

Height, ft	Garment length, in	Sleeve length, in
1 (5'1"–5'3")	29–29 1/2	22 7/8
2 (5'4"–5'6")	30 1/2–31 1/8	23 5/8
3 (5'7"–5'9")	32 1/8–32 5/8	24 3/8
4 (5'10"–6'1")	33 3/4–34 1/4	25 1/4

SUGGESTED FABRIC

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

- medium weight, easily pressed and steamed, soft, non-stretch or with very little stretch, opaque
- the fiber content can include natural fibers (wool, cotton), artificial fibers (viscose), blends (wool + polyester, cotton + viscose, etc.), and synthetics (polyester)
- the following fabrics are recommended: dress-weight wool, suiting fabrics, gabardine

Attention! We do not recommend stretchy knit fabrics or lightweight sheer fabrics (chiffon, organza, stretch lace).

As an additional fabric for the decorative bust cups, we recommend materials with polyurethane, polyvinyl chloride (PVC) content and a knit or woven backing. The following fabrics are recommended: faux leather, faux suede.

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

1. From main fabric:

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

2. From lining fabric:

- 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 additional fabric:

- bust cup center panel — cut 2
- bust cup side panel — cut 2

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

4. From lining fabric (for the additional fabric):

- bust cup center panel lining — cut 2
- bust cup side panel lining — cut 2

5. From interfacing:

- back neck facing — cut 2

Additionally, cut two interfacing strips, 2 cm (3/4") wide, to interface the zipper seam allowances. The interfacing strips should be cut on the straight grain (parallel to the selvedge).

6. From interfacing (for the additional fabric):

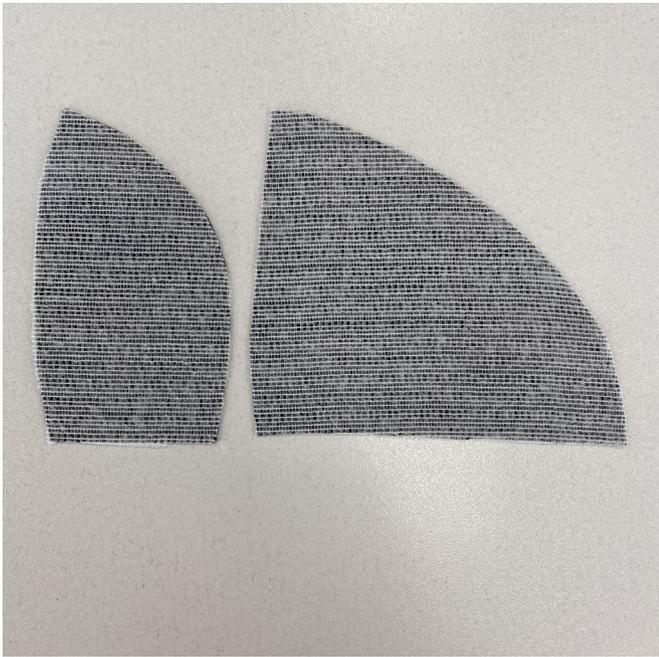
- bust cup center panel — cut 2
- bust cup side panel — cut 2

SEAM ALLOWANCES

All pattern pieces include seam allowances as follows:

- garment hem allowance — 2.5 cm (1")
- sleeve hem allowance — 2 cm (3/4")
- all other edges — 1 cm (3/8")

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



Additionally, interface the neckline edges of the following pieces with bias-cut fusible stay tape:

- inner center front bodice — 1 piece
- inner side front bodice — 2 pieces
- back neck facing — 2 pieces



Staystitch along the armhole edges of the side front and side back bodice pieces.

Using a 4 mm stitch length, staystitch at 8 mm (just under 3/8") from the edge.

Lay the side front and side back bodice pieces out and match the armhole edges with the corresponding paper pattern pieces. Compare the shape of the armhole to the paper pattern pieces to make sure it is not distorted. If necessary, pull on the staystitching threads to adjust the length of the armhole.

FITTING

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 and shape.

How? We recommend assembling the entire garment (including sleeves) along the main construction seams. Assemble the sleeves and baste them in. Baste the garment hem and sleeve hems. 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.