

# FROM THE FOUNDER OF THE #VIKISEWS BRAND

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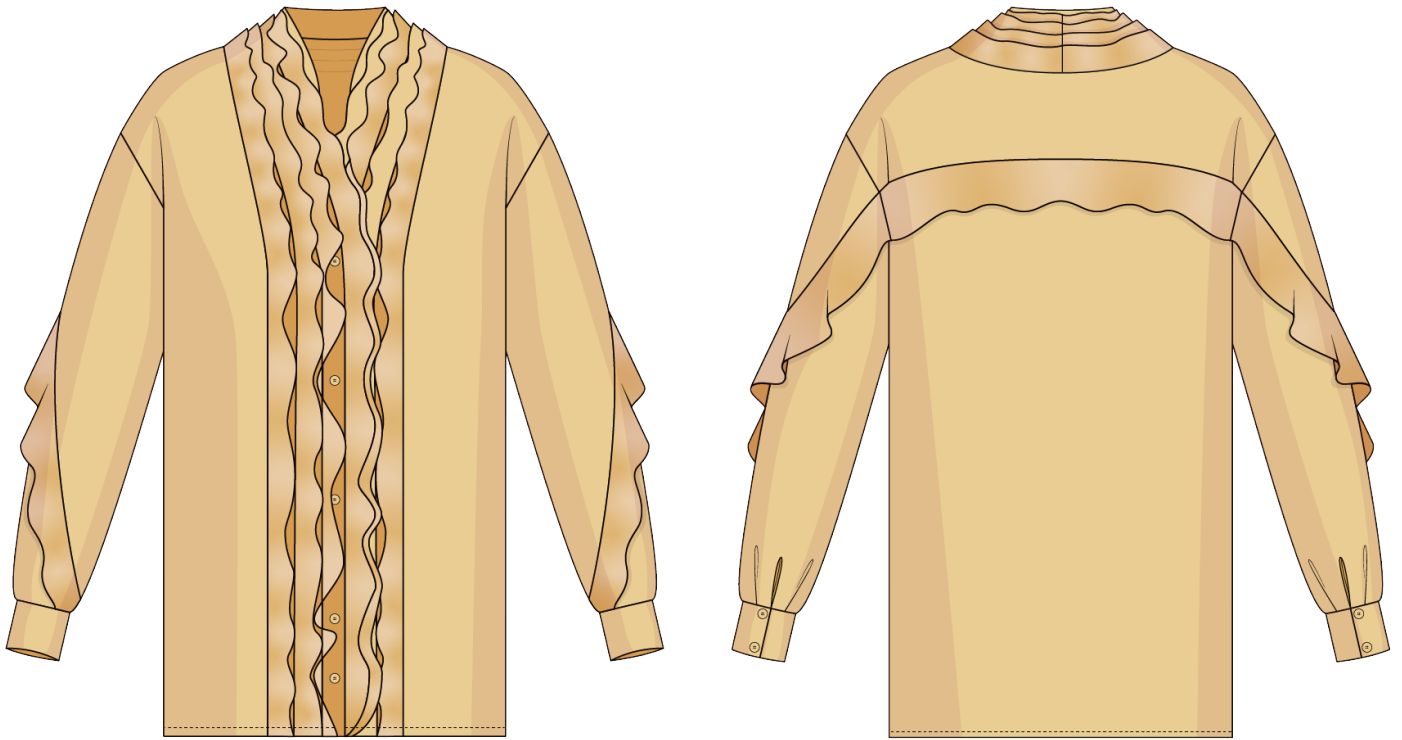


Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission.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



## SHEILA PATTERN DESCRIPTION

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Sheila is a semi-fitted straight-cut blouse with three front-and-back flounces and one back-and-sleeve flounce. The blouse fastens with buttons and buttonholes at the center front. It features an applied stand collar and another flounce running along the placket and the neckline. The long, two-piece sleeve has a slit finished with sleeve placket binding and two pleats at the bottom. The hems of the sleeves are finished with cuffs that close with buttons and buttonholes. The garment hem is straight. Sheila is hip-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	26	46.1	20.2	11
inches	10 1/4	18 1/8	8	4 3/8

# GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length, cm	Sleeve length including shoulder and cuff width, cm
1 (154–160)	67.6–69.6	70.8–72.1
2 (162–168)	70.6–72.6	72.9–74.1
3 (170–176)	73.6–75.6	74.9–76.1
4 (178–184)	76.6–78.6	76.9–78.1

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

# SUGGESTED FABRIC

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

- lightweight, fluid, soft, non-stretch or with very little stretch, sheer, semi-sheer, opaque, double-faced
- the fiber content can include natural fibers (silk, cotton), artificial fibers (viscose), blends (cotton + silk, cotton + viscose, etc.), and synthetics (polyester, polyester + elastane)
- the following fabrics are recommended: chiffon, crepe de chine, lightweight natural or synthetic silk, batiste.

**Attention!** We recommend using double-faced fabrics only, since the flounces are free to move and tend to show both sides of the fabric.

The blouse in the photo is made of chiffon. The fabric is lightweight, fluid, soft and non-stretch. The fiber content is a blend.

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

2. Lightweight knit or woven interfacing, 140 cm (55") wide, for all sizes in all heights — 0.7 m (3/4 yd)
3. Twelve buttons, 0.7–1 cm (1/4–3/8") in diameter
4. Matching thread — 4 spools (1 spool for the sewing machine + 3 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)

## PATTERN PIECES LIST

### 1. From main fabric:

- front — cut 2
- back yoke — cut 1
- back — cut 1 on fold
- top sleeve — cut 2
- bottom sleeve — cut 2
- cuff — cut 2
- stand collar — cut 2
- placket — cut 4
- left flounce 1 — cut 1
- right flounce 1 — cut 1
- flounce 2 — cut 2
- flounce 3 — cut 2
- flounce 4 — cut 2
- front panel 1 — cut 2 + cut 2 for the facing

- front panel 2 — cut 2
- front panel 3 — cut 2
- back yoke panel 1 — cut 1
- back yoke panel 2 — cut 1
- back yoke panel 3 — cut 1
- back yoke flounce — cut 1
- sleeve flounce — cut 2
- sleeve placket binding — cut 2

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

### 2. From interfacing:

- stand collar — cut 2
- placket — cut 4
- cuff — cut 2

## SEAM ALLOWANCES

All pattern pieces include seam allowances as follows:

- garment 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.





Press the seams flat.



Press the seam allowances open.



Trim the seam allowances down to 5 mm (just under 1/4").