

# 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.



## MEREDITH PATTERN DESCRIPTION

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Meredith is a close-fitting lined dress. The front of the dress is made up of the bodice gathered at the waist and the skirt ruched along the center seam between the waistline and hipline. The neckline is V-shaped and low. The dress features long, close-fitting, two-piece set-in sleeves with thumbholes and shoulder pads. Meredith 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 (estimated), measured on lining	Waistline ease, measured on lining	Hipline ease, measured on lining	Upper arm ease
cm	-6.6 – (-7.3)	-6 – (-8.6)	-2.8 – (-4.2)	-0.5 – (-0.7)
inches	-2 5/8 – (-2 7/8)	-2 3/8 – (-3 3/8)	-1 1/8 – (-1 5/8)	-1/4

## GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length, cm	Sleeve length including shoulder width, cm
1 (154–160)	121–121.2	76–78.8
2 (162–168)	126–126.2	78–80.8
3 (170–176)	131–131.2	80–82.8
4 (178–184)	136–136.2	82–84.8

Height, ft	Back length, in	Sleeve length including shoulder width, in
1 (5'1"–5'3")	47 5/8–47 3/4	29 7/8–31
2 (5'4"–5'6")	49 5/8	30 3/4–31 3/4
3 (5'7"–5'9")	51 5/8	31 1/2–32 5/8
4 (5'10"–6'1")	53 1/2–53 5/8	32 1/4–33 3/8

## SUGGESTED FABRIC

To sew this dress, choose medium-weight, soft, stretchy knit fabrics. The stretch factor should be at least 2.0.

You can determine the stretch factor of the fabric yourself. Mark 10 cm (4") along the crosswise grain of the fabric, lay a measuring tape next to the marked section, and stretch the fabric. Divide the measurement you get by 10.

The fiber content should include elastane or spandex and can also include natural fibers, artificial fibers, blends, and synthetics.

The lining fabric should have the same properties as the main fabric since even the slightest difference may cause distortion in the final garment.

The following fabrics are recommended: knits, lurex knits, spandex, biflex.

**Attention!** We recommend using only stretchy fabrics for this dress.  
The dress in the photo is made of crystal biflex. The fabric is medium weight, soft, and stretchy. The fiber content is 96% polyester and 4% spandex. The fabric weight is 190 g/m<sup>2</sup>.  
The fiber content of the knit lining fabric is 100% polyester. The fabric weight is 60 g/m<sup>2</sup>.

# FABRIC AND NOTIONS REQUIREMENTS

## 1. Option 1 (outer layer and lining made of the same fabric)

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)	2.6	2.6	2.95	3.15	3.35	3.45	3.5
2 (162-168)	2.7	2.7	3.05	3.25	3.5	3.6	3.65
3 (170-176)	2.75	2.8	3.15	3.35	3.65	3.7	3.75
4 (178-184)	2.85	2.9	3.25	3.35	3.75	3.8	3.85

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

Height, ft	Size						
	34-36	38	40-42	44	46	48-50	52
1 (5'1"-5'3")	2 7/8	2 7/8	3 1/4	3 1/2	3 5/8	3 3/4	3 7/8
2 (5'4"-5'6")	3	3	3 3/8	3 1/2	3 7/8	3 7/8	4
3 (5'7"-5'9")	3	3	3 1/2	3 5/8	4	4	4 1/8
4 (5'10"-6'1")	3 1/8	3 1/8	3 1/2	3 5/8	4 1/8	4 1/8	4 1/4

Main fabric, 170 cm wide, with a directional print/nap, in meters:

Height, cm	Size						
	34-36	38	40-44	46	48	50	52
1 (154-160)	2.25	2.35	2.35	2.65	2.65	2.9	2.95
2 (162-168)	2.35	2.4	2.45	2.7	2.75	3	3.05
3 (170-176)	2.45	2.5	2.5	2.8	2.85	3.15	3.15
4 (178-184)	2.55	2.55	2.6	2.9	2.95	3.2	3.3

Main fabric, 67" wide, with a directional print/nap, in yards:

Height, ft	Size						
	34-36	38	40-44	46	48	50	52
1 (5'1"-5'3")	2 1/2	2 5/8	2 5/8	2 7/8	2 7/8	3 1/8	3 1/4
2 (5'4"-5'6")	2 5/8	2 5/8	2 5/8	3	3	3 1/4	3 3/8
3 (5'7"-5'9")	2 5/8	2 3/4	2 3/4	3	3 1/8	3 1/2	3 1/2
4 (5'10"-6'1")	2 3/4	2 3/4	2 7/8	3 1/8	3 1/4	3 1/2	3 5/8

## 2. Option 2 (outer layer and lining made of different fabrics)

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

Height, cm	Size						
	34	36	38-40	42	44-48	50	52
1 (154-160)	1.5	1.55	1.65	1.75	2	2.05	2.2
2 (162-168)	1.55	1.6	1.7	1.75	2.1	2.15	2.4
3 (170-176)	1.6	1.65	1.75	1.8	2.15	2.2	2.45
4 (178-184)	1.65	1.7	1.8	1.85	2.25	2.4	2.55

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

Main fabric, 170 cm wide, with a directional print/nap, in meters:

Height, cm	Size						
	34-40	42	44	46	48	50	52
1 (154-160)	1.3	1.45	1.45	1.55	1.65	1.65	1.75
2 (162-168)	1.35	1.5	1.55	1.6	1.7	1.7	1.75
3 (170-176)	1.4	1.5	1.55	1.65	1.75	1.75	1.8
4 (178-184)	1.45	1.55	1.6	1.7	1.75	1.8	1.85

Main fabric, 67" wide, with a directional print/nap, in yards:

Height, ft	Size						
	34-40	42	44	46	48	50	52
1 (5'1"-5'3")	1 3/8	1 5/8	1 5/8	1 3/4	1 3/4	1 3/4	1 7/8
2 (5'4"-5'6")	1 1/2	1 5/8	1 3/4	1 3/4	1 7/8	1 7/8	1 7/8
3 (5'7"-5'9")	1 1/2	1 5/8	1 3/4	1 3/4	1 7/8	1 7/8	2
4 (5'10"-6'1")	1 5/8	1 3/4	1 3/4	1 7/8	1 7/8	2	2

2. Lining fabric, 140-170 cm wide, with a directional print, in meters:

Height, cm	Size
	34-52
1 (154-160)	1.3
2 (162-168)	1.35
3 (170-176)	1.4
4 (178-184)	1.45

Lining fabric, 55-67" wide, with a directional print, in yards:

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

3. Clear elastic, 7 mm (1/4") wide, for all heights:

Size	34	36-38	40	42-44	46-48	50-52
meters	1.6	1.7	1.7	1.8	1.9	2
yards	1 3/4	1 7/8	1 7/8	2	2 1/8	2 1/8



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

4. One pair of raglan shoulder pads
5. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker / 3 spools for the coverstitch machine)

## TOOLS AND EQUIPMENT

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- sewing machine for construction
- overlocker for construction and 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)
- coverstitch or coverlock machine. If you don't have a coverstitch machine, it can be replaced with a twin needle on any regular sewing machine that can do a zigzag stitch.

***IMPORTANT!** We recommend using specialty needles when working with knit fabrics (for example, STRETCH, SUPER STRETCH, JERSEY, etc.). When sewing, a ball-shaped needle point pushes the knit loops apart without piercing the threads.*

## PATTERN PIECES LIST

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1. From main fabric:
  - front bodice — cut 2
  - front skirt — cut 2
  - back — cut 2
  - front sleeve — cut 2
  - back sleeve — cut 2
2. From lining fabric:
  - front lining — cut 2
  - back — cut 2

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



# SEAM ALLOWANCES

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All pattern pieces include seam allowances as follows:

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

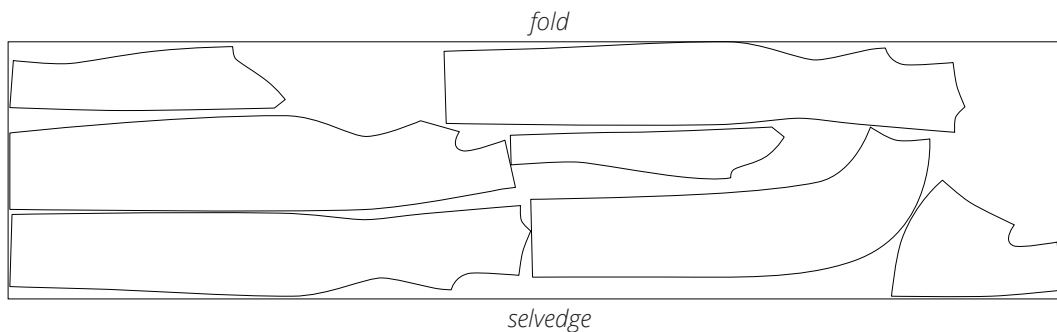
Take this into account when laying out pattern pieces on the fabric.

# CUTTING LAYOUT

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## Option 1 (garment made of one fabric)

Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold,  
for sizes 34–38 in all heights; main fabric, 170 cm (67") wide,  
with a directional print/nap, cut on fold, for sizes 46–48 in all heights





Place the two front bodice pieces right sides together, align the center edges. Match the notches and pin.



Machine-stitch from the waist edge up to the neckline notch, backstitching at the beginning and end of the seam.

Press the seam flat.

Press the seam allowances open.



On the front skirt piece, machine-stitch two parallel lines at 5 mm (just under 1/4") and 8 mm (just under 3/8") from the center edge.

Start stitching at the waist edge and go beyond the gathering notch by 2 cm (3/4"). Use a 4 mm stitch length.