

FROM THE FOUNDER OF THE #VIKISEWS BRAND

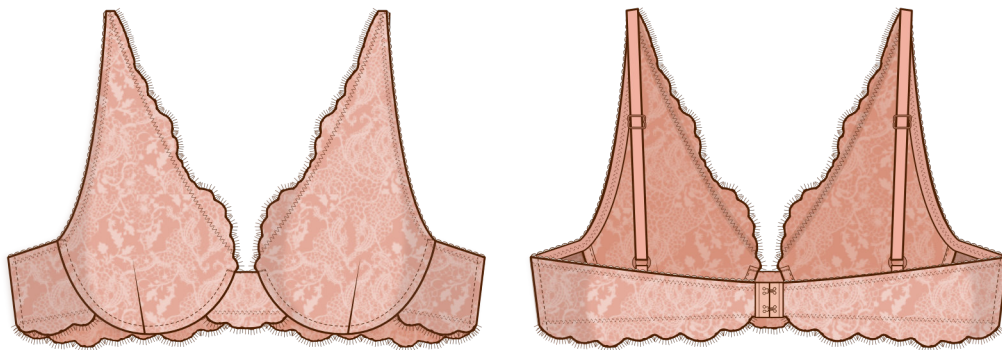


Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission.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



LENA PATTERN DESCRIPTION

Lena is a bra with short plunge (type 18) underwires. The high apex bust cups feature vertical darts. The scalloped edge of the bust cup is stabilized with clear elastic. The adjustable straps are made of bra strap elastic. The bra features a bridge lined with corset mesh. All edges are finished with picot-edge band elastic. The bra has a hook-and-eye closure.



IMPORTANT!

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SUGGESTED FABRIC

To sew this bra, choose lace fabrics with the following properties:

- soft, stretchy (1.2–1.5 stretch factor), medium weight
- the following fabrics are recommended (the fabric should have a scalloped edge): lace, allover lace fabrics, embroidered mesh, guipure lace

For the bridge and band lining, we recommend using corset mesh.

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.

The bra in the photo is made of soft stretch lace. The fiber content is 93% polyamide and 7% elastane. The fabric weight is 80 g/m².

The bridge and band are lined with non-stretch corset mesh. The fiber content is 100% polyamide. The fabric weight is 45 g/m².

FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric (lace), 30 cm wide, not accounting for pattern repeat, in meters:

| EU band size | Cup size | | | | |
|--------------|----------|------|------|------|------|
| | A | B | C | D | E |
| 65 | 0.6 | 0.6 | 0.6 | 0.6 | 0.6 |
| 70 | 0.65 | 0.65 | 0.65 | 0.65 | 0.7 |
| 75 | 0.65 | 0.7 | 0.7 | 0.7 | 0.7 |
| 80 | 0.7 | 0.7 | 0.75 | 0.75 | 0.75 |
| 85 | | 0.75 | 0.75 | 0.8 | 0.95 |
| 90 | | 0.8 | 0.8 | 0.85 | 1 |
| 95 | | 0.8 | 0.9 | 1 | 1 |
| 100 | | 0.95 | 1.05 | 1.05 | 1.05 |

Main fabric (lace), 12" wide, not accounting for pattern repeat, in yards:

| UK/US band size | Cup size | | | | |
|-----------------|----------|-----|-------|-------|-------|
| | A | B | C | D | E |
| 30 | 5/8 | 5/8 | 5/8 | 5/8 | 5/8 |
| 32 | 3/4 | 3/4 | 3/4 | 3/4 | 3/4 |
| 34 | 3/4 | 3/4 | 3/4 | 3/4 | 3/4 |
| 36 | 3/4 | 3/4 | 7/8 | 7/8 | 7/8 |
| 38 | | 7/8 | 7/8 | 7/8 | 1 |
| 40 | | 7/8 | 7/8 | 7/8 | 1 1/8 |
| 42 | | 7/8 | 1 | 1 1/8 | 1 1/8 |
| 44 | | 1 | 1 1/8 | 1 1/8 | 1 1/8 |

2. Corset mesh, 150 cm wide, cut in one direction, in meters:

| EU band size | Cup size | | | | |
|--------------|----------|------|------|------|------|
| | A | B | C | D | E |
| 65 | 0.1 | 0.1 | 0.1 | 0.1 | 0.15 |
| 70 | 0.1 | 0.1 | 0.1 | 0.15 | 0.15 |
| 75 | 0.1 | 0.1 | 0.1 | 0.15 | 0.15 |
| 80 | 0.1 | 0.1 | 0.1 | 0.15 | 0.15 |
| 85 | | 0.1 | 0.15 | 0.15 | 0.15 |
| 90 | | 0.15 | 0.15 | 0.15 | 0.15 |
| 95 | | 0.15 | 0.15 | 0.15 | 0.15 |
| 100 | | 0.15 | 0.15 | 0.15 | 0.15 |

Corset mesh, 59" wide, cut in one direction, in yards:

| UK/US band size | Cup size | | | | |
|-----------------|----------|-----|-----|-----|-----|
| | A | B | C | D | E |
| 30 | 1/8 | 1/8 | 1/8 | 1/8 | 1/8 |
| 32 | 1/8 | 1/8 | 1/8 | 1/8 | 1/8 |
| 34 | 1/8 | 1/8 | 1/8 | 1/8 | 1/8 |
| 36 | 1/8 | 1/8 | 1/8 | 1/8 | 1/8 |
| 38 | | 1/8 | 1/8 | 1/8 | 1/8 |
| 40 | | 1/8 | 1/8 | 1/8 | 1/8 |
| 42 | | 1/8 | 1/8 | 1/8 | 1/8 |
| 44 | | 1/8 | 1/8 | 1/8 | 1/8 |

3. Picot-edge band elastic, 1 cm wide, in meters*:

| EU band size | Cup size | | | | |
|--------------|----------|------|------|------|------|
| | A | B | C | D | E |
| 65 | 1.1 | 1.1 | 1.1 | 1.1 | 1.1 |
| 70 | 1.2 | 1.2 | 1.2 | 1.2 | 1.2 |
| 75 | 1.25 | 1.25 | 1.25 | 1.25 | 1.25 |
| 80 | 1.35 | 1.35 | 1.3 | 1.3 | 1.3 |
| 85 | | 1.4 | 1.4 | 1.4 | 1.4 |
| 90 | | 1.45 | 1.5 | 1.5 | 1.5 |
| 95 | | 1.55 | 1.55 | 1.55 | 1.55 |
| 100 | | 1.65 | 1.6 | 1.6 | 1.6 |

*The exact elastic length is indicated on the pattern.

Picot-edge band elastic, 3/8" wide, in yards*:

| UK/US band size | Cup size | | | | |
|-----------------|----------|-------|-------|-------|-------|
| | A | B | C | D | E |
| 30 | 1 1/4 | 1 1/4 | 1 1/4 | 1 1/4 | 1 1/4 |
| 32 | 1 1/4 | 1 1/4 | 1 1/4 | 1 1/4 | 1 1/4 |
| 34 | 1 3/8 | 1 3/8 | 1 3/8 | 1 3/8 | 1 3/8 |
| 36 | 1 1/2 | 1 1/2 | 1 3/8 | 1 3/8 | 1 3/8 |
| 38 | | 1 1/2 | 1 1/2 | 1 1/2 | 1 1/2 |
| 40 | | 1 5/8 | 1 5/8 | 1 5/8 | 1 5/8 |
| 42 | | 1 3/4 | 1 3/4 | 1 3/4 | 1 3/4 |
| 44 | | 1 3/4 | 1 3/4 | 1 3/4 | 1 3/4 |

*The exact elastic length is indicated on the pattern.

4. Underwire channeling tape, 1 cm wide, in centimeters*:

| EU band size | Cup size | | | | |
|--------------|----------|----|----|----|----|
| | A | B | C | D | E |
| 65 | 53 | 56 | 59 | 61 | 65 |
| 70 | 56 | 59 | 62 | 65 | 69 |
| 75 | 59 | 62 | 65 | 69 | 71 |
| 80 | 62 | 65 | 69 | 72 | 74 |
| 85 | | 69 | 72 | 74 | 77 |
| 90 | | 72 | 75 | 77 | 81 |
| 95 | | 75 | 78 | 81 | 83 |
| 100 | | 78 | 81 | 83 | 86 |

*The exact tape length is indicated on the pattern.

Underwire channeling tape, 3/8" wide, in inches*:

| UK/US band size | Cup size | | | | |
|-----------------|----------|--------|--------|--------|--------|
| | A | B | C | D | E |
| 30 | 20 7/8 | 22 | 23 1/4 | 24 | 25 5/8 |
| 32 | 22 | 23 1/4 | 24 3/8 | 25 5/8 | 27 1/8 |
| 34 | 23 1/4 | 24 3/8 | 25 5/8 | 27 1/8 | 28 |
| 36 | 24 3/8 | 25 5/8 | 27 1/8 | 28 3/8 | 29 1/8 |
| 38 | | 27 1/8 | 28 3/8 | 29 1/8 | 30 3/8 |
| 40 | | 28 3/8 | 29 1/2 | 30 3/8 | 31 7/8 |
| 42 | | 29 1/2 | 30 3/4 | 31 7/8 | 32 5/8 |
| 44 | | 30 3/4 | 31 7/8 | 32 5/8 | 33 7/8 |

*The exact tape length is indicated on the pattern.

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

5. Synthetic whalebone, 4 mm wide, in centimeters*:

| EU band size | Cup size | | | | |
|--------------|----------|------|------|------|------|
| | A | B | C | D | E |
| 65 | 11 | 11.5 | 12 | 12.5 | 13 |
| 70 | 11.5 | 12 | 12.5 | 13 | 13.5 |
| 75 | 12 | 13 | 13.5 | 14 | 14 |
| 80 | 13 | 13.5 | 14 | 14.5 | 15 |
| 85 | | 14 | 14.5 | 15 | 15.5 |
| 90 | | 14.5 | 15.5 | 16 | 16.5 |
| 95 | | 15.5 | 16 | 16.5 | 17 |
| 100 | | 16 | 16.5 | 17 | 17.5 |

*The exact boning length is indicated on the pattern.

Synthetic whalebone, 1/8" wide, in inches*:

| UK/US band size | Cup size | | | | |
|-----------------|----------|-------|-------|-------|-------|
| | A | B | C | D | E |
| 30 | 4 3/8 | 4 1/2 | 4 3/4 | 4 7/8 | 5 1/8 |
| 32 | 4 1/2 | 4 3/4 | 4 7/8 | 5 1/8 | 5 3/8 |
| 34 | 4 3/4 | 5 1/8 | 5 3/8 | 5 1/2 | 5 1/2 |
| 36 | 5 1/8 | 5 3/8 | 5 1/2 | 5 3/4 | 5 7/8 |
| 38 | | 5 1/2 | 5 3/4 | 5 7/8 | 6 1/8 |
| 40 | | 5 3/4 | 6 1/8 | 6 1/4 | 6 1/2 |
| 42 | | 6 1/8 | 6 1/4 | 6 1/2 | 6 3/4 |
| 44 | | 6 1/4 | 6 1/2 | 6 3/4 | 6 7/8 |

*The exact boning length is indicated on the pattern.

6. Clear elastic, 6 mm wide, in centimeters*:

| EU band size | Cup size | | | | |
|--------------|----------|----|----|----|----|
| | A | B | C | D | E |
| 65 | 47 | 49 | 51 | 53 | 55 |
| 70 | 49 | 51 | 53 | 55 | 57 |
| 75 | 51 | 53 | 55 | 57 | 59 |
| 80 | 53 | 55 | 57 | 59 | 61 |
| 85 | | 57 | 59 | 61 | 63 |
| 90 | | 59 | 61 | 63 | 66 |
| 95 | | 61 | 63 | 66 | 68 |
| 100 | | 63 | 66 | 68 | 70 |

*The exact elastic length is indicated on the pattern.

Clear elastic, 1/4" wide, in inches*:

| UK/US band size | Cup size | | | | |
|-----------------|----------|--------|--------|--------|--------|
| | A | B | C | D | E |
| 30 | 18 1/2 | 19 1/4 | 20 1/8 | 20 7/8 | 21 5/8 |
| 32 | 19 1/4 | 20 1/8 | 20 7/8 | 21 5/8 | 22 1/2 |
| 34 | 20 1/8 | 20 7/8 | 21 5/8 | 22 1/2 | 23 1/4 |
| 36 | 20 7/8 | 21 5/8 | 22 1/2 | 23 1/4 | 24 |
| 38 | | 22 1/2 | 23 1/4 | 24 | 24 3/4 |
| 40 | | 23 1/4 | 24 | 24 3/4 | 26 |
| 42 | | 24 | 24 3/4 | 26 | 26 3/4 |
| 44 | | 24 3/4 | 26 | 26 3/4 | 27 1/2 |

*The exact elastic length is indicated on the pattern.

7. Two strap slide adjusters, 1 cm (3/8") wide

8. Two strap rings, 1 cm (3/8") in diameter

9. One pair of bra underwires (in the size indicated on the pattern)

10. Strap elastic, 1 cm (3/8") wide — 0.9 m (1 yd)

11. One bra hook-and-eye closure, 2.8 cm (1 1/8") wide

12. Matching thread — 4 spools (1 spool for the sewing machine + 3 spools for the overlocker)

TOOLS AND EQUIPMENT

- 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)
- one-sided foot for the sewing machine
- large-eye needle or latch hook
- tailor's corset ham or bust ham

***IMPORTANT!** We recommend using specialty needles when working with knit fabrics and elastic (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

1. From main fabric:

- bridge — cut 1
- cup — cut 2
- band — cut 2

2. From corset mesh:

- bridge — cut 1
- band lining — cut 2

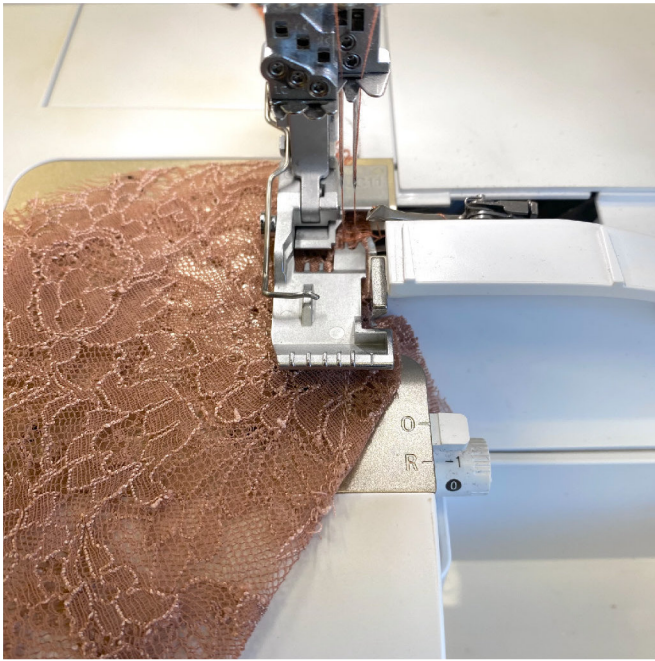
***IMPORTANT!** Don't forget to transfer all pattern markings and notches onto the fabric.*

SEAM ALLOWANCES

All pattern pieces include seam allowances as follows:

- back closure seam allowance — 0.5 cm (just under 1/4")
- all other edges — 1 cm (3/8")

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



Finish the seam allowances on the overlocker, with either side facing up. Stitch 2 mm away from the dart seam and trim the extra fabric as you go.



Leave long thread tails, tie them into a knot, and then hide them inside the stitching using a latch hook or a large-eye needle. Cut the thread ends.



Press the seam flat. Press the seam allowances towards the outer side of the cup using a tailor's corset ham or a bust ham.