

# 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.



## ZELDA PATTERN DESCRIPTION

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Zelda is a close-fitting dress with an accentuated waist. It features a round neckline, a polo shirt placket, and a turn-down collar. The set-in, close-fitting sleeves come in two lengths: short and long. Zelda is 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	Waistline ease	Hipline ease	Upper arm ease
cm	-11.6 to -12	1.2	-8.6	-0.1 to -1
inches	-4 5/8 to -4 3/4	1/2	-3 3/8	0 to -3/8

# GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length, cm	Sleeve length (long), cm	Sleeve length (short), cm
1 (154–160)	128	65	22
2 (162–168)	131	67	23
3 (170–176)	134	69	24
4 (178–184)	137	71	25

Height, ft	Back length, in	Sleeve length (long), in	Sleeve length (short), in
1 (5'1"–5'3")	50 3/8	25 5/8	8 5/8
2 (5'4"–5'6")	51 5/8	26 3/8	9
3 (5'7"–5'9")	52 3/4	27 1/8	9 1/2
4 (5'10"–6'1")	53 7/8	28	9 7/8

# SUGGESTED FABRIC

To sew this dress, choose soft, medium-weight, medium-stretch or high-stretch knit fabrics made of natural fibers, artificial fibers, blends, or synthetics. The stretch factor should be at least 1.4.

The following fabrics are recommended: sweater knits, knits, ribbed knits.

**Attention!** We recommend using only soft stretchy fabrics for this dress.

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 dress in the photo is made of soft knit fabric. The fabric is soft, stretchy, opaque, elastic, wrinkle-resistant, and not scratchy. The fiber content is 96% viscose and 4% elastane. The fabric weight is 274 g/m².

# FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric (long-sleeve dress), 140 cm wide, with a directional print/nap, in meters:

Height, cm	Size				
	34	36	38	40	42-52
1 (154-160)	1.55	1.6	1.85	1.9	2.1
2 (162-168)	1.6	1.65	1.9	1.95	2.15
3 (170-176)	1.6	1.65	1.95	2	2.15
4 (178-184)	1.65	1.7	2	2.05	2.2

Main fabric (short-sleeve dress), 140 cm wide, with a directional print/nap, in meters:

Height, cm	Size			
	34-36	38	40	42-52
1 (154-160)	1.5	1.55	1.65	1.65
2 (162-168)	1.5	1.6	1.65	1.7
3 (170-176)	1.55	1.6	1.7	1.75
4 (178-184)	1.55	1.65	1.75	1.75

Main fabric (long-sleeve dress), 55" wide, with a directional print/nap, in yards:

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

Main fabric (short-sleeve dress), 55" wide, with a directional print/nap, in yards:

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

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

2. Twill tape, 2 cm (3/4") wide, for all heights:

Size	34	36	38	40	42–46	48	50	52
Length, cm	37	38	39	40	42	43	44	45
Length, in	14 5/8	15	15 3/8	15 3/4	16 1/2	16 7/8	17 3/8	17 3/4

3. Clear elastic, 5 mm (just under 1/4") wide, for sizes in all heights — 25 cm (9 7/8")

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 construction and finishing raw edges. It can 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 for finishing the bottom edges of the garment and sleeves. 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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***IMPORTANT!** The list is compiled of pieces included in the pattern. The placement on fabric (on fold or not) is taken into account. The example is below:*

## From main fabric:

- front — cut 1 on fold
- back — cut 1 on fold
- sleeve (long) — cut 2
- sleeve (short) — cut 2
- collar — cut 2
- placket — 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 — 2 cm (3/4")
- sleeve hem allowance — 2 cm (3/4")
- all other edges — 1 cm (3/8")

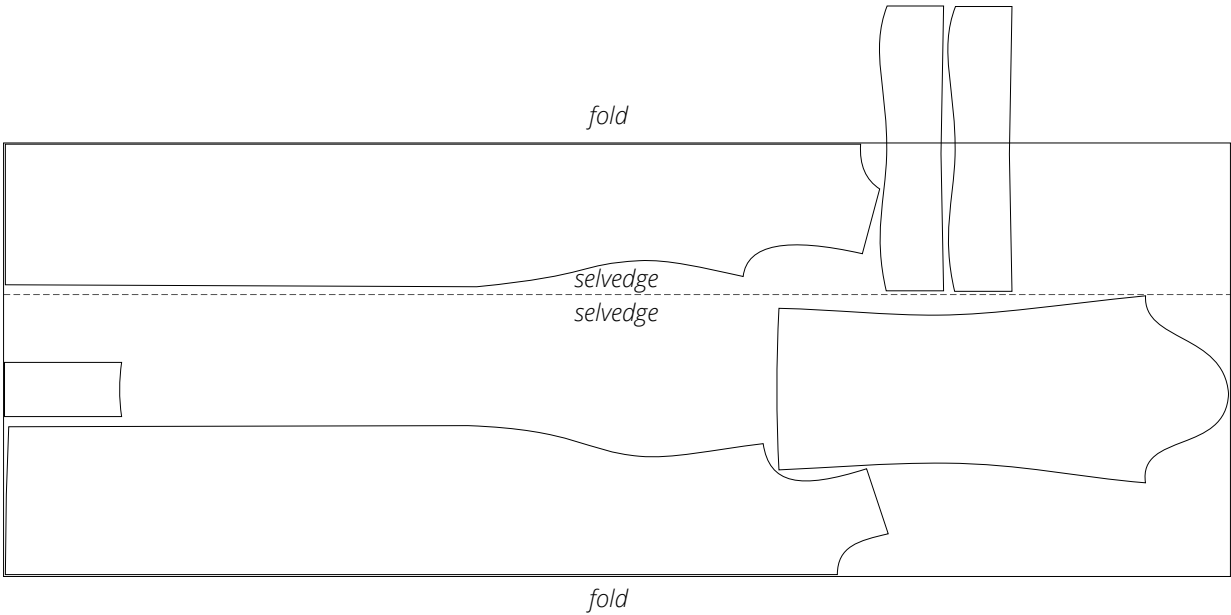
Take this into account when laying out pattern pieces on the fabric.

# CUTTING LAYOUT

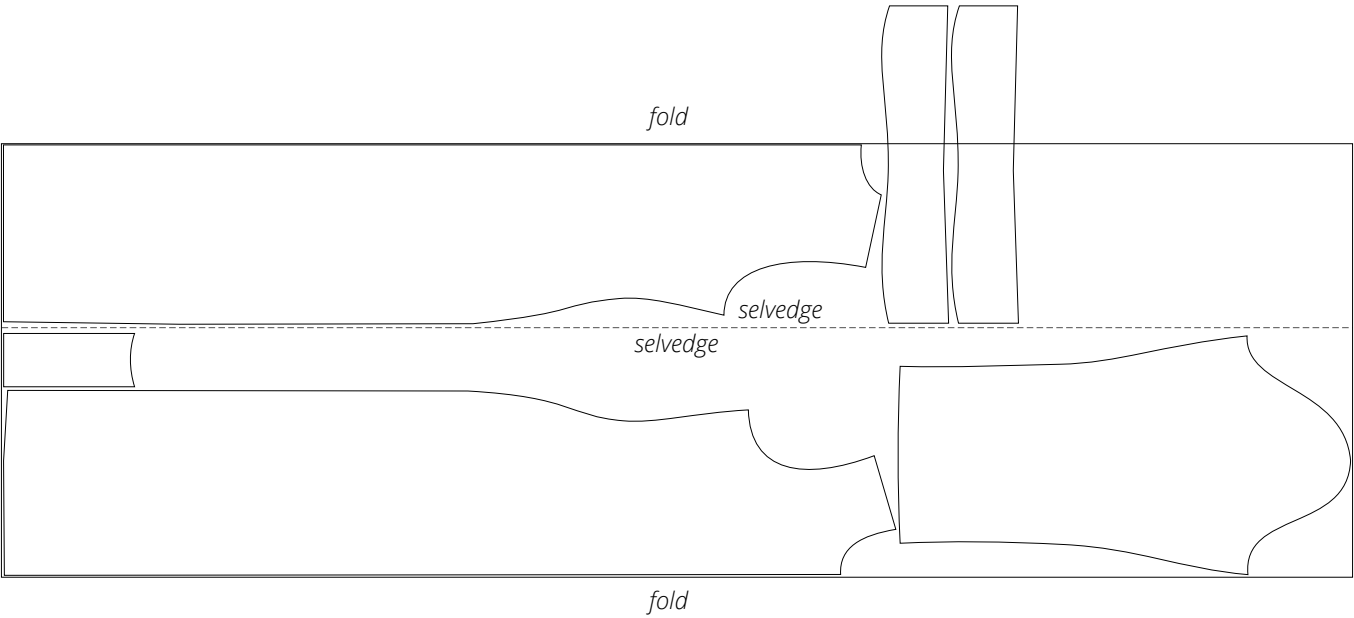
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## LONG-SLEEVE DRESS

Main fabric, 140 cm (55") wide, with a directional print/nap, cut with two folds, for sizes 34-40 in all heights



Main fabric, 140 cm (55") wide, with a directional print/nap, cut with two folds, for sizes 42-52 in all heights







Place the front and back pieces right sides together. Align the shoulder edges and pin.



Stitch on the overlocker, with the back piece facing up.

Use a 4-thread overlocker for this step, as well as for the following similar steps. You can replace the overlocker with a stretch or zigzag stitch on your sewing machine.

**Important!** The pattern pieces include 1 cm (3/8") seam allowances. The overlocker stitch width is 7 mm (just over 1/4"), so 3 mm (1/8") need to be trimmed off. You can either trim the seam allowances beforehand or let the overlocker cut off the extra fabric while stitching.



Remove the basting stitches from the shoulder seams.

Press the seams flat.