

# FROM THE FOUNDER OF THE #VIKISEWS BRAND

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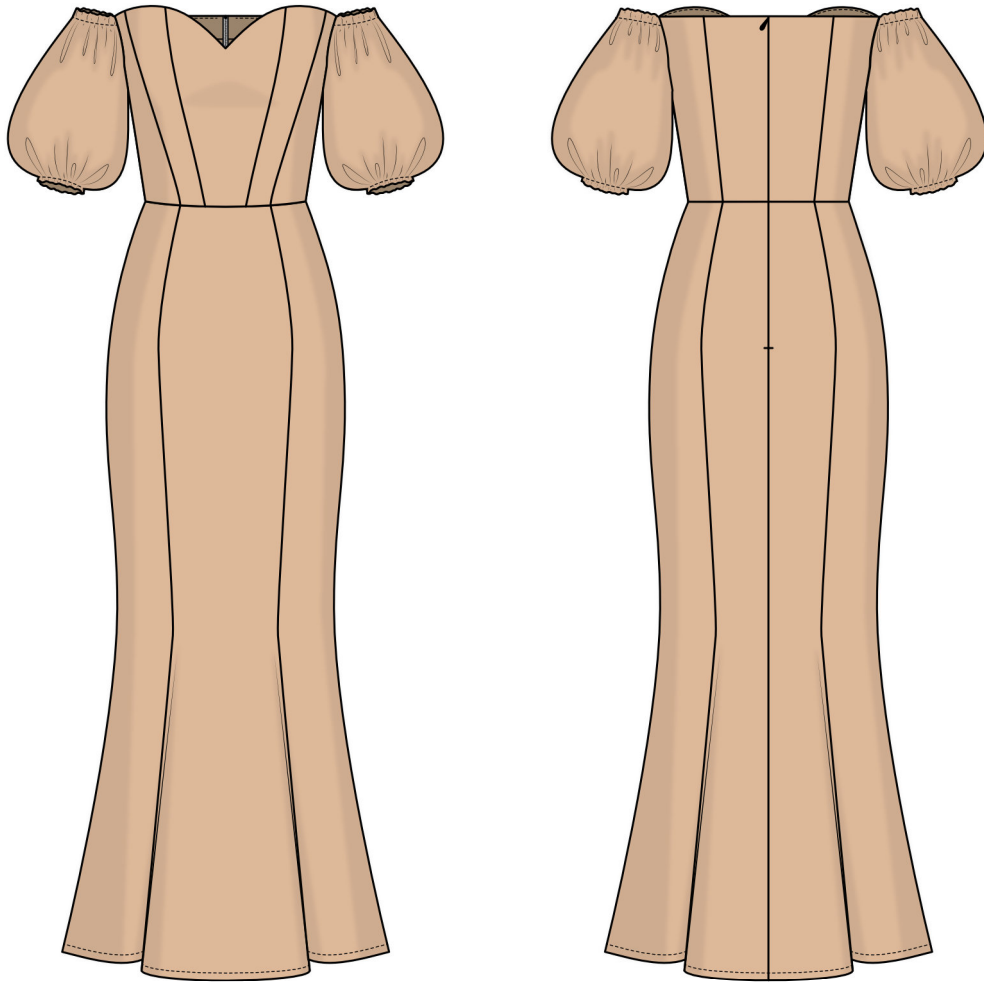


Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission.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



## NINEL PATTERN DESCRIPTION

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Ninel is a close-fitting dress with a waist seam and a low shaped neckline. The corset-style bodice is lined and features princess seams. The skirt consists of six godet pieces. The voluminous elbow-length sleeves are attached to the bottom of the armhole. They feature elasticated casings at the top of the sleeve cap and at the hem. The dress fastens with a sew-on hook and eye and an invisible zipper in the center back seam. Ninel 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	-1.2 to -2.2	1.7–2.9	2.6–2.8	56.9–79.8
inches	-1/2 to -7/8	5/8–1 1/8	1–1 1/8	22 3/8–31 3/8

# GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Garment length from waist down, cm	Sleeve length (estimated), cm
1 (154–160)	99	31.5–33
2 (162–168)	102	32.4–34.2
3 (170–176)	105	33.5–35.6
4 (178–184)	108	34.5–36.5

Height, ft	Garment length from waist down, in	Sleeve length (estimated), in
1 (5'1"–5'3")	39	12 3/8–13
2 (5'4"–5'6")	40 1/8	12 3/4–13 1/2
3 (5'7"–5'9")	41 3/8	13 1/4–14
4 (5'10"–6'1")	42 1/2	13 5/8–14 3/8

# SUGGESTED FABRIC

To sew this dress, choose dress-weight fabrics with the following properties: medium weight, soft, non-stretch or low-stretch. The fiber content can include natural fibers, artificial fibers, blends, or synthetics.

The following fabrics are recommended: linen, dress-weight denim, cotton.

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

The dress in the photo is made of linen. The fabric is medium weight, soft, non-stretch. The fiber content is 100% linen. The fabric weight is 150 g/m<sup>2</sup>.

The lining fabric is a blend of viscose (95%) and elastane (5%). The fabric weight is 100 g/m<sup>2</sup>.

# FABRIC AND NOTIONS REQUIREMENTS

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

Height, cm	Size		
	34-40	42-44	46-52
1 (154-160)	2.75	3	3.05
2 (162-168)	2.85	3.1	3.1
3 (170-176)	2.95	3.2	3.2
4 (178-184)	3	3.25	3.3

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

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

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

Height, cm	Size			
	34-40	42-48	50	52
1 (154-160)	0.25	0.3	0.35	0.4
2 (162-168)	0.25	0.3	0.35	0.4
3 (170-176)	0.3	0.3	0.35	0.4
4 (178-184)	0.3	0.3	0.35	0.45

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

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

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

3. Lightweight knit or woven interfacing, 140 cm (55") wide, for all sizes in all heights — 1 m (1 1/8 yd)
4. Stitched straight-grain fusible stay tape, 1 cm (3/8") wide — 1 m (1 1/8 yd)
5. One invisible zipper, 50 cm (19 5/8") long, for all sizes in all heights
6. Elastic, 1.5 cm wide, in centimeters\*:

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154-160)	70	74	79	83	88	92	97	101	106	110
2 (162-168)	70	74.5	79	83.5	88	92.5	97	101.5	106	110.5
3 (170-176)	70	75	79	84	88	93	97.5	102	106.5	111
4 (178-184)	70.5	75	79.5	84	88.5	93	97.5	102	106.5	111

Elastic, 5/8" wide, in inches\*:

Height, ft	Size									
	34	36	38	40	42	44	46	48	50	52
1 (5'1"–5'3")	27 1/2	29 1/8	31 1/8	32 5/8	34 5/8	36 1/4	38 1/4	39 3/4	41 3/4	43 1/4
2 (5'4"–5'6")	27 1/2	29 3/8	31 1/8	32 7/8	34 5/8	36 3/8	38 1/4	40	41 3/4	43 1/2
3 (5'7"–5'9")	27 1/2	29 1/2	31 1/8	33 1/8	34 5/8	36 5/8	38 3/8	40 1/8	41 7/8	43 3/4
4 (5'10"–6'1")	27 3/4	29 1/2	31 1/4	33 1/8	34 7/8	36 5/8	38 3/8	40 1/8	41 7/8	43 3/4

\*The exact elastic length is specified on the pattern.

7. 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)
- invisible zipper foot for the sewing machine
- elastic threader (may be replaced with a safety pin)

# PATTERN PIECES LIST

## 1. From main fabric:

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

## 2. From lining fabric:

- center front bodice lining — cut 1 on fold
- mid front bodice lining — cut 2
- side front bodice lining — cut 2
- center back bodice lining — cut 2
- side back bodice lining — cut 2

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

## 3. From interfacing:

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

# SEAM ALLOWANCES

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All pattern pieces include seam allowances as follows:

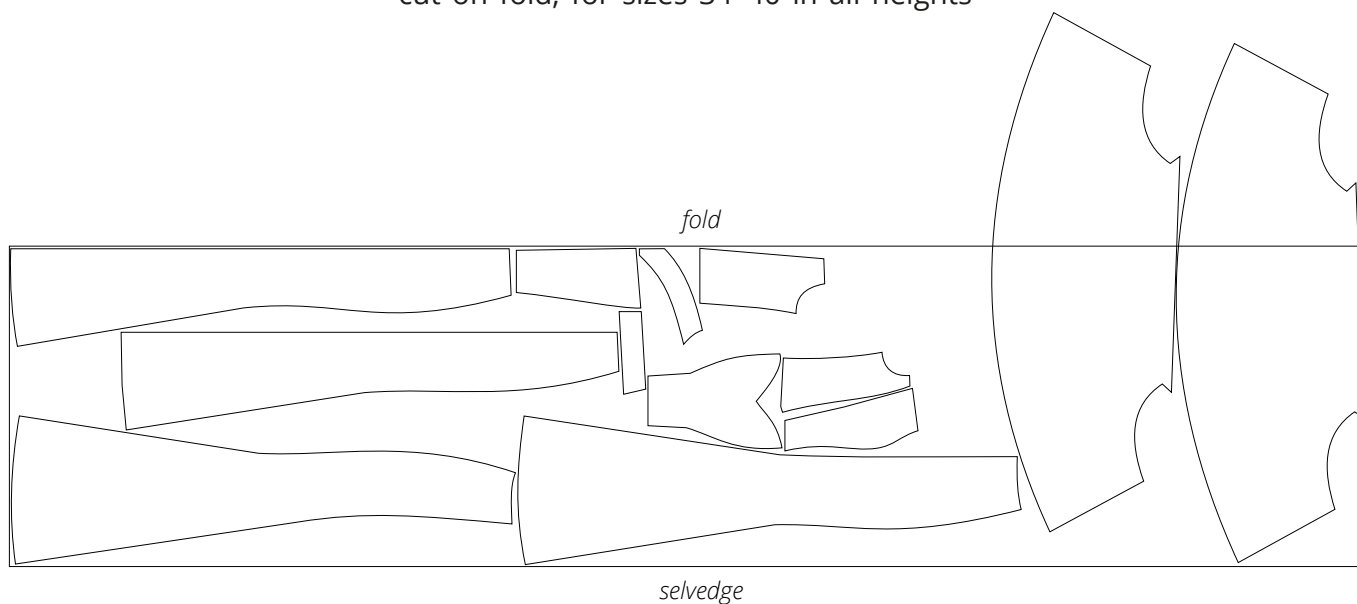
- grown-on casing seam allowances at the sleeve cap and hem — 2.5 cm (1")
- all other edges — 1 cm (3/8")

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

# CUTTING LAYOUT

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



**Attention!** Cut one center front bodice piece only. Cut the sleeve pieces on a single layer out of the leftover fabric.





Press the seams flat. Press the seam allowances open.



Fold the sleeve piece in half right side in, align the underarm seam edges, and pin.

Machine-stitch, backstitching at the beginning and end of the seam.



Overlock the seam allowances, with the front of the sleeve facing up.

Press the seam flat.

Press the seam allowances towards the back of the sleeve.