

# FROM THE FOUNDER OF THE #VIKISEWS BRAND

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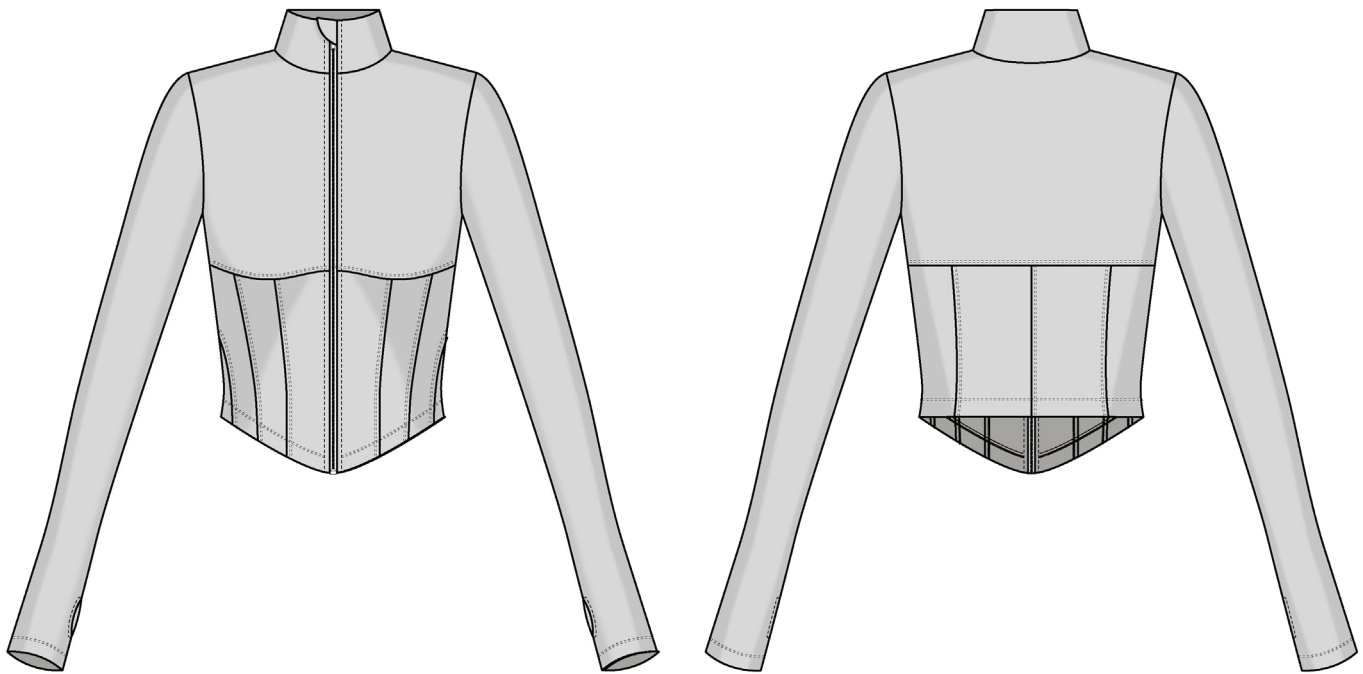


Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission.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



## PALOMA PATTERN DESCRIPTION

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Paloma is a close-fitting rashguard with an underbust seam. The bottom part of the front is made up of several parts. All seams are topstitched. The garment features a stand collar, long set-in sleeves with a thumbhole, and a separating zipper with an inner placket at the center front. Paloma is waist-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	Upper arm ease
cm	-7.2 – (-20.2)	0.3 – (-10.2)	-1.6 – (-2.5)
inches	-2 7/8 – (-8)	1/8 – (-4)	-5/8 – (-1)

# GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length, cm	Sleeve length, cm
1 (154–160)	42.9–43.6	63.8–65.5
2 (162–168)	44.9–45.5	65.8–67.5
3 (170–176)	46.8–47.4	67.8–69.5
4 (178–184)	48.7–49.3	69.8–71.5

Height, ft	Back length, in	Sleeve length, in
1 (5'1"–5'3")	16 7/8–17 1/8	25 1/8–25 3/8
2 (5'4"–5'6")	17 5/8–17 7/8	25 7/8–26 5/8
3 (5'7"–5'9")	18 3/8–18 5/8	26 3/4–27 3/8
4 (5'10"–6'1")	19 1/8–19 3/8	27 1/2–28 1/8

# SUGGESTED FABRIC

To sew this rashguard, choose knit fabrics with the following properties:

- soft, elastic, stretchy, medium weight
- the fiber content can include natural fibers (cotton), artificial fibers (viscose), and synthetics (polyester, polyester + elastane)
- the stretch factor should be 2.2–2.5
- the following fabrics are recommended: biflex, rib knits.

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

You can determine the stretch factor of the 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 rashguard in the photo is made of thin knit fabric. The fabric is soft and very stretchy. The fiber content is a blend of polyester (80%) and elastane (20%). The fabric weight is 220 g/m<sup>2</sup>. The stretch factor is 2.5.

# FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 140 cm wide, 200–220 g/m<sup>2</sup>, in meters:

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154–160)	0.75	0.75	0.8	0.85	0.9	0.9	0.9	0.95	0.95	0.95
2 (162–168)	0.8	0.8	0.85	0.9	0.9	0.9	0.95	0.95	0.95	1
3 (170–176)	0.8	0.85	0.85	0.9	0.9	0.95	0.95	0.95	1	1
4 (178–184)	0.85	0.85	0.9	0.9	0.95	0.95	1	1	1	1.05

Main fabric, 55" wide, 200–220 g/m<sup>2</sup>, in yards:

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

Main fabric, 150 cm wide, 200–220 g/m<sup>2</sup>, in meters:

Height, cm	Size							
	34–36	38–40	42	44	46	48	50	52
1 (154–160)	0.75	0.75	0.75	0.8	0.85	0.9	0.9	0.9
2 (162–168)	0.75	0.8	0.85	0.85	0.9	0.9	0.9	0.95
3 (170–176)	0.8	0.8	0.85	0.85	0.9	0.9	0.95	0.95
4 (178–184)	0.85	0.85	0.9	0.9	0.95	0.95	0.95	0.95

Main fabric, 59" cm wide, 200–220 g/m<sup>2</sup>, in yards:

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

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

2. One separating zipper, 50–60 cm (19 5/8–23 5/8") long, depending on the height
3. 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.
- one-sided foot for the sewing machine

**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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From main fabric:

- top front — cut 2
- top back — cut 1 on fold
- bottom center front — cut 2
- bottom middle front — cut 2
- bottom side front — cut 2
- bottom side back — cut 2
- bottom center back — cut 2
- sleeve — cut 2
- placket — cut 2
- stand collar — cut 2 on fold

***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:

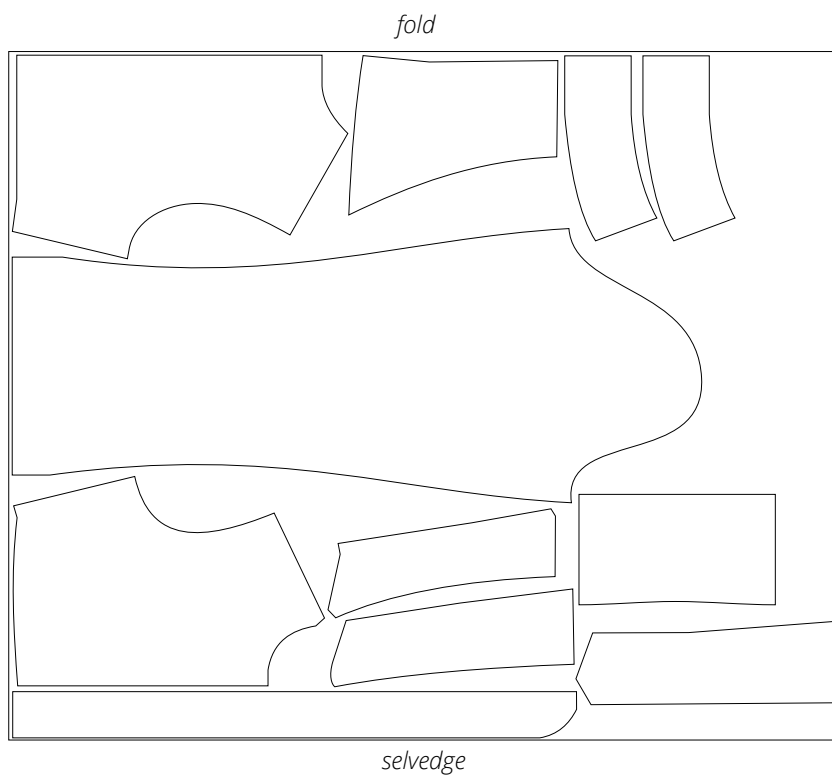
- garment hem allowance — 2 cm (3/4")
- sleeve hem allowance — 2 cm (3/4")
- all other edges — 1 cm (3/8").

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

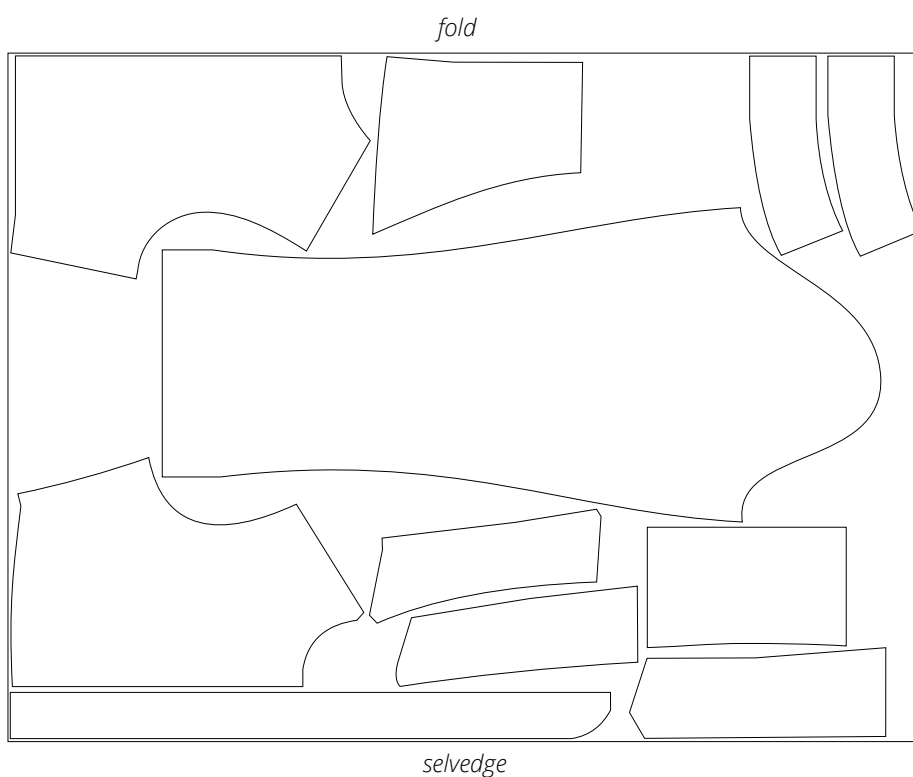
# CUTTING LAYOUT

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

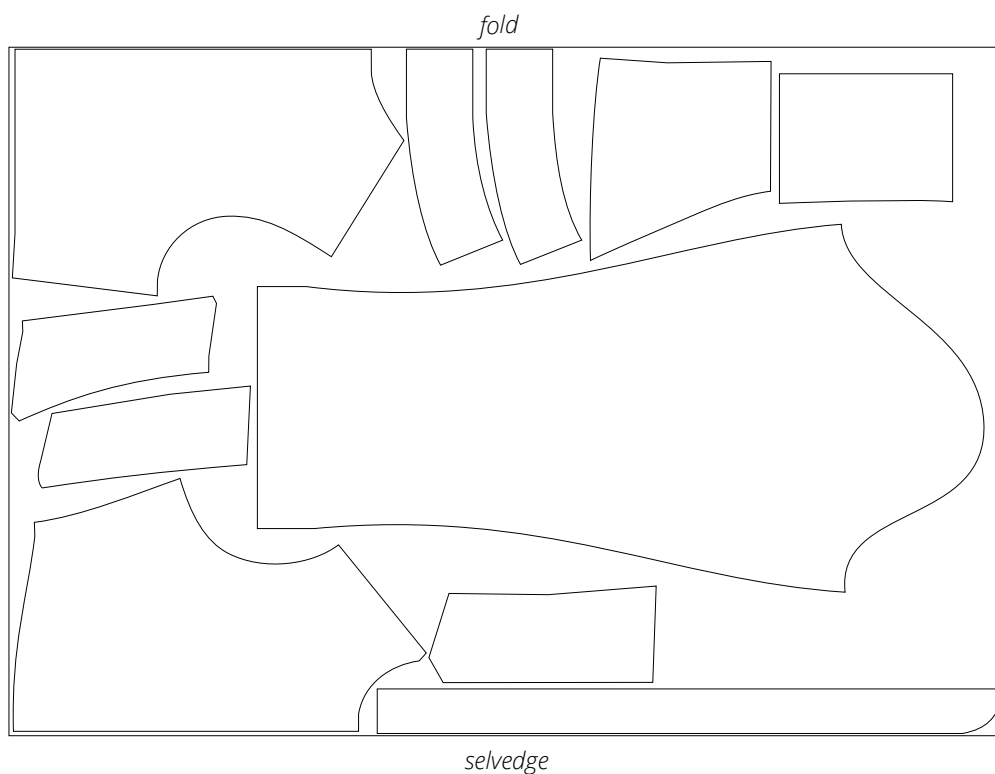


Main fabric, 140 cm (55") wide, with a directional print/nap,  
cut on fold, for sizes 40–44 in all heights

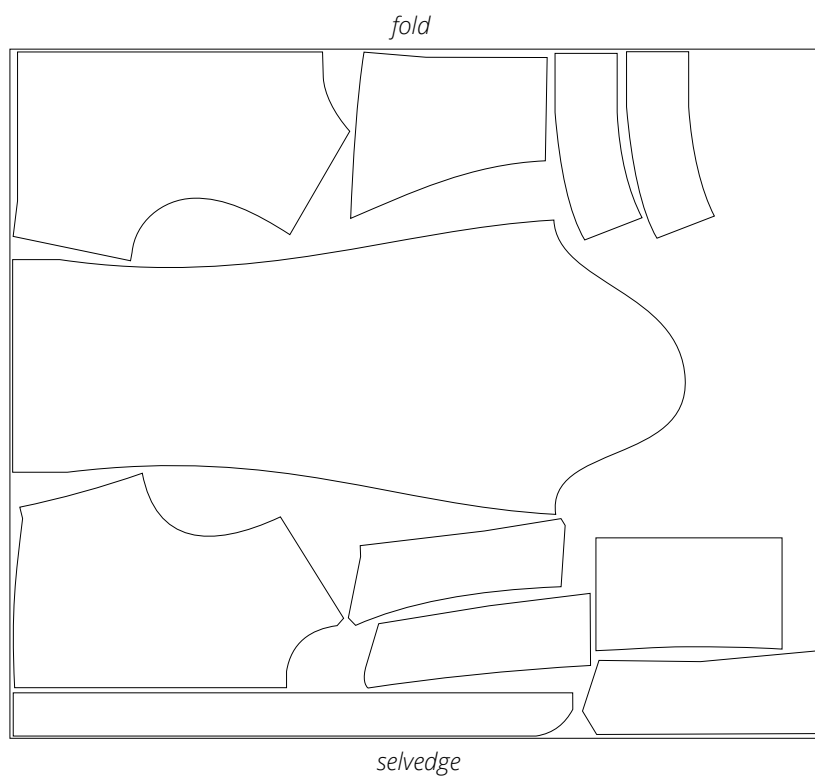




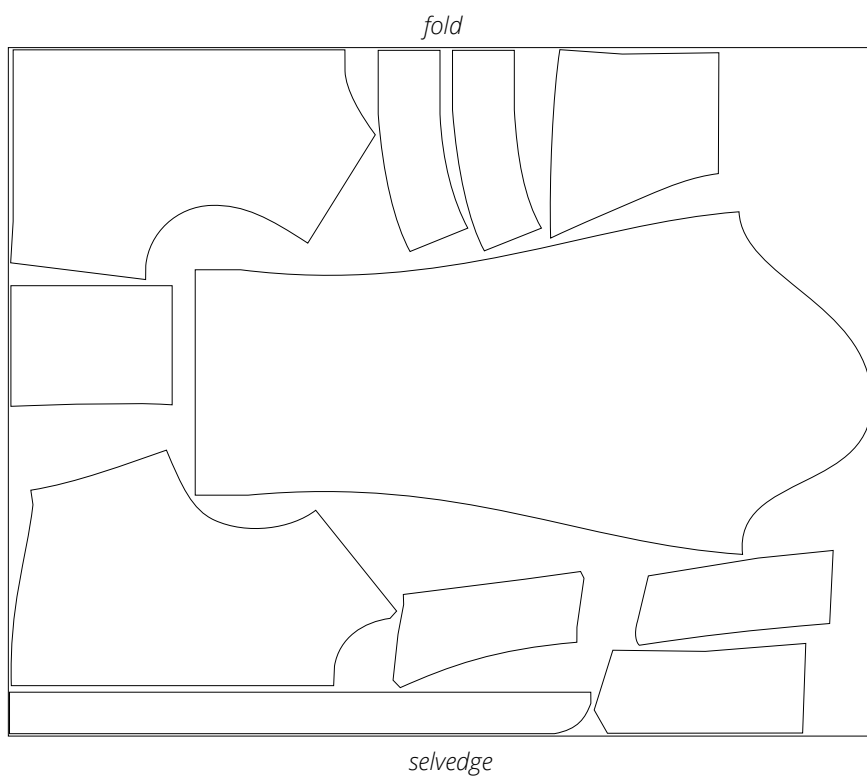
Main fabric, 140 cm (55") wide, with a directional print/nap,  
cut on fold, for sizes 46-52 in all heights



Main fabric, 150 cm (59") wide, with a directional print/nap,  
cut on fold, for sizes 34-44 in all heights



Main fabric, 150 cm (59") wide, with a directional print/nap,  
cut on fold, for sizes 46–52 in all heights



**READY? LET'S GET SEWING!**

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Press the side seam allowances towards the front.



Place the bottom center back pieces right sides together, align the center edges, match the notches, and pin.

Place the bottom center back pieces right sides together with the bottom side back pieces, align the princess seam edges, match the notches, and pin.



Stitch the center back seam on the overlocker, with the right bottom center back piece facing up. Press the seam allowances towards the left bottom center back piece.

Stitch the princess seams on the overlocker, with bottom side back piece facing up. Press the seam allowances towards the bottom center back piece.