

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.



SABITHA PATTERN DESCRIPTION

Sabitha is a close-fitting dress with an accentuated waist. The V-shaped neckline is deep, joined with a decorative ring at the center front, and finished with bias binding cut from the main fabric. The set-in sleeves are long, close-fitting, and slightly flared at the bottom. Sabitha is ankle-length.



IMPORTANT!

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)	Waistline ease	Hipline ease	Upper arm ease
cm	-9.5 to -12	1	-2.2 to -0.1	-2.6 to 0
inches	-3 3/4 to -4 3/4	3/8	7/8 to 0	-1 to 0

GARMENT LENGTH, SLEEVE LENGTH, FINISHED SLEEVE HEM WIDTH

Height, cm	Back length from waist down, cm	Sleeve length, cm	Finished sleeve hem width, cm
1 (154–160)	97	63	14–21
2 (162–168)	100	65	14–21
3 (170–176)	103	67	14–21
4 (178–184)	106	69	14–21

Height, ft	Back length from waist down, in	Sleeve length, in	Finished sleeve hem width, in
1 (5'1"–5'3")	38 1/4	24 3/4	5 1/2–8 1/4
2 (5'4"–5'6")	39 3/8	25 5/8	5 1/2–8 1/4
3 (5'7"–5'9")	40 1/2	26 3/8	5 1/2–8 1/4
4 (5'10"–6'1")	41 3/4	27 1/8	5 1/2–8 1/4

SUGGESTED FABRIC

To sew this dress, choose soft, medium-stretch or high-stretch, and medium-weight knit fabrics made of natural fibers, artificial fibers, blends, or synthetics.

The following fabrics are recommended: sweater knits, ribbed knits, regular knits, guipure lace. The stretch factor should be no less than 1.4.

Attention! We recommend using only stretchy fabrics for this garment.

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 dress in the photo is made of sweater knit. The fabric is medium weight, soft, and high-stretch. The fiber content is 50% cotton, 40% viscose, and 10% polyester.

The fabric weight is 185 g/m². The stretch factor is 1.4.

FABRIC AND NOTIONS REQUIREMENTS

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

Height, cm	Size			
	34-42	44	46-48	50-52
1 (154-160)	2.1	2.25	2.65	2.85
2 (162-168)	2.15	2.3	2.75	2.95
3 (170-176)	2.25	2.4	2.8	3
4 (178-184)	2.3	2.45	2.9	3.1

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

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

2. Clear elastic, 0.7-1 cm wide, in centimeters:

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154-160)	129	128	130	132	134	136	138	140	142	144
2 (162-168)	128.5	130.5	132.5	134.5	136.5	138.5	140.5	142.5	144.5	147
3 (170-176)	131	133	135	137	140	141	143.5	145	147.5	150
4 (178-184)	133.5	135.5	137.5	140	142	144	146	148	150	152

Clear elastic, 1/4-3/8" wide, in inches:

Height, ft	Size									
	34	36	38	40	42	44	46	48	50	52
1 (5'1"-5'3")	50 3/4	50 3/8	51 1/8	52	52 3/4	53 1/2	54 3/8	55 1/8	55 7/8	56 3/4
2 (5'4"-5'6")	50 5/8	51 3/8	52 1/8	53	53 3/4	54 1/2	55 3/8	56 1/8	56 7/8	57 7/8
3 (5'7"-5'9")	51 5/8	52 3/8	53 1/8	53 7/8	55 1/8	55 1/2	56 1/2	57 1/8	58 1/8	59
4 (5'10"-6'1")	52 1/2	53 3/8	54 1/8	55 1/8	55 7/8	56 3/4	57 1/2	58 1/4	59	59 7/8

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

3. One metal decorative split ring with a 4–4.5 cm (1 5/8–1 3/4") inner diameter
4. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker / 3 spools for the coverstitch machine)

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)
- coverstitch or coverlock machine for finishing the garment hem. 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.). These are ballpoint needles, so they part the threads of the fabric you are stitching without piercing them.

PATTERN PIECES LIST

From main fabric:

- front — cut 1 on fold
- back — cut 1 on fold
- sleeve — cut 2
- neckline binding — cut 1
- ring casing — cut 2

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

SEAM ALLOWANCES

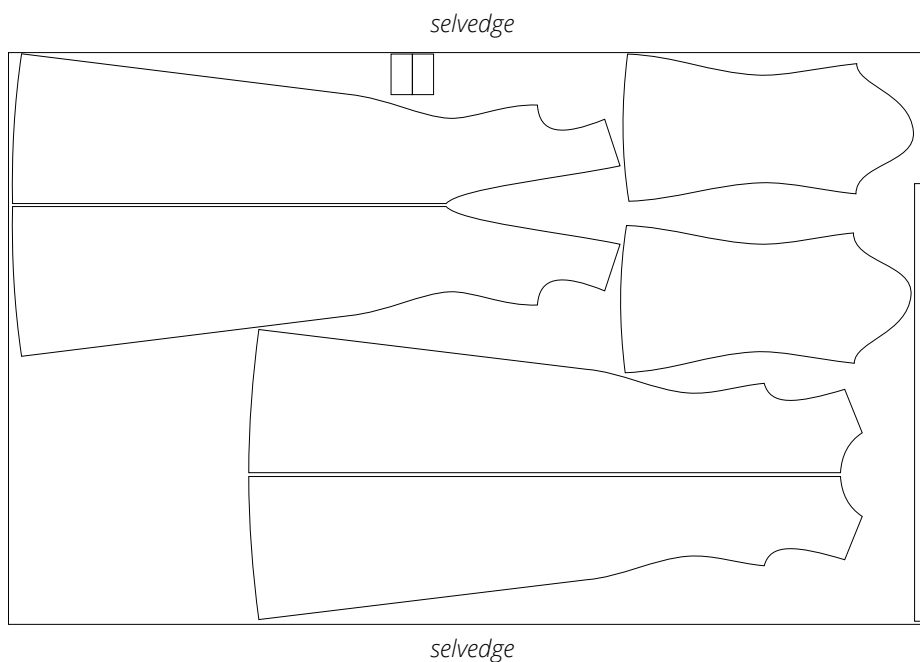
All pattern pieces include seam allowances as follows:

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

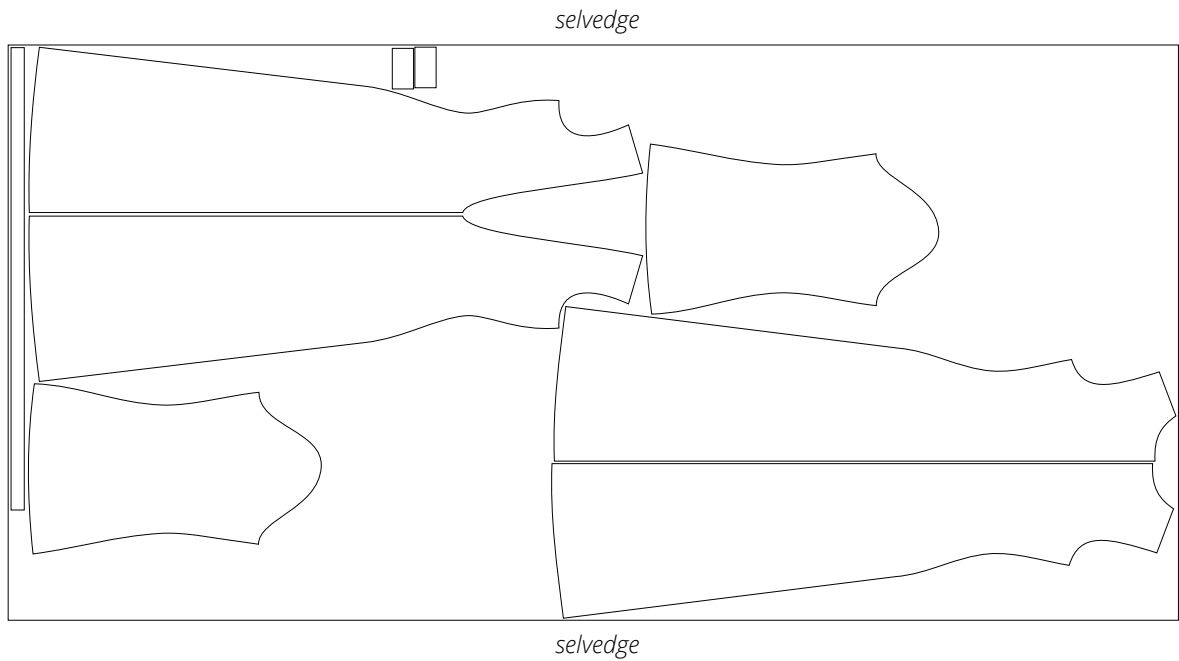
Take this into account when laying out pattern pieces on the fabric.

CUTTING LAYOUT

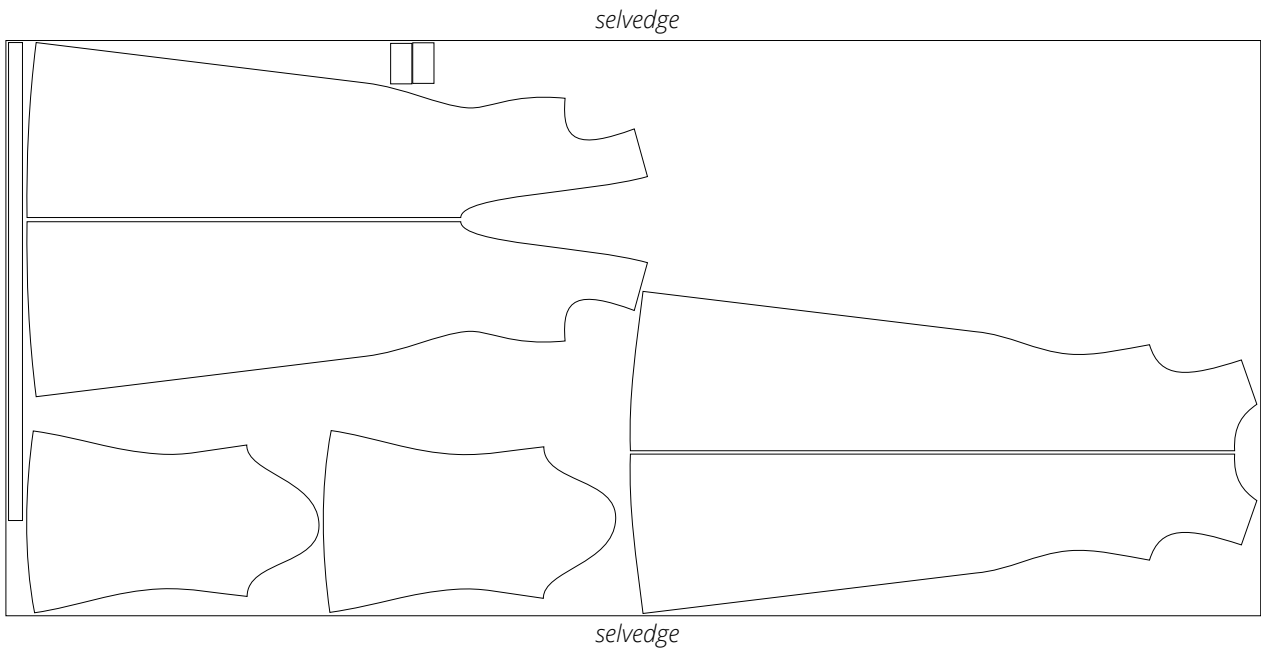
Main fabric, 140 cm (55") wide, with a directional print/nap,
cut on a single layer, for sizes 34–42 in all heights



Main fabric, 140 cm (55") wide, with a directional print/nap,
cut on a single layer, for sizes 44–48 in all heights



Main fabric, 140 cm (55") wide, with a directional print/nap,
cut on a single layer, for sizes 50–52 in all heights



READY? LET'S GET SEWING!

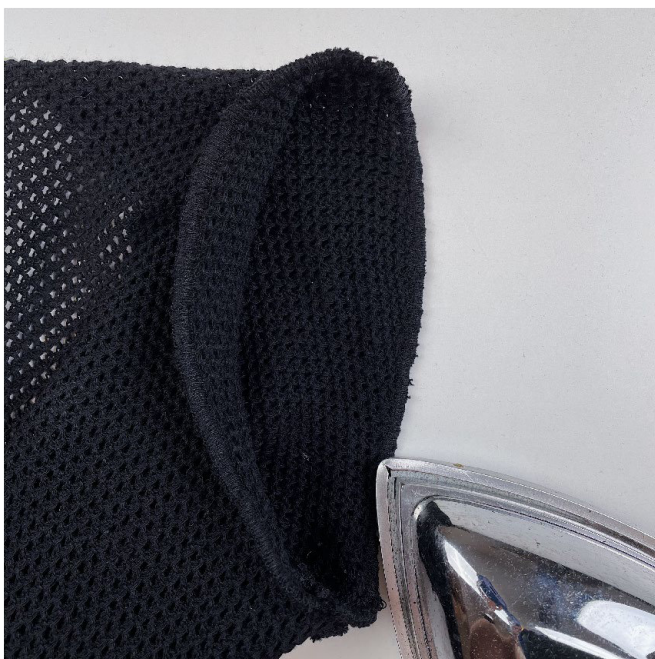


Place the sleeve right sides together with the garment armhole, align the edges, match the notches, pin, and hand-baste.



Stitch on the overlocker, with the garment facing up.

Tie the thread tails into a knot and hide them between the fabric layers using a latch hook or needle.



Press the seam flat.