

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.



SYLPHRENA PATTERN DESCRIPTION

Sylphrena is a semi-fitted dress with an accentuated waist and an open back. The fully lined front yokes feature darts transferred into gathering and form a deep V-shaped neckline. The bodice has a center seam at the front and back as well as shaped underbust and waist seams. The bodice overlay and skirt are gathered. Sylphrena 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.**

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TOTAL EASE ALLOWANCE

	Bust ease (estimated)	Waistline ease	Hipline ease (estimated)
cm	0	-11.4	-13.2
inches	0	- 4 1/2	- 5 1/4

GARMENT LENGTH

Height, cm	Back length from waist down, cm	Height, ft	Back length from waist down, in
1 (154–160)	99	1 (5'1"–5'3")	39
2 (162–168)	102	2 (5'4"–5'6")	40 1/8
3 (170–176)	105	3 (5'7"–5'9")	41 3/8
4 (178–184)	108	4 (5'10"–6'1")	42 1/2

SUGGESTED FABRIC

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

The following fabrics are recommended: regular knits, viscose knits, viscose jersey, jersey. The stretch factor should be 1.5–2.

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 viscose jersey. The fabric is medium weight, soft, and stretchy. The fiber content is 95% viscose and 5% elastane. The fabric weight is 110 g/m². The stretch factor is 2.

FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 140 cm wide, with a directional print/nap, 110–180 g/m², in meters:

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154–160)	5.05	5.25	5.35	5.55	5.7	5.85	6	6.2	6.35	6.5
2 (162–168)	5.1	5.3	5.4	5.55	5.75	5.94	6.05	6.35	6.4	6.55
3 (170–176)	5.15	5.3	5.45	5.6	5.75	5.95	6.1	6.3	6.4	6.55
4 (178–184)	5.15	5.35	5.5	5.65	5.8	5.95	6.15	6.3	6.45	6.6

Main fabric, 55" wide, with a directional print/nap, 110–180 g/m², in yards:

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

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

2. Clear elastic, 5–10 mm (1/4–3/8") wide — 1.9–2.45 m (2 1/8–2 5/8 yd)

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 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)
- stitch-in-the-ditch foot for the sewing machine (optional)
- 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

PATTERN PIECES LIST

From main fabric:

- front yoke — cut 4
- front overlay — cut 2
- back overlay — cut 2
- front skirt — cut 1 on fold
- back skirt — cut 2
- center front bodice — cut 2
- side front bodice — cut 2
- center back bodice — cut 2
- side back bodice — cut 2

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

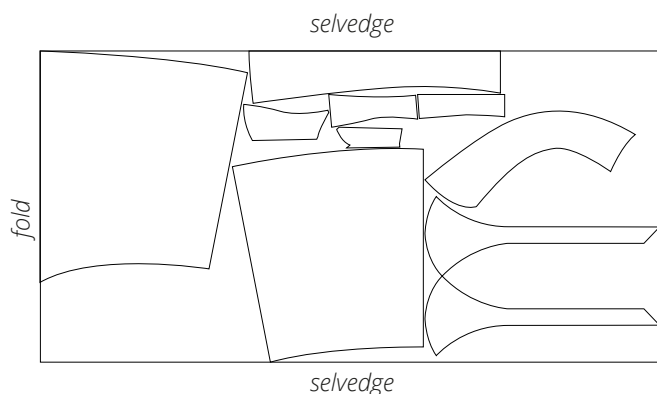
SEAM ALLOWANCES

All pattern pieces include 1 cm (3/8") seam allowances.

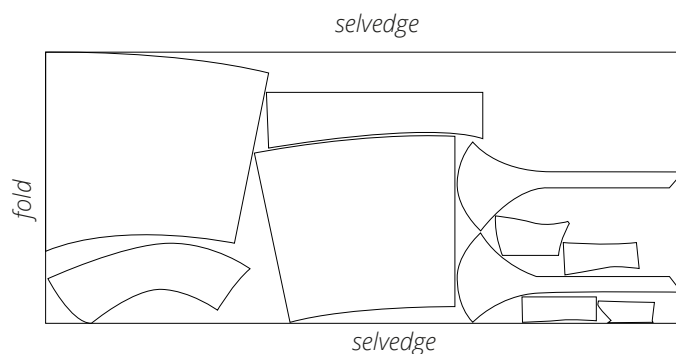
Take this into account when laying out the pattern pieces on the fabric.

CUTTING LAYOUT

Main fabric, 140 cm (55") wide, with a non-directional print/nap, cut on fold, for sizes 34–40 in height 4



Main fabric, 140 cm (55") wide, with a non-directional print/nap, cut on fold, for sizes 42–52 in height 4 and sizes 34–52 in heights 1–3



READY? LET'S GET SEWING!



Turn the front yoke piece to the right side and push out the corners.

Press with the seams right on the edge.



Sew two parallel rows of gathering stitches at 5 mm (just under 1/4") and 8 mm (just under 3/8") from the bottom edge of the front yoke. Do not backstitch.



Pull on the two lower (bobbin) threads to gather the bottom edge.

The gathered edge should be as long as the top edge of the front overlay piece. Distribute the gathers evenly.