

# 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.



## QUILLA PATTERN DESCRIPTION

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Quilla is a semi-fitted dress with a defined waist. The front bodice has soft pleats at the waist. The neckline is finished with binding. The deep back neckline is V-shaped and features rouleau ties. The grown-on batwing sleeve transitions into an attached, self-lined, cuff-like detail. The dress has a double-layer waistband and is below-knee 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
cm	55.8–102.5	-13.3 – (-11.6)	-7.2 – (-4.9)
inches	22–40 3/8	-5 1/4 – (-4 5/8)	-2 7/8 – (-1 7/8)

# GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length from waist down, cm	Sleeve length including shoulder width, cm
1 (154–160)	82	63.2–65.6
2 (162–168)	85	65.6–67.7
3 (170–176)	88	67.3–69.8
4 (178–184)	91	69.5–72

Height, ft	Back length from waist down, in	Sleeve length including shoulder width, in
1 (5'1"–5'3")	32 1/4	24 7/8–25 7/8
2 (5'4"–5'6")	33 1/2	25 7/8–26 5/8
3 (5'7"–5'9")	34 5/8	26 1/2–27 1/2
4 (5'10"–6'1")	35 7/8	27 3/8–28 3/8

# SUGGESTED FABRIC

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

Recommended fabrics: ITY knits, lightweight knits. The stretch factor should be at least 1.6.

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

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 photos is made of an ITY knit fabric. The fabric is soft and very stretchy. The fiber content is 97% polyester + 3% spandex. The fabric weight is 240 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			
	34-36	38-40	42	44-46
1 (154-160)	1.82 (0.9+0.92)	2.2 (0.9+1.3)	2.2 (0.9+1.3)	2.25 (0.9+1.35)
2 (162-168)	1.86 (0.92+0.94)	2.27 (0.92+1.35)	2.27 (0.92+1.35)	2.32 (0.92+1.4)
3 (170-176)	1.9 (0.95+0.95)	2.3 (0.95+1.35)	2.35 (0.95+1.4)	2.35 (0.95+1.4)
4 (178-184)	1.95 (0.98+0.97)	2.38 (0.98+1.4)	2.38 (0.98+1.4)	2.43 (0.98+1.45)

Height, cm	Size	
	48	50-52
1 (154-160)	2.3 (0.9+1.4)	2.35 (0.9+1.45)
2 (162-168)	2.37 (0.92+1.45)	2.37 (0.92+1.45)
3 (170-176)	2.45 (0.95+1.5)	2.45 (0.95+1.5)
4 (178-184)	2.48 (0.98+1.5)	2.53 (0.98+1.55)

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

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

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

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

2. 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 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
- loop turner.

## PATTERN PIECES LIST

From main fabric:

- front bodice – cut 1 on fold
- back bodice – cut 1 on fold
- sleeve – cut 2 on fold
- front waistband – cut 2
- back waistband – cut 2
- front skirt – cut 1 on fold
- back skirt – cut 1 on fold
- tie – cut 2
- neck binding – cut 1.

**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 – 4 cm (1 5/8")
- all other edges – 1 cm (3/8").

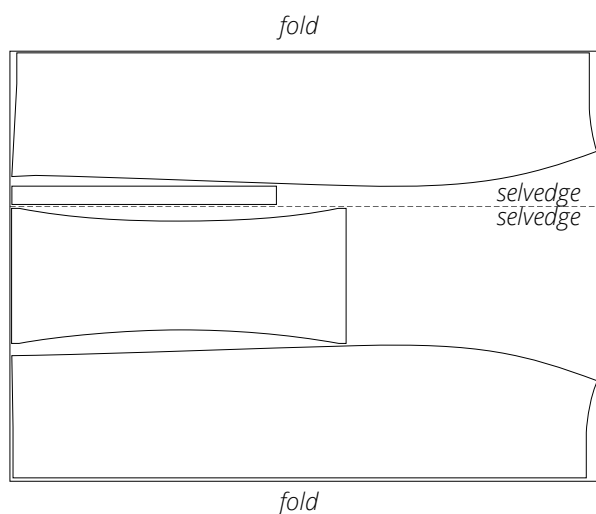
Take this into account when laying out pattern pieces on the fabric.

# CUTTING LAYOUT

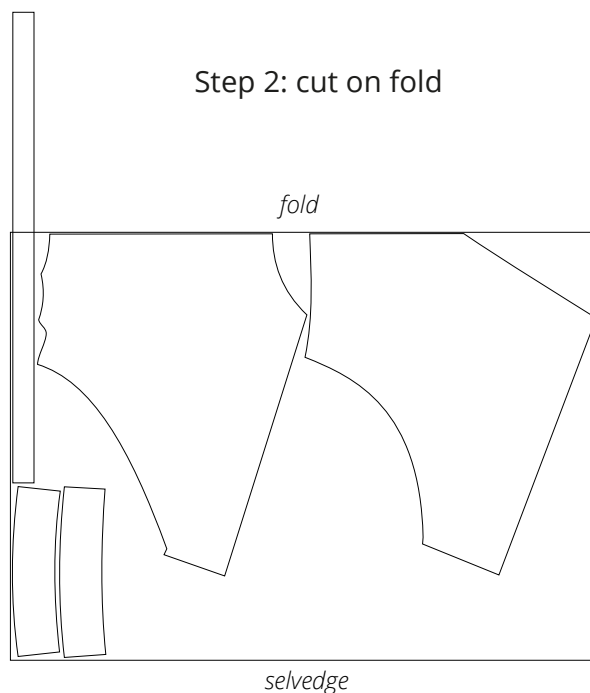
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Main fabric, 140 cm (55") wide, with a directional print/nap, cut in two steps,  
for sizes 34–36 in all heights

Step 1: cut on a double fold



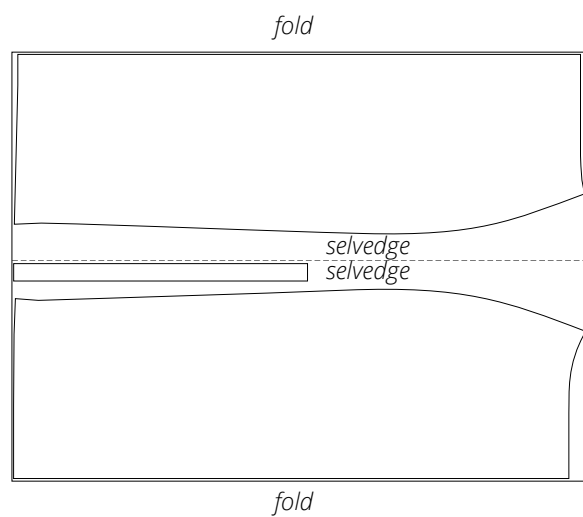
Step 2: cut on fold



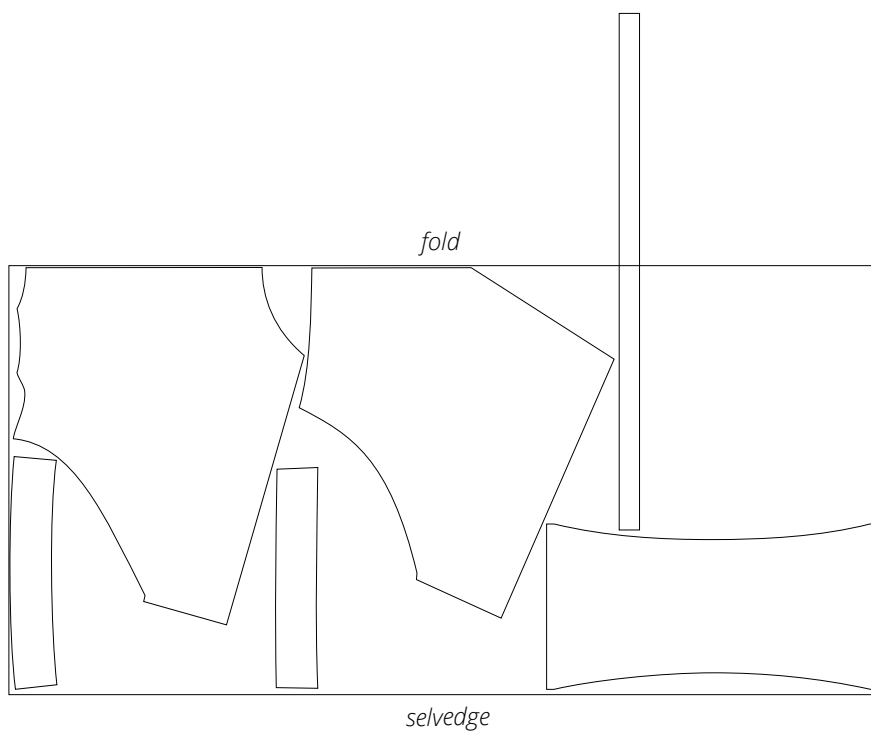
**Attention!** Cut the neck binding piece on a single layer out of the leftover fabric.

Main fabric, 140 cm (55") wide, with a directional print/nap, cut in two steps,  
for sizes 38–52 in all heights

Step 1: cut on a double fold



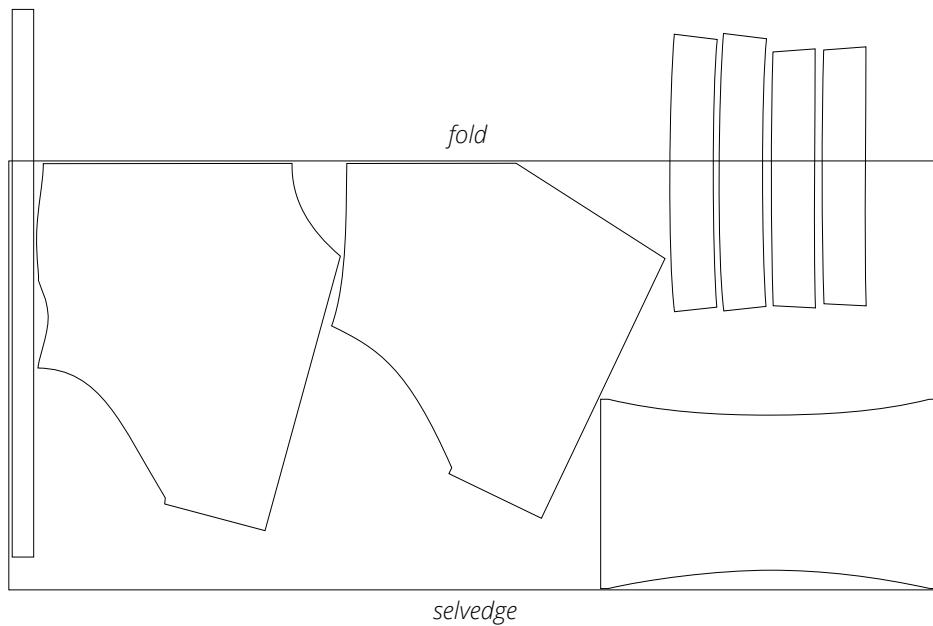
Step 2: cut on fold (sizes 38–46)



**Attention!** Cut the neck binding piece on a single layer out of the leftover fabric.



Step 2: cut on fold (sizes 48-52)



**Attention!** Cut the neck binding, front waistband, and back waistband pieces on a single layer out of the leftover fabric.

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

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Press the seams flat.



Press both shoulder and side seam allowances towards the front bodice.



Fold the sleeve piece in half lengthwise, right sides together. Align and pin the long edges, matching the notches.