

# 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.



## ARLENE PATTERN DESCRIPTION

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Arlene is a semi-fitted cardigan with a straight silhouette and a slight flare towards the bottom. The cardigan is fully lined, with all seams finished with bias binding. The front features bust darts transferred to the side seams and patch pockets closing with buttons and buttonholes. The cardigan features a deep V-neckline and an extended shoulder line. It fastens with buttons and buttonholes at the center front. The long, two-piece, set-in sleeves have faux button vents in the elbow seams. All visible edges are finished with decorative crochet bands. Arlene is below-hip 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	19.4–19.6	42.1–43.9	20.2–23.3	7.6–8.1
inches	7 5/8–7 3/4	16 5/8–17 1/4	8–9 1/8	3–3 1/4

## GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length, cm	Sleeve length including shoulder width, cm
1 (154–160)	70.8–72.6	74.9–77.8
2 (162–168)	73.8–75.6	76.9–79.8
3 (170–176)	76.8–78.6	78.9–81.8
4 (178–184)	79.8–81.6	80.9–83.8

Height, ft	Back length, in	Sleeve length including shoulder width, in
1 (5'1"–5'3")	27 7/8–28 5/8	29 1/2–30 5/8
2 (5'4"–5'6")	29–29 3/4	30 1/4–31 3/8
3 (5'7"–5'9")	30 1/4–31	31 1/8–32 1/4
4 (5'10"–6'1")	31 3/8–32 1/8	31 7/8–33

## SUGGESTED FABRIC

To sew this cardigan, choose suiting fabrics with the following properties:

- medium weight, structured, low-stretch or non-stretch
- the fiber content can include natural fibers (wool, cotton), artificial fibers (viscose), blends (wool + cotton, cotton + viscose, etc.), and synthetics (polyester)
- the following fabrics are recommended: tweed, wool suiting

For the lining, we recommend choosing cotton or batiste.

The cardigan in the photo is made of tweed. The fabric is medium weight and low-stretch. The fiber content is 70% viscose and 30% cotton. The fabric weight is 460 g/m<sup>2</sup>.

The lining fabric is 100% cotton. The fabric weight is 60 g/m<sup>2</sup>.

The decorative crochet band is made of cotton (50%) and acrylic (50%) blend yarn.

# FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 140 cm wide, with a directional print/nap (excluding requirements for pattern repeat), in meters:

Height, cm	Size					
	34-36	38-40	42	44-46	48-50	52
1 (154-160)	1.3	1.35	1.45	1.5	1.5	1.55
2 (162-168)	1.35	1.4	1.5	1.5	1.55	1.6
3 (170-176)	1.4	1.45	1.55	1.55	1.6	1.65
4 (178-184)	1.45	1.5	1.6	1.6	1.65	1.7

Main fabric, 55" wide, with a directional print/nap (excluding requirements for pattern repeat), in yards:

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

**IMPORTANT!** If you sew with checkered or striped fabric, add 2 pattern repeats to the fabric requirements when buying the fabric.

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

Height, cm	34-36			38-40			42-46			48-52		
	Step 1	Step 2	Total	Step 1	Step 2	Total	Step 1	Step 2	Total	Step 1	Step 2	Total
1 (154-160)	1.3	0.5	1.8	1.35	0.5	1.8	1.5	0.5	2	1.55	0.5	2.05
2 (162-168)	1.35	0.5	1.85	1.4	0.5	1.9	1.5	0.5	2	1.6	0.5	2.1
3 (170-176)	1.4	0.5	1.9	1.45	0.5	1.95	1.55	0.5	2.05	1.65	0.5	2.15
4 (178-184)	1.45	0.5	1.95	1.5	0.5	1.5	1.6	0.5	2.1	1.7	0.5	2.2

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

Height, ft	34-36			38-40			42-46			48-52		
	Step 1	Step 2	Total	Step 1	Step 2	Total	Step 1	Step 2	Total	Step 1	Step 2	Total
1 (5'1"-5'3")	1 3/8	1/2	2	1 1/2	1/2	2	1 5/8	1/2	2 1/8	1 3/4	1/2	2 1/4
2 (5'4"-5'6")	1 1/2	1/2	2	1 1/2	1/2	2 1/8	1 5/8	1/2	2 1/8	1 3/4	1/2	2 1/4
3 (5'7"-5'9")	1 1/2	1/2	2 1/8	1 5/8	1/2	2 1/8	1 3/4	1/2	2 1/4	1 3/4	1/2	2 3/8
4 (5'10"-6'1")	1 5/8	1/2	2 1/8	1 5/8	1/2	2 1/8	1 3/4	1/2	2 1/4	1 7/8	1/2	2 3/8

3. Woven or knit fusible interfacing, 140 cm wide, in meters:

Height, cm	Size					
	34-36	38-40	42	44-46	48-50	52
1 (154-160)	1.3	1.35	1.45	1.5	1.5	1.55
2 (162-168)	1.35	1.4	1.5	1.5	1.55	1.6
3 (170-176)	1.4	1.45	1.55	1.55	1.6	1.65
4 (178-184)	1.45	1.5	1.6	1.6	1.65	1.7

Woven or knit fusible interfacing, 55" wide, in yards:

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

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

4. Decorative band for finishing the visible edges (including seam allowances), 3 cm wide (finished width 1.5 cm), in centimeters:

Size	34	36	38	40	42	44	46	48	50	52
Band length for pocket top edges (divide into 2 equal parts)	35.2	36.2	37.2	38.2	39.2	40.2	41.2	42.2	43.2	44.2
Band length for sleeve hems and vents (divide into 2 equal parts)	87.2	88	88.8	89.6	90.4	91.2	91.2	92	92.8	93.6
Band length for center front edges and garment hem (Height 1 [154–160 cm])	323.4	329.3	334.9	340.6	346.2	351.9	357.5	363.2	368.9	374.6
<b>Total band length (including pockets and sleeves)</b>	<b>446</b>	<b>453.5</b>	<b>461</b>	<b>468.5</b>	<b>476</b>	<b>483.5</b>	<b>490</b>	<b>497.5</b>	<b>505</b>	<b>512.5</b>
Band length for center front edges and garment hem (Height 2 [162–168 cm])	329.7	335.6	341.2	346.8	352.5	358.1	363.8	369.4	375.1	380.8
<b>Total band length (including pockets and sleeves)</b>	<b>452</b>	<b>460</b>	<b>467</b>	<b>474.5</b>	<b>482</b>	<b>489.5</b>	<b>496</b>	<b>503.5</b>	<b>511</b>	<b>518.6</b>
Band length for center front edges and garment hem (Height 3 [170–176 cm])	336.3	342	347.6	353.2	358.8	364.5	370.1	375.8	381.4	387.1
<b>Total band length (including pockets and sleeves)</b>	<b>460</b>	<b>466</b>	<b>473.5</b>	<b>481</b>	<b>488.5</b>	<b>495.9</b>	<b>502.5</b>	<b>510</b>	<b>517.5</b>	<b>525</b>
Band length for center front edges and garment hem (Height 4 [178–184 cm])	342.7	348.3	353.9	359.5	365.2	370.8	376.4	382.1	387.7	393.4
<b>Total band length (including pockets and sleeves)</b>	<b>465</b>	<b>472.5</b>	<b>480</b>	<b>488.5</b>	<b>495</b>	<b>502</b>	<b>509</b>	<b>516.5</b>	<b>524</b>	<b>531</b>

Decorative band for finishing the visible edges (including seam allowances), 1 1/8" wide (finished width 5/8"), in inches:

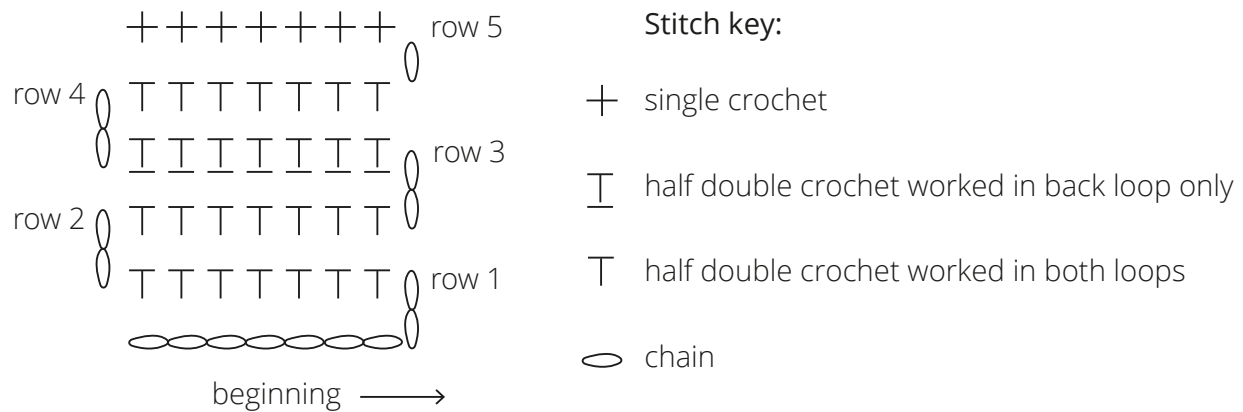
Size	34	36	38	40	42	44	46	48	50	52
Band length for pocket top edges (divide into 2 equal parts)	13 7/8	14 1/4	14 5/8	15	15 3/8	15 7/8	16 1/4	16 5/8	17	17 3/8
Band length for sleeve hems and vents (divide into 2 equal parts)	34 3/8	34 5/8	35	35 1/4	35 5/8	35 7/8	35 7/8	36 1/4	36 1/2	36 7/8
Band length for center front edges and garment hem (Height 1 [5'1"-5'3"])	127 3/8	129 5/8	131 7/8	134 1/8	136 1/4	138 1/2	140 3/4	143	145 1/4	147 1/2
<b>Total band length (including pockets and sleeves)</b>	<b>175 5/8</b>	<b>178 1/2</b>	<b>181 1/2</b>	<b>184 1/2</b>	<b>187 3/8</b>	<b>190 3/8</b>	<b>192 7/8</b>	<b>195 7/8</b>	<b>198 7/8</b>	<b>201 3/4</b>
Band length for center front edges and garment hem (Height 2 [5'4"-5'6"])	129 3/4	132 1/8	134 3/8	136 1/2	138 3/4	141	143 1/4	145 3/8	147 5/8	149 7/8
<b>Total band length (including pockets and sleeves)</b>	<b>178</b>	<b>181 1/8</b>	<b>183 7/8</b>	<b>186 3/4</b>	<b>189 3/4</b>	<b>192 3/4</b>	<b>195 1/4</b>	<b>198 1/4</b>	<b>201 1/8</b>	<b>204 1/8</b>
Band length for center front edges and garment hem (Height 3 [5'7"-5'9"])	132 3/8	134 5/8	136 7/8	139	141 1/4	143 1/2	145 3/4	148	150 1/8	152 3/8
<b>Total band length (including pockets and sleeves)</b>	<b>181 1/8</b>	<b>183 1/2</b>	<b>186 3/8</b>	<b>189 3/8</b>	<b>192 3/8</b>	<b>195 1/4</b>	<b>197 7/8</b>	<b>200 3/4</b>	<b>203 3/4</b>	<b>206 3/4</b>
Band length for center front edges and garment hem (Height 4 [5'10"-6'1"])	134 7/8	137 1/8	139 3/8	141 1/2	143 3/4	146	148 1/4	150 3/8	152 5/8	154 7/8
<b>Total band length (including pockets and sleeves)</b>	<b>183 1/8</b>	<b>186</b>	<b>189</b>	<b>192 3/8</b>	<b>194 7/8</b>	<b>197 5/8</b>	<b>200 3/8</b>	<b>203 3/8</b>	<b>206 1/4</b>	<b>209</b>



**IMPORTANT!** You may crochet the decorative bands if you wish.  
We are providing the diagram you can use to crochet.

To make a decorative crochet band, you will need the following:

1. Two balls of yarn, 50 g (1.75 oz) / 165 m (180 yd)
2. 2.5 mm crochet hook
3. Crochet diagram:



Start crocheting by making a chain that is as long as the finished edge (see the decorative band length chart).

5. Stitched bias-cut fusible stay tape with stitch reinforcement, 1.5 cm (5/8") wide — 6 m (6 1/2 yd)
6. Six buttons, 2.2 cm (7/8") in diameter
7. Eight buttons, 1.5 cm (5/8") in diameter
8. Matching thread — 1 spool

## TOOLS AND EQUIPMENT

- sewing machine for construction
- buttonhole foot for the sewing machine

# PATTERN PIECES LIST

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## 1. From main fabric:

- front — cut 2
- back — cut 1 on fold
- top sleeve — cut 2
- bottom sleeve — cut 2
- pocket — cut 2

## 2. From lining fabric:

- front — cut 2
- back — cut 1 on fold
- top sleeve — cut 2
- bottom sleeve — cut 2
- pocket — cut 2
- bias binding

## 3. From interfacing:

- front — cut 2
- back — cut 1 on fold
- top sleeve — cut 2
- bottom sleeve — cut 2
- pocket — cut 2

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

***ATTENTION!** The number of bias binding pieces to cut depends on the total length of the finished edges. We recommend cutting more bias binding pieces than required.*

# SEAM ALLOWANCES

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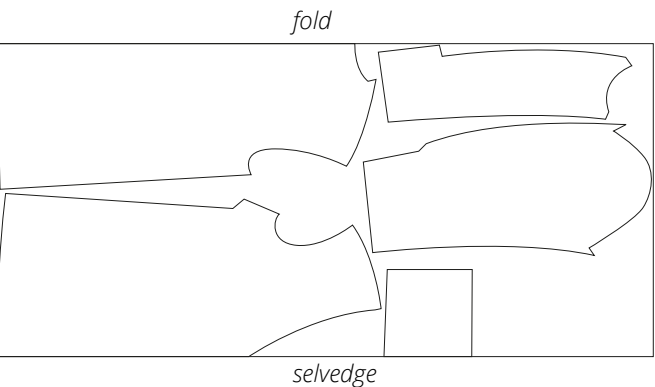
All pattern pieces include seam allowances as follows:

- shoulder seam allowance — 1.5 cm (5/8")
- side seam allowance — 1.5 cm (5/8")
- front seam allowance on the sleeves — 1.5 cm (5/8")
- elbow seam allowance on the sleeves — 1.5 cm (5/8")
- 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 fold, for sizes 34-40 in all heights

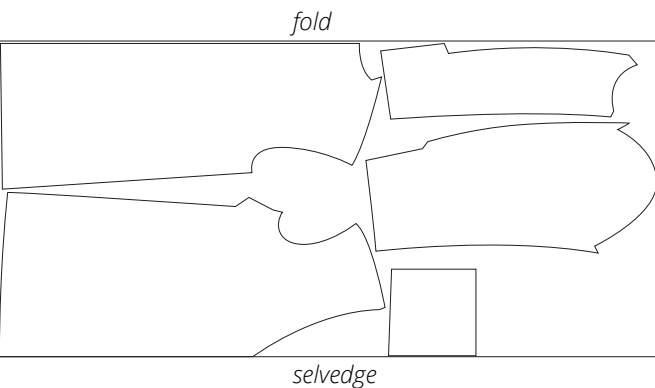


Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold, for sizes 42-52 in all heights

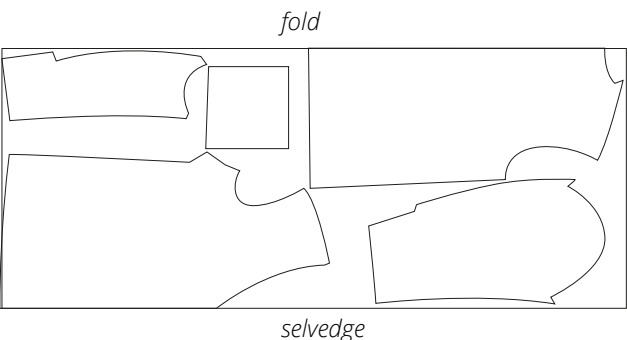


Lining fabric, 140 cm (55") wide, cut in two steps

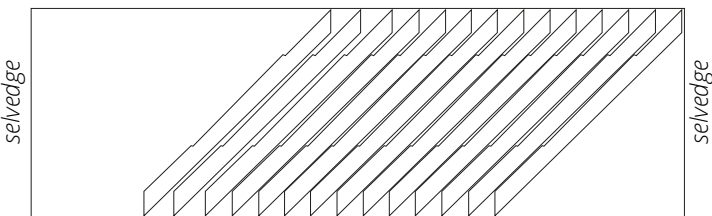
Step 1: with a directional print, cut on fold, for sizes 34-40 in all heights



Step 1: with a directional print, cut on fold, for sizes 42-52 in all heights



Step 2: cut on a single layer, for all sizes in all heights





Cut the dart open in the middle, stopping 2 cm (3/4") short of the dart point.



Press the dart seam allowances open.



Trim the peeking dart seam allowance.