

FROM THE FOUNDER OF THE #VIKISEWS BRAND

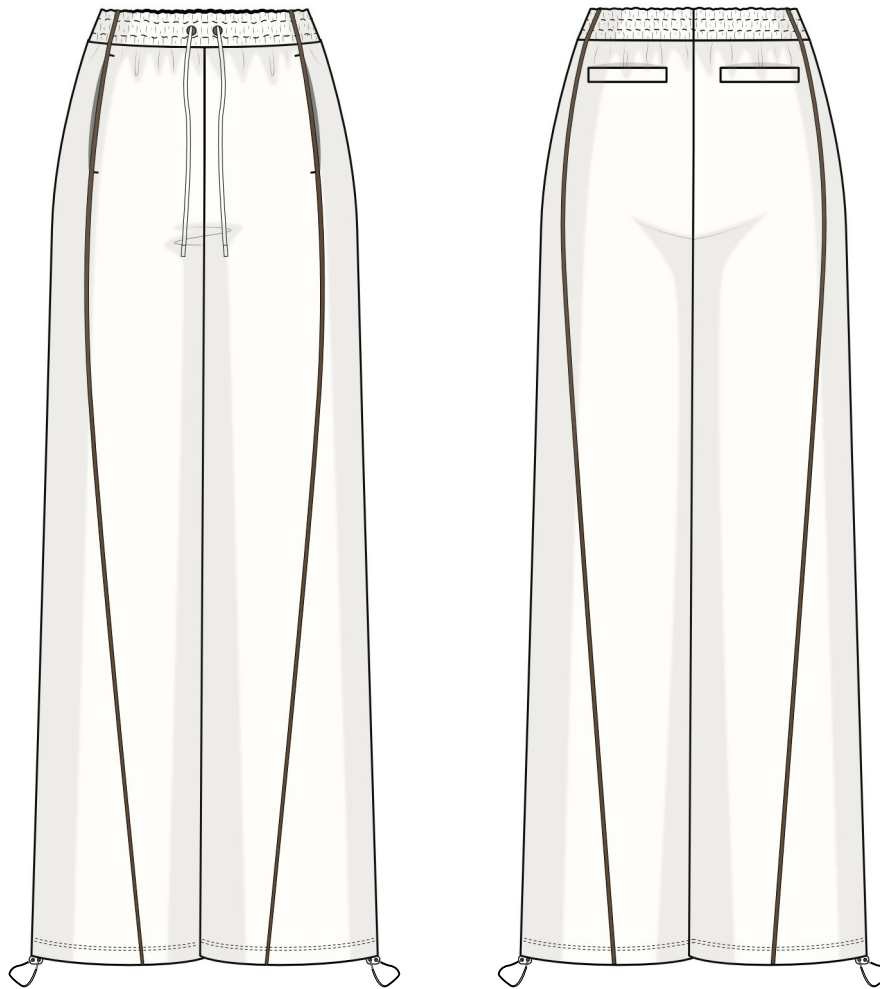


Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission.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



ISHA PATTERN DESCRIPTION

Isha is a pair of loose-fitting, straight-cut pants. They feature an elasticated, grown-on waistband with topstitching forming a drawstring casing. The pants have side seam pockets and faux welt pockets on the back. Side panels trimmed with piping run along the full length of the pants. The garment is ankle-length.



IMPORTANT!

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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

	Waistline ease (estimated)	Hipline ease
cm	29.1–23.9	13.2–10.8
inches	11 1/2–9 3/8	5 1/4–4 1/4

GARMENT LENGTH

Height, cm	Side seam length including waistband (estimated), cm	Height, ft	Side seam length including waistband (estimated), in
1 (154–160)	100–103.1	1 (5'1"–5'3")	39 3/8–40 5/8
2 (162–168)	104–107.1	2 (5'4"–5'6")	41–42 1/8
3 (170–176)	108–111.1	3 (5'7"–5'9")	42 1/2–43 3/4
4 (178–184)	112–115.1	4 (5'10"–6'1")	44 1/8–45 3/8

FINISHED HEM WIDTH

Size	34	36	38	40	42	44	46	48	50	52
cm	34.5	35.5	36.5	37.5	38.3	39.1	39.9	40.7	41.5	42.4
inches	13 5/8	14	14 3/8	14 3/4	15 1/8	15 3/8	15 3/4	16	16 3/8	16 3/4

SUGGESTED FABRIC

To sew these pants, choose soft, non-stretch or low-stretch, medium-weight knit fabrics made of natural fibers, artificial fibers, blends, or synthetics.

Recommended fabrics: French terry, sweatshirt fleece, fleece.

As an additional fabric, choose jersey knits or interlock knits.

IMPORTANT! *We do not recommend using lightweight fabrics!*

The garment in the photos is made of thick French terry. The fabric is medium weight, soft, and low stretch. The fiber content is 80% cotton and 20% polyester. The fabric weight is 340 g/m².

The pocket lining is made of jersey. The fabric is soft and low stretch. The fiber content is 95% cotton and 5% elastane. The fabric weight is 210 g/m².

FABRIC AND NOTIONS REQUIREMENTS

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

Height, cm	Size								
	34	36	38	40	42	44	46	48-50	52
1 (154-160)	1.75	1.85	1.95	2.05	2.25	2.25	2.3	2.3	2.3
2 (162-168)	1.8	1.9	2	2.15	2.35	2.35	2.35	2.4	2.4
3 (170-176)	1.85	1.95	2.1	2.2	2.4	2.45	2.45	2.45	2.5
4 (178-184)	1.95	2.05	2.15	2.3	2.5	2.5	2.5	2.55	2.55

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

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

1.2. Main fabric, 160 cm wide, with a directional print/nap, in meters:

Height, cm	Size						
	34-36	38	40	42	44	46	48-52
1 (154-160)	1.35	1.5	1.65	1.75	1.8	1.9	2.25
2 (162-168)	1.4	1.55	1.7	1.8	1.9	1.95	2.35
3 (170-176)	1.45	1.6	1.75	1.85	1.95	2.05	2.4
4 (178-184)	1.5	1.65	1.8	1.9	2	2.1	2.5

Main fabric, 63" wide, with a directional print/nap, in yards:

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

1.3. Main fabric, 180 cm wide, with a directional print/nap, in meters:

Height, cm	Size							
	34	36–40	42	44	46	48	50	52
1 (154–160)	1.2	1.2	1.2	1.25	1.5	1.65	1.75	1.8
2 (162–168)	1.25	1.25	1.25	1.3	1.6	1.7	1.8	1.85
3 (170–176)	1.25	1.3	1.3	1.3	1.65	1.75	1.85	1.95
4 (178–184)	1.3	1.3	1.35	1.35	1.7	1.8	1.9	2

Main fabric, 70" wide, with a directional print/nap, in yards:

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

2. Additional fabric, 140 cm (55") wide, with a directional print/nap, for all sizes and heights – 0.3 m (3/8 yd).

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

3. Lightweight interfacing, knit or woven, 140 cm (55") wide, for all sizes and heights – 0.16 m (1/8 yd)

4. Stitched bias-cut fusible stay tape with stitch reinforcement, for all heights:

Size	34–38	40–48	50–52
Length, m	0.85	0.9	0.95
Length, yd	7/8	1	1

5. Twill tape, 1 cm (3/8") wide, for all sizes and heights – 0.1 m (1/8 yd).

6. Round elastic cord, 2–3 mm (1/8") in diameter, for all heights:

Size	34	36	38–40	42	44–46	48	50–52
Length, m	1.6	1.65	1.7	1.75	1.8	1.85	1.9
Length, yd	1 3/4	1 3/4	1 7/8	1 7/8	2	2	2 1/8

7. Elastic, 5.5 cm (2 1/8") wide, for all heights:

Size	34	36	38-40	42	44	46-48	50	52
Length, m	0.6	0.65	0.7	0.75	0.8	0.85	0.9	0.95
Length, yd	5/8	3/4	3/4	7/8	7/8	7/8	1	1

8. Decorative satin piping, 1.2 cm wide, for all sizes, in meters:

Decorative satin piping, 1/2" wide, for all sizes, in yards:

Height, cm	Length, m
1 (154-160)	4.65
2 (162-168)	4.8
3 (170-176)	4.95
4 (178-184)	5.1

Height, ft	Length, yd
1 (5'1"-5'3")	5 1/8
2 (5'4"-5'6")	5 1/4
3 (5'7"-5'9")	5 3/8
4 (5'10"-6'1")	5 5/8

9. Drawstring for the waistband, 1 cm (3/8") wide, for all heights:

Size	34	36	38	40	42-44	46	48	50	52
Length, m	1.4	1.45	1.5	1.55	1.6	1.65	1.7	1.75	1.8
Length, yd	1 1/2	1 5/8	1 5/8	1 3/4	1 3/4	1 3/4	1 7/8	1 7/8	2

10. Two double-hole stoppers for elastic cord.

11. 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
- buttonhole foot for the sewing machine
- one-sided foot for the sewing machine (optional)
- 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. It can be replaced with a twin needle on a regular sewing machine that can do a zigzag stitch.
- large-eye needle or latch hook.

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 rather than piercing them.

PATTERN PIECES LIST

1. From main fabric:

- front leg – cut 2
- side panel – cut 2
- back leg – cut 2
- welt – cut 2
- front pocket lining – cut 2
- back pocket lining – cut 2

2. From additional fabric:

- front pocket lining – cut 2
- back pocket lining – cut 2

3. Templates:

- loop template – cut 1

4. From interfacing:

- welt – cut 2

Additionally, cut the following pieces from interfacing:

- six rectangles, 3.5×2.5 cm (1 3/8×1") each, to reinforce the buttonhole areas
- two strips cut on the straight grain for the back pockets (measure the area marked on the pattern to find the exact dimensions of the interfacing strip)

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

SEAM ALLOWANCES

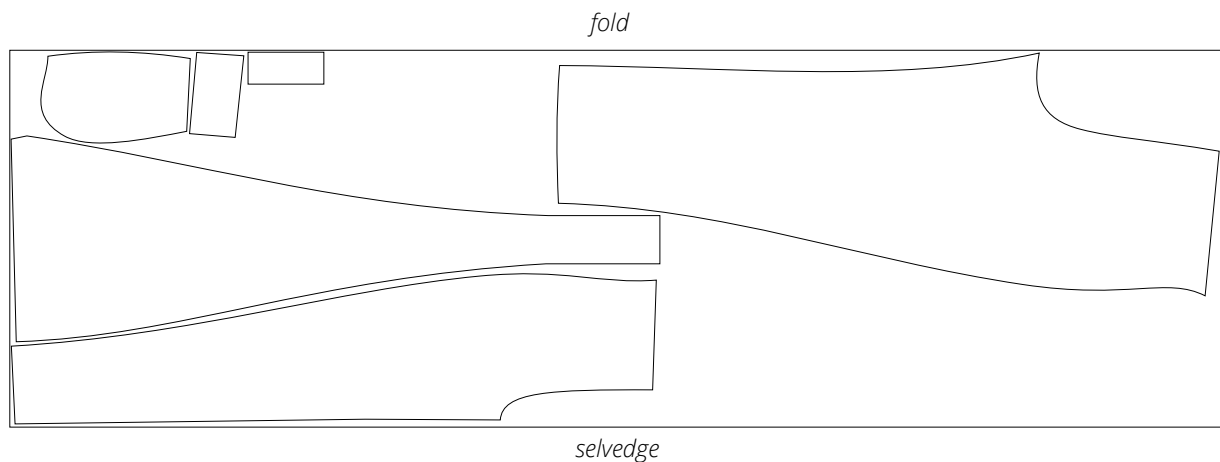
All pattern pieces include seam allowances as follows:

- hem allowances on the front leg, back leg, and side panel pieces – 3 cm (1 1/8")
- top edge on the front pocket lining piece – 1.5 cm (5/8")
- bottom and side edges on the back pocket lining piece – 1.5 cm (5/8")
- all other edges – 1 cm (3/8").

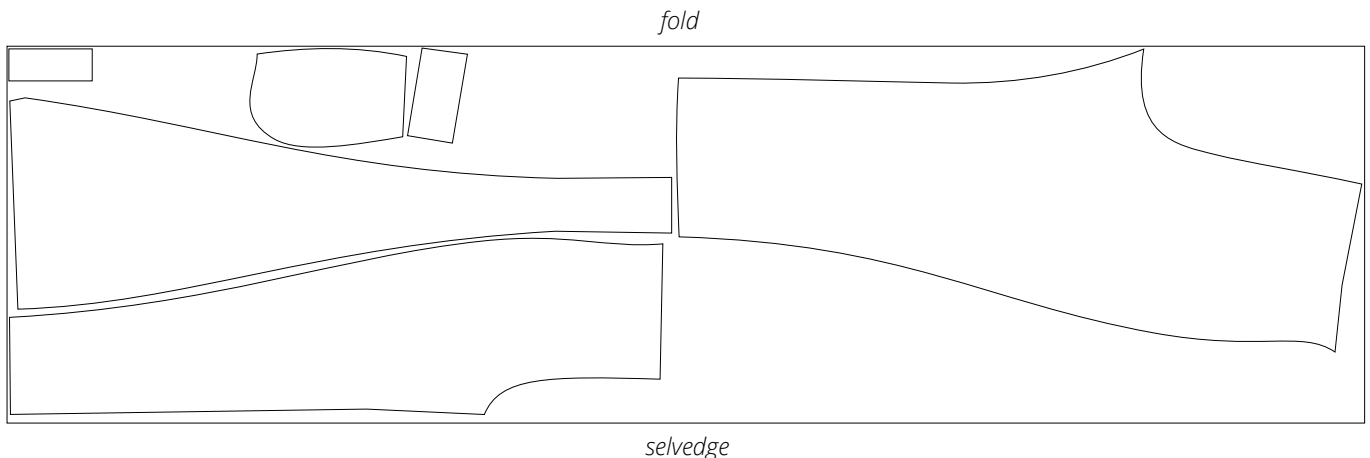
Take this into account when laying out pattern pieces on the fabric.

CUTTING LAYOUT

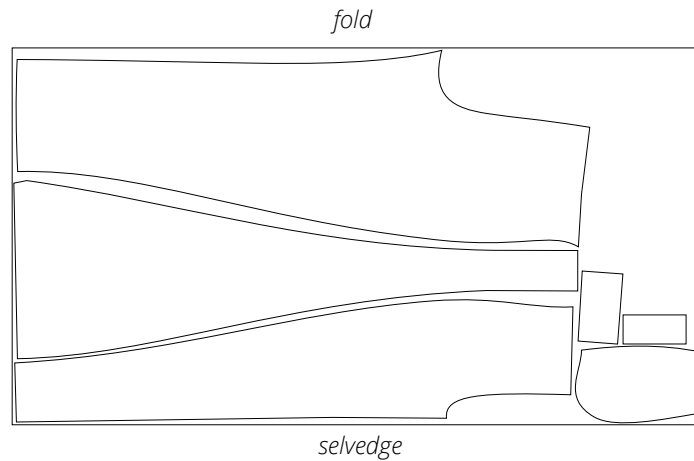
Main fabric, 140 cm (55") wide, with a directional print/nap,
cut on fold, for sizes 34–40 in all heights



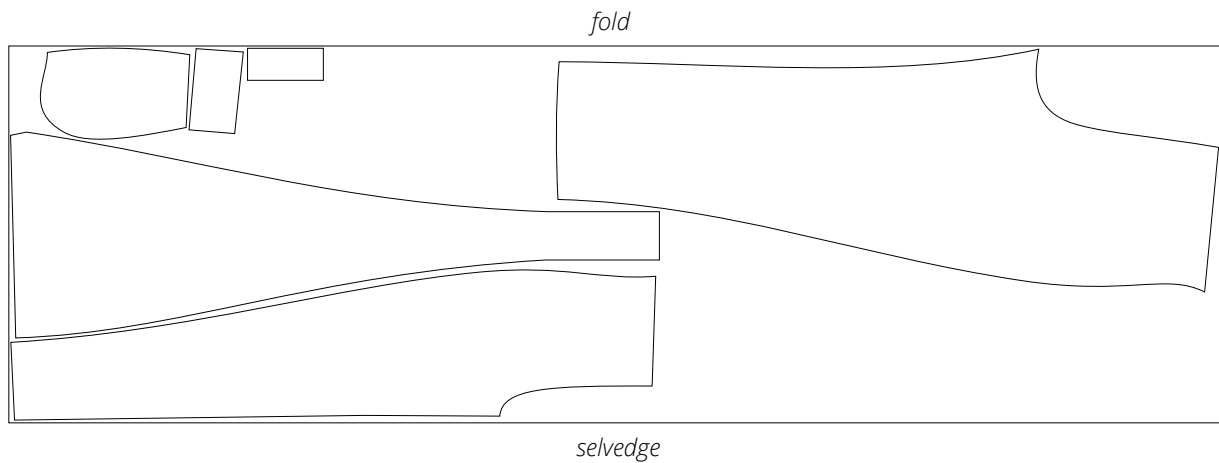
Main fabric, 140 cm (55") wide, with a directional print/nap,
cut on fold, for sizes 42–52 in all heights



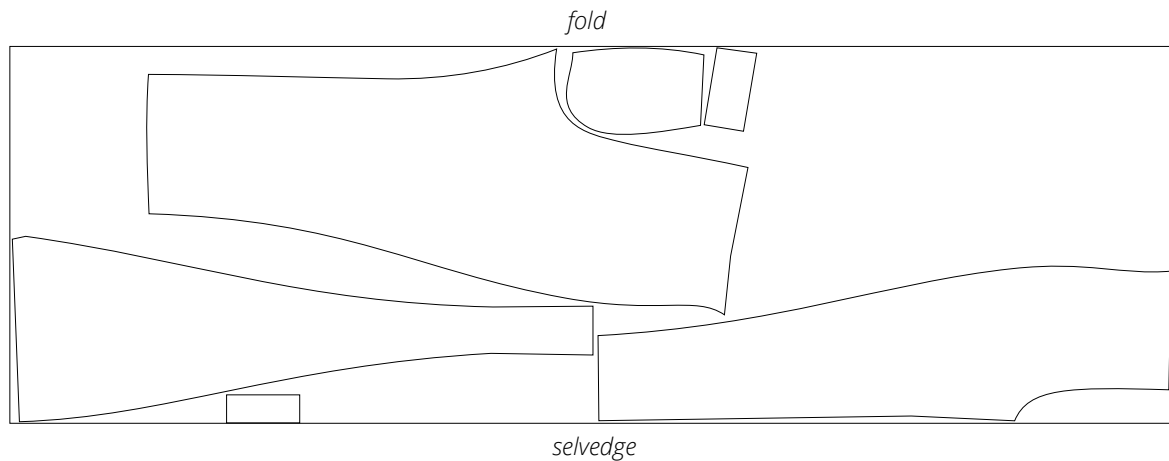
Main fabric, 160 cm (63") wide, with a directional print/nap,
cut on fold, for sizes 34–36 in all heights



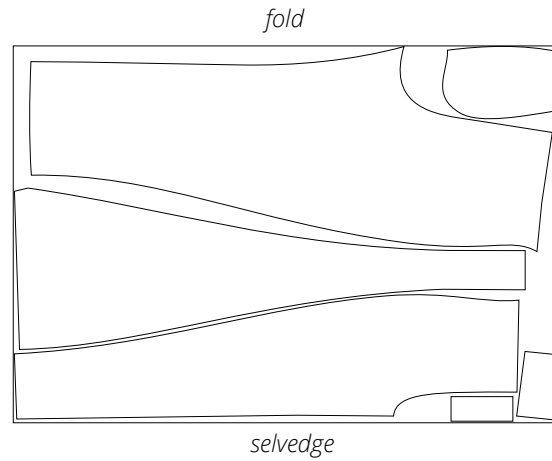
Main fabric, 160 cm (63") wide, with a directional print/nap,
cut on fold, for sizes 38–46 in all heights



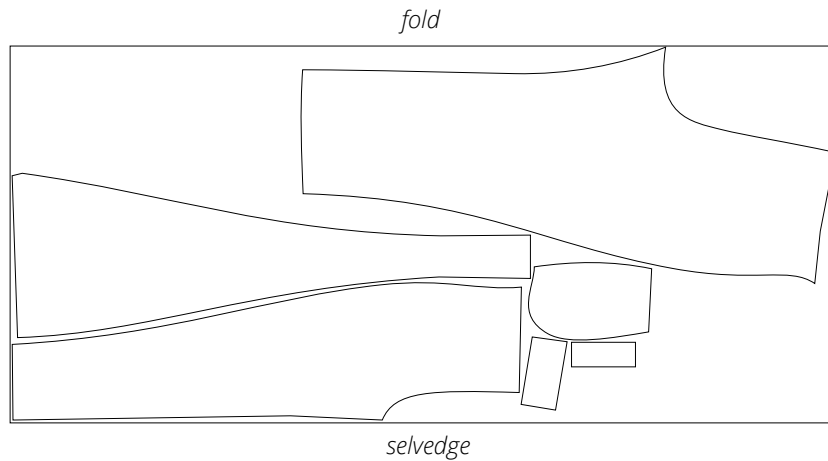
Main fabric, 160 cm (63") wide, with a directional print/nap,
cut on fold, for sizes 48–52 in all heights



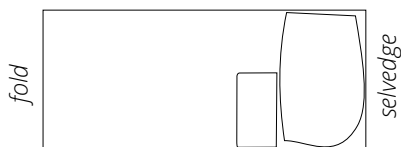
Main fabric, 180 cm (70") wide, with a directional print/nap, cut on fold, for sizes 34–44 in all heights



Main fabric, 180 cm (70") wide, with a directional print/nap, cut on fold, for sizes 46–52 in all heights



Additional fabric, 140 cm (55") wide, with a directional print/nap, cut on fold, for all sizes and heights



Interfacing, 140 cm (55") wide, cut on fold, for all sizes and heights



READY? LET'S GET SEWING!



Machine-stitch exactly over the marked line, backstitching at the beginning and end of the seam.



Place the back pocket lining piece cut from the main fabric right sides together with the back leg piece. The top edge of the lining piece should point downwards.

Align the pieces along the upper pocket opening line, pin, and hand-baste.

Stitch on the sewing machine, backstitching at the beginning and end of the seam.



Turn the back leg piece wrong side up and check whether the two stitching lines are parallel.

Remove the basting stitches from the welt and pocket lining.

Press the seams.