

# 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.



## LEMMA PATTERN DESCRIPTION

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Lemma is a close-fitting long sleeve top with an asymmetrical neckline. The front piece features gathers and a pleat at the left shoulder seam as well as slight gathers at the waist level of the right side seam. The set-in sleeves are long and close-fitting. Lemma is below-waist 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	-7.1 to -9.4	0.8	-1.5
inches	-2 3/4 to -3 3/4	3/8	-5/8

# GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Garment length, cm	Sleeve length, cm
1 (154–160)	48.9–51.7	60.8–62.5
2 (162–168)	51.9–54.8	62.8–64.5
3 (170–176)	54.9–57.8	64.8–66.3
4 (178–184)	58–60.9	66.8–68.5

Height, ft	Garment length, in	Sleeve length, in
1 (5'1"–5'3")	19 1/4–20 3/8	23 7/8–24 5/8
2 (5'4"–5'6")	20 3/8–21 5/8	24 3/4–25 3/8
3 (5'7"–5'9")	21 5/8–22 3/8	25 1/2–26 1/8
4 (5'10"–6'1")	22 7/8–24	26 1/4–27

# SUGGESTED FABRIC

To sew this long sleeve top, choose knit fabric with the following properties:

- medium weight, soft, medium-stretch
- the fiber content can include natural fibers (cotton, wool), artificial fibers (viscose), blends (cotton + polyester, cotton + elastane, viscose + polyester), or synthetics (polyester + elastane)

Recommended fabrics: biflex, jersey knits, microfiber, knits, ribbed knits.

**Attention!** We recommend using only stretchy fabrics with a stretch factor of 2.0–2.5 for this long sleeve top.

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 long sleeve top in the photo is made of lightweight sweater knit. The fiber content is 95% wool and 5% elastane. The fabric weight is 120 g/m<sup>2</sup>. The stretch factor is 2.0.

# FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 140 cm wide, 120–180 g/m², in meters:

Height, cm	Size							
	34	36	38	40	42–44	46	48–50	52
1 (154–160)	0.75	0.9	1.05	1.2	1.2	1.2	1.25	1.3
2 (162–168)	0.8	0.95	1.1	1.25	1.25	1.3	1.3	1.35
3 (170–176)	0.8	0.95	1.15	1.25	1.3	1.3	1.35	1.35
4 (178–184)	0.85	1	1.2	1.3	1.35	1.35	1.4	1.45

Main fabric, 55" wide, 120–180 g/m², in yards:

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

2. Main fabric, 160 cm wide, 120–180 g/m², in meters:

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154–160)	0.75	0.8	0.8	0.8	0.8	0.9	1.05	1.15	1.2	1.25
2 (162–168)	0.8	0.8	0.8	0.85	0.85	0.9	1.1	1.25	1.25	1.3
3 (170–176)	0.8	0.85	0.85	0.85	0.9	0.95	1.15	1.25	1.25	1.35
4 (178–184)	0.85	0.85	0.9	0.9	0.9	1	1.2	1.3	1.3	1.4

Main fabric, 63" wide, 120–180 g/m², in yards:

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

3. Main fabric, 180 cm wide, 120–180 g/m<sup>2</sup>, in meters:

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154–160)	0.75	0.8	0.8	0.8	0.8	0.85	0.85	0.85	0.9	0.95
2 (162–168)	0.8	0.8	0.8	0.85	0.85	0.85	0.9	0.9	0.9	1
3 (170–176)	0.8	0.85	0.85	0.85	0.9	0.9	0.9	0.95	0.95	1.05
4 (178–184)	0.8	0.85	0.9	0.9	0.9	0.95	0.95	0.95	1	1.1

Main fabric, 71" wide, 120–180 g/m<sup>2</sup>, in yards:

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

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

4. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker)

## TOOLS AND EQUIPMENT

- sewing machine for creating gathers
- 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

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From main fabric:

- front — cut 1 on fold
- back — cut 1 on fold
- sleeve — cut 2
- back neck binding — cut 1

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

## SEAM ALLOWANCES

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Pattern pieces include the following seam allowances:

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

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

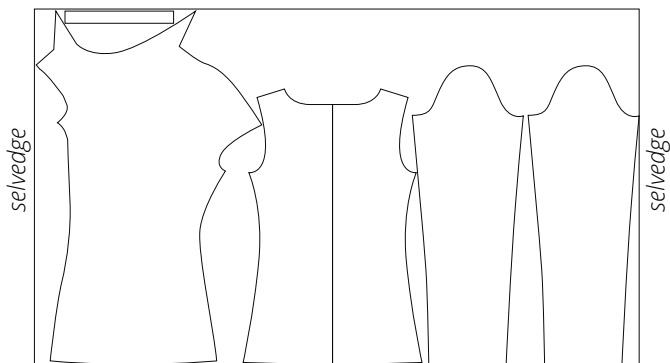
# CUTTING LAYOUT

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

Main fabric, 160 cm (63") wide, with a directional print/nap, cut on a single layer, for sizes 34-42 in all heights

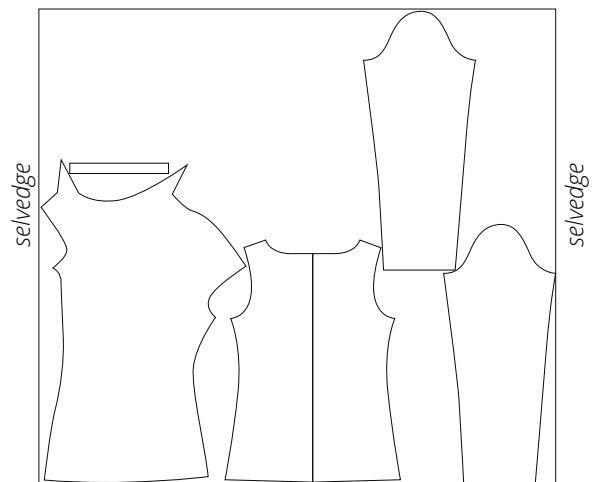
Main fabric, 180 cm (71") wide, with a directional print/nap, cut on a single layer, for sizes 34-48 in all heights



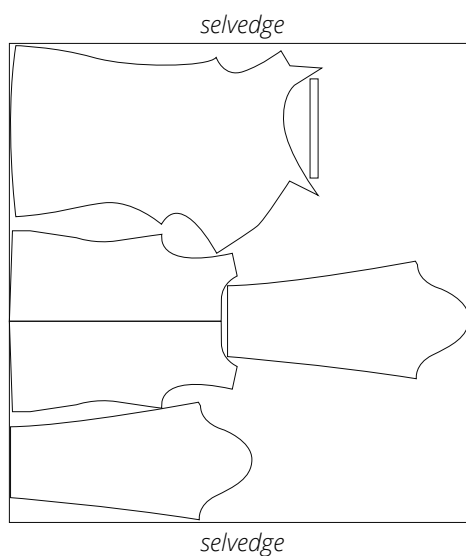
Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer, for sizes 36-40 in all heights

Main fabric, 160 cm (63") wide, with a directional print/nap, cut on a single layer, for sizes 44-52 in all heights

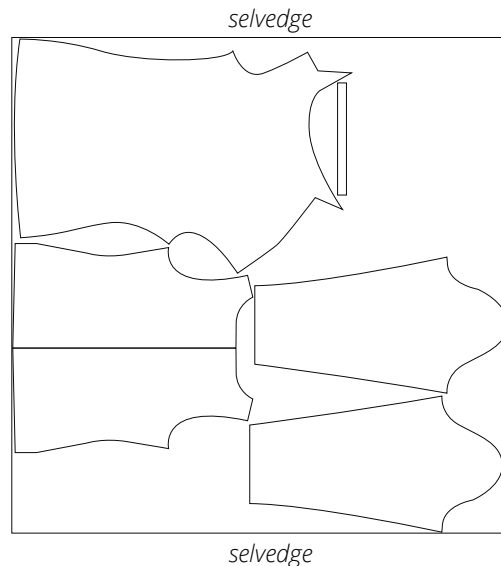
Main fabric, 180 cm (71") wide, with a directional print/nap, cut on a single layer, for sizes 50-52 in all heights



Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer, for sizes 42-46 in all heights



Main fabric, 140 cm (55") wide, with a directional print/nap, cut on a single layer, for sizes 48-52 in all heights



## READY? LET'S GET SEWING!

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Sew two parallel rows of gathering stitches along the left shoulder edge and right side edge of the front piece, between the notches, at 5 mm (just under 1/4") and 8 mm (just under 3/8") from the edge.

Use a 4 mm stitch length. Do not backstitch.



Gather the edges to the length specified in the pattern by pulling on both lower (bobbin) threads at the same time.

Distribute the gathers evenly.



Overlock the edge of the grown-on neck facing of the front piece, with the right side facing up. Stretch the edge while stitching.