

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.



VESTA PATTERN DESCRIPTION

Vesta is a lingerie-inspired, fully lined dress with a close-fitting bodice, a voluminous skirt, and an accentuated waist. It features a waist seam that is shaped at the front. The corset-style bodice is shaped with front and back princess seams. All the vertical seams of the bodice are stiffened with rigilene boning. The skirt flares down and is gathered at the top and bottom for the balloon style silhouette. The dress fastens with an invisible zipper in the center back seam. Vesta is above-knee 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.**

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 (for the lining)
cm	-0.7 – (-0.8)	2–2.3	2.2–4.8
inches	-1/4 – (-3/8)	3/4–7/8	7/8–1 7/8

GARMENT LENGTH

Height, cm	Center back length from waist down (estimated), cm	Height, ft	Center back length from waist down (estimated), in
1 (154–160)	37.3–39.5	1 (5'1"–5'3")	14 5/8–15 1/2
2 (162–168)	40.3–42.5	2 (5'4"–5'6")	15 7/8–16 3/4
3 (170–176)	43.3–45.5	3 (5'7"–5'9")	17–17 7/8
4 (178–184)	46.3–48.5	4 (5'10"–6'1")	18 1/4–19 1/8

SUGGESTED FABRIC

To sew this dress, choose dress-weight fabrics with the following properties: medium weight, pliable, structured, non-stretch. The fiber content can include natural fibers, artificial fibers, blends, or synthetics.

The following fabrics are recommended: satin, cady, brocade, taffeta.

Attention! We do not recommend stretchy knit fabrics and lightweight sheer fabrics (chiffon, organza, stretch lace).

The dress in the photo is made of thick satin. The fabric is medium weight, structured, and low-stretch. The fiber content is 100% polyester. The fabric weight is 300 g/m².

The fiber content of the lining is 100% viscose. The lining fabric weight is 130 g/m².

FABRIC AND NOTIONS REQUIREMENTS

1.1 Main fabric, 140 cm wide, with a directional print/nap, cut in two steps. Step 1, in meters:

Height, cm	Size								
	34	36-38	40	42	44	46	48	50	52
1 (154-160)	0.85	0.9	0.95	0.95	1.05	1.1	1.1	1.15	1.15
2 (162-168)	0.9	0.95	1	1	1.1	1.1	1.15	1.15	1.2
3 (170-176)	0.95	1	1.05	1.1	1.15	1.15	1.2	—	—
4 (178-184)	1	1.05	1.1	1.15	—	—	—	—	—

Main fabric, 55" wide, with a directional print/nap, cut in two steps. Step 1, in yards:

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

IMPORTANT! Sizes 50-52 in height 3 and sizes 44-52 in height 4 do not fit the fabric width 140 cm (55").

1.2 Main fabric, 150 cm wide, with a directional print/nap, cut in two steps. Step 1, in meters:

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

Main fabric, 59" wide, with a directional print/nap, cut in two steps. Step 1, in yards:

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

1.3 Main fabric, 140/150 cm wide, with a directional print/nap, cut in two steps. Step 2, in meters:

Height, cm	Size			
	34-36	38-40	42-46	48-52
1 (154-160)	0.45	0.45	0.45	0.45
2 (162-168)	0.45	0.45	0.45	0.5
3 (170-176)	0.45	0.45	0.5	0.5
4 (178-184)	0.45	0.5	0.5	0.5

Main fabric, 55/59" wide, with a directional print/nap, cut in two steps. Step 2, in yards:

Height, ft	Size
	34-52
1 (5'1"-5'3")	1/2
2 (5'4"-5'6")	1/2
3 (5'7"-5'9")	1/2
4 (5'10"-6'1")	1/2

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

Height, cm	Size					
	34-38	40-42	44-46	48	50	52
1 (154-160)	0.6	0.6	0.65	0.65	0.65	0.7
2 (162-168)	0.65	0.65	0.65	0.65	0.7	0.75
3 (170-176)	0.65	0.7	0.7	0.75	0.75	0.8
4 (178-184)	0.7	0.7	0.75	0.8	0.8	0.9

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

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

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 in all heights — 0.5 m (1/2 yd)
4. Stitched bias-cut fusible stay tape with stitch reinforcement, 1 cm (3/8") wide — 2.6 m (2 7/8 yd)
5. Stitched straight-grain fusible stay tape with stitch reinforcement, 1.5 cm (5/8") wide — 1 m (1 1/8 yd)
6. Rigilene boning, 1 cm (3/8") wide, for all sizes in all heights — 3.7 m (4 yd)
7. One invisible zipper, 50 cm (19 5/8") long, for all sizes in all heights
8. One sew-on hook-and-eye closure

9. Elastic, 1 cm (3/8") wide. The exact elastic length depends on the size and is specified on the pattern:

Size	34	36	38	40-42	44-48	50-52
Length, cm	87	89	90	91	92	93
Length, in	34 1/4	35	35 3/8	35 7/8	36 1/4	36 5/8

10. Matching thread — 2 spools

TOOLS AND EQUIPMENT

- sewing machine for construction
- invisible zipper foot for the sewing machine
- one-sided foot for the sewing machine

PATTERN PIECES LIST

1.1. From non-interfaced main fabric:

- front skirt — cut 1 on fold
- back skirt — cut 2

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

1.2. From fully-interfaced main fabric:

- center front bodice — cut 1 on fold (+ cut 1 on fold interfacing)
- side front bodice — cut 2 (+ cut 2 interfacing)
- center back bodice — cut 2 (+ cut 2 interfacing)
- side back bodice — cut 2 (+ cut 2 interfacing)
- front facing — cut 1 on fold (+ cut 1 on fold interfacing)
- back facing — cut 2 (+ cut 2 interfacing)

2. From lining fabric:

- center front bodice lining — cut 1 on fold
- side front bodice lining — cut 2
- center back bodice lining — cut 2
- side back bodice lining — cut 2
- front skirt lining — cut 1 on fold
- back skirt lining — cut 2

SEAM ALLOWANCES

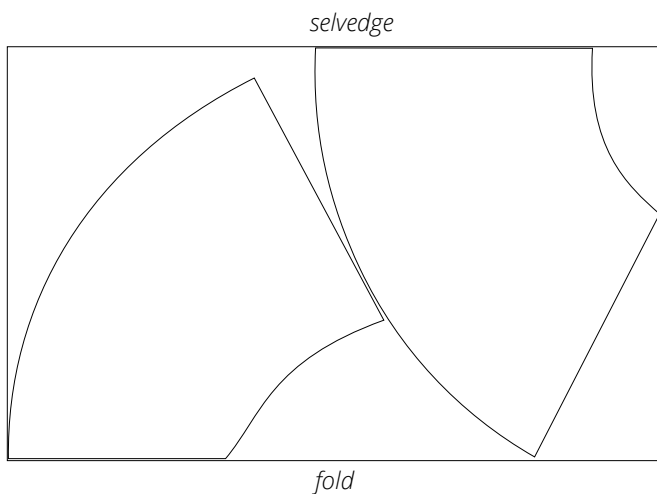
All pattern pieces include seam allowances as follows:

- center back seam allowances — 1.5 cm (5/8")
- all other edges — 1 cm (3/8")

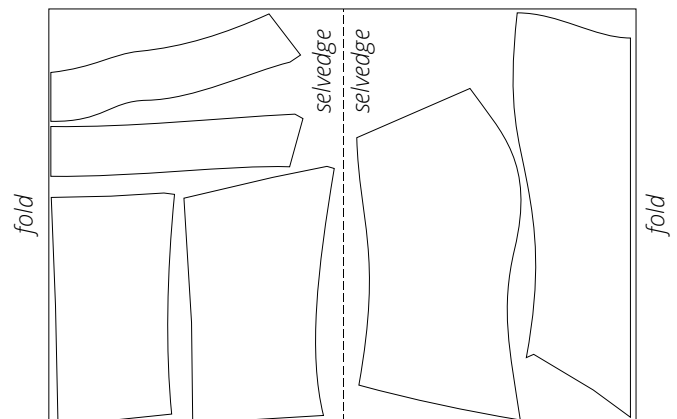
Take this into account when laying out pattern pieces on the fabric.

CUTTING LAYOUT

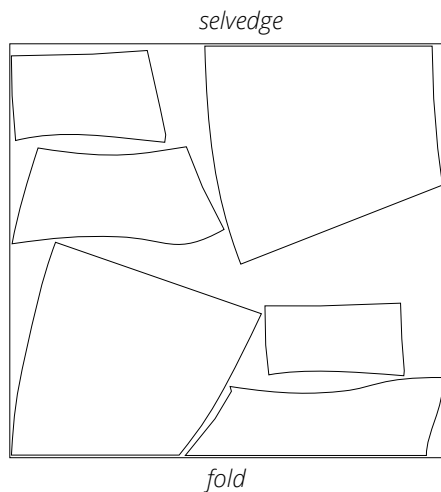
Step 1. Main fabric, 140 cm (55") wide, with a directional print/nap, cut on fold, for all sizes in heights 1–2, for sizes 34–48 in height 3, for sizes 34–42 in height 4;
main fabric, 150 cm (59") wide, with a directional print/nap, cut on fold, for all sizes in all heights



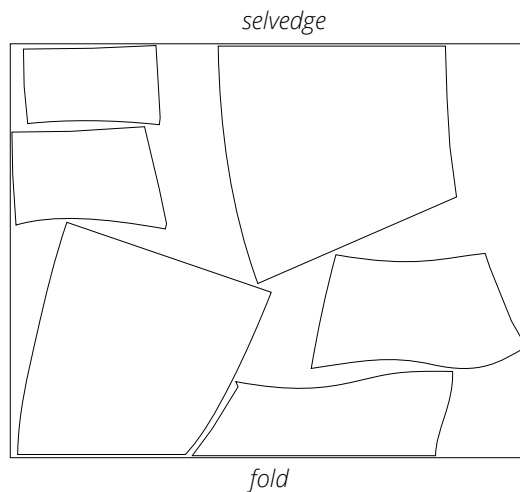
Step 2. Main fabric, 140/150 cm (55/59") wide, with a directional print/nap, cut with two folds, for all sizes in all heights



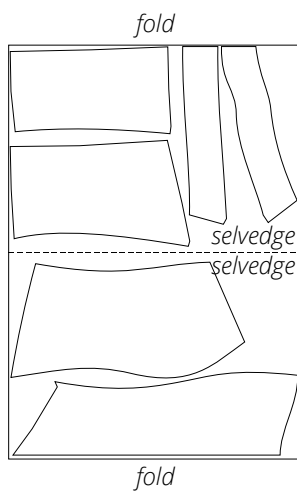
Lining fabric, 140 cm (55") wide, with a directional print, cut on fold, for sizes 34–46 in all heights, for size 48 in heights 1–2



Lining fabric, 140 cm (55") wide, with a directional print, cut on fold, for size 48 in heights 3–4, for sizes 50–52 in all heights



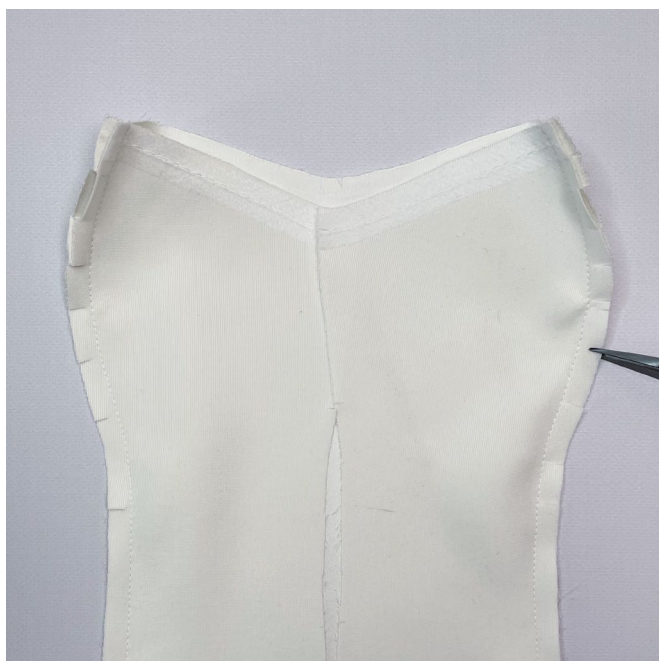
Interfacing, 140 cm (55") wide, cut with two folds, for all sizes in all heights



READY? LET'S GET SEWING!



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



Clip into the curved sections of the princess seam allowances, stopping 2 mm short of the seam.



Press the princess seam allowances open.