

Viki

S E W S

DRESS **LEORA**



SIZE
34-52

DIFFICULTY



SUITABLE FOR
BEGINNERS



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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 most 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.



LEORA PATTERN DESCRIPTION

Leora is a close-fitting dress with a sheath silhouette. The front is made up of two separate parts, the front bodice and the front skirt. The center front bodice seam is finished with two channels. The tie pulled through the channels shapes a bust gathering. The top edge of the front skirt is curved. The dress has long set-in fitted sleeves and a deep V-neckline. Leora is below-the-knee 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

Bust line ease, cm	Waistline ease, cm	Hipline ease, cm	Upper arm ease, cm	Bust line ease, in	Waistline ease, in	Hipline ease, in	Upper arm ease, in
(-10.1) – (-7.4)	2.3	-3	-1	(-4") – (-3")	1"	- 1 1/8"	- 3/8"

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Garment length from waist down, cm	Sleeve length, cm	Height, ft	Garment length from waist down, in	Sleeve length, in
1 (154-160)	83	61.7	1 (5'1" - 5'3")	32 5/8"	24 1/4"
2 (162-168)	86	63.7	2 (5'4" - 5'6")	33 7/8"	25 1/8"
3 (170-176)	89	65.6	3 (5'7" - 5'9")	35"	25 7/8"
4 (178-184)	92	67.4	4 (5'10" - 6'1")	36 1/4"	26 1/2"

SUGGESTED FABRIC

To sew this dress, choose knit fabrics with the following properties:

- Medium weight, soft, breathable, malleable, stretchy (with elastane content)
- The fiber content can include natural fibers (wool, cotton), artificial (viscose), blends (wool + polyester, cotton + polyester, cotton + elastane, etc.), and synthetic (polyester, polyester + elastane)
- The following fabrics are recommended: sweater knit, ponte di roma, knit fabrics, double-knit fabrics, rib knit fabrics

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

The dress in the photo is made of a double-knit fabric. The fabric is medium weight, malleable and stretchy. The fiber content is a blend of wool, viscose and elastane.

FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 140 cm wide, in meters

Height, cm	Size						
	34	36	38	40	42	44	46
1 (154-160)	1.7	1.71	1.73	1.76	1.77	1.91 (1.26; 0.65)	1.91 (1.26; 0.65)
2 (162-168)	1.72	1.72	1.78	1.8	1.82	1.97 (1.3; 0.67)	1.97 (1.3; 0.67)
3 (170-176)	1.79	1.81	1.83	1.85	1.87	2.04 (1.35; 0.69)	2.04 (1.35; 0.69)
4 (178-184)	1.86	1.87	1.89	1.9	1.92	2.07 (1.38; 0.69)	2.1 (1.38; 0.72)

Height, cm	Size		
	48	50	52
1 (154-160)	1.91 (1.26; 0.65)	2.01 (1.26; 0.75)	2.09 (1.26; 0.83)
2 (162-168)	1.99 (1.3; 0.69)	2.06 (1.3; 0.76)	2.15 (1.3; 0.85)
3 (170-176)	2.07 (1.35; 0.71)	2.12 (1.35; 0.77)	2.25 (1.35; 0.9)
4 (178-184)	2.12 (1.38; 0.74)	2.18 (1.38; 0.8)	2.33 (1.39; 0.94)

1. Main fabric, 55" wide, in yards

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

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

Main fabric, 160cm wide, in meters

Height, cm	Size									
	34	36	38	40	42	44	46	48	50	52
1 (154-160)	1.24	1.27	1.71	1.71	1.71	1.72	1.78	1.81	1.83	1.85
2 (162-168)	1.28	1.28	1.74	1.74	1.74	1.78	1.83	1.86	1.88	1.9
3 (170-176)	1.32	1.32	1.73	1.74	1.78	1.83	1.88	1.91	1.93	1,95
4 (178-184)	1.36	1.4	1.8	1.8	1.85	1.93	1.94	1.96	1.98	2

Main fabric, 63" wide, in yards

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

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

2. Lightweight fusible knit interfacing material, 140cm (55") wide, for all sizes and heights - 10cm (4"). Fusible straight grained seam tape as an alternative - 30cm (12").
3. Knit bias tape, 1.5 cm (5/8") wide - 1.5-2m (59" to 79"), depending on the size. The required length of the knit bias tape must be measured on the paper pattern. This type of ready-made bias tape is most often used in underwear making. It can be replaced with 1 cm (3/8") wide silicone tape.
4. Matching thread, 5 spools (1 spool for the sewing machine and 4 spools for the overlocker).

TOOLS AND EQUIPMENT

- Sewing machine for construction
- Overlocker for construction and for 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 2-3mm, stitch length 2.5mm)
- Coverstitch / coverlock machine for finishing the garment hem. If such a machine is not available, the garment hem can be finished with a twin needle on the sewing machine with a zigzag function
- Loop turner
- Ballpoint needles for knits

IMPORTANT! For knit projects, we recommend using special sewing needles for stretchy knit fabrics (e.g. STRETCH, SUPER STRETCH, JERSEY, etc.). When sewing, a ball-shaped needle point pushes the knit loops apart without piercing the threads.

PATTERN PIECES LIST

1. From main fabric:

- Back - cut 1 on fold
- Front bodice - cut 2
- Front skirt - cut 1 on fold
- Sleeve - cut 2
- Tie - cut 2

2. From additional fabric:

- Knit bias tape. This is required to finish the top edge of the front skirt and the neckline edge (the length is to be measured on the paper pattern).

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

3. From interfacing:

- Back shoulder seam allowances

The seam allowances are reinforced with strips of fusible interfacing material, 1.5cm (5/8") wide and equal in length to the shoulder edge (to be measured on the paper pattern). The interfacing grainline is parallel to the long side (runs along the selvedge of the fusible material).

- Back neckline seam allowance. The seam allowance is reinforced with a strip of fusible interfacing material, 1.5cm (5/8") wide and 10cm (4") long. The interfacing grainline runs crosswise (along the weft threads).

Fusible straight grained seam tape, 1cm (5/8") wide, can be used as an alternative. The interfacing must be applied at 3mm (1/8") from the edge.

SEAM ALLOWANCES

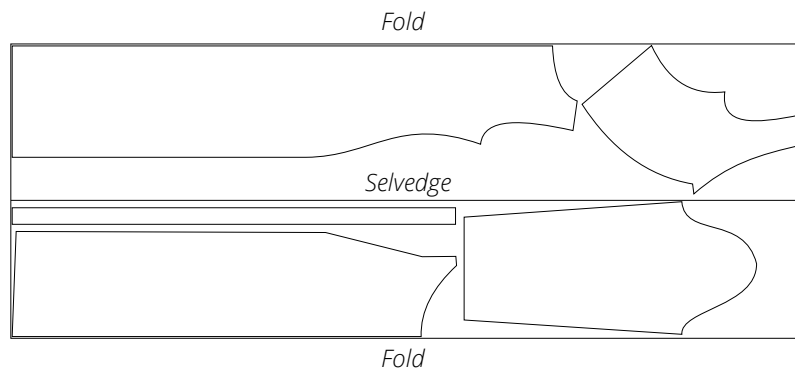
All pattern pieces include seam allowances:

- 2cm (3/4") at the bottom of the garment
- 2cm (3/4") at the bottom of the sleeves
- 1.5cm (5/8") at the back and front bodice neckline
- 1.5cm (5/8") at the bottom edge of the front bodice
- 1.5cm (5/8") at the top edge of the front skirt
- 1cm (3/8") at all the other edges

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

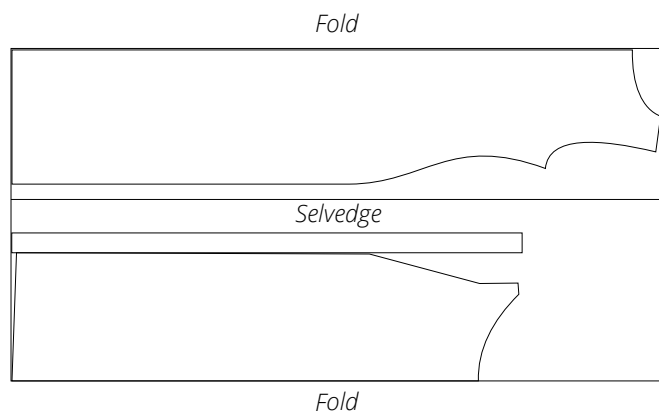
CUTTING LAYOUT

Main fabric, 140cm (55") wide, cut on two-end fold, for sizes 34-42 in all heights, with a directional print/nap

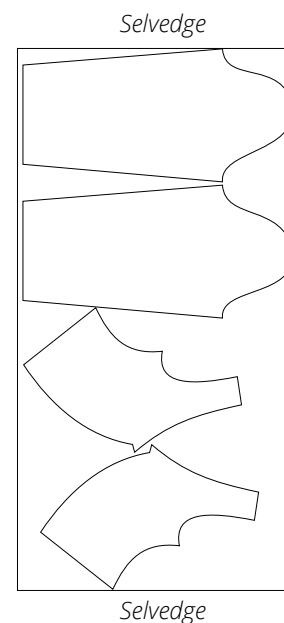


Main fabric, 140cm (55") wide, cut in two steps, for sizes 44-52 in all heights, with a directional print/nap

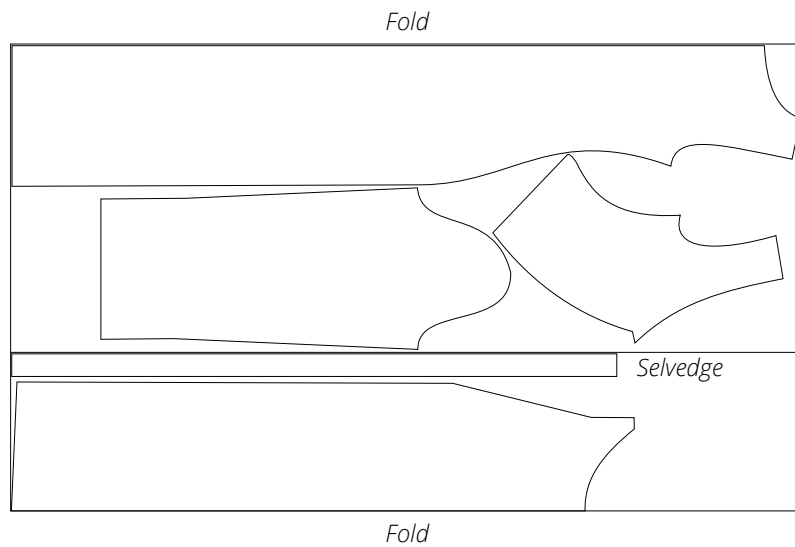
Step 1, cut on two-end fold



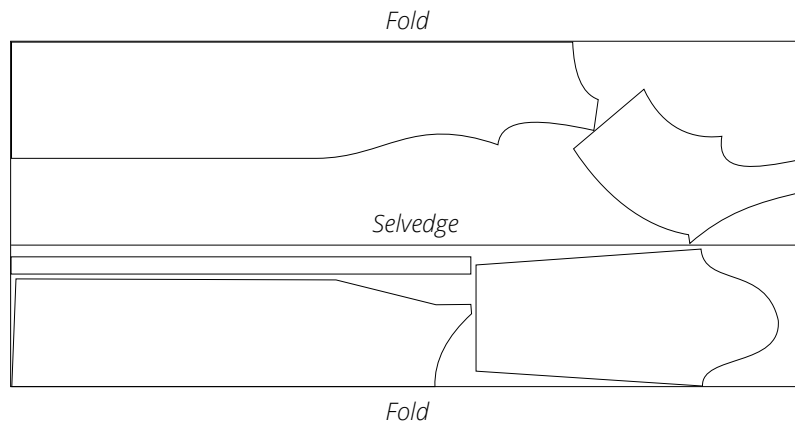
Step 2, cut on the open



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



Main fabric, 160cm (63") wide, cut on two-end fold, for sizes 38-52 in all heights, with a directional print/nap



READY? LET'S GET SEWING!



The pieces to be partially interfaced:

- Front shoulder seam allowances - 2 pieces. Use the strips cut out of fusible interfacing. The interfacing grainline runs lengthwise (cut on the grain). The interfacing strips are 1.5 cm (5/8") wide.
- Back neckline. A strip of fusible interfacing, 1.5cm (5/8") wide and 10cm (4") long, is applied to the center of the back neckline area. The interfacing grainline runs crosswise (along the weft threads).



To apply the interfacing, join the wrong side of the main piece (or section of the main piece) with the fusible side of the interfacing piece and press.

Make sure not to stretch the pieces with the iron. Use stamping movements rather than gliding: press the iron to the fabric, hold for some seconds, then move on to the next section of the garment piece. You can use a cotton pressing cloth to prevent the iron sole from sticking. To let the piece cool down and harden, leave it on a flat, hard surface for 15 minutes.

FITTING

First garment fitting

We recommend doing a first fitting for any garment.

For what purpose? The first garment fitting is intended to:

- Verify the balance of the garment (whether the side seams are vertical)
- Make sure the center front and center back lines do not ride up
- Adjust the volumes (only to reduce the volume and in case you didn't make a toile and didn't make any pattern modifications prior to cutting the fabric)
- Adjust the garment length and the sleeve length

How? After the interfacing material and fusible seam tape are applied, we recommend basting the main construction seams (shoulder, side and sleeve seams) to put all garment pieces together. Baste the sleeves in the armholes. Baste the bottom hems of the sleeves and the garment.

To ensure a well-fitting garment, it's important to properly assemble it for the first fitting, so pay attention to the notches during construction. When you pin pieces together, pin first at the notches and then between the notches, making sure the fabric is laying smoothly.

To baste the garment, use:

- A long straight machine stitch (stitch length 4-5mm or 1/8"), or
- Hand basting (stitch length approximately 1cm or 3/8")

Important! In situations where the needle leaves marks in the fabric (leather, suede, raincoat fabrics, silk, etc.), in order to check the fit and evaluate possible issues, we recommend making a TOILE first! In this case, you won't need to do fittings, unless it's done solely to evaluate the garment length. We recommend testing on a scrap piece of fabric first to see whether your chosen material is prone to be marked by needles.

During basting, if it so happens that one piece is longer than the other, don't rush to true them by cutting the excess. First make sure that the notches are properly matched, lay the pieces on a flat surface and try to re-baste the pieces together. If the pieces still don't match in length, for example if one has stretched or if there was a mistake during cutting, then the truing can be done after the first fitting, during the garment sewing process.

After assembly, the garment should be lightly pressed, the seams should be pressed open or to one side.

What to look for during fitting?

The left and right sides of the garment should look the same.

Verify the balance of the garment – the side seams, center back and center front lines must be vertical, the shoulder seam must lie on the natural shoulder line.

If the garment bottom is straight, the bottom line must be parallel to the floor.

Evaluate the side view of the front and back of the garment (look at yourself sideways in the mirror). The front and back should not sag or ride up. There shouldn't be any horizontal wrinkles across the back, nor any tension across the shoulder blades and shoulders.

Verify the sleeve fit. The sleeve fabric must lay smoothly and have no wrinkles or creases.

Verify the garment length.

Check for fit issues associated with individual features of the body (for example, an asymmetrical figure with shoulders at different levels, etc.)

Verify garment volume, there should be enough ease and it should feel comfortable.

After the fitting, mark changes symmetrically to both sides of the garment; if needed, baste once more and do another fitting.



Place the knit bias tape to the bottom edge of the front bodice on the wrong side, pin, baste if necessary, and stitch on the 4-thread overlocker, the right side of the front bodice facing up. Press the seam flat.



Trim the loose edge of the bias tape down to 2mm (1/16") from the seam.



Fold the bottom seam allowance of the front bodice to the wrong side, pin and baste. Stitch a zigzag line on the right side of the front bodice at 1cm ($\frac{3}{8}$ ") from the edge. Backstitch at the beginning and end of the stitching line. Press the seam flat.



Place the knit bias tape to the top edge of the front skirt on the wrong side, pin, baste if necessary, and stitch on the overlocker, with the right side of the front skirt facing up. Press the seam flat. Trim the loose edge of the bias tape down to 2mm ($\frac{1}{16}$ ") from the seam.



Fold the top edge seam allowance of the front skirt to the wrong side, pin and baste. Stitch a zigzag line on the right side of the front bodice at 1cm ($\frac{3}{8}$ ") from the edge. Backstitch at the beginning and end of the stitching line. Press the seam flat.



Place the front bodice and back pieces right sides together, align the shoulder edges. Pin, baste if necessary, and stitch the shoulder seam allowances together on the overlocker, with the back facing up.



Press and steam the shoulder seams on a tailor's board by pressing the seams flat first and then pressing the seam allowances to the front.



Place the knit bias tape along the edge of the neckline on the wrong side of the garment. The bias tape must lay smoothly on the front bodice pieces and be stretched a little at the back (the part of the bias tape intended for the back neckline area must be 1.5-2cm (5/8"-3/4") shorter than the back neckline before stretching). Pin, baste if necessary, and stitch on the overlocker, with the right side of the garment facing up.



Press the seam flat. Trim the loose edge of the bias tape down to 2mm (1/16") from the seam.



Fold the neckline seam allowance to the wrong side, pin and baste. Stitch a zigzag line on the right side of the front bodice at 1 cm (3/8") from the edge. Backstitch at the beginning and end of the stitching line. Press flat.



Overlock the center front edges of the front bodice, with the right side of the front bodice pieces facing up.

Place the front bodice pieces right sides together, align the finished edges. Pin, baste, and stitch the edges together on the sewing machine using a zigzag stitch (stitch length 2.8mm, stitch width 1.3mm). Stitch at 1.5cm (5/8") from the edge. Backstitch at the beginning and end of the stitching line.



Press the seam flat. Press the seam allowances open on a tailor's board.



Pin the open seam allowances to the front bodice pieces and hand baste in place. Topstitch the seam allowances on the sewing machine with a zigzag stitch at 1cm (3/8") from the center front seam on the right side of the front bodice pieces. Backstitch at the beginning and end.



Press the seams flat.



Put the back, front bodice and front skirt pieces right sides together, align the side edges, match the notches. Pin, baste and stitch the pieces together on the overlocker with the front pieces facing up.



Press and steam the side seams. To do this, first press the seams flat, then press the seam allowances to the back.



Fold each sleeve piece in half lengthwise right side to right side, pin, baste and overlock the underarm edges together with the back side of the sleeve facing up.



Press and steam the sleeve seams. First press the seams flat, then press the seam allowances to the front side.



Stitch a straight line along the sleeve cap seam allowances at 6-8mm (1/4" to 3/8") from the edge. The stitch length is 4mm (1/8"). Shape the sleeve cap by pulling the lower (bobbin) thread. Press the eased sleeve cap all along.



Put the sleeves into the armholes of the dress one by one, match the notches, align the edges of the armhole and the sleeve cap. Pin and stitch the sleeves on the overlocker with the sleeve pieces facing up.



Press the seams flat, then press the seam allowances towards the garment.



Make the ties for the dress channel. Put two tie pieces face to face, align the short edges. Pin, baste if necessary, and stitch the short edges together on the overlocker.



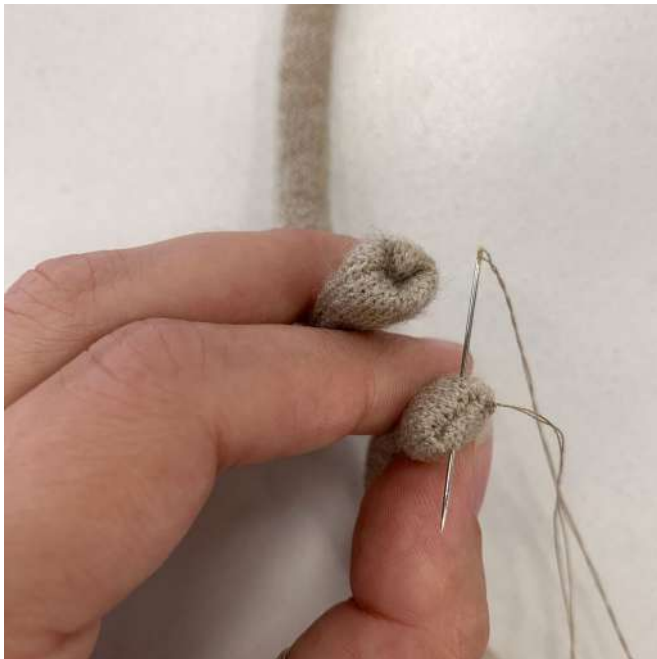
Press the seam flat. Then press the seam allowance to one side.



Fold the tie pieces in half lengthwise, right side to right side. Pin, baste if necessary, and stitch the long edges together on the overlocker.



Use a loop turner to turn the tie right side out. Press the tie.



Finish the tie ends with slip stitches.



Pull the tie through the front bodice channels using a cord threader / bodkin.



Mark the hems of the garment and the sleeves. Fold the seam allowances to the wrong side, pin, baste and press gently.



Coverstitch the garment and sleeve hems in such a way that the two lines of stitching on the right side catch and cover the raw hem edge on the wrong side.

Important! In order to achieve straight stitching lines, mark the stitching line with chalk on the right side or, alternatively, use the seam allowance marks on the machine's needle plate.

Coverstitching is done on a coverstitch or a coverlock machine. If you don't have any of these, topstitch two-row lines using a twin needle on your regular home sewing machine with a zigzag function.

Give the dress a final press.

SEW TOGETHER WITH #VIKISEWS!

CREATE YOUR DREAM
WARDROBE!

#vikisews_leora

