

Viki  
S E W S

DRESS  
**DORIS**

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SIZES  
34-52

DIFFICULTY  
● ● ●

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BEGINNERS

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# 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.



## DORIS PATTERN DESCRIPTION

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Doris is a loose-fitting, lined, trapeze dress with a round neckline. The front is shaped with bust darts transferred to the side seams. The back has shoulder darts transferred to the neckline. The dress is sleeveless and has side seam pockets. The back neckline features a rouleau loop and button closure. The hem is finished with a facing. Doris is above-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 ease	Waistline ease	Hipline ease
cm	14.1–18.2	50.4–56.7	41.8–54.3
inches	5 1/2–7 1/8	19 7/8–22 3/8	16 1/2–21 3/8

## GARMENT LENGTH

Height, cm	Back length, cm	Height, ft	Back length, in
1 (154–160)	77.8–79.6	1 (5'1"–5'3")	30 5/8–31 3/8
2 (162–168)	81.8–83.6	2 (5'4"–5'6")	32 1/4–32 7/8
3 (170–176)	85.8–87.6	3 (5'7"–5'9")	33 3/4–34 1/2
4 (178–184)	89.8–91.6	4 (5'10"–6'1")	35 3/8–36 1/8

## SUGGESTED FABRIC

To sew this dress, choose dress-weight and suiting fabrics with the following properties:

- medium to heavyweight, structured, non-stretch or low-stretch
- the fiber content can include natural fibers (wool, silk, cotton, linen), artificial fibers (viscose), blends (wool + silk, wool + polyester, polyester + viscose, etc.), and synthetics (polyester, polyester + elastane)
- the following fabrics are recommended: sateen, poplin, linen, broderie anglaise, lightweight denim. For the lining, we recommend cotton shirting, sateen, poplin, linen, batiste.

**Attention!** We do not recommend stretchy knit fabrics. The fabric has to be structured.

The garment in the photos is made of linen. The fabric is medium-weight, without stretch. The fiber content is 30% linen, 30% tencel, 40% cotton.

The lining is made of cotton shirting (100% cotton).

# FABRIC AND NOTIONS REQUIREMENTS

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

Height, cm	34	36	38	40	42	44	46	48	50	52
1 (154–160)	1.27	1.28	1.36	1.46	1.5	1.54	1.62	1.62	1.64	1.75
2 (162–168)	1.34	1.38	1.46	1.55	1.59	1.67	1.7	1.7	1.81	1.83
3 (170–176)	1.41	1.48	1.56	1.64	1.68	1.75	1.77	1.79	1.89	2.03
4 (178–184)	1.5	1.58	1.67	1.73	1.8	1.83	1.85	1.95	1.95	2.05

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

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

Main fabric, 150 cm wide, with a directional print/nap, in meters:

Height, cm	34	36	38	40	42	44	46	48	50	52
1 (154–160)	1.2	1.21	1.28	1.28	1.36	1.45	1.51	1.54	1.56	1.63
2 (162–168)	1.23	1.31	1.34	1.37	1.46	1.56	1.6	1.63	1.69	1.71
3 (170–176)	1.32	1.41	1.41	1.47	1.56	1.64	1.69	1.71	1.79	1.79
4 (178–184)	1.42	1.47	1.49	1.58	1.67	1.73	1.78	1.84	1.86	1.88

Main fabric, 59" wide, with a directional print/nap, in yards:

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

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

Height, cm	34	36	38	40	42	44–46	48	50	52
1 (154–160)	1.23	1.24	1.32	1.42	1.46	1.52	1.52	1.55	1.55
2 (162–168)	1.3	1.34	1.42	1.51	1.58	1.6	1.6	1.61	1.65
3 (170–176)	1.37	1.44	1.52	1.6	1.64	1.67	1.69	1.69	1.83
4 (178–184)	1.45	1.54	1.63	1.7	1.74	1.77	1.77	1.77	1.9

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

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

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

3. Fusible interfacing, for all sizes and heights – 0.25 m (1/4 yd).

4. Bias-cut fusible stay tape – 2 m (2 1/8 yd).

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

6. One button, 1 cm (3/8") in diameter.

## TOOLS AND EQUIPMENT

- sewing machine for construction
- overlocker for 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)
- edgestitch foot for the sewing machine (optional)
- loop turner.

# PATTERN PIECES LIST

## 1. From main fabric:

- front – cut 1 on fold
- back – cut 2
- pocket bag – cut 4
- front hem facing – cut 1 on fold
- back hem facing – cut 1 on fold
- rouleau loop – cut 1.

## 2. From lining fabric:

- front – cut 1 on fold
- back – cut 2.

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

# SEAM ALLOWANCES

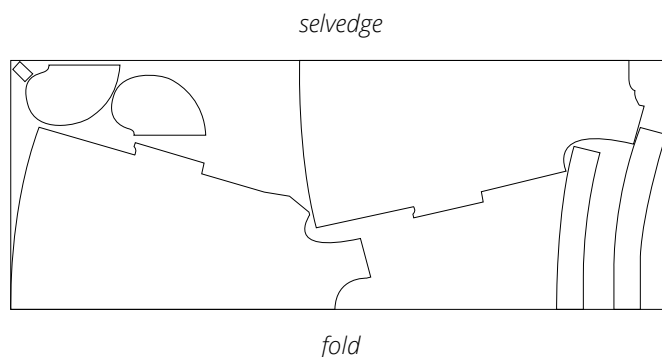
All pattern pieces include seam allowances as follows:

- center seam on the back and back lining pieces, hem allowance on the lining – 1.5 cm (5/8")
- all other edges – 1 cm (3/8").

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

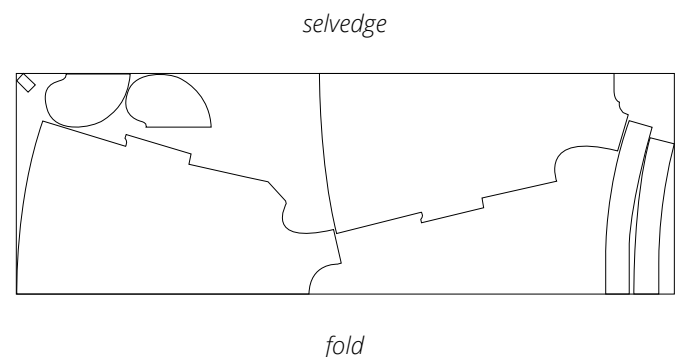
# CUTTING LAYOUT

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



**Important!** Cut only one rouleau loop piece.

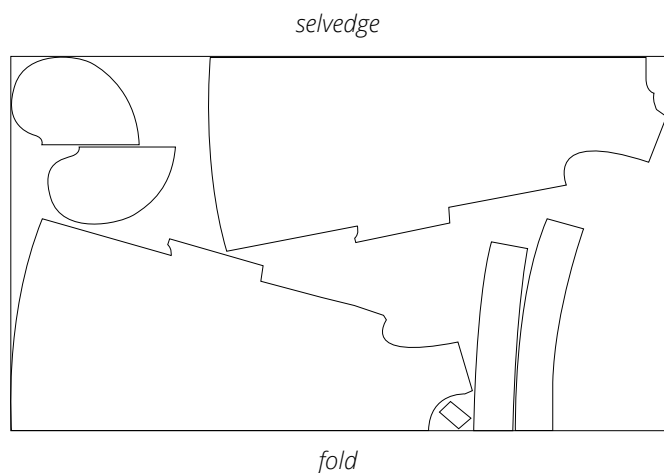
Main fabric, 140 cm (55") wide, cut on fold, for sizes 48–52 in all heights, with a directional print



**Important!** Cut only one rouleau loop piece.

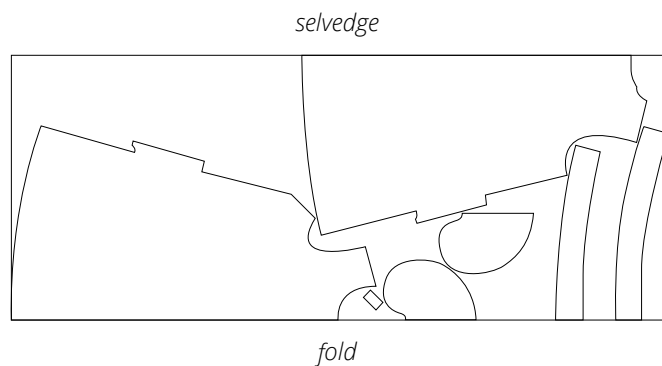


Main fabric, 150 cm (59") wide, cut on fold, for sizes 34–42 in all heights, with a directional print



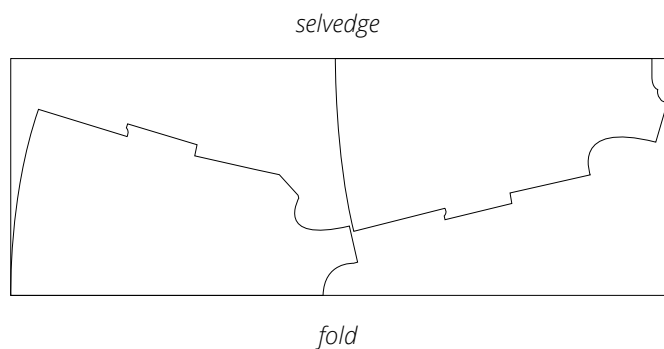
**Important!** Cut only one rouleau loop piece.

Main fabric, 150 cm (59") wide, cut on fold, for sizes 44–52 in all heights, with a directional print

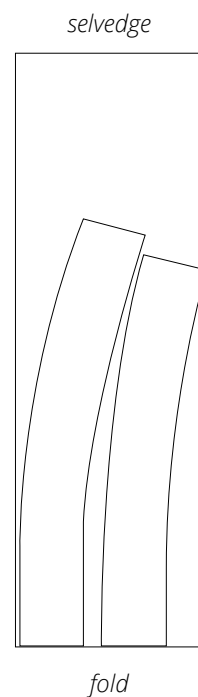


**Important!** Cut only one rouleau loop piece.

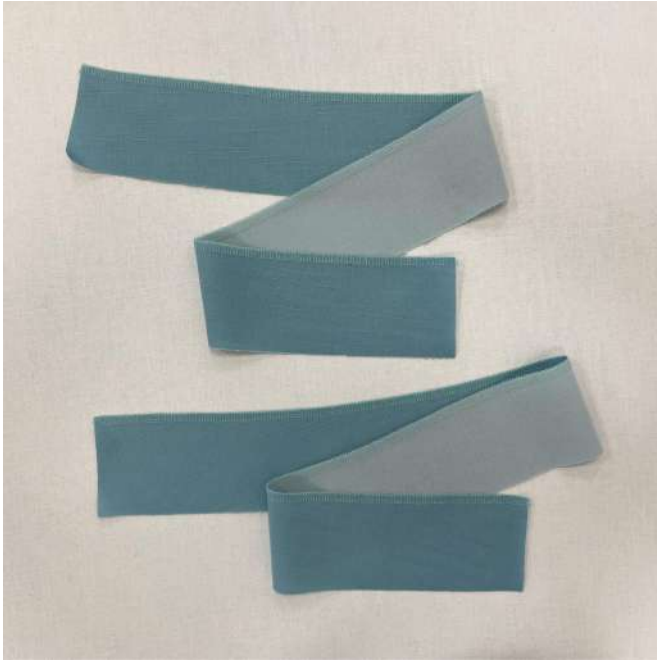
Lining fabric, 140 cm (55") wide, cut on fold, for all sizes and heights, with a directional print



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



# READY? LET'S GET SEWING!



We recommend testing your interfacing and fusible stay tape on a scrap of fabric before applying it to the main pieces. Check your iron's temperature and steam settings (check if it's safe to use steam on your main fabric). Check how long it takes for the interfacing to bond.

**Fully interface the following pieces:**

- back hem facing – 1 piece
- front hem facing – 1 piece.

**Interface with bias-cut fusible stay tape:**

- shoulder seam edges on the front piece
- armhole, neckline, and back neckline slit edges on the front and back lining pieces.

### **Interface with stitch-reinforced fusible stay tape:**

- pocket opening area on the front piece.

The stay tape should be 1 cm (3/8") wide and as long as the interfaced section. Position the stay tape so that the reinforcement stitches on the tape are 9 mm (just under 3/8") away from the edge.

To apply the interfacing or stay tape, position its glue side onto the wrong side of the fabric piece (or part of it) and press. Do not move the iron back and forth. Firmly press the piece section by section, holding it down with the iron for a few seconds until that section is adhered and then pressing down the next section. You may use a cotton pressing cloth to protect your iron sole. Once the interfacing is fused, leave the piece on a hard flat surface for 15 minutes for it to cool down.

## **FITTING**

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We recommend doing a fitting for any garment.

**What for?** The fitting is done to:

- check the balance of the garment: the side seams should be vertical
- make sure the front and back center lines are not riding up
- adjust the volume (if you didn't make a toile and didn't make any changes to the pattern pieces before cutting) but only to make the garment smaller.

**How?** After applying the interfacing and stay tape, baste the darts and assemble the entire garment along the main structural seams: shoulder seams, side seams. Baste the garment hem.

To achieve a good fit, you should correctly assemble the garment for the first fitting, so pay attention to the notches. First, pin the pieces at the notches and then between them, making sure the fabric is laying smoothly.

**To baste the garment, use one of the following methods:**

- machine-stitch (4–5 mm stitch length)
- hand-baste (approximately 1 cm [3/8"] stitch length).

**Important!** If the needle leaves visible holes in the fabric (silk, satin, etc.), we recommend making a TOILE to check for fitting issues. In this case, there is no need for a fitting, except to check the lengths. We recommend testing on a scrap of fabric first to see whether your material is prone to be marked by needles.

If you notice that one piece is larger than the other after you've done the basting, don't rush into truing the pieces right away (i.e., evening out the details by trimming the excess fabric). First make sure that the notches are properly matched, lay the pieces on a flat surface and try to re-baste them together. If the pieces still don't match in length because they have stretched or there has been a cutting mistake, you can always true the pieces after the fitting, during the construction of the garment.

After assembling the garment, press it lightly and press the seam allowances either to one side or open.

**What to look for during fitting?**

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

Verify the garment balance: the side seams, center back and front lines should be vertical, the shoulder seams should lie on the natural shoulder line.

The garment hem should be straight and parallel to the floor.

Evaluate the fit of the front and back while looking at the person from the side. The front and back should not be riding up or sagging. There should be no horizontal folds at the back, no pulling at the shoulder blade area and shoulders.

Check the size and placement of the darts. The tip of the bust dart should point toward the bust apex but not go over it.

Check 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 the garment volume, there should be enough ease for a comfortable fit.

After the fitting, make the necessary adjustments to both sides of the garment and do another baste fitting if necessary.



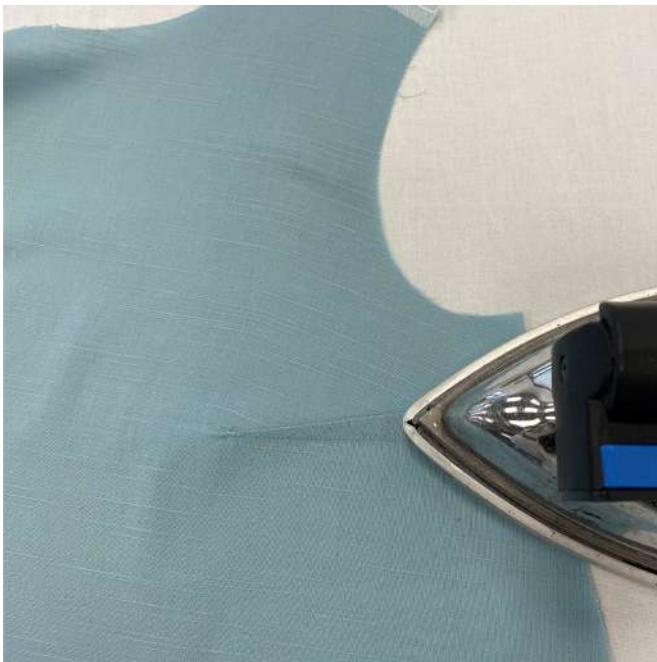
Trim off 2 mm of the neckline and armhole edges on the front and back lining pieces.



Pin and baste the darts on the wrong side of the front piece. Machine-stitch, starting at the wide end and moving toward the dart point. Backstitch at the beginning of the seam only. At the tip of the dart, tie the thread ends into knots and hide them between the dart layers using a hand sewing needle.



Press the darts flat.



Press the bust dart up.

Press to shrink out the fullness at the dart point.

Stitch the darts on the front lining the same way.



Stitch the darts on the back pieces.

Machine-stitch, starting at the wide end and moving toward the dart point. Backstitch at the beginning of the seam only. At the tip of the dart, tie the thread ends into knots and hide them between the dart layers using a hand sewing needle.

Press the darts flat.





Stitch the darts on the back lining pieces the same way.

Leave long thread tails and hide them between the layers of the seam allowances using a hand sewing needle.

Press the darts toward the shoulder edge on the back and back lining pieces.



For sizes 40 and up, we recommend trimming the extra bust dart width on the front bodice piece.

Mark a line at 1 cm (3/8") from the dart seam. Trim the extra dart width.



With the bottom part of the dart facing up, overlock the seam allowance.

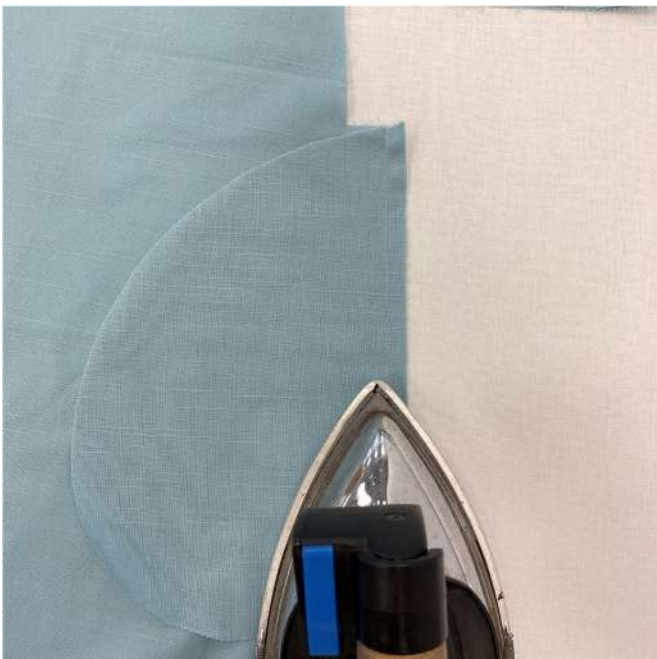
Press the seam flat.



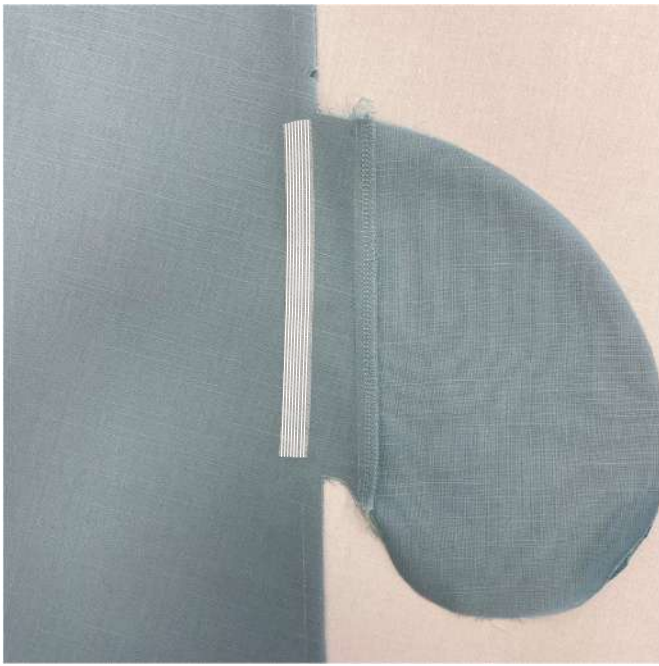
Press and steam the dart. Press the dart up, shrink out the fullness at the dart point, and then press down with a tailor's clapper.



Place the pocket bags onto the front and back pieces right sides together, align the side edges. Pin, baste, and stitch on the sewing machine.



Press the seam flat.



Overlock the seam allowances, keeping the front and back pieces facing up.

Press the seam flat and then press the seam allowances toward the pocket bag.



Understitch the seam allowances to the pocket bag.

Work from the right side and stitch at 1 mm from the seam. Backstitch at the beginning and end. Press the seam flat.



With the right side facing up, overlock the center back seam allowances on the back and back lining pieces separately. Continue overlocking 1–2 cm (3/8–3/4") past the beginning of the back neckline slit.

Press the seams flat.





Place the front and back pieces right sides together.

Pin the shoulder seam edges, baste, and stitch on the sewing machine.



Stitch the shoulder seams on the lining the same way.



With the back piece facing up, overlock the shoulder seam edges on the main garment.

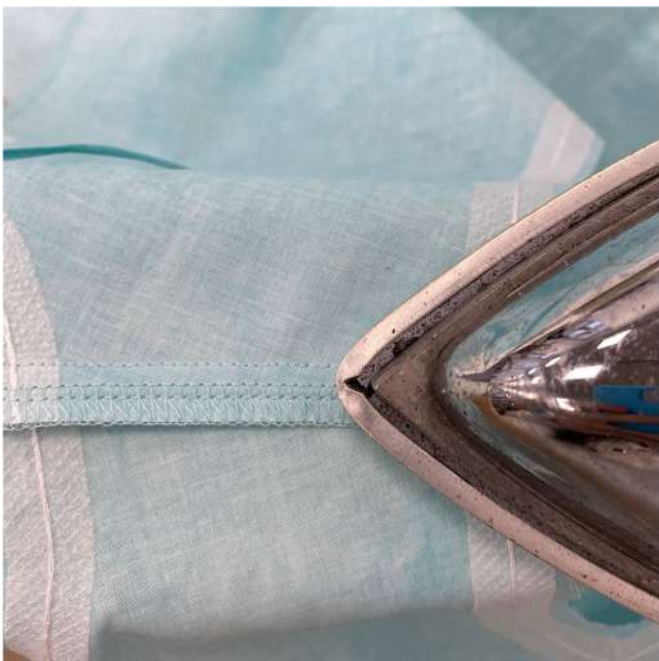
Press the seams flat.



Overlock the shoulder seam edges on the lining the same way. Press the seams flat.

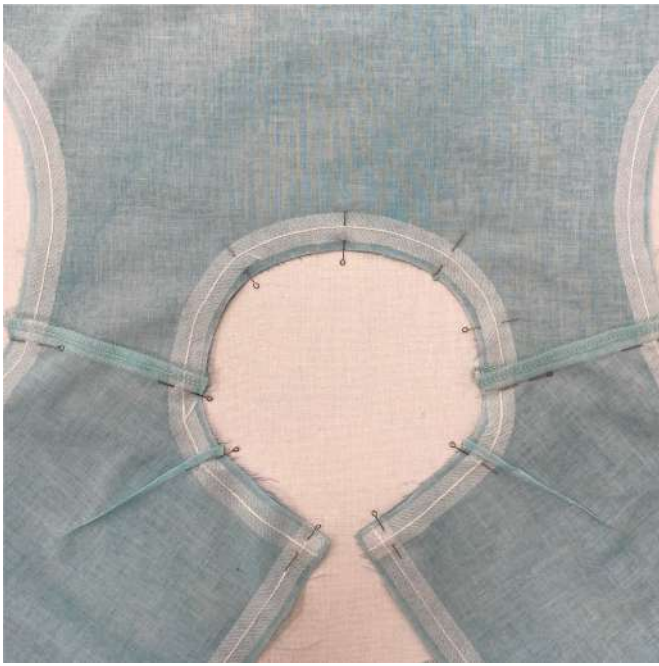


Press the shoulder seam allowances on the main garment toward the front.



Press the shoulder seam allowances on the lining toward the front.





Align the neckline edges of the outer garment and lining right sides together, matching the shoulder seams and notches. Pin, baste, and stitch on the sewing machine. Backstitch at the beginning and end of the seam.

Press the seam flat.



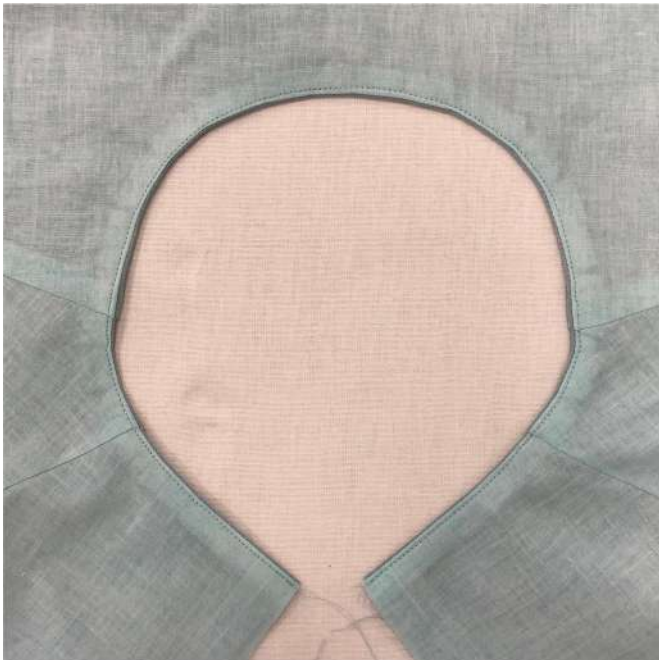
Clip into the curved areas of the neckline seam allowance, up to 2 mm from the seam.



Press the seam allowance flat and then press it toward the lining.



Turn the garment right side out. Understitch the seam allowance to the lining. Work from the right side and stitch at 1 mm from the seam. Backstitch at the beginning and end of the seam.



Press the seam flat, rolling it slightly toward the lining.



Trim the seam allowances of the garment-to-lining seam as follows:

- the outer garment seam allowance – down to 5 mm (just under 1/4")
- the lining seam allowance – close to the seam.



Align the armhole edges of the outer garment and lining right sides together. Match the shoulder seams and notches, pin, and baste. Stitch on the sewing machine, backstitching at the beginning and end of the seam.

Press the seam flat.



Clip into the armhole seam allowance, up to 2 mm from the seam.



Press the seam allowance flat and then press it toward the lining.



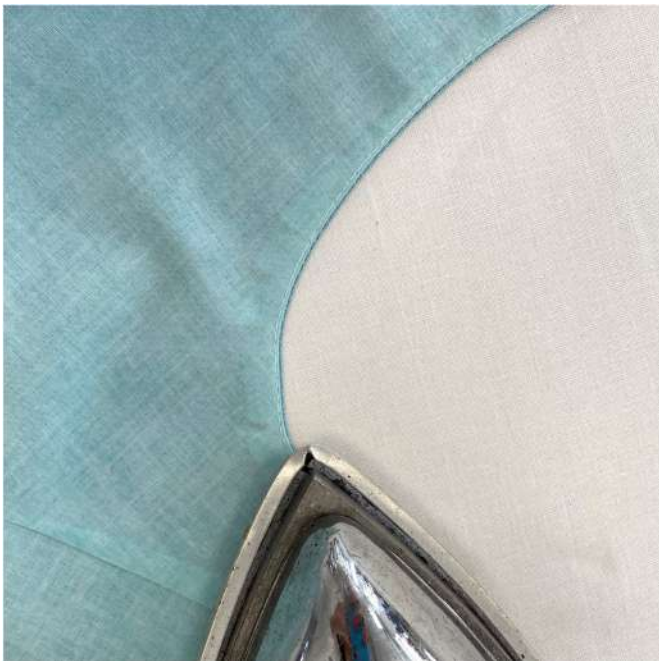


Turn the garment right side out. Understitch the seam allowance to the lining. Work from the right side and stitch at 1 mm from the seam. Backstitch at the beginning and end of the seam.

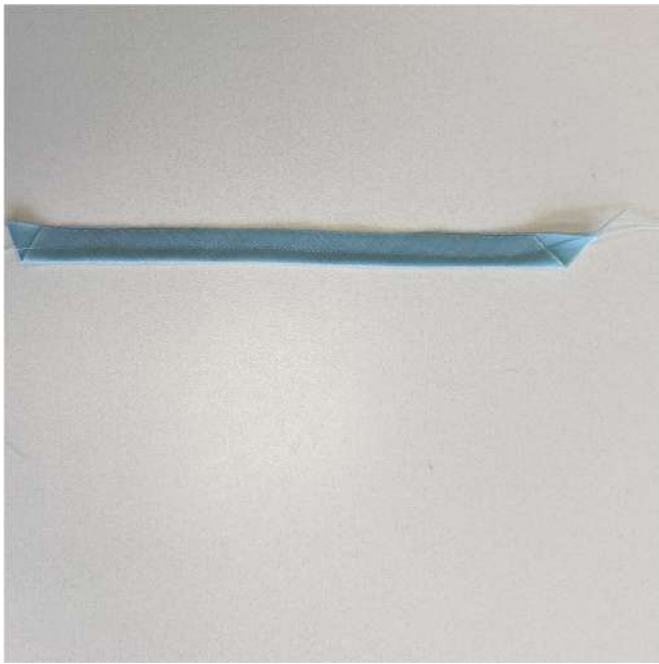


Trim the seam allowances as follows:

- the outer garment seam allowance – down to 5 mm (just under 1/4")
- the lining seam allowance – close to the seam.



Turn the dress to the right side, press the seams flat rolling them slightly toward the lining.



Prepare the rouleau button loop.

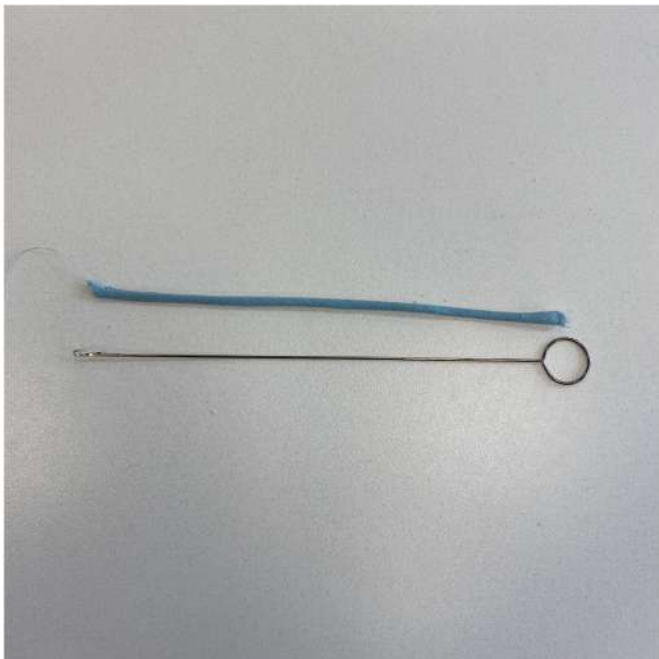
Cut a strip of fabric on the bias, i.e. at a 45-degree angle. Make a strip 2.5–3 cm (1–1 1/8") wide by 7–10 cm (2 3/4–3 7/8") long.

Fold the strip in half lengthwise right sides together.

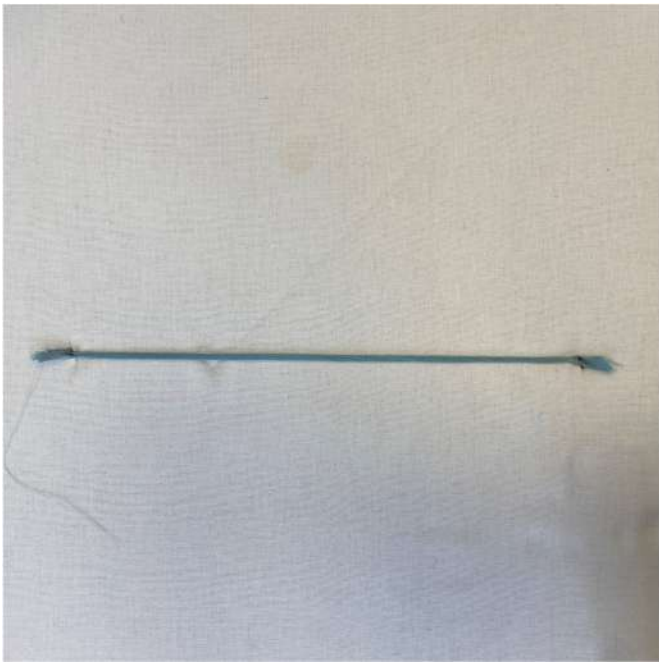
Machine-stitch at 5 mm (just under 1/4") from the fold. Do not backstitch and leave long thread tails.



Trim the seam allowance down to 2–3 mm (1/8") from the seam.



Turn the loop right side out using a loop turner.



Pull the loop tight and pin it to the ironing board. Steam-press the loop and let it cool down.



Trim the loop to match the pattern piece.  
Form the button loop to match the size of your button and steam it. Trim the excess, leaving a 1 cm (3/8") seam allowance.



Pin the loop to the right side of the left-hand back piece, align it with the center back edge.

Machine-stitch across the loop three times at 9 mm (just under 3/8") from the edge.

Press the ends of the loop making this area as flat as possible.

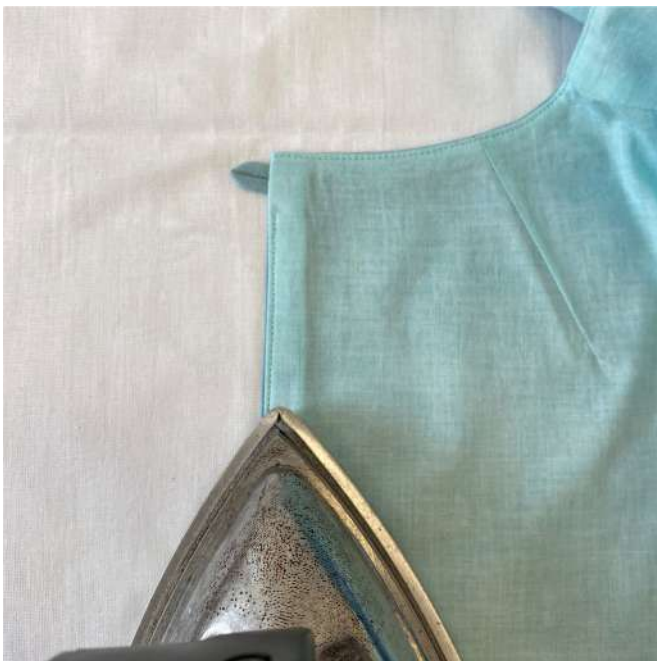




Fold the lining over so that the outer back and back lining are right sides together. Align the center back seam edges, pin, baste, and stitch on the sewing machine, backstitching at the beginning and end of the seam. Stop stitching at the notch marking the end of the slit.



Press the seam flat.



Turn the garment right side out. Understitch the seam allowance to the lining. Work from the right side and stitch at 1 mm from the seam. Backstitch at the beginning and end of the seam. Press the seam flat, rolling it toward the lining by 2 mm.



Place the dress front and back right sides together, align the side seam edges and pocket bags, match the notches.

Pin, baste, and stitch on the sewing machine. Backstitch at the beginning and end of the seam.



Overlock the seam allowances.  
Keep the back pieces facing up.



Press the seams flat.





Press the seam allowances toward the front.



Turn the dress to the right side, smooth out the pockets.

Working from the right side, topstitch the pocket opening at 5 mm (just under 1/4") from the edge to secure it. Make sure to stitch through the front piece only.



Add 5 mm (just under 1/4") long perpendicular reinforcement stitches, as shown in the photo.



Place the two back pieces right sides together along the center back seam. Align the edges, match the notches. Pin, baste, and machine-stitch between the end of the slit and the bottom of the garment. Backstitch at the beginning and end of the seam.

Press the seam flat.



Place the two back lining pieces right sides together along the center back seam. Align the edges, match the notches. Pin, baste, and machine-stitch between the end of the slit and the bottom of the garment. Backstitch at the beginning and end of the seam.

Press the seam flat.



Press the seam allowances open.





Press the lining seam allowances open as well.



Press the bottom edge of the lining to the wrong side by 7 mm (just over 1/4"). Fold by 7 mm (just over 1/4") once again and press.



Machine-stitch at 1 mm from the inner folded edge. Press the seam flat.



Place the front and back hem facing pieces right sides together.

Pin, baste, and machine-stitch the side edges.



Press the seams flat.



Press the seam allowances open.

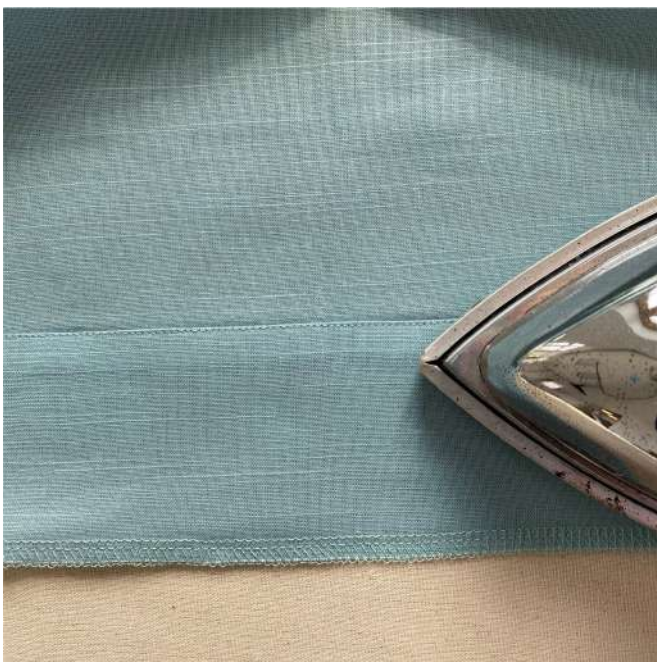
With the right side facing up, overlock the upper edge of the facing in the round. Press the seam flat.



Align the hem facing with the bottom edge of the garment right sides together. Pin, baste, and stitch on the sewing machine.



Press the seam flat and then press the seam allowances toward the facing.

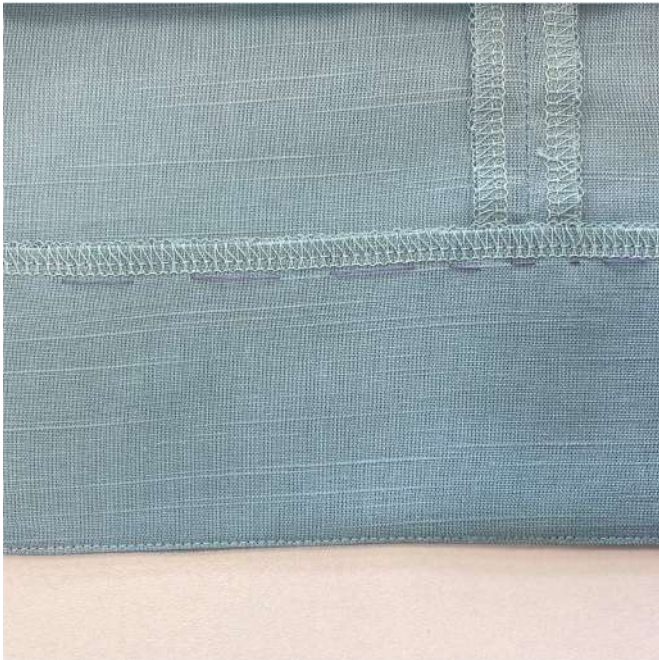


Understitch the seam allowance to the facing. Work from the right side and stitch at 1 mm from the seam, backstitching at the beginning and end. Press the seam flat.





Trim the seam allowances as shown in the photo.

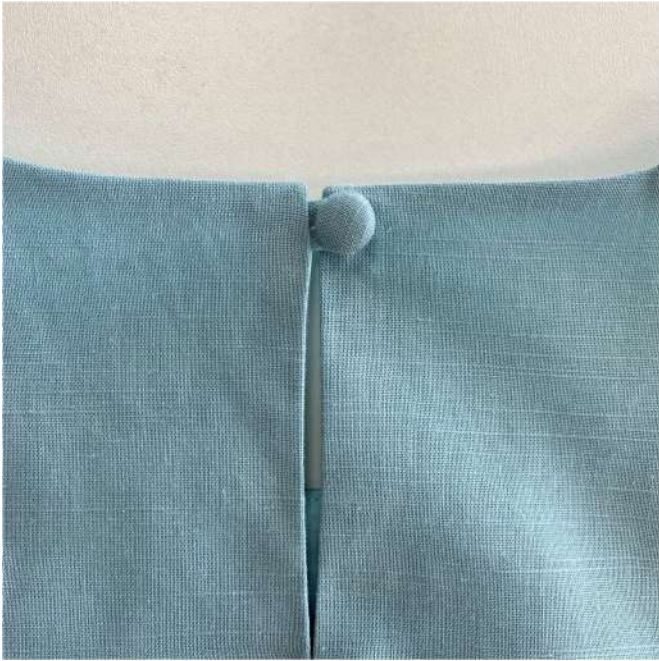


Fold the facing over to the wrong side and baste in place at 5.9 cm (just under 2 3/8") from the bottom edge. Press flat.



Topstitch the facing to the dress.  
Work from the right side and stitch at 6 cm (2 3/8") from the bottom edge. Use a 3 mm stitch length.  
Press the seam flat.





Mark the button placement on the right side of the right-hand back piece according to the pattern markings.

Sew the button on.

Give the garment a final press.



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