

# VIKISEWS

## LONG SLEEVE TOP **TERRY**

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SIZES  
34-46

DIFFICULTY  
● ●

SUITABLE FOR  
BEGINNERS



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# FROM THE FOUNDER OF #VIKISEWS BRAND

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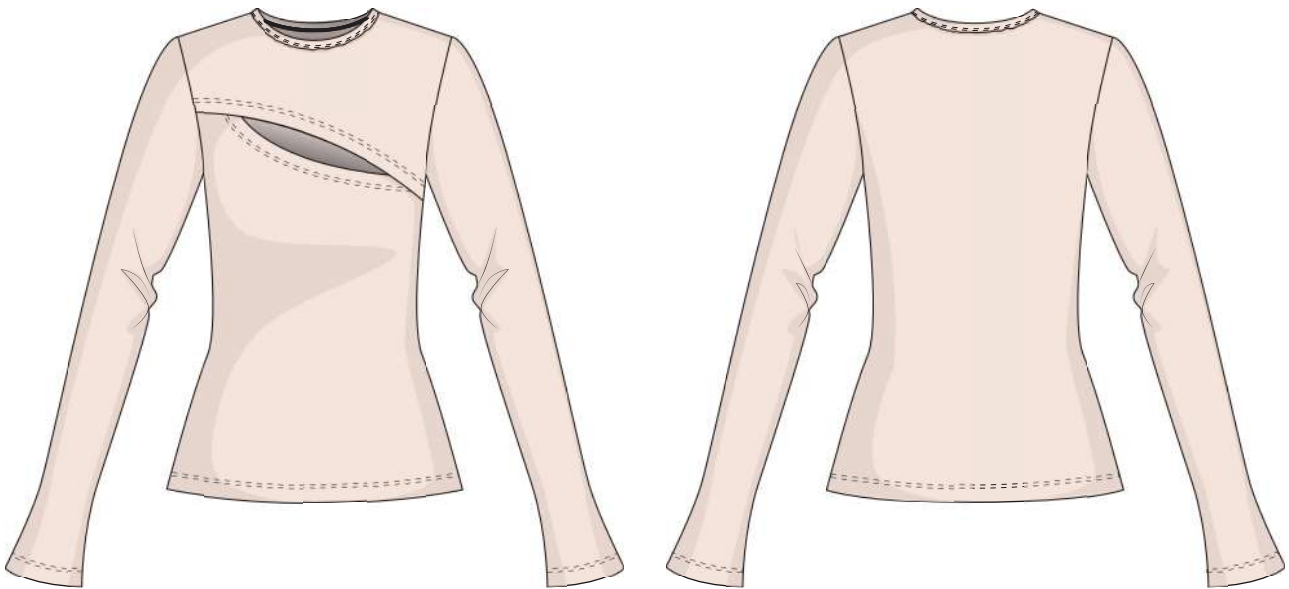


Back in 2016 when I was working on my first sewing manual, I pursued the idea to write that instruction in a simple and clear way. So that even a complete beginner in sewing would be able to understand every step to create the first garment. That first manual was a starting point for my pattern-making brand Vikisews with its mission and vision. I began creating modern patterns with a very detailed step-by-step sewing description.

We are constantly working on our sewing manuals with each new collection coming: adding new details or removing excessive information. Long before, you download our instructions, designers, pattern construction technicians and editors are putting a lot of efforts into each single word and photo. You can combine sewing instructions for different garments, so you get a useful handbook that would help you to sew future garments of any difficulty.

I would be very glad if my sewing manuals would contribute to growing your life-long business out of a small hobby. Don't forget to enjoy sewing! Create your own powerful wardrobe. Wear your self-made garments with honor.

If any questions remain, do not hesitate to contact us via the email [info@vikisews.com](mailto:info@vikisews.com). We would be glad to help!



## TERRY PATTERN DESCRIPTION

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Terry Long Sleeve Top pattern with a slim fit silhouette. Front bodice part consists of two pieces. Shaped cutout above the bust level between upper and lower front bodice parts. Sleeves are full arm length. Crew neckline finished with a raw edged neckband. Terry is hip length.



## FOR YOUR CONSIDERATION!

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Patterns of VikiSews are allowed:

- for personal use. It is prohibited to share VikiSews patterns and sewing instructions with third parties, as well as to publish patterns and instructions online for public access. According to part 1 of clause 1252 and clause 1301 of the Civil Code of the Russian Federation, failure to comply with the mentioned rules constitutes a breach of the legislation in force in the field of copyright and entails liability of the violator. Illegal use or distribution will be prosecuted in accordance with legislation.
- 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 individual parties.

## TOTAL EASE ALLOWANCE

Bust ease, cm	Waistline ease, cm	Hipline ease, cm	Upper arm ease, cm
-8.9 to -9	2.1	-7.8	-0.6

## GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Garment length at center back, cm	Sleeve length, cm
1 (154-160)	54	60
2 (162-168)	57	62
3 (170-176)	60	64
4 (178-184)	63	66

## SUGGESTED FABRIC

Knit fabrics with the following properties are suitable for the Terry Long Sleeve Top:

- soft, stretchy and very stretchy, highly elastic, smooth and textured
- the fibre content can include natural (wool, cotton, silk, bamboo + cotton), artificial (viscose), blends (wool + elastane, cotton + polyester+ nylon, cotton + elastane, cotton + spandex, bamboo + elastane, viscose + elastane) or synthetic (polyester + nylon + elastane, polyester + acrylic)
- the following fabrics are recommended: rib knit jersey, bamboo knit jersey, silk knit jersey, biflex, weft-knit jersey, single knit jersey with a high content of elastane.

**Attention!** Fabrics must have a certain content of elastic fibers like elastane or spandex.

The Long Sleeve Top on the photo is made of a single-knit jersey. This fabric is lightweight, soft and highly elastic. The fiber content is 90% viscose, 10% elastane. Stretch ratio is 1.7-2.

# FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 120 cm wide, in meters

Height, cm	Size 34-40	Size 42-46
1 (154-160)	1.12	1.25
2 (162-168)	1.17	1.3
3 (170-176)	1.2	1.34
4 (178-184)	1.24	1.4

Main fabric, 140 cm wide, in meters

Height, cm	Size 34	Size 36	Size 38-46
1 (154-160)	0.71	0.75	1.12
2 (162-168)	0.75	0.79	1.15
3 (170-176)	0.78	0.82	1.2
4 (178-184)	0.81	0.9	1.25

Main fabric, 180 cm wide, in meters

Height, cm	Size 34-36	Size 38	Size 40-46
1 (154-160)	0.68	0.72	0.77
2 (162-168)	0.7	0.75	0.8
3 (170-176)	0.72	0.78	0.83
4 (178-184)	0.74	0.8	0.86

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

2. Sewing thread in matching colour – 4 spools

## TOOLS AND EQUIPMENT

- Sewing machine for construction
- Overlock machine for sewing and finishing raw edges. This may be replaced with a stretch pseudo-overlock stitch or a zigzag stitch on the sewing machine (overlock or zigzag stitch width 2-3mm, stitch length 2.5mm)
- Coverstitch or coverlock machine to finish garment and sleeve hems. If you don't own a coverstitch, you can finish hems using a twin needle on a domestic sewing machine with a zigzag function.

**NOTE!** Please use special jersey needles when working with stretchy fabric (f.e. STRETCH, SUPER STRETCH, JERSEY etc.). Such needles have a ball point, which does not penetrate sewing threads but rather pushes them apart.

# PATTERN PIECES LIST

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## 1. Main fabric:

- Top front – cut 1
- Bottom front – cut 1
- Back – cut 1 on fold
- Sleeve – cut 2
- Neckband – cut 1

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

## 2. Interfacing:

- Back shoulder seam allowances

Seam allowances are reinforced with strips cut out of interfacing with 1 cm width and the length of the shoulder line (measure on the paper pattern).

# SEAM ALLOWANCES

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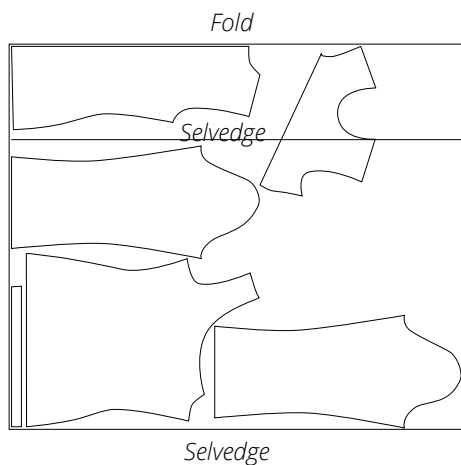
Pattern pieces already include the following seam allowances:

- hem allowance – 3 cm
- sleeve hem allowance – 2cm
- top front bottom edge – 1.5 cm
- bottom front upper edge – 1.5 cm

Please consider this when laying out pattern pieces on the fabric.

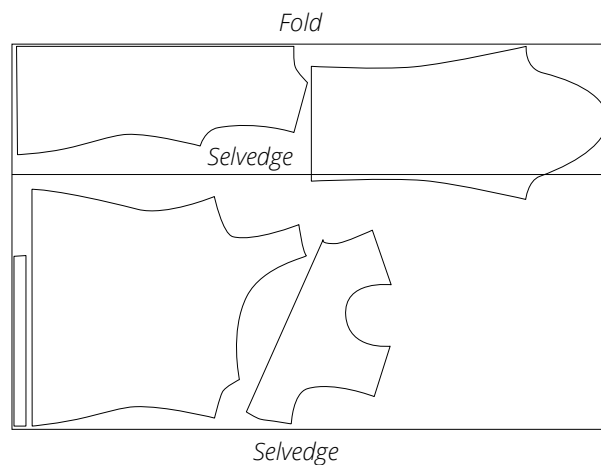
***NOTE!** Pattern pieces which are marked as “face” should be laid out onto the face side of the fabric*

Main fabric, 120 cm wide, with a partial fold, for sizes 34-40 in all heights, with a directional print



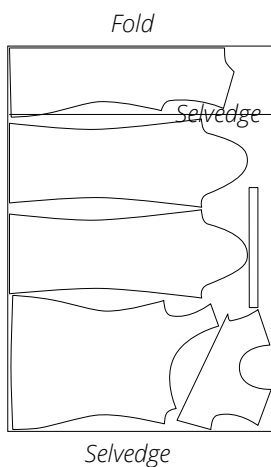
**Note!** Cut top front piece out of the remaining fabric

Main fabric, 120 cm wide, with a partial fold, for sizes 42-46 in all heights, with a directional print

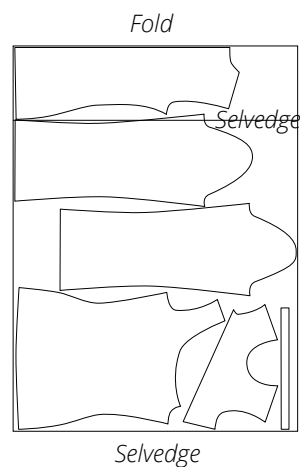


**Note!** Cut sleeves out of the folded remaining fabric

Main fabric, 140 cm wide, with a partial fold, for size 34 in all heights, with a directional print

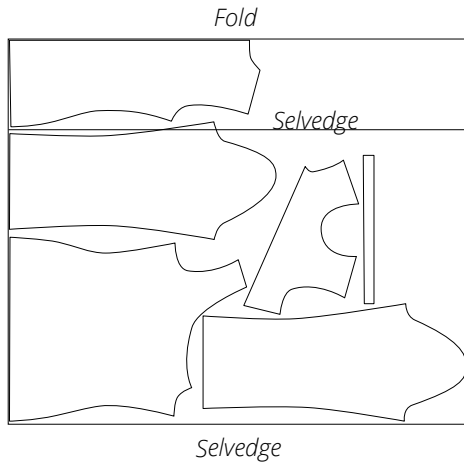


Main fabric, 140 cm wide, with a partial fold, for size 36 in all heights, with a directional print

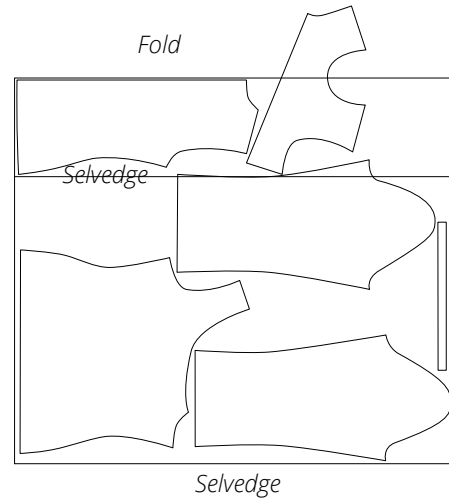




Main fabric, 140 cm wide, with a partial fold, for sizes 38-42 in all heights, with a directional print

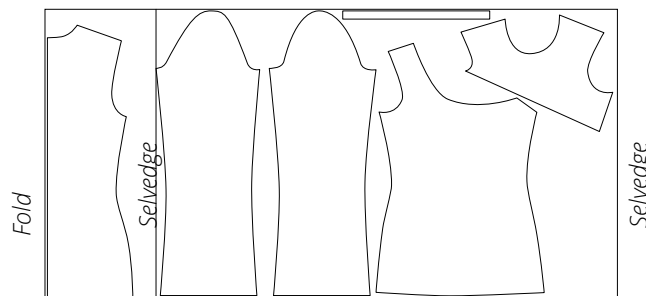


Main fabric, 140 cm wide, with a partial fold, for sizes 44-46 in all heights, with a directional print

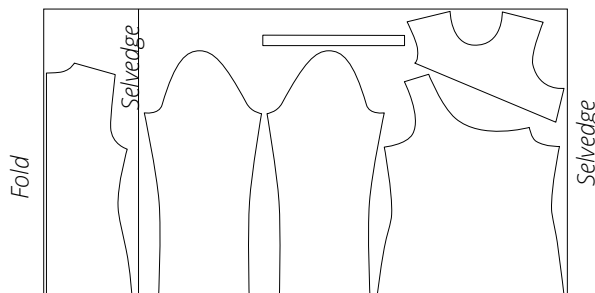


**Note!** Cut top front piece out of the remaining fabric

Main fabric, 180 cm wide, with a partial fold, for sizes 34-36 in all heights, with a directional print



Main fabric, 180 cm wide, with a partial fold, for sizes 38-46 in all heights, with a directional print



**READY? LET'S GET SEWING!**



## FIRST GARMENT FITTING

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We recommend doing the first fitting for any garment you make.

**What is the purpose?** The first fitting is done with the goal of checking the balance of the garment, correction of volumes (in case you didn't make a product sample and didn't make any pattern modifications prior to cutting) only to reduce the volume, correction of garment length, correction of neckline shape and its depth.

**How to perform?** After fusing, we recommend basting main construction seams of the product (including shoulder seams, side seams and sleeves). You should also baste hems of the bodice parts and sleeves.

To ensure a well-fitting garment, it is important to assemble properly it for the first fitting, so pay attention to the notches during construction. When you pin pieces together, pin first at the notches, then at the ends

and between the notches, making sure the fabric is laying smoothly. To baste the garment, use either:

- a long straight machine stitch (stitch length 4-5mm)
- or baste by hand (stitch length approximately 1cm). For hand basting, it's important to have the pieces lay on a straight flat surface (table) without any parts hanging off the surface.

**Important!** In situations where the needle leaves marks in the fabric (leather, suede, nylon, silk, etc.), in order to check the fit and evaluate possible issues, we recommend making a muslin first! In this case, you either won't need to do garment fittings, or simply try on the garment to verify lengths. We recommend testing on a scrap piece of fabric first to see whether your 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 adjust them by cutting the excess of fabric or stretching the shorter piece. 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 stretched or if there was a mistake during cutting, then the adjusting can be done after the first fitting, during construction of the garment.

After assembly, seams should be lightly pressed flat, then pressed to one side or pressed open.

### **What to look for during fitting?**

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

Check the balance of the garment – side seams should be vertical. Check the shoulder seam, it should follow the natural slope of your shoulder line.

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 be pulled up. There shouldn't be any horizontal wrinkles across the back, nor any tension across the shoulder blades and shoulders.

Evaluate the side seam from the front or back. The side should not sag or pull up.

Check the length of the garment.

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

Check 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 again and try it on one more time.



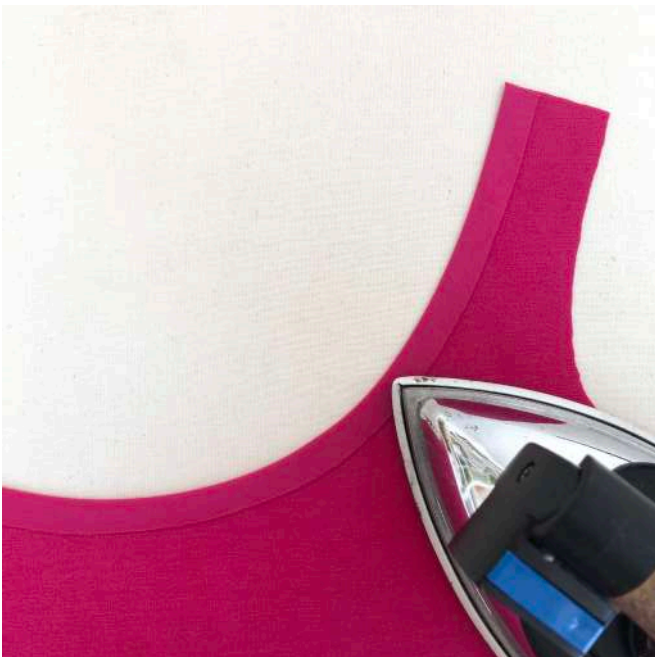
Interface the back shoulder seam allowances using 1 cm wide strips of knit interfacing (measure the length from pattern piece).

Prior to fusing the main pieces, we recommend testing the interfacing and/or seam tape interfacing on a scrap piece of the main fabric. Also, check your iron settings: what temperature suits your fabric, can the interfacing be applied with steam, as well as the time needed to hold the iron over the interfacing.

For fusing, put the sticky side of the interfacing on top of the back side of the fabric piece (or a section thereof) and press with the iron.

Avoid stretching the pieces with the iron. Your movements should be rather pressing than gliding: press and hold for a few seconds until one section is adhered and then press the next section. You may use a cotton pressing cloth to protect your iron sole.

Once the fusing is complete, leave the piece on a hard flat surface for 15 minutes for it to cool down.



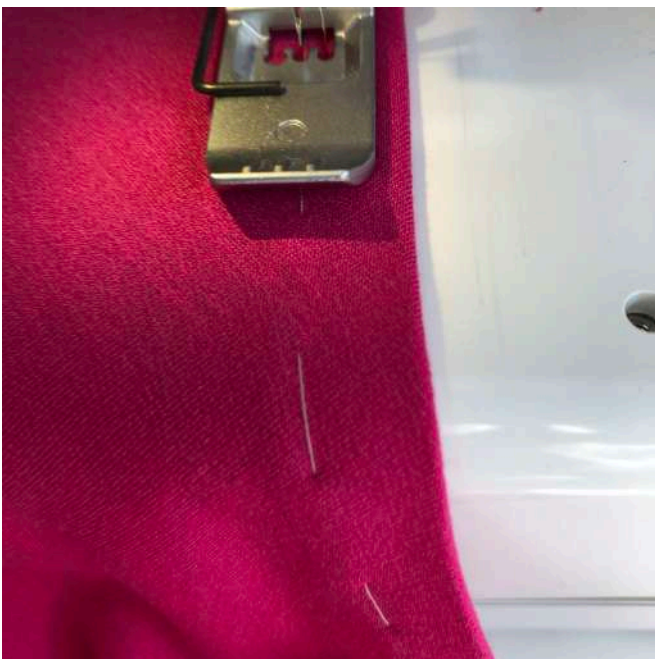
Press the upper edge of the bottom front to the back side following seam allowance line at 1,5 cm.



Press the lower edge of the top front to the back side following seam allowance line at 1,5 cm.



Baste seam allowances of the top and bottom fronts at a distance of 3 mm to the edge.



Sew basted seams of the top and bottom fronts using coverstitch machine. Try to position the stitching in such a way that the basting hand stitch is in the middle between coverlock needles.





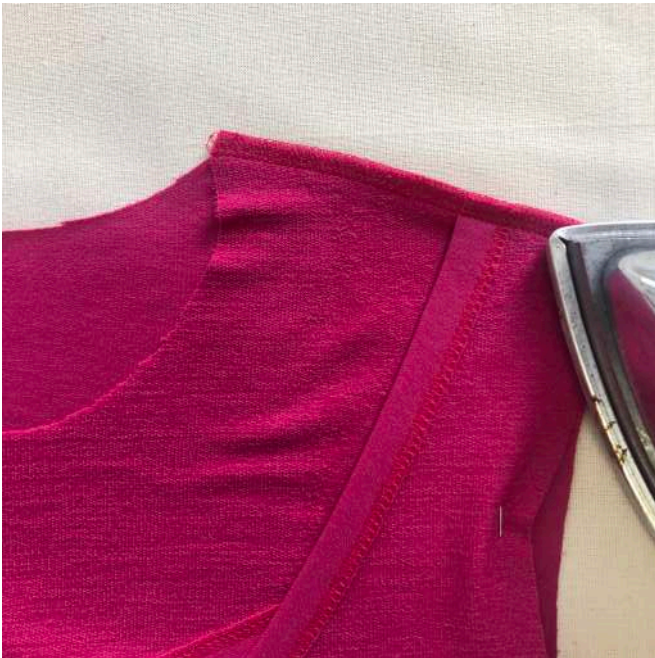
Press the finished edges.



Put the back side of the top front over the face side of the bottom front. Align the pieces on the right side of the garment on the shoulder seams and armhole edges. On the left side of the garment align on the side seams and armhole. Pin and baste edges.



Put front and back bodice parts face-to-face. Align at shoulder and side seams. Pin, baste and overlock, stitch width 7 mm, cut 3 mm from the edge. Sew on the side of the front bodice part.

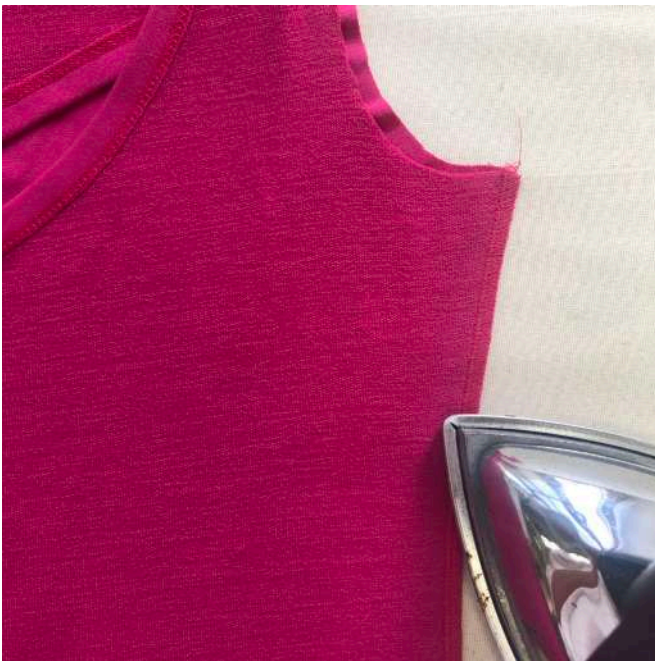


Press the shoulder seam.



Press the seam allowance to the side of the back bodice part.





Press the side seam.



Press the seam allowance to the side of the back bodice part.



Fold sleeve face-to-face. Align seam edges, pin, baste and overlock, stitch width 7 mm, cut 3 mm from the edge.





Press the seam.



Press the seam allowance to the side of the front part of the sleeve.



Turn the garment wrong sides out. Turn the sleeve right side out. Insert the sleeve into the armhole right side together.

Align seam edges matching the notches. Pin and baste the sleeve.

### Second Fitting:

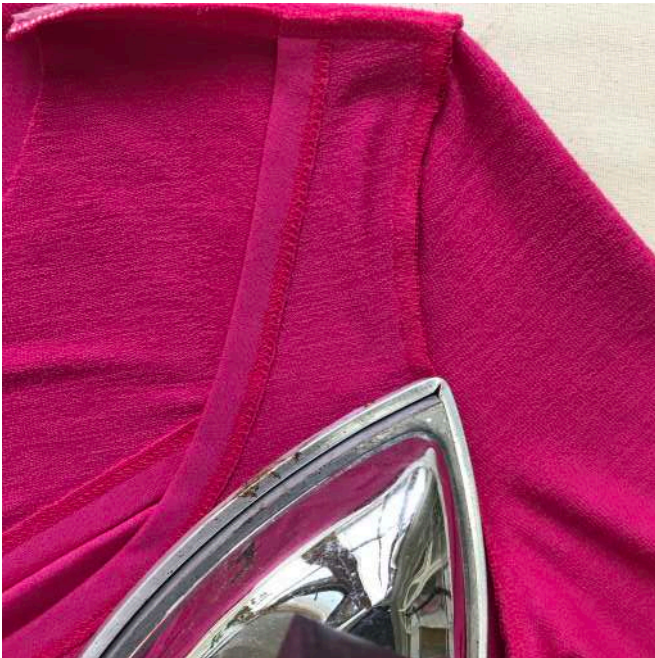
**What is the purpose?** To check the fit of the sleeve cap, its width and length.

**What to check?** Look at the fit of the sleeve: it should lie smoothly without folds or creases.

Sew in the sleeve into the armhole using overlock. Do not stretch or pull the sleeve while sewing in. Stitch width 7 mm, cut 3 mm from the edge.



Press the seam.



Press the seam allowance towards the sleeve.

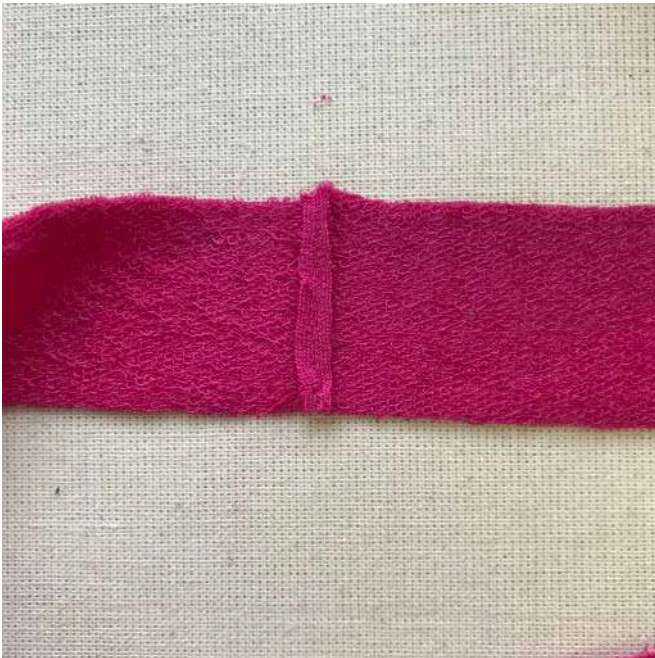


Fold the neckband in half right sides together. Align along short edges. Pin, baste and stitch on the sewing machine. Do not forget to tack at the beginning and end of the stitching.





Press the seam.



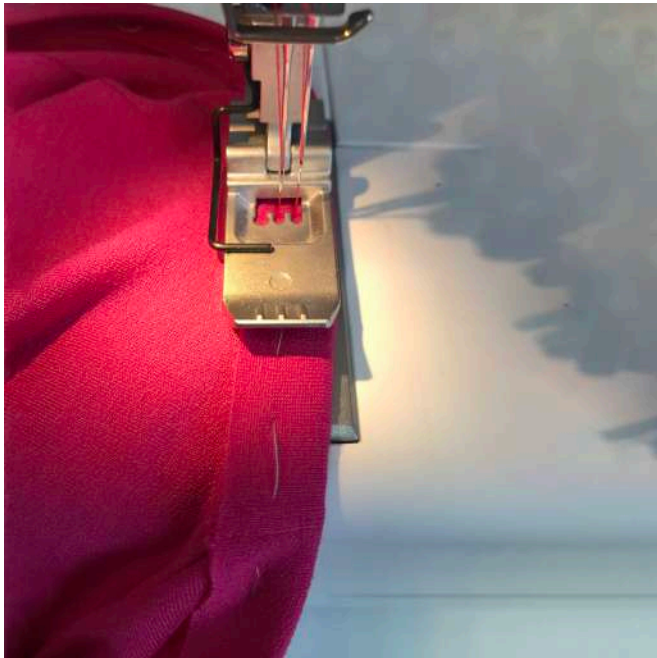
Press the seam allowance open and trim down to 2 mm.



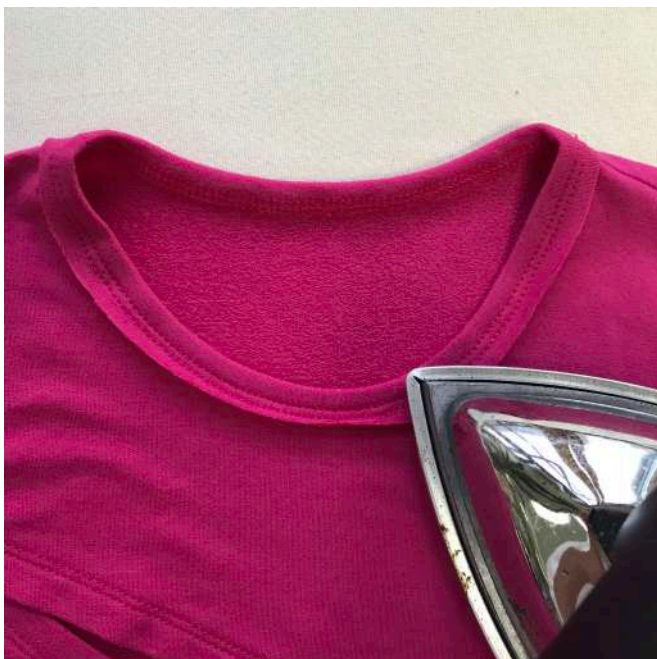
Put the neckband with the back side up into the neckline, aligning with the notches. The edge of the neckband should overlap the neckline edge by 7 mm. Pin and baste the neckband into the neckline.



Fold the open edge of the neckband onto the face side of the garment, covering the neckline edge. Pin and baste along the neckline with a distance of 5 mm to the edge.



Attach the neckband with a coverlock to the garment. Try to position the stitching in such a way that the basting hand stitch is in the middle between coverlock needles. Make knots at the end of the stitch line. Using a hand needle with a large eye, hide the open thread ends into the seam allowance.

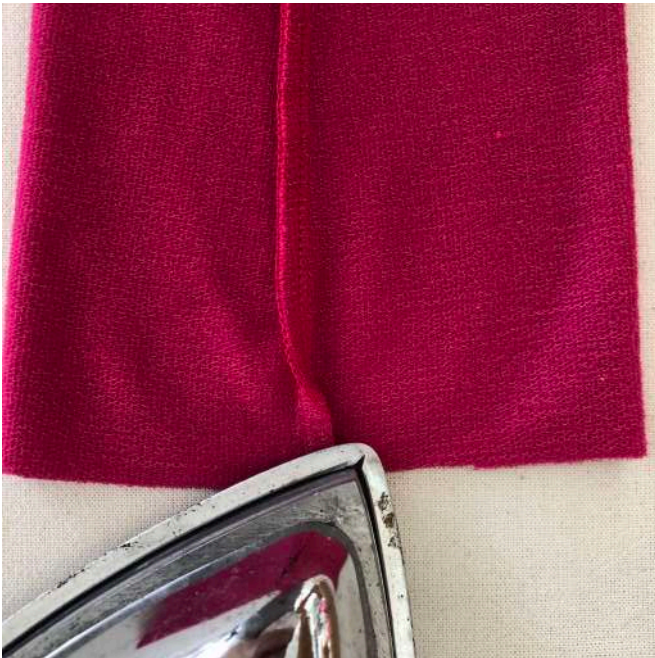


Press the finished neckline.

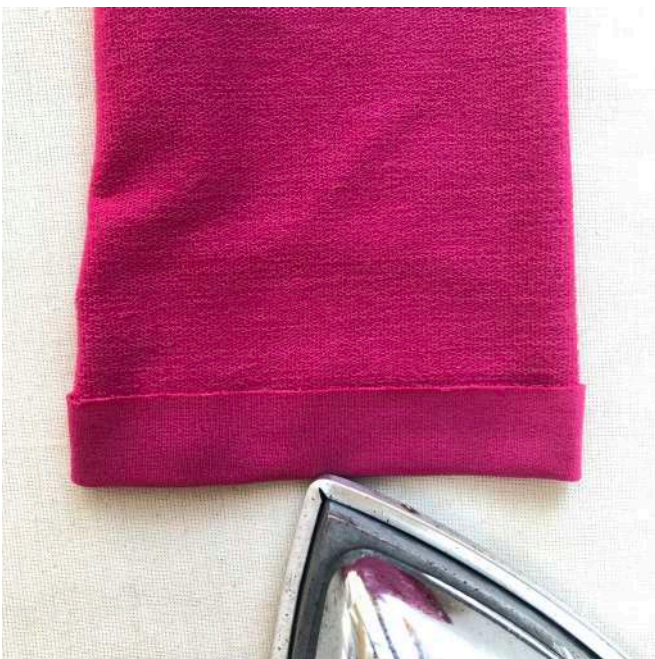




Cut the neckband edge at a distance of 3 mm to the seam. The cut edge should get a bit curly. For a used look, fray the edge.



Press the sleeve seam allowance to the other side along the hem allowance.



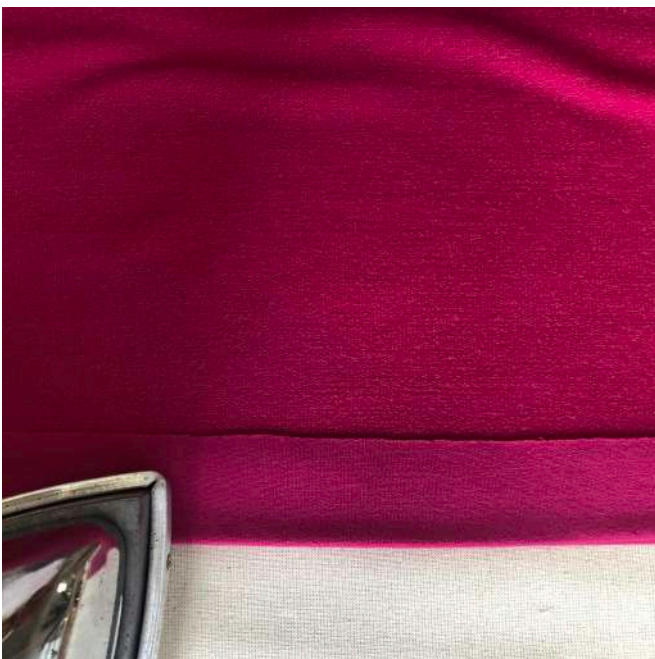
Press the sleeve hem to the back side at the hem allowance line.



Baste the sleeve hem at a distance of 3 mm from the edge.



Press the side seam allowance to the other side along the hem allowance.

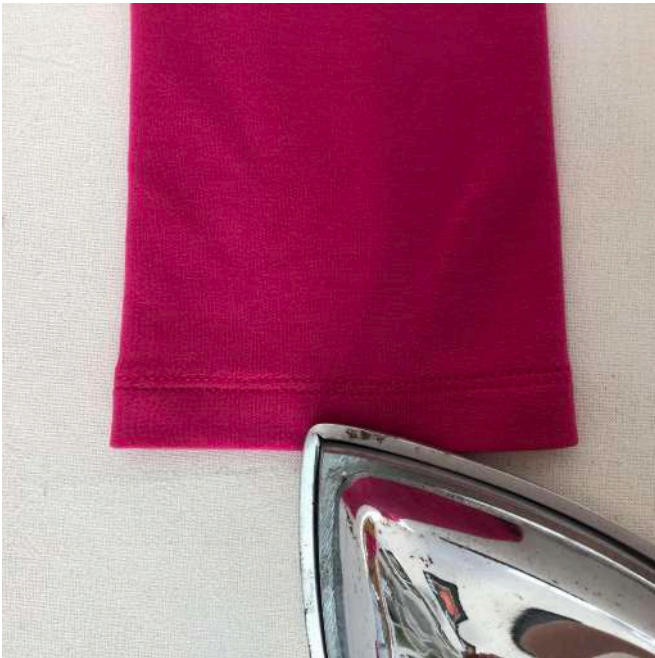


Press the hem to the back side at the hem allowance line.



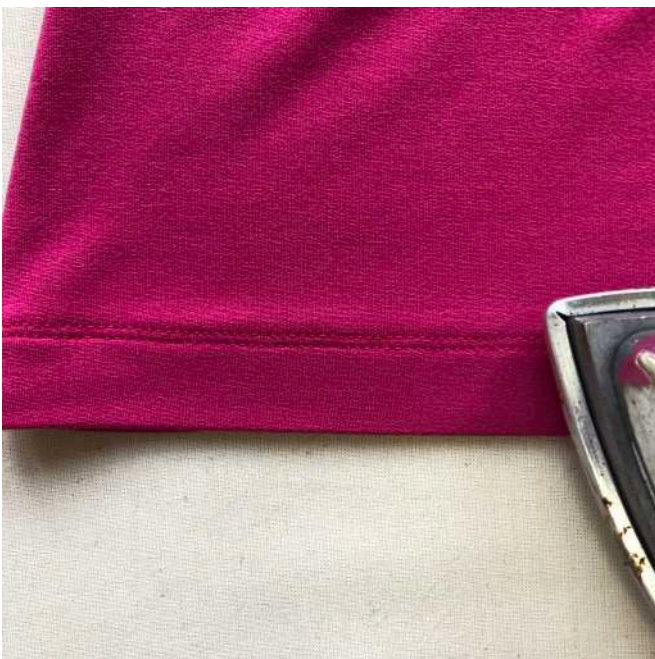


Baste the hem at a distance of 3 mm from the edge.



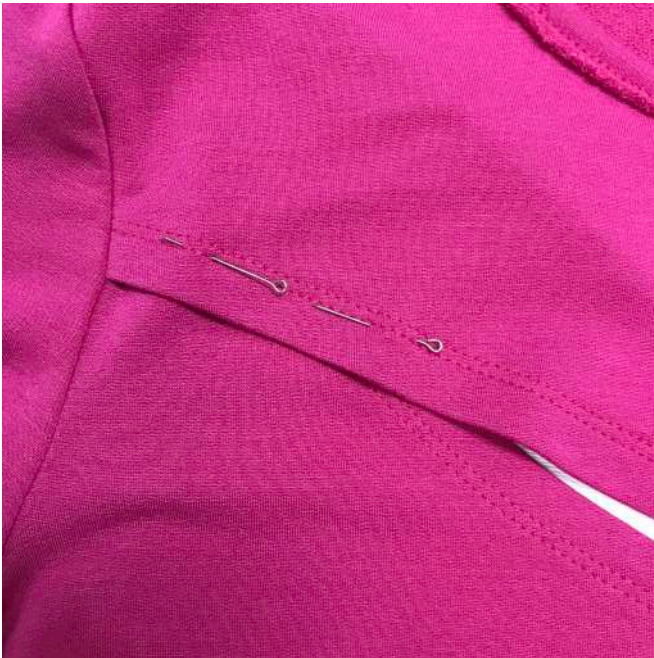
Stitch sleeve hem allowance and garment hem allowance with a coverlock. Try to position the stitching in such a way that the basting hand stitch is in the middle between coverlock needles. Make knots at the end of the stitching. Using a hand needle with a large eye, hide the open thread ends into the seam allowance.

Press finished sleeve hem and garment hem.





Try on the garment. While fitting, mark connection lines between the top and bottom front pieces. Pin, baste and stitch the lines. Stitch exactly over the bottom stitching line on the top front piece.



Give the garment a final press.



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