

Viki

S E W S

LONG SLEEVE TOP **KENDALL**



SIZES
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.



KENDALL PATTERN DESCRIPTION

Kendall is a close-fitting long sleeve top. The front and back feature an asymmetrical shaped cutout that continues to the left sleeve and opens the shoulder. The ends of the asymmetrical neckline are bridged with a thin rouleau strap going around the left side of the neck. The garment has long, set-in, fitted sleeves. Kendall is below-the-waist length.



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TOTAL EASE ALLOWANCE

	Bust ease	Waistline ease	Hipline ease	Upper arm ease
cm	-11.8	3	-6.4	-1
inches	-4 5/8	1 1/8	-2 1/2	-3/8

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Garment length at center back, cm	Sleeve length, cm
1 (154-160)	53.1-55.8	58.2-59.9
2 (162-168)	54.6-57.3	60.2-61.8
3 (170-176)	56.2-58.9	62.2-63.8
4 (178-184)	57.7-60.4	64.2-65.8

Height, ft	Garment length at center back, in	Sleeve length, in
1 (5'1"-5'3")	20 7/8-22	22 7/8-23 5/8
2 (5'4"-5'6")	21 1/2-22 1/2	23 3/4-24 3/8
3 (5'7"-5'9")	22 1/8-23 1/4	24 1/2-25 1/8
4 (5'10"-6'1")	22 3/4-23 3/4	25 1/4-25 7/8

SUGGESTED FABRIC

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

- soft, breathable, very stretchy, medium weight
- the fabric you choose for this garment must contain either spandex or elastane; the fiber content can include natural fibers (cotton), artificial (viscose), blends (cotton + polyester, cotton + elastane, etc.), and synthetic (polyester, polyester + elastane)
- the following fabrics are recommended: rib knits, ribbing, double-knit fabrics, sweater knits.

Attention! Only stretchy fabrics can be used for making this long sleeve top.

The garment in the photo is made of ribbing. This fabric is medium weight and very stretchy. The fiber content is a blend of cotton and spandex.

FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 120cm wide, in meters:

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

Main fabric, 47" wide, in yards:

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

Main fabric, 130cm wide, in meters:

Height, cm	Size							
	34	36	38	40	42-44	46	48-50	52
1 (154-160)	0.65	0.95	1	1.05	1.05	1.1	1.1	1.15
2 (162-168)	0.65	0.95	1.05	1.05	1.1	1.1	1.15	1.15
3 (170-176)	0.7	1	1.05	1.1	1.1	1.15	1.2	1.2
4 (178-184)	0.7	1.05	1.1	1.15	1.15	1.15	1.2	1.25

Main fabric, 51" wide, in yards:

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

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

2. Clear elastic, 1cm (3/8") wide, for all heights:

Size	34	36	38	40	42	44	46	48	50	52
Meters	0.8	0.87	0.9	0.9	0.95	0.98	1	1.05	1.07	1.08
Yards	7/8	1	1	1	1	1	1	1 1/8	1 1/8	1 1/8

3. 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

***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:

- Front — cut 1
- Back — cut 1
- Right sleeve — cut 1
- Left sleeve — cut 1
- Rouleau strap — cut 1

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

SEAM ALLOWANCES

All pattern pieces include seam allowances:

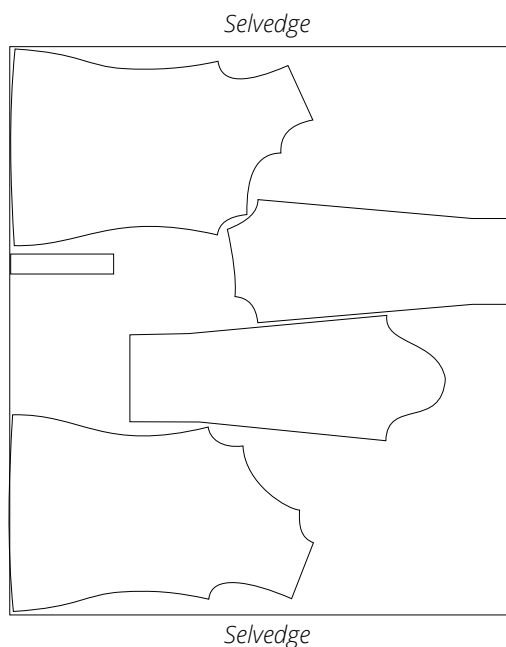
- 3cm (1 1/8") at the bottom of the garment
- 2cm (3/4") at the bottom of the sleeves
- 1cm (3/8") at all the other edges

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

CUTTING LAYOUT

Main fabric, cut in a single layer:

- 120cm (47") wide, for all sizes in all heights
- 130cm (51") wide, for sizes 36-52 in all heights,
with a non-directional print and without nap



Main fabric, 130cm (51") wide, cut in a single layer, for size 34 in all heights,
with a non-directional print and without nap



READY? LET'S GET SEWING!



Staystitch along the following edges:

- the right sleeve cap
- the front and back armholes



Match the pieces with the pattern and adjust the length of the edge accordingly.



Fold the back piece right sides together, aligning the side edges. Press the edges, stretching them slightly. Shrink out the ease next to the fold by pressing. Keep the iron away from the fold itself. Unfold the back piece and shrink out its central part by pressing on the wrong side.

FITTING

First garment fitting

We recommend doing a first fitting for any garment.

For what purpose? The first fitting is done to check the balance of the garment, correct 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 fabric), adjust the garment and sleeve lengths, check the depth and shape of the neckline.

How? After staystitching the edges and pressing the back, we recommend basting the main construction seams (shoulder and side seams) to put all garment pieces together (including the sleeves) and baste in the rouleau strap. Baste the garment and sleeve hems.

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.

Baste the garment using a long straight machine stitch (the stitch length is 4-5mm [1/8"-1/4"]).

Important! In situations where the needle leaves marks in the fabric (suede), in order to check the fit and reveal any possible defects, we recommend making a TOILE first! In this case, you won't need to do fittings, unless it's done solely to alter 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 off the excess 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 of them stretched or if there was a mistake during cutting, then the truing can be done after the fitting, during the construction of the garment.

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

What to look for during fitting?

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.

The garment hem is straight, so the bottom line must be parallel to the floor.

Evaluate the side view of the front and back of the garment (by looking at the person wearing the garment from the side). 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.

Evaluate the side seams from the front or back. The sides should not sag or ride up.

Verify the garment length.

Check for fit issues associated with individual features of the body.

Verify the 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 front and back pieces right sides together, align the shoulder edges. Pin and baste a strip of 1cm (3/8") wide clear elastic to the shoulder seam allowance on the front piece.



Match the front and back side edges and the notches, and pin.



Fold the sleeves right sides together, align the edges, match the notches.

Stitch the side, shoulder and sleeve edges on the 4-thread overlocker, with the back piece and back side of the sleeve facing up.

Press the seams flat.



Press the side and shoulder seams to the front.
Press the sleeve seam to the sleeve front.



To avoid bulkiness, press the seam allowances at the garment and sleeve hems to the other side.



Mark the sleeve hemline on the right side of the sleeve. Mark the garment hemline on the right side of the front and back.



Fold the hem allowance to the wrong side, baste and press.



Turn the sleeves right side out. Leave the main garment turned wrong side out. Insert the sleeves into the armholes, face to face, align the edges, match the notches. Baste the sleeves into the armholes for the second fitting.



Fold the rouleau strap piece in half lengthwise, right sides together. Align the edges and press. Stitch the edges together on the 4-thread overlocker. You can stitch with any side facing up.



Turn the rouleau strap right side out using a loop turner.



Smooth out and press the piece.



The rouleau strap piece stretched while you were making it. True it against the pattern.

Important! Do the truing after the 2nd garment fitting.



Mark the shaped cutout hemline on the right side of the garment.

Fold the seam allowance to the wrong side. Place clear elastic along the fold, between the seam allowance and the main garment, stretching it slightly. Baste the seam allowance together with the clear elastic.



Baste the neckline seam allowance in the same manner. Insert the rouleau strap into the seam allowance at the ends of the neckline. Place the rouleau strap with the seam facing down.

Second garment fitting

For what purpose? To verify the sleeve fit, check the width and length of the sleeve.

How? Do the fitting before you stitch in the sleeves.

What to look for during fitting? Verify the sleeve fit. The sleeve must lay smoothly, with no wrinkles or draglines. The rouleau strap must fit comfortably around the neck, without being too tight.

After the second garment fitting, unpick the rouleau strap off the main garment and true it against the pattern or according to the length measured during the fitting.



Stitch the garment, sleeve and shaped cutout hems with a coverstitch or twin needle stitch (or any other stretch stitch).

Press the seams flat. After finishing the hems, tie the thread ends on the wrong side and hide them inside the seam allowances.



Baste in the rouleau strap once again and sew a coverstitch or twin needle stitch (or any other stretch stitch) along the neckline. Secure the rouleau strap by stitching a reinforcement line on the sewing machine over the coverstitching.

Give the garment a final press.



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