

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.



HEIDI PATTERN DESCRIPTION

Heidi is a semi-fitted playsuit cinched at the waist. It features front and back yokes, bust darts and patch pockets with flaps on the front, and an inverted box pleat under the back yoke. The pocket flaps close with buttons and buttonholes. The garment has a 4-channel elastic waistband at the back and sides and a sew-on belt with a buckle at the front. There are side pockets between the princess seams and the side seams on the front legs. The shirt style collar has a separate collar stand. The playsuit fastens with buttons and buttonholes at the center front. The sleeve tabs on the elbow-length shirt sleeves fasten with buttons and buttonholes where the tabs are attached to the sleeves. All the pockets, yokes, princess seams, the placket and the collar feature decorative topstitching. Heidi 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. 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.

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	Upper arm ease
cm	28–28.5	42.2–42.5	19.2–19.6	19.1–20
inches	11–11 1/4	16 5/8–16 3/4	7 1/2–7 3/4	7 1/2–7 7/8

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Side seam length from waist down, cm	Sleeve length including shoulder width, cm	Height, ft	Side seam length from waist down, in	Sleeve length including shoulder width, in
1 (154–160)	36.6–42.5	52.9–57.5	1 (5'1"–5'3")	14 3/8–16 3/4	20 7/8–22 5/8
2 (162–168)	39.1–44.9	54.8–59.5	2 (5'4"–5'6")	15 3/8–17 5/8	21 5/8–23 3/8
3 (170–176)	41.6–47.4	56.9–61.5	3 (5'7"–5'9")	16 3/8–18 5/8	22 3/8–24 1/4
4 (178–184)	44.1–49.9	58.9–63.5	4 (5'10"–6'1")	17 3/8–19 5/8	23 1/4–25

FINISHED HEM WIDTH

Size	34	36	38	40	42	44	46	48	50	52
Width, cm	34.2–	35.4–	36.5–	37.7–	38.8–	40–	41.1–	42.2–	43.4–	44.5–
	34.3	35.5	36.7	37.9	39	40.2	41.3	42.5	43.6	44.8
Width, in	13 1/2	13 7/8–	14 3/8–	14 7/8	15 1/4–	15 3/4–	16 1/8–	16 5/8–	17 1/8	17 1/2–
		14	14 1/2		15 3/8	15 7/8	16 1/4	16 3/4		17 5/8

SUGGESTED FABRIC

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

- medium weight, easily pressed and steamed, soft, non-stretch or with very little stretch, opaque
- the fiber content can include natural fibers (silk, cotton, linen), artificial fibers (viscose), blends (cotton + silk, linen + polyester, cotton + viscose, etc.), and synthetics (polyester, polyester + elastane)
- the following fabrics are recommended: cotton, heavyweight cotton, denim, dress-weight denim, challis, dress-weight fine wale corduroy, modal

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

The garment in the photo is made of cotton. This fabric is medium weight, structured, opaque, wrinkle-prone, with a satin weave and velour finish. The fiber content is 100% cotton.

PATTERN PIECES LIST

1. From main fabric:

- front — cut 2
- front yoke — cut 2
- patch pocket — cut 2
- top flap — cut 2
- bottom flap — cut 2
- center front leg — cut 2
- side front leg — cut 2
- side pocket — cut 2
- side pocket lining — cut 2
- back — cut 1 on fold
- back leg — cut 2
- back yoke — cut 1 on fold
- sleeve — cut 2
- sleeve tab — cut 2
- collar stand — cut 2 on fold
- upper collar — cut 1 on fold
- undercollar — cut 1 on fold
- casing — cut 1
- left belt — cut 1
- right belt — cut 1
- top placket — cut 1
- bottom placket — cut 1

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

2. From interfacing:

- collar stand — cut 2 on fold
- upper collar — cut 1 on fold
- top placket — cut 1
- bottom placket — cut 1
- top flap — cut 2
- left belt — cut 1
- right belt — cut 1

Additionally, cut two interfacing strips, 3 cm (1 1/8") wide, to interface the grown-on patch pocket facings. The interfacing strips should be cut on the straight grain (parallel to the selvedge). And two interfacing strips, 3 cm (1 1/8") wide, to interface the buttonhole areas on the sleeve tabs. The interfacing strips should be cut on the cross grain (parallel to the short edge).

SEAM ALLOWANCES

All pattern pieces include seam allowances as follows:

- garment hem allowance — 4 cm (1 5/8")
- sleeve hem allowance — 4 cm (1 5/8")
- all other edges — 1 cm (3/8")

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

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

Check the size and placement of the pockets and small decorative pieces (sleeve tabs). Cut the small pieces out of calico and pin them to the garment.

Verify the garment length.

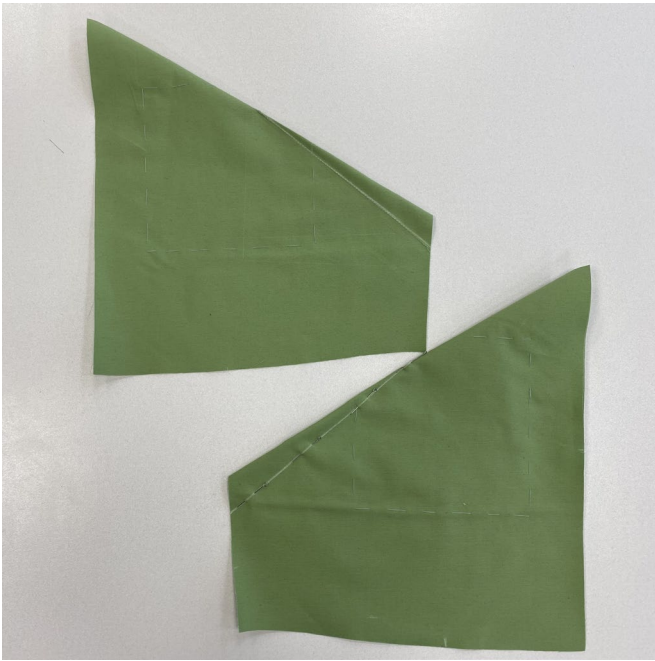
Adjust the collar shape if needed. The collar should sit flush against the neck at the back.

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

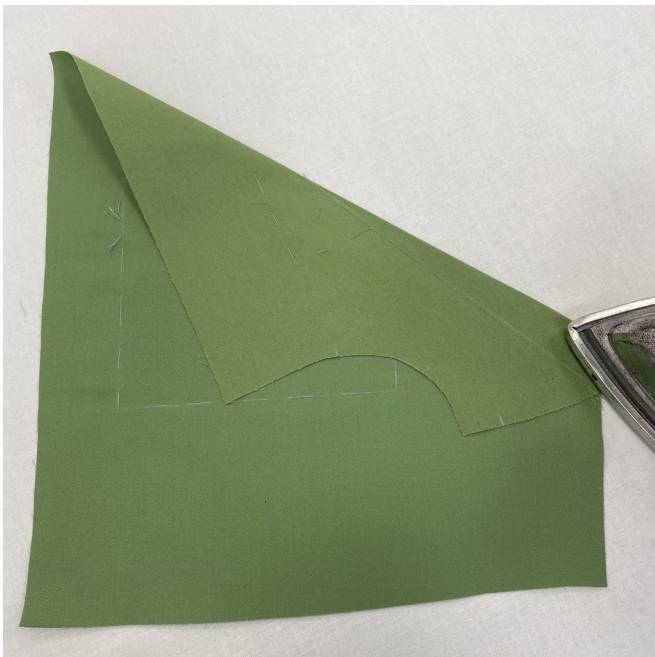
The button/snap placement shouldn't cause any pulling, folds or creases.

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

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



Match the dart legs transferred from the paper pattern on the wrong side of the front pieces, pin and machine-stitch, backstitching at the beginning and end.



Press the darts flat.