

## BRA PATTERN TO CREATE HANES SPORTS BRA YOU LOVE

1 yard 3/4 inch thin wide elastic (for chest band) OR 1 inch wide fold-over elastic (1 yard)

55 inches 1/4 inch thin wide elastic 2 times (armhole bands) (cotton swimwear elastic is best)

37 1/2 inches 1/4 inch thin wide elastic 1 time (neck band) (cotton swimwear elastic is best)

4 pieces for front, using one pattern cut on folded fabric and same pattern on folded lining fabric.

2 pieces for back, using one pattern cut on folded fabric.

1 back neck piece cut ON THE FOLD.

Matching thread if necessary

Ball point Singer needles

If you get hard up on fabric, try jersey pillow cases that are mostly cotton. Remember to pre-wash your fabric before cutting, so that you can minimize shrinkage in the wash in the final product. I will probably drip dry the fabric and let it dry from a hanger. I never put bras in the dryer, but drip dry them. Generally, it's recommended you pre-wash the fabric like how you'd wash the clothing piece you plan to make from it. I ended up buying half a yard of fabric for both the lining and main fabric because the fabric was very wide and a half yard was sufficient.

Best fabric is a cotton or cotton/polyester blend jersey knit (light weight), kind of like the material used to make cotton underwear. The lining material would be thinner but of the same type of material. Material designed for athletic wear (but with cotton) is good.

Use a classic zigzag stitch for construction with a stitch setting of 1 length and 3 width. Thread tension 3 works best on your Singer 1120 Mechanical sewing machine. This stitch is ideal as it stretches along with the fabric, creating flexible seams – very helpful when getting in and out of your garments. When hemming you can fold up the allowance then line your zigzag up to cover the raw fabric edge, to create a neat finish. Use scissors to trim off excess fabric.

Sewing instructions (you don't need to obsess about raveling like you do woven fabrics):

1--FRONT CENTER) Sew boob sections in the front middle (top to bottom) with a baste stitch. Zigzag stitch near the raw edges of your seam allowance (with two pieces of fabric together) for a seam finish. Then pulling on basting stitch, gather to 5 1/2 inches (top to bottom), leaving room at top and bottom for seam finishes. Once gathered, sew final cementing stitch, using straight regular stitch right over the basting stitch. Press seam allowance towards the boob.

2--FRONT CENTER LINING). Repeat for the lining. Same stitching as in 1. Press seam allowance towards the boob. In finished product, each seam allowance for 1 and 2 goes to a different boob, so they're even. Line them up to be sure and re-iron if necessary.

3—BACK TOP) ZIG ZAG sew bottom and top BACK and center neck sections with 1/4 inch a zig zag seam and finish for this part of the back.

4—BACK BOTTOM) ZIG ZAG sew the lower back section to the section sewn in #3 with 1/4 inch zig zag seam and finish. Your center back seams are now done.

5—SHOULDER and SIDES) YOU ARE DOING MODIFIED FRENCH SEAMS HERE. With the WRONG sides of fabric together, put the back and shoulder sections against the front section that has the lining. You will have THREE fabric pieces together. ZIG ZAG Stitch 3/8 from edges on THE RIGHT SIDE of the fabric through THREE pieces of fabric. Trim seam allowance to 1/8 inch. Now fold the RIGHT sides together (kind of like turning it INSIDE OUT), with stitching line exactly on fold. Press the side seam flat, with seam allowance towards the boob side (IMPORTANT), FACING BOOB SIDE TOWARDS THE FRONT, so that the seam allowances will be loosely encased on the side seam.

6--NECK) Do the same as STEP 7 ARMHOLES (below) for this neckline, using 1/4 in. wide elastic. Iron neckhole seam pockets (front and back) into a 1/4 inch pocket, insert elastic (use pins) between the fabric sides, starting at front center into the entire seam pocket around the neckline, ending at front center. Use zig zag to sew and finish the elastic into the neckline. You will be sewing the fabric and elastic together with the zig zag stitch. So you'd have one layer of fabric folded over the elastic, with the elastic inserted into the fold over, and then you'd zig zag stitch over all of it going round the neck hole.

7--ARMHOLES) Iron long armhole seams into a 1/4 inch pocket fold starting and ending at side seam, then insert one long piece of 1/4 inch wide elastic (use pins) into the fold, and use zig zag to sew and finish at the same time on the two armhole seams. Same as you did for #6. Do for both left and right armholes, using one long elastic for each side. MAKE SURE THE SIDE SEAM IS pressed flat and FACING FRONT BEFORE SEWING over the side seam or the side seam won't be encased properly.

NOW WE'RE ALMOST DONE.

8--BOTTOM) Fold bottom hem into a 1 inch thick wide under fold, press. Insert the wider chest area elastic into the fold and use zig zag to sew and finish at same time. OR, if using foldover elastic, cut bottom to desired length and use foldover elastic to encase the bottom, finish with zigzag stitch. Will need to overlap the elastic on the bottom band to secure it. The overlap should probably be in the center front, where you will zig zag stitch the overlap to secure the elastic ends for the bottom elastic.