



This project is funded by the European Union within Erasmus+ Program

ON-LINE e-learning COURSE

Preparation for training in design, materials science and new products for teachers of vocational subjects in the field of tailoring and underwear, carried out with the use of the latest technologies



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E-learning course objectives:

1. Improving the quality of education in the institutions where teachers teach.
2. Implementation of individual teacher development projects.
3. Acquisition of new professional skills in spatial modeling of fancy clothing forms.
4. Execution of clothing models, in which each model is inspired by the creations of 21st century fashion designers.

Methods and forms of work:

1. Individual work
2. Group work at school teams
3. On-line progress sharing between teachers

Organization of course:

1. Individual progress in e-learning on-line activities within 2 days x 6-hours

Evaluation:

Self-evaluation, which allows teachers to check whether the intended objectives have been achieved will be done individually by teachers.

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Dressmaking – lets start from something simple. The simpler – the better.

Creating simple dress is not a big deal, so within this project we should recall how can deal with it easily.

What we need:

Cotton fabric, e.g. with flowers, length: 100-120 cm

Rubber belt/elastic , width: 0.5 cm, length: approx. 2 m

Decorative cotton lace or buttons

Cotton ribbon, width: 1 cm

A little safety pin

Sewing machine

Ironing board and iron

A sheet of A3 format, pencil, ruler

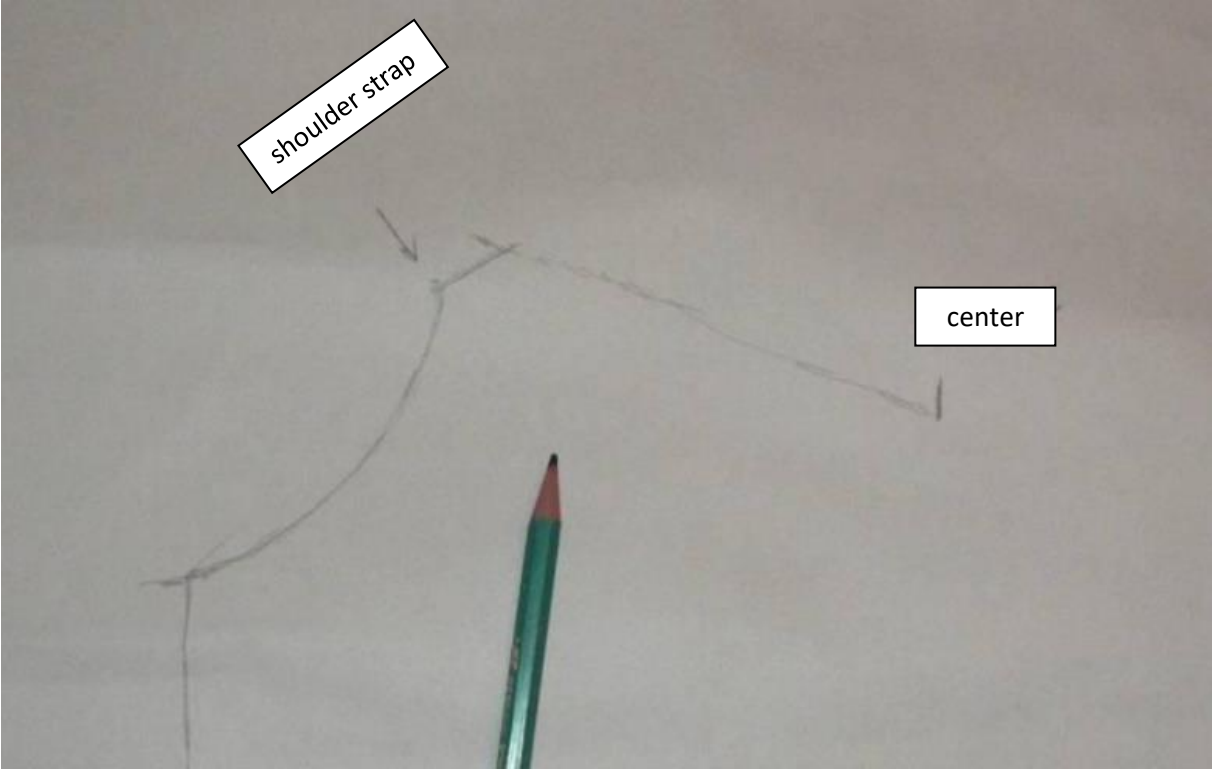
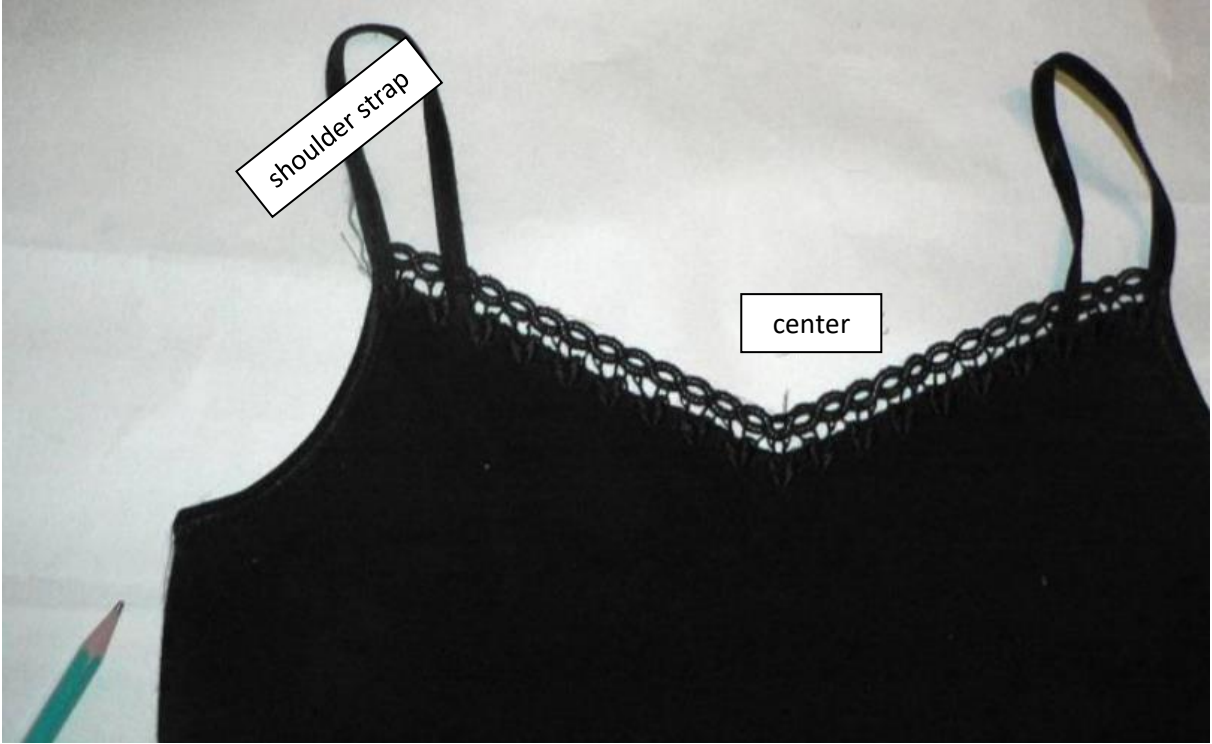
Cotton tank top with straps

Before sewing, the fabric should be decatized (washed in warm water, dried and ironed).

Preparation of the pattern:

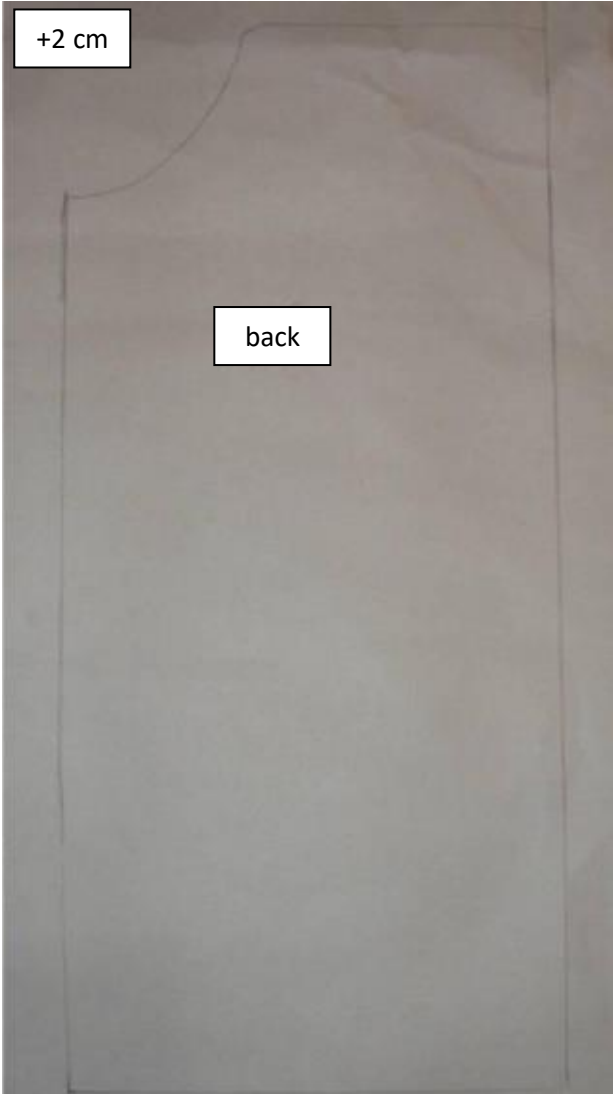
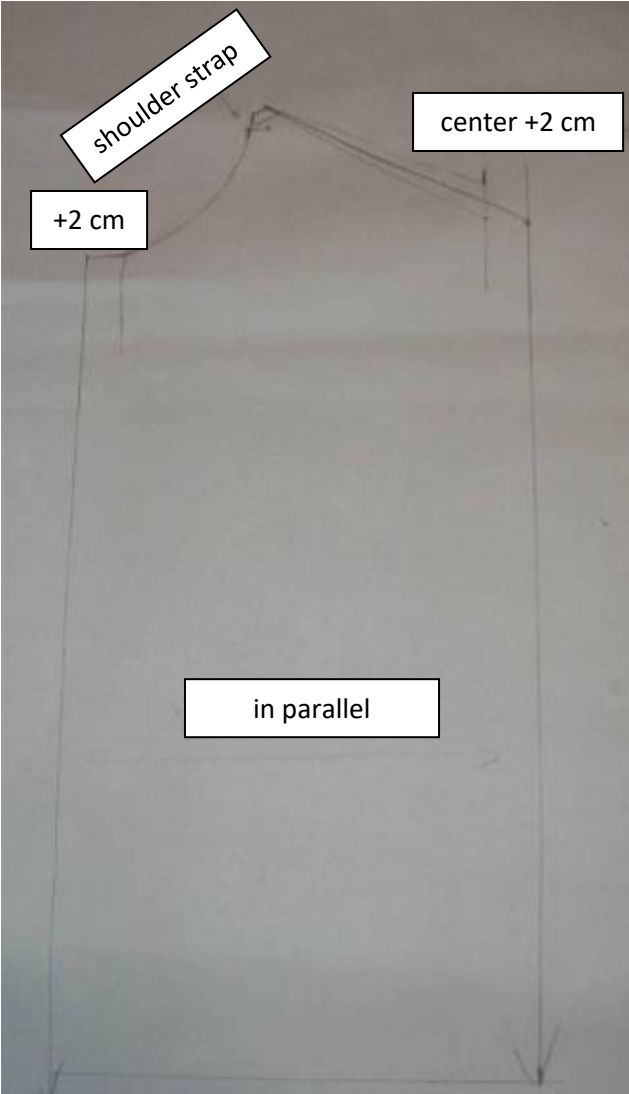
Front:

Put the tank top on the sheet of paper and draw the outer side and the upper part with the shoulder straps and the inside. We put the tank top aside.



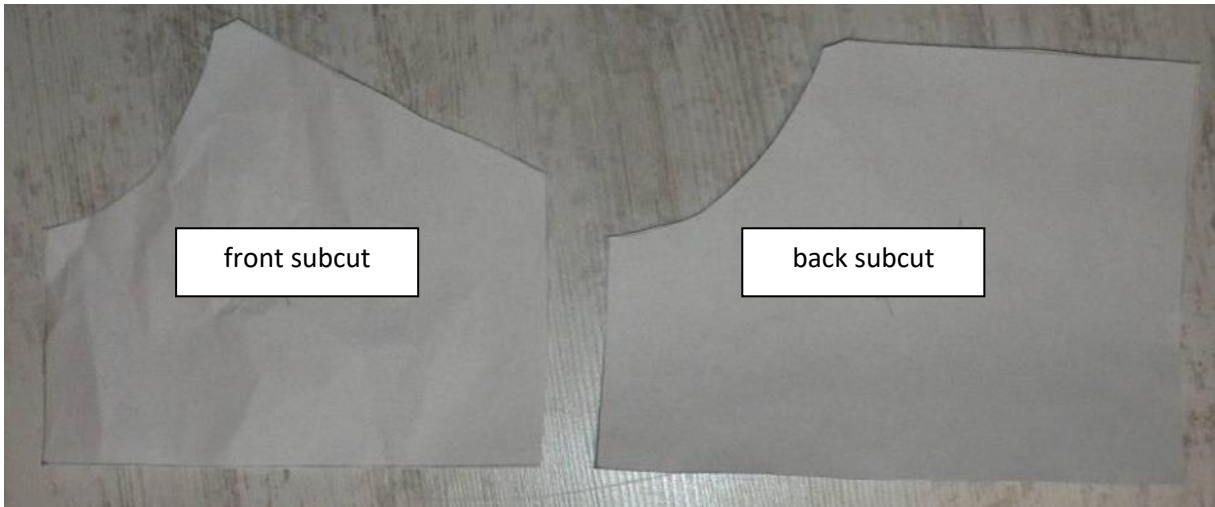
Draw the bottom with a ruler. It can be where the top tank ends, or we can mark the length of the entire dress (if we have a large sheet of paper). We draw a line connecting the top center to the bottom center. This way we got half the front. Before cutting, we check that the pattern corresponds to the assumed dimensions. To get the effect of a loose top, we can add 4-5 cm on the side or in the center (we draw the side and center lines again). We cut it out.

Back: We put the front of the sheet against the sheet. We bounce the side, cut the armpit. Instead of a truncated neckline, draw a straight line that intersects with the center line at right angles. We cut it out.



Subcuts:

We put the front and back on the sheet of paper. We mirror the top and 10 cm down along the outer and middle edges. We cut it out.



Sewing:

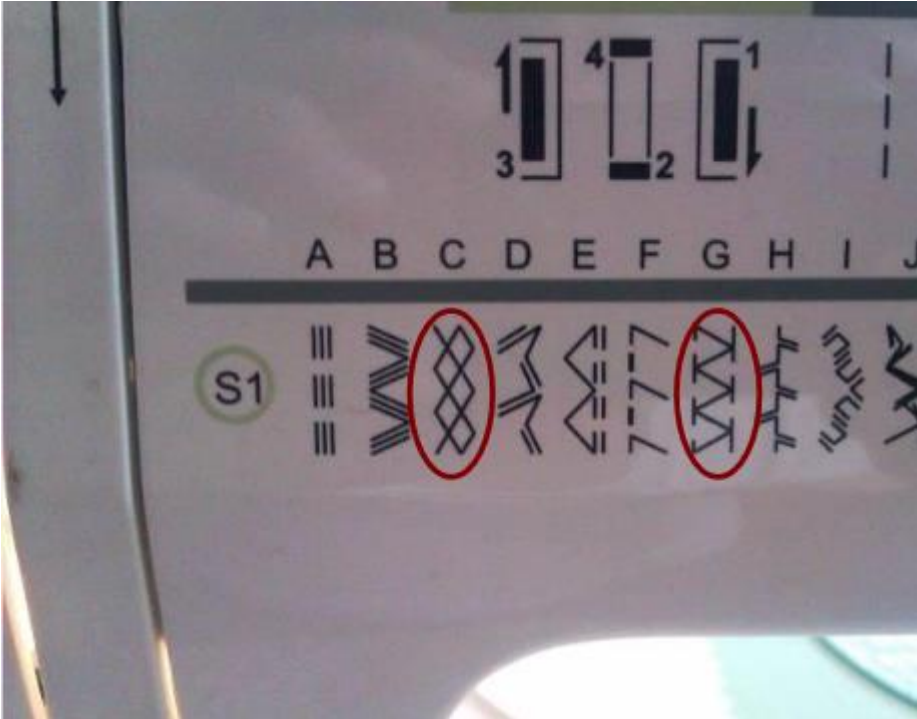
We spread the fabric across the entire width. Fold the sides on both sides, right side to right, so that there is a 10cm strip in the middle with the right side visible. Pin the patterns on both sides. The center of the pattern should coincide with the fold of the fabric. If we have cut out only part of the pattern, mark the remaining length of the dress + 10cm for a wide hem. We pin the subcuts.



We cut everything out with a 1.5 cm margin (we cut 1.5 cm from the pattern). Detach the paper pattern.



We sew the lower edge of the subcut with a thick zigzag or cover stitch.



On the front of the dress we put the right side to the right. We pin or baste the upper edges of the dress and the cut (armpits and neckline). We sew close to the shore.



NOTE: We leave the place for the shoulder straps unattached!

Turn the cut to the left side of the dress (inside) and iron the hem carefully. We repeat the same steps with the back and back subcut.



In the center of the front we make 2 folds folded to the center of the dress. We pin with pins and sew along the edge (when sewing, we remove the pins).



We fold the front and back with the right side to the right. Pin the sides (including the sides of the subcut) with pins and sew. You can also leave the cut with the dress unfolded (pulled up), sew it and then fold it inside the dress (it's nicer this way).



From the rest of the fabric, cut out 2 strips 3 cm wide and the length of the straps from the tank top + 5-6 cm of the reserve.

Fold the cut strips in half along the longer edge, right side to right. We iron them. We sew the longer side and one shorter side. Using a safety pin or a crochet hook, turn it inside out. We iron again.



We put the straps in the unattached places for straps in the back part of the dress. We pin with pins. Then we sew (remove the pins when sewing).



In the back of the dress we make a tunnel for an elastic band. We sew at a distance of 1.5 cm from the edge from one shoulder to the other. We pull on the elastic length (the width of the back between the straps - 10 cm). Pin the elastic on the side with pins and then sew it several times. We are finishing the tunnel.



We measure the dress. We mark the best length for the straps and pin them to the front (we put the holes through them inside). We sew the front straps. We can cut off the excess. We finish the side seams by overcasting with a zigzag or cover stitch.

We measure the dress on the left side. We mark the waist with pins. Pin a cotton ribbon in the marked line. Sew a ribbon on both sides to create a tunnel for the elastic band. It is best if we have a machine that will allow us to set the needle to the maximum right and left when sewing with a straight stitch. We pull on the elastic (length: waist circumference -15 cm). We sew the edges of the elastic together with a zigzag. We hide them in the tunnel and finish the tunnel.



Zigzag or cover stitch hem. Tuck 10 cm inwards. We iron. We sew close to the hemmed edge to the dress.



The top of the dress can be decorated with cotton lace or a vertical row of buttons.



Our final result may look like this:



Companies – Examples of workstation equipment in tailoring companies - what we can expect

Workstations of tailoring shops and companies may vary according to the profiles of their production. Please go through these examples of single workstation, as this will be one of our workshop host companies (FAN LEATHER) equipment.

1. HIGHLEAD GC0398 1-needle lockstitch machine with double foot-tooth feed.

The machine is designed for sewing thick materials (upholstery or leather). Thanks to the use of a differential with the possibility of its adjustment, it easily overcomes thickenings and prevents "grinding" in place. The enlarged working area of 260 x 125 mm, a large double-capacity hook and a stitch width of up to 10 mm guarantee greater sewing possibilities.

Such a machine will be equipped with an energy-saving SERVO POWER MAX AH21-55 motor with a needle positioner. The use of an energy-saving motor reduces energy consumption by 70%. The engine only runs when running. POWER MAX, unlike other similar drives, is characterized by quiet and stable operation, a smooth start, and a wide range of speed regulation enabling work with heavy machines.

There are also many additional feet for this model: standard, for keder, edge and for sewing in zippers. The set includes: machine head, table top, base, motor and drawer.



TECHNICAL DATA

intended for heavy materials

max. sewing speed 2000c / min

stitch length 0-10mm

manual foot lifting 6mm, knee 16mm

central lubrication

ORGAN DPX17 needle type

bead travel (differential) 2 - 5mm

change of the differential with a lock knob

height of the teeth 1mm

260 x 125mm working space

Power Max AH clutch or energy-saving motor

2. Overlock Highlead GM288 - 501 for overcasting medium fabrics, 5-thread, 4.8mm gauge between the needles.

The complete set available in the company includes: machine head, table top, base, motor and drawer.



TECHNICAL DATA

max. sewing speed 6500 rpm / min

stitch length 3.6mm

number of threads 5

number of needles 2

the distance between the needles is 4.8 mm

6.5mm presser foot lifting

central lubrication

needle type ORGAN DCx27, B27

stitch height 9.8mm

clutch motor

intended for overcasting and stitching light and medium fabrics

3. Circular cutting knife: Great Ocean RSD-100 / 300W

Hexagonal blade with a diameter of 100mm enables cutting up to a height of 25mm. Durable construction ensures a long life of the knife. Complete with spare blades and motor brushes.



TECHNICAL DATA

Disc diameter 100mm

Cutting height 25mm

300W power

Voltage 230V / 50 / 60Hz

Weight 2.8 kg

4. SK3 cutting table

It is the basic equipment of the material cutting room in tailoring, upholstery and sewing factories. The entire structure is made of steel closed profiles, which ensures adequate durability and stiffness.

The worktop is usually made of laminated chipboard with a thickness of 25 mm with the edges finished with aluminized angles, which protect the edges of the table, which gives a guarantee of many years of durability. The SK-3 coffin table is made in modular technology, which enables its easy and quick expansion at any time. It is also possible to adjust the height of the table and its leveling by means of adjusting screws.

Advantages of such a cutting table:

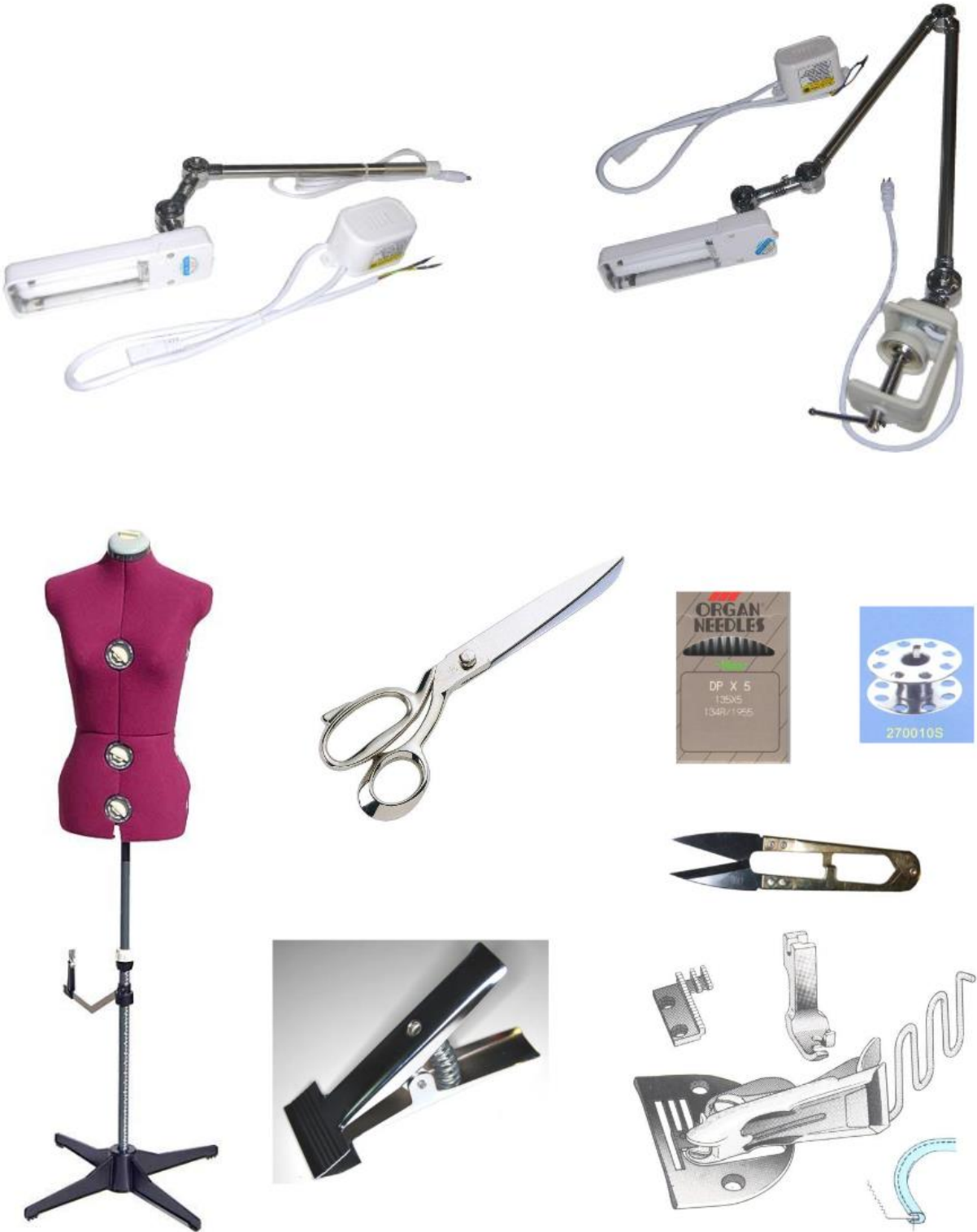
Increased stiffness of the cutting table thanks to the use of a frame structure made entirely of closed steel profiles 40 x 40 mm (frame) and 40 x 80 mm (legs)

Table top made of 25 mm thick laminated white chipboard. The top is finished with 25 x 25 mm aluminum angles on each side. A steel frame made of a 40 x 40 mm profile goes under the entire top. All connections of worktops are supported by the same frame 40 x 40 mm

Every second leg has diagonal brackets, which additionally stiffen the entire structure. Height adjustment and leveling guarantee a perfectly even surface of the table. Possibility to use wheels, thanks to which the table can be easily and quickly moved in the production hall.



In the companies during the workshops we might also find another basic equipment of the material cutting rooms such as professional lamps, cutters, scissors, presenters, needles and holders.



Casual “fashion” as an important part of modern clothing production – DIY of leggings

One of the companies hosting us at workshops are focused only on casual clothes made for men (ESPIR / OMBRE). Regarding such a useful branch, but regarding a fact that most of the participants and teachers are woman please follow below a “do it yourself” instruction for comfortable leggings considered as totally casual, but also which can be a part of some more sophisticated outfits.

What we need to prepare those:

A machine: e.g. JUKI MO-735 overlock

For one pair, also we need to prepare:

- 1.5m of knitted fabric - it is important that it is very elastic, no sweatshirt or pure cotton fabrics are suitable for leggings. Knitted fabrics with the addition of at least 5% elastane will be the best.

The quantity is in reserve because it is better to have a little too much than too little. It is important that the material from which you will sew is of similar flexibility to the leggings from which you make the form.

-1 m of rubber, 4 cm wide.

- Threads, pins, tailor's scissors, tailor's soap and tailor's yardstick.

- Paper for forms, ruler, pencil.

- f.e. your leggings - choose a seamless model on the side (without profiled hips) and you will reflect its shape.

Form and cutting:

Iron the leggings thoroughly and fold them in half so that the front leg is on top. Pin the inside edge of the leg with pins so that the seam is on the edge. Pinch the side edge of the leg to form a line. The fabric should not be wrinkled anywhere.

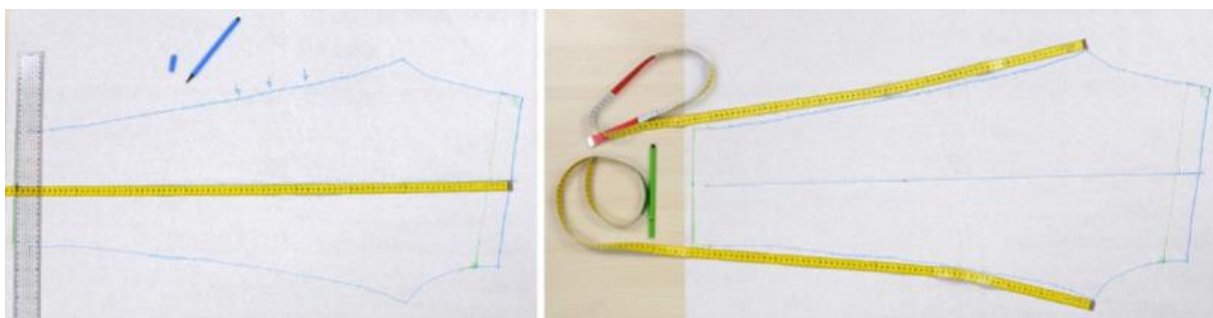
Draw a straight line in the center of the sheet of paper, put the pinned leggings against it in such a way that the side is on the line. Outline the leg.



Now fold the leggings in half so that the back is on top. Place the leggings on the other side of the line and trace the edge. If the back leg curl underneath (where arrows are in the photo), widen the leg at this point.



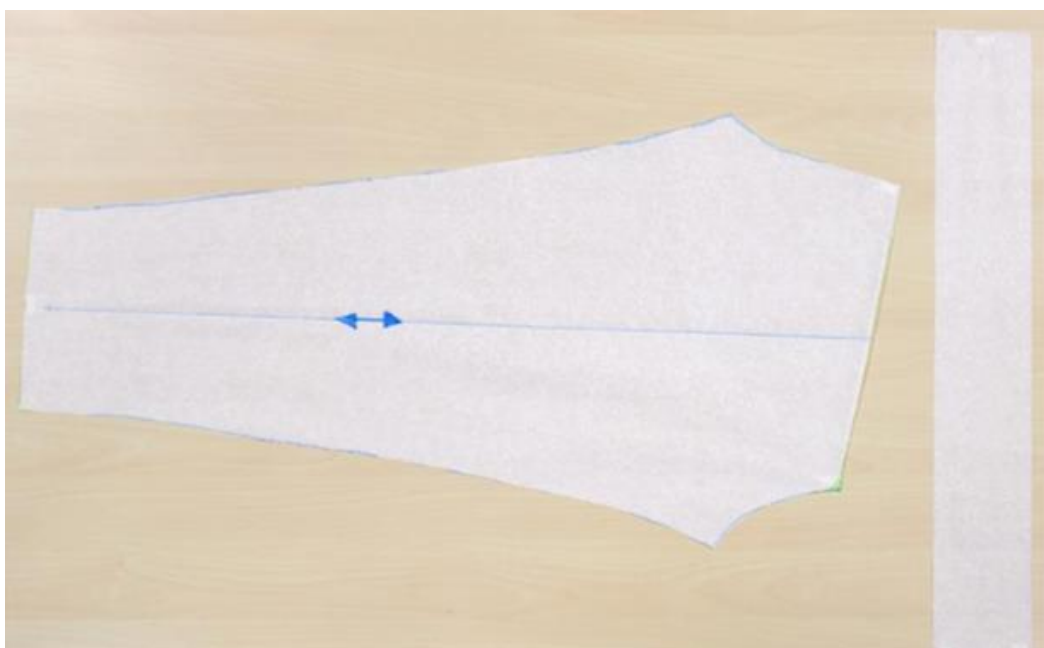
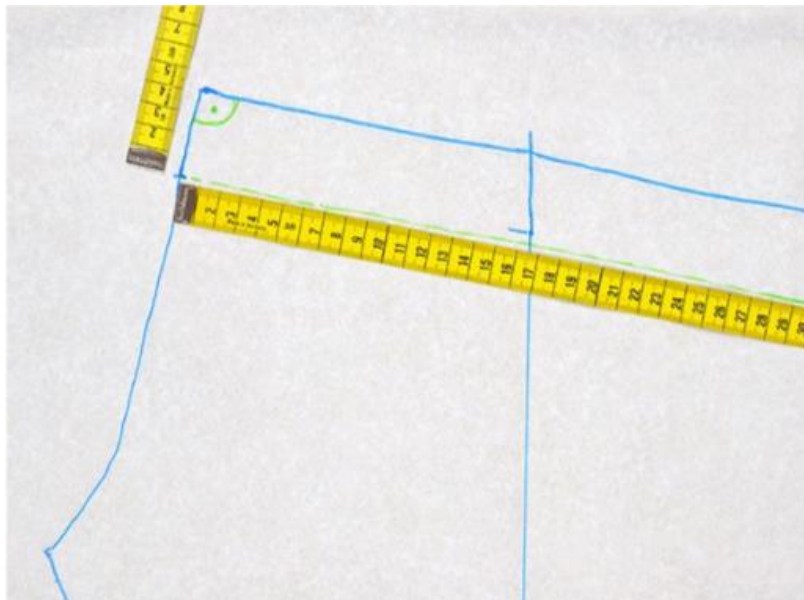
Determine the length of the leggings on the side line. Draw the bottom of the leg at right angles to the side line. Align the length of the inside edges of the legs (if there is a difference, shorten the longer line, lowering the subcut - i.e. the arch in the crotch).



Now set the width of the strip (it should be equal to the width of the rubber you sew into it). Measure the length of the cut line between the waistband and the trouser leg.

Cut the leggings out of the paper by cutting off the original strip.

Prepare the mold for the strip separately - it should be a rectangle with the following dimensions: 2x the width of the strip and 2x the measured length of the cut between the strip and the trouser leg. The arrow on the side line indicates a straight thread - make this line along the knitted fabric, parallel to the factory edges. Fold the knitted fabric in half lengthwise and cut the form for leggings from two layers - in this way you will get two forms in mirror image - right and left trouser leg. Cut 1 cm of the seam allowance around and add 3 cm at the bottom of the legs for the trim. Knitwear should be more elastic in the width of the legs.

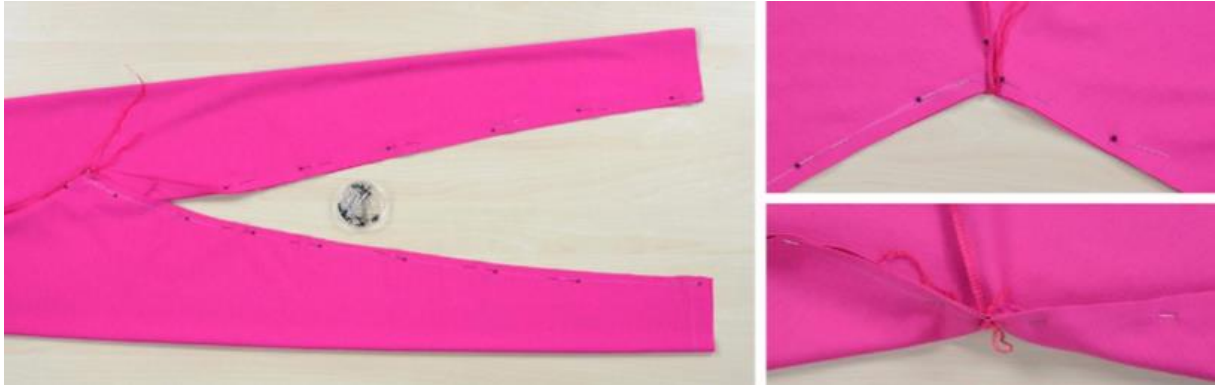


Sewing:

Sew on overlock. Leave the two forms perfectly folded together and sew the underlines of the front and back (the two arches pinned together in the photo below).



Now, fold the two legs so that the seams of the cuts meet in the crotch, pin the inside edges of the legs together. And sew together with one seam, starting at the bottom of one leg and ending at the bottom of the other.



Now, from the remainder of the knitted fabric, cut out a strip form. The knitted fabric should extend more along the long edge of the rectangle. Don't forget the 1 cm allowance for the seams all around. Fold the strip in half and sew the short edges together. Then iron it lengthwise in half. Adjust the circumference of the rubber to the figure - it should be smaller in circumference than the body, but not too tight. Sew the elastic "flat" to form a loop. Most likely, the rubber loop will be smaller in circumference than the belt. Place the rubber inside the belt and pin it with pins to evenly distribute the excess belt around the circumference of the rubber band.



Attach a strap with gum to the top of the leggings, evenly distributing the difference in circumference between the gum and the waistband and the leggings. If the strap is much wider than the rubber, pin it so that the edges slightly stick out, this will make it easier to control the position of the edge and the rubber while sewing. Leggings should be on the left side - and the belt should be pinned on the inside.



Sew the strap with the gum and leggings at once, so that the edge of the gum is also in the seam. Thanks to this, the rubber will not curl and fold in half inside the strip. When sewing, stretch the elastic to the circumference of the belt and leggings. Hold the stretched rubber and the edges of the fabric with both hands. With one hand a few centimetres in front of the presser foot, and with the other hand behind the presser foot, move the stretched parts along with the machine operation so that the seam is not too dense.



If this method seems difficult, you can sew on the strip first. Leave an unattached hole through which you will suck the elastic. Then sew its edges and sew the strap, but then the rubber may curl inside the strap. To finish off the legs, fold the leggings inside out. At the bottom, fold the legs 5 cm from left to right. Then, fold the fold in half so that its edge meets the folded edge at the bottom of the leg to form a strip. Pin the bottom edges of the slat and trouser legs together (3 layers of fabric in total).



Turn the leggings inside out and sew the pinned edges together. Sew so that the foot is on the slat and inside the leg. After sewing the edges, unfold the slats on the right side and iron them.



Our final result may look like this:



Dressmaking already done so lets start with lingerie – creating pants in details

There are several rules that helps achieve success in sewing underwear:

- always use a needle and thread suitable for the fabric you are working on,
- test different stitches and settings on sample scraps of fabrics and finishes,
- when sewing stretch fabrics, do not stretch the fabric, it may deform,
- try to trust the machine, let it move it at its own pace, direct the fabric in the right direction with your hands as the sewing line leads,
- use an iron and iron with steam,
- sew the demanding elements in assembly with a longer stitch by hand or by machine.

Materials used for sewing underwear:

Cotton jersey with elastane,

Tencel, Modal,

Microfiber,

Elastic lace,

Net / Tulle elastic.

Rubbers:

Edging rubber,

Broken rubber,

Strap elastic,

Knitted rubber,

Woven rubber,

Decorative rubbers.



Accessories:

Eyelets,

Regulators,

Embroideries.

Needles:

Choosing the right type of thread and needles saves time, increases the aesthetics of the finish and makes the work more enjoyable.

Jersey needles - we use for elastic fabrics with natural fibers. We usually use needles from 65 to 75.

Universal needles - we use sizes from 70 to 80. With more layers and stiffer rubbers, we reach 80.

Super stretch needles - we most often use size 75, for example for Lycra, i.e. for synthetic materials.

Microtex needles - the most frequently used sizes are from 60 to 70, for delicate materials such as satin, microfiber.

Thread:

Polyester 120 or 150,

Elastic yarn 120 the most common, used for the lower loops of the overlock or also 200E.

Sewing accessories:

Thin Prym pins - make it easier to work with lace and thin and delicate materials,

Rotary cutter 45 mm,

Rotary cutter 18 mm,

Self-healing mat,

Adhesive tape for writing - a must-have when modeling and adjusting forms, you can write on it,

Spray starch - makes it easier to control the curling jersey,

Janome foot with upper transport - facilitates feeding of materials and prevents them from stretching,

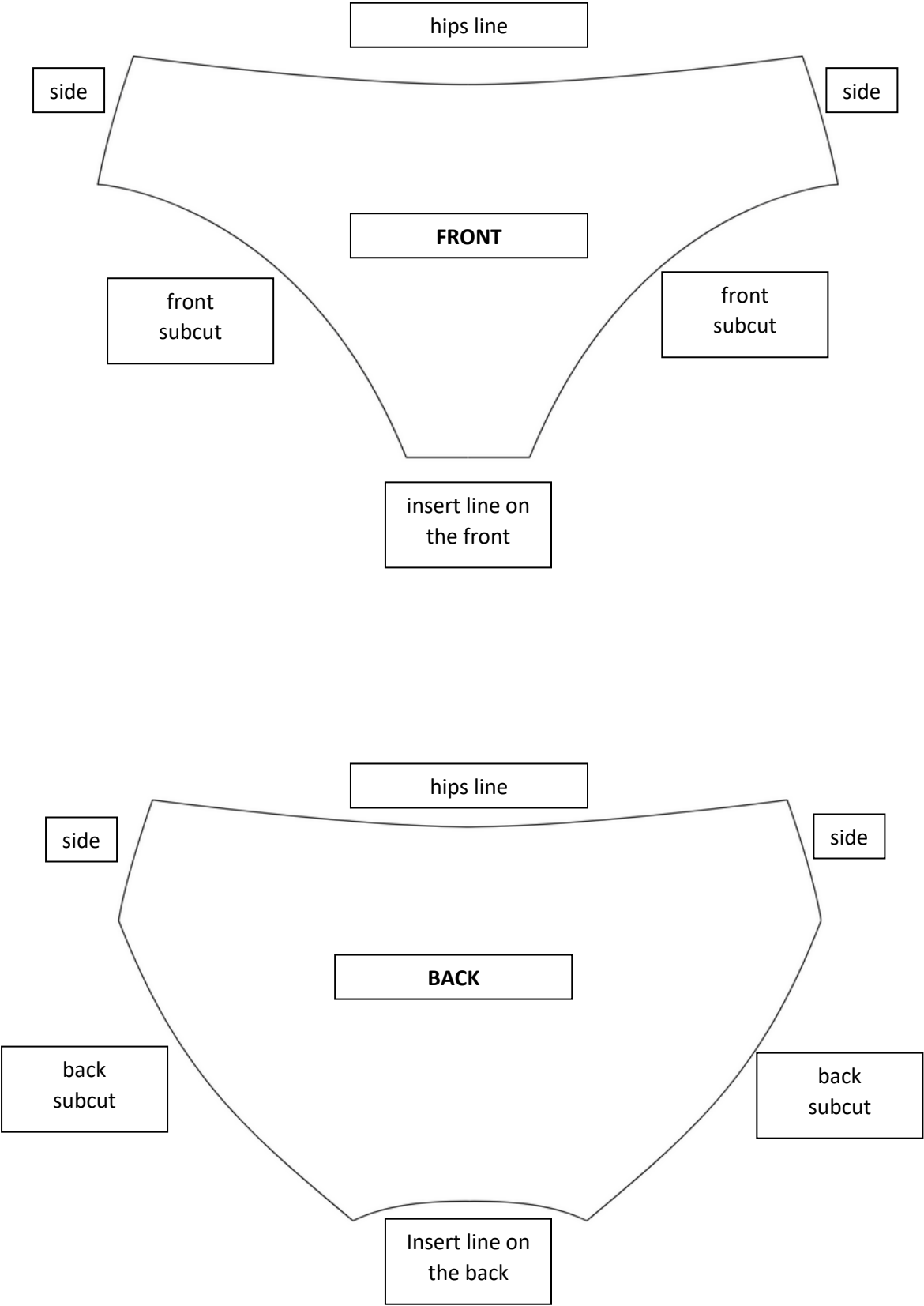
Overlock foot,

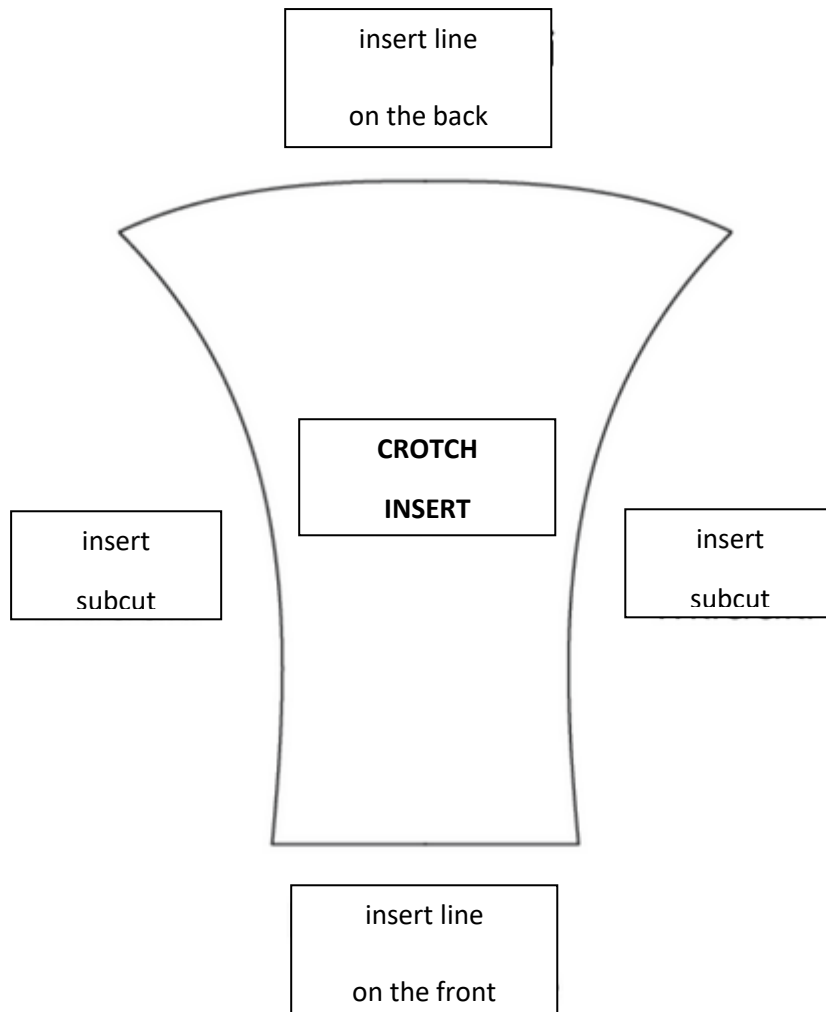
Satin stitch foot - its translucent runners and indicator can help guide the stitch smoothly over the rubber,

Needle plate - if you have problems with delicate fabrics when sewing with a straight stitch, use the needle plate for the straight stitch (if, of course, your machine can replace it),

UHU glue - replaces manual basting.

Below we present some helpful graphics about the anatomy of the panties:





The most common mistakes in sewing underwear:

1) The fabric or rubbers are too stretched - check that you do not stretch them too much when sewing, if you sew on an overlock or machine, make sure that the machine feeds the fabric well, if not - reduce the pressure of the presser foot. You can also increase the length of the zigzag or triple stitch or any other stitch you use, and if you have the option of using the presser foot with top transport, use it.

2) Inappropriate needles - check if you are using a needle for a specific fabric, for example if you notice too large needle marks in the fabric.

3) Skipped stitches - if you notice skipped stitches, replace the used needle with a new one.

4) The fabric collects between the stitching - most often it concerns a zigzag stitch, you can reduce the tension of the upper thread and the parameters of the stitch, e.g. reduce its width.

5) Cracking seams - make sure to use elastic stitches, the seams are cracking because they are not very elastic, unlike before, you can increase its width and length.

6) Pulling in delicate fabrics at the beginning of sewing - when sewing with a straight stitch, use the needle plate for straight stitching, if possible. You can also leave a longer thread length to start and pull it gently. You can also sew through half parchment.

7) The machine starts sewing incorrectly - it happens that the machine feeds the beginning of the fabric incorrectly, start sewing a little further, insert the needle, raise the presser foot, turn it 180 degrees and sew it all the way back, then come back and continue sewing.

Base panties - this is the best model to start learning to model for other forms and adding new cuts and finishes. We can sew this model with an overlock, but also without it. There are only sewing techniques on a multi-purpose machine, but you should also focus on sewing in rubber and broken rubber.



High-waisted panties - this is a model that is slightly different from what is already available. The waist is higher, but the armholes on the front and buttocks are also different. It is the perfect base for panties underneath shaping dresses and as a bottom for a swimsuit. This model has a crotch insert without hiding it between the layers. It is sewn only on the over-roll. In addition, we have a waist line trim with an edging rubber closed and placed under the decorative edge of the lace.



Underwear shorts - the course shows how lace shorts are sewn with the use of a decorative lace edge. However, you can use them to sew traditional sports shorts made of cotton jersey with elastane. During sewing, a gusset of panties is created, a panty liner adjusted to the preferences and width of the lace used for this project. The form of shorts can also be joined on the sides to sew them with a seamless side seam on the thighs.



Hipsters - hipsters that are sewn have a new modification showing how easy it is to model panties. Like any project, it can be made of any material and give them a completely new character. We can add shoulder strap as an adjuster on the back circumference of the panties.



Brasilians - this model is the perfect cut between basic panties and thongs. They are perfect for using the decorative lace edge on the buttocks line. You need to find a perfect mirror image of the laces, as well as finish the crotch insert connected with lace at the back, and with lycra on the front. The most important thing is to learn a new edging rubber finish that ends with the lace line on the back. The rubber is not only well sewn in, but also neatly folded at the back seam.



Strings - we can remodel the base cut of the panties in order to use the shoulder straps on the sides, which makes it easier to adjust the panties to the circumference on the hips. Choosing a comfortable shoulder strap is crucial to the comfort of this design. A novelty in this model is the connection of the crotch insert with the front, and its hygienic second layer is loose, covered with an overlock and finished with broken rubber.



Thongs - this is an unusual way to connect the front of panties cut from elastic lace with the use of a decorative edge on the upper line of the circumference and the back of Lycra, where on the back line of the hip circumference we have a lycra rolled up with edging rubber. This finish can be done without any problems with just one rubber band.



Men's boxer shorts - underwear is also sewing men's underwear. You can sew men's boxer shorts, but also roll up the knitted rubber by hiding it between the fabric, and also add a lining to the front panel of boxer shorts. Rolling up the gum can be used not only in boxer shorts, but also in leggings mentioned in the previous part of the e-learning course within the project "Dressmaking and Lingerie from three countries by the Baltic Sea". This is the last type of underwear that we present in the e-learning course and which we will be able to work with during the workshops on site in Poland.



Lingerie – not only pants but comfortable bra needed – basic accessories

Below we present a list of sewing accessories and underwear construction, which is indicative, but show what is proven in the companies in which we will carry out workshops and in which these companies trust:

Needles (Always choose the right needle type and size for the fabric):



- Microtex
- Jersey
- Stretch
- Universal

Feet:

- Satin stitch foot (can be plastic or metal)
- Foot for regular zipper
- Foot for sewing on buttons
- Sewing foot on the so-called "contact"

Glues:

- Pen with glue for basting, Prym
- Temporary spray adhesive

Marking the pattern elements:

- Disappearing Marker, Prim
- 6mm dot stickers

Scissors:

- Duckbill application scissors
- Kretzer Spirale Classic application scissors

Loading of the pattern and material:

- Washers for bolts

Curves:

- Curver kit for construction, Papavero
- Drawing kit
- Flexible curve

The buck:

- The buck in the form of a pillow
- Cup-shaped buck

Rotary knives:

- Rotary cutter 28 mm
- 45 mm rotary cutter

- Self-healing mat

- Water-soluble thread

Lingerie – all materials which we can find in bra production workshops and factories

Materials used in the companies which will host our workshops for creating and sewing bra:

Cotton jersey

Cotton jersey is one of the natural materials that can be used to sew bras. I am referring primarily to non-wired bralettes, but also underwired bras. In underwired bras, jersey can be used as a lining in the bra cup. It is best if it is a jersey with elastane, which will prevent the material from stretching without returning to its original form. It does not have great support properties, so it is not recommended to use it to sew the wings / sides of a bra.



Elastic lace

Elastic lace can be purchased by the meter or on a tape of a certain width. Lace on the ribbon usually has two decorative edges, which can be used in the decorative finishing of cups or bra circumference elements, just like lace by the meter (its factory edge is usually a decorative edge). It contains elastic fibers that make it stretchy.

In addition, the elastic lace can be used as a stand-alone bra cup or in combination with a stable lining, when we want to have better support in the cup.



Stable lace

As the name suggests, it is one of those materials that are inflexible, but we use them to sew a bra. Most often it is a bra cup, but also a bridge or a bra frame. What you should pay attention to is the fact that some of the stable lace have a mechanical separation of the fabric structures, but they should not be used as a substitute for elastic lace.

Like elastic laces, they can be purchased on a tape of a certain width or by the meter.



Embroidery

It can often be mistaken for lace as they look similar at first glance. This type of fabric is most often embroidered on a basis of tulle. Like lace, embroidery can be flexible or stable.



Lycra

The material known as lycra is most often associated with sewing swimwear. However, it also has its application in sewing bras. It is especially often used for the wings / sides of a bra (if it is too stretchy, it can be used on the sides of a bra in a double layer) and as an outer material in a bra cup, in which we want to make one smooth surface. The material stretched over the cup can be used for bras sewn under the t-shirt, where we care about the smooth surface of the bra. Lycra can be stretched over a cup made by yourself or on the so-called bowl, i.e. a ready-made cup, thermoformed to a specific shape and size.

Lycra is a blend of polyamide and elastane in various forms (lycra, spandex). It is very stretchy and dries quickly. Like most fabrics, it comes in a wide variety of weights.



Elastic tulle

Elastic tulle can also be found under the name "power mesh". It is a delicate, very soft and pleasant to the body, stretchable tulle. It is mainly made of a combination of polyamide and elastane. It provides a little support for the bust, so if you want to use it to sew bras, it is best when the bust does not need much support. It is most often used for sewing all or various inserts in panties or bodysuits.



Power net

It is often confused with the so-called elastic tulle. "power mesh". To distinguish it, it can be called "elastic net" and elastic tulle "elastic net". It is one of the most commonly used materials for sewing the sides of a bra. This material is a combination of polyamide, often polyester, and a large percentage of elastane. This combination gives it high extensibility but also high tensile strength. Easily supports a larger bust, it is comfortable for the body. In order to see its structure, it often has to be stretched tighter due to the above properties. Power net can have a different basis weight and elastane content. The greater the percentage of elastane, the greater the support properties and tensile strength.



Soft tulle

Unlike elastic / power mesh tulle, soft tulle is not elastic. It has some mechanical properties that allow it to propagate in one direction, but is still considered a stable material. For example, this tulle can be made of polyamide or polyester alone without any admixtures with elastane. It is delicate and soft, so it is suitable for sewing bra cups that do not require much support. If you have larger or heavier breasts, you can add an awning to a cup made of this type of tulle as a supporting lining.



Marquise

A marquise is a material that only extends one way and is stable the other way. Therefore, its properties can be used in various ways. It is a material that looks like interwoven mesh. Most often made of polyamide. On the one hand it is shinier and on the other hand more matte. Each side can be used as a cover layer. Perfect for stabilizing the sternum and bra frame, and as a lining for cups.



Fencing

The fencing can be a replacement for the awning, but it is not as pleasant to touch as the awning. It is made of polyester or polyamide. Fencing is a polyamide / polyester lining used in the same way as an awning to stabilize the sternum, frame or in the lining of bra cups. Like the awning, it is thin and slightly draping. Although some fencing can be a bit stiffer and rough to the touch compared to the marquise.



Polyamide chiffon

It is a material from the lining category, most often used as a lining in a cup or for stabilization. It is slightly less durable than the awning. Polyamide chiffon is a knitted fabric with a columnar structure where the joints of the eyelets are visible. It is delicate and pleasant to the body, has a very low basis weight, therefore it is ideal as a lining that is to be practically invisible under the outer material.



Simplex

Simplex is a material made of polyamide, most often used for sewing cups. Despite its stability, it has a one-way mechanical stretching, which allows the material to adjust to the shape of the breasts. It is strong, dense and properly supporting a larger bust. On the one hand it is glossy, on the other hand it is more matte. Simplex can also be printed with patterns.



Corset foam

Corset foam is made of polyurethane foam. It is laminated on both sides. You can find foam on one side covered with cotton jersey and awning, on two sides with jersey or with an awning on both sides. The foams are produced in various widths, weights and with various degrees of flexibility. It is a material that is quite stable, but also works well and adapts to the shape of the bust.



Template for sawing an underwired bra – full bra cut layout

We cut all parts according to the diagrams below.

We cut the cups and the side of the bra twice. On the other hand, the frame is cut from the folded material along the fold line. We cut the cups and the bra frame from stable materials, while the circumference is made of flexible material.

Examples of all available and used materials can be found in the previous section of this e-learning course within the project "Dressmaking and Lingerie from three countries by the Baltic Sea".

