

BARRETT BRALETTE

A SPORTY FEMME BRALETTE BY MADALYNNE INTIMATES





BARRETT: A SPORTY FEMME BRALETTE

I SINCERELY HOPE YOU ENJOY
THE BARRETT BRALETTE, A
FREE PDF DOWNLOAD FOR ALL
LEVELS OF BRA MAKERS

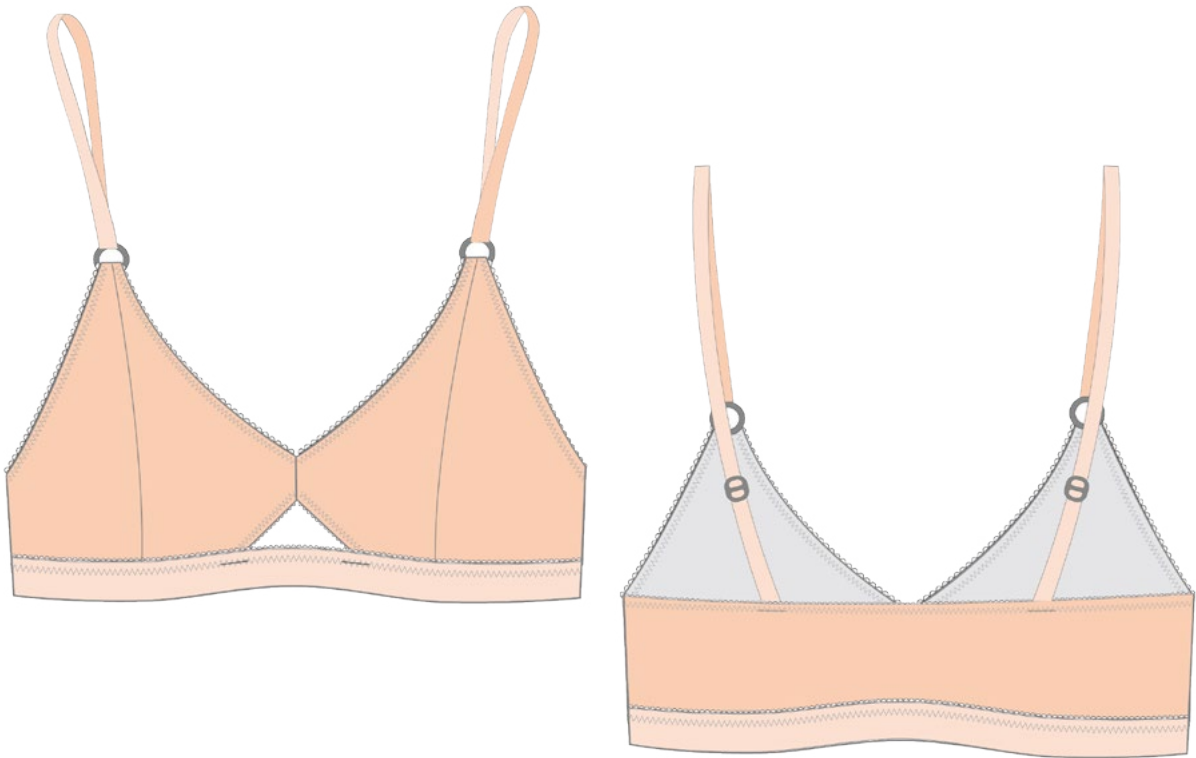
OVERVIEW: The Barrett is a sporty femme pull-on bralette that has adjustable straps, a triangle opening at center front and an elastic band at the bottom. It has a forgiving fit, and lends itself to being layered underneath oversized tops and dresses.

INTENDED BRA MAKERS: The Barrett is a bralette,

also called a soft bra, meaning that it does not have underwires. The amount of stretch your fabric has and the firmness of your elastics will play a big role in the amount of support your bra provides, but this bra is generally intended for smaller sizes - cup sizes AA-C.

SUGGESTED SELF FABRICS: The pattern was designed for stretch fabrics that have approximately 30-50% stretch. Some examples include, but are not limited to, stretch lace, stretch mesh, jerseys, or any fabric with 4-15% spandex. Fabrics with stretch greater than 50% should be lined with another layer of stretch fabric.

SUGGESTED LININGS: Stretch mesh, micro mesh or powernet.



GETTING STARTED

PRINT PATTERN: Be sure that your printer settings are not set to scale or zoom and that you are printing at 100%. To ensure you're printing the right size, first print out the page with the test square then measure to ensure the square is 2" x 2". If it isn't, you may need to adjust your printer settings.

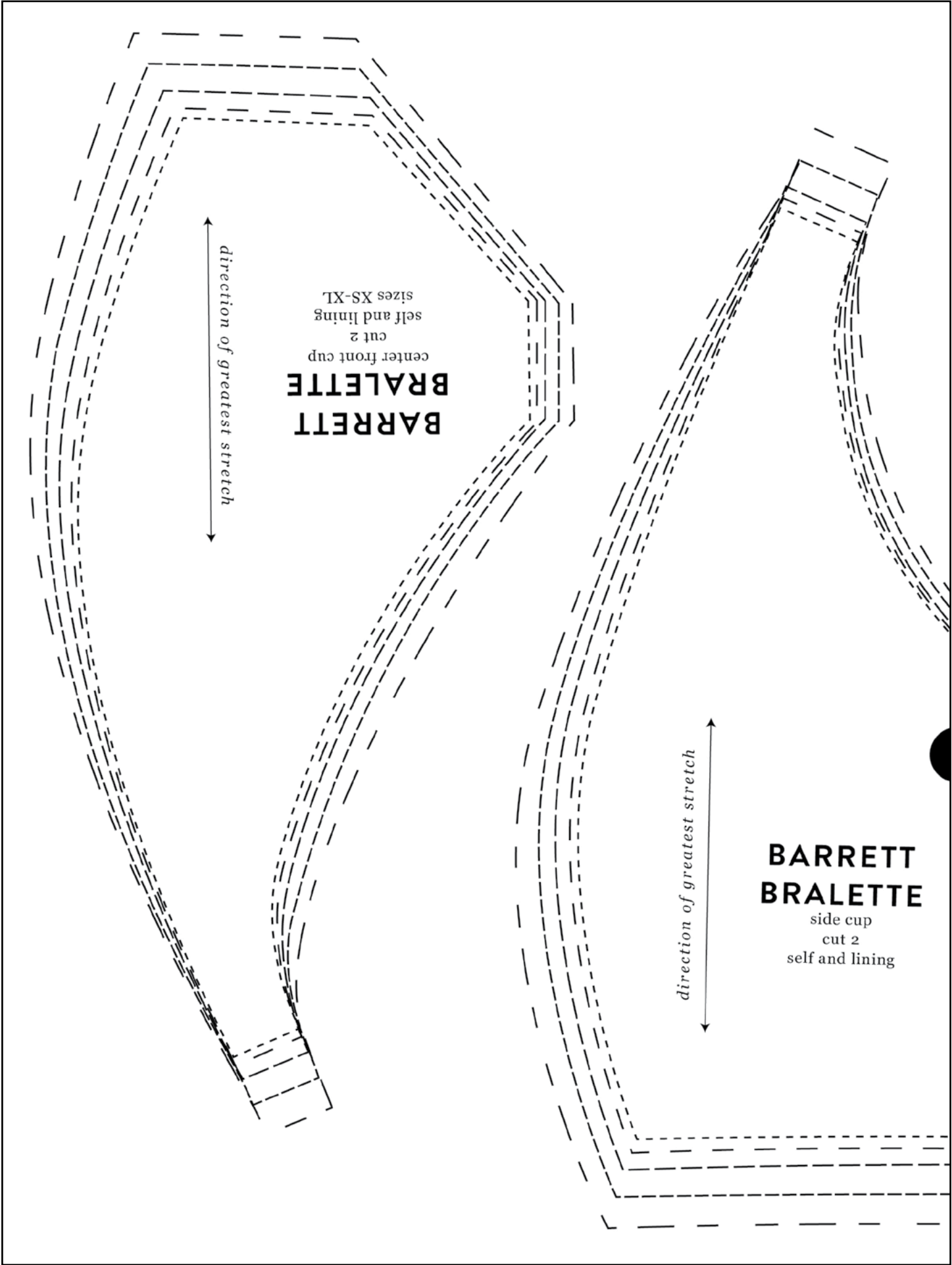
FIND YOUR SIZE: Determine your size using the size chart below. If you are between sizes, I suggest sizing UP. Generally, if you normally wear a 28/30 band, choose an X-SMALL, a 30/32 band - a SMALL, a 34/36 band - a MEDIUM, a 38 band - a LARGE, a 40 band - an X-LARGE

SEAM ALLOWANCES: All seam allowances are 1/4" unless stated otherwise.

SUPPLIES (see image on page 8):

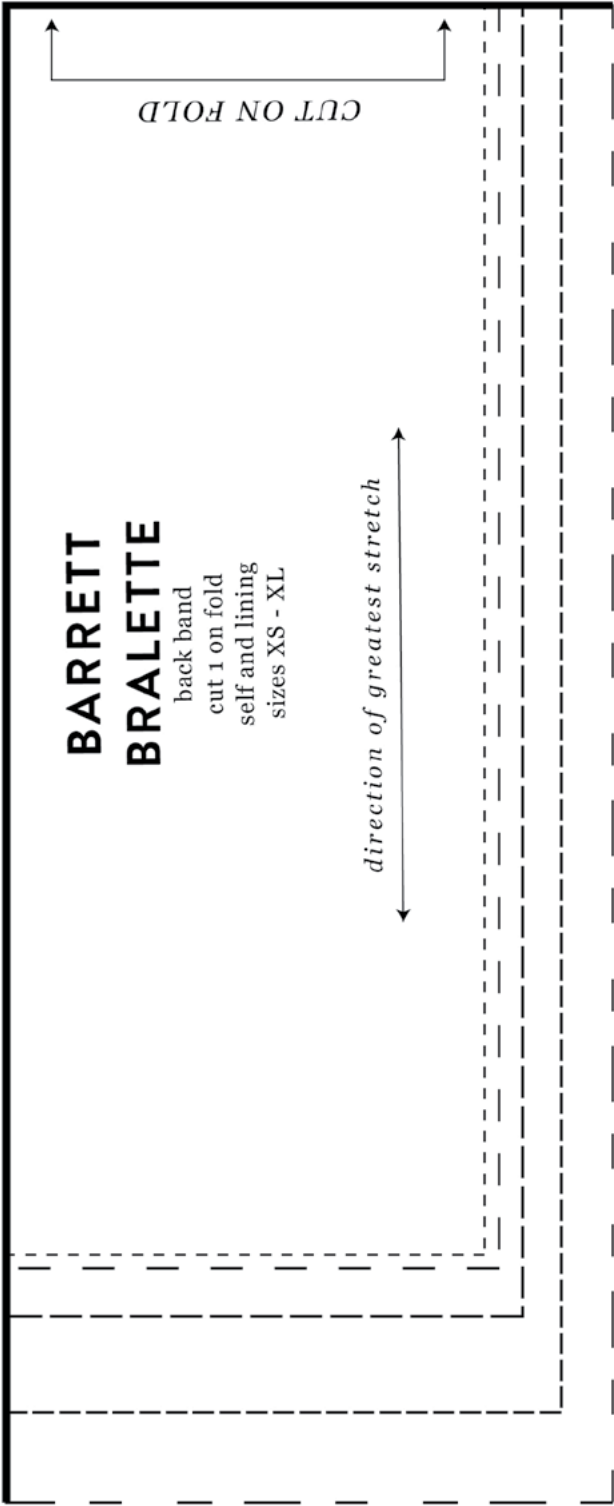
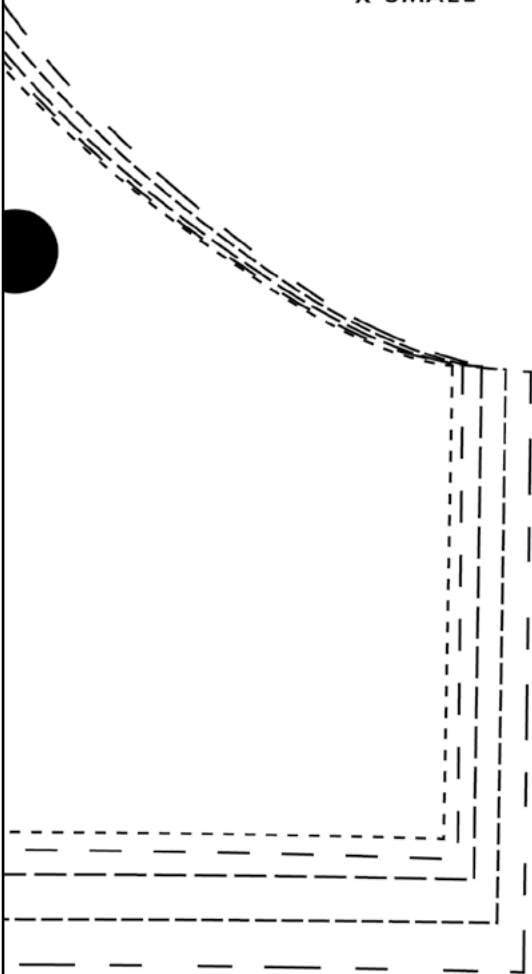
- 1/2 YD self fabric
- 1/2 YD lining fabric
- 1.5 YDS 3/4" picot or flat elastic (for bottom band)
- 2 YDS 1/4" or 3/8" picot elastic (for front neckline, armholes and top back band)
- 1.5 YDS 3/8" shoulder strap elastic
- 2 rings 3/8" wide
- 2 sliders 3/8" wide
- Stretch needle size 11, 12 or 14 depending on your fabric
- Polyester thread
- Odif's 505 temporary spray adhesive (optional)

SIZE CHART - FULL BUST MEASUREMENT					
	X-SMALL	SMALL	MEDIUM	LARGE	X- LARGE
FULL BUST (around the fullest part of your breasts)	28.5-30.5 in 72.5-77.5 cm	30.5-32.5 in 77.5-82.5 cm	32.5-34.5 in 82.5-87.5 cm	34.5-36.5 in 87.5-92.5 cm	36.5-38.5 in 92.5 - 97.5 cm

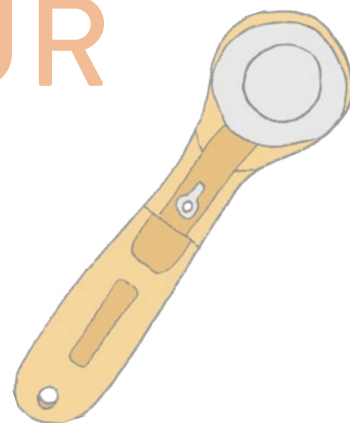




- — X-LARGE
- - - - LARGE
- - - - MEDIUM
- - - - SMALL
- - - - X-SMALL



READY TO START SEWING YOUR BARRETT? LET'S GO!



THIS WILL BE YOUR VISUAL TUTORIAL ON HOW TO MAKE THE BARRETT BRALETTE...

Follow the instructions on page 2 to print your pattern. Even though the directions state it, be sure that your test square measures 2" x 2". After, use a pair of paper scissors or a rotary cutter to cut off the right edge on page 4 or the left edge on page 5 along the black line. Then, overlap or butt the sheets together so that the circles align. Tape together. Refer to the 3 photos on bottom of next page (page 7) for reference.

Next, find and cut out your size using the size chart on page 3.

Cutting fine lace and lining can be really difficult. It's like cutting chiffon – lots of shifting! To make it easier, use a temporary spray adhesive such as Odif's 505 to spray baste the self and the lining fabric together prior to cutting (see bottom right photo on page 8). You won't permanently adhere them – the glue will wear off in a short amount of time and/or during washing. Also a plus, it won't gum up on your needle!

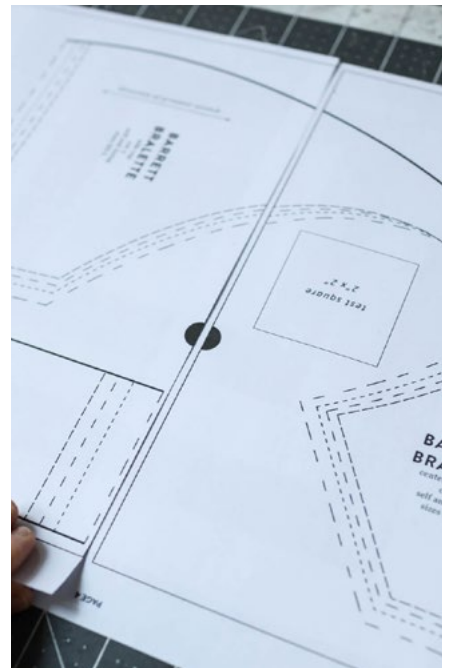
A temporary spray such as Odif's can be purchased online at Amazon.com or at your local craft store.

If you spray baste, I suggest cutting and sewing within a few days because if not, the glue will wear off and what you did was just a waste of time. For Barrett, spray baste the self and the lining for the center front cups only. Leave the lining and the self for the side cups and the back band NOT GLUED. You'll see why later.

In a woven fabric, grainline indicates the direction of the fabric that has the **least** amount of stretch. In most cases, patterns are aligned with this line. In bra making, patterns are cut according to the direction of greatest stretch (DOGS). So, when looking at the pattern for Barrett, lines with arrows indicate DOGS, not grainline.

To find the DOGS on your fabric, pull lengthwise and crosswise. What has more stretch? On stretch fabrics, there is either a stretch in one direction, called a 2-way stretch, or a stretch in all directions, called a 4-way stretch.

If you're using a 2-way stretch fabric for your Barrett, make sure that the DOGS lines on the pattern align with the direction of your fabric that stretches MORE for both SELF and LINING. If you're using a 4-way stretch, you can you disregard the lines and cut in any direction.



FABRICS + TRIMS

TRACING AND CUTTING



BARRETT BRALETTE



TRACING AND CUTTING

CUT SELF AND LINING SEPARATELY FOR SIDE CUPS

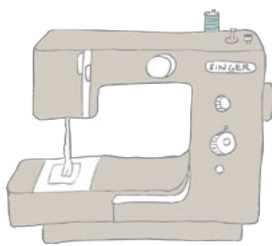


BARRETT BRALETTE



CUT SELF AND LINING TOGETHER FOR CENTER FRONT CUPS

use a spray adhesive - refer to
photo on bottom of previous page



LET'S START
SEWING!

The very first step is to sew the center front cups together. With right sides together, use a straight stitch and stop 1/4" from top and bottom - indicated with pins in photo above.

The next step is to sew the center front cups and side cups together. We are going to clean finish this seam, which means we are going to sew the seam in such a way that the seam allowances are encased in the lining. This is why we didn't use a spray adhesive to temporarily adhere the self and the lining of the side cups when cutting - they have to be separate at this step.

With right side of center front cups facing up, place side cup (self only) down - right sides facing. See photo on top left on page 11. Then flip over and with wrong side of center front cup facing up, place side

cup (lining only) on top and pin all layers together. See photo on top right on page 11. Use a straight stitch to sew through all layers, then flip side cups right sides out. See photo on top on page 12. Repeat for the other cup.

Why use a straight stitch on stretchy fabric? Generally speaking, a zigzag stitch is used on horizontal seams, and a straight stitch is used on vertical seams. During daily wear, your body moves widthwise, not lengthwise, unless you're doing jumping jacks all day long ;) You'll see later when we attach the elastic, that we'll use a zigzag stitch.

Also to note, I use a slightly smaller stitch length when sewing a straight stitch on any kind of open mesh/net fabric (approximately 2.0mm instead of 3.0mm).



Next, attach the cups to the back band at the side seam by using the same method we used when sewing the vertical seam on the cups.

Then, attach the 3/8" picot elastic to the front neckline and center front cut out. Now you'll see why we stopped sewing the center front cups 1/4" from top and bottom.

With right side of bra facing up, place elastic on top. The pattern has 1/4" seam allowance throughout, so if you're using 1/4" elastic, you will align the flat edge of the elastic with the edge of the fabric. If you're using 3/8"

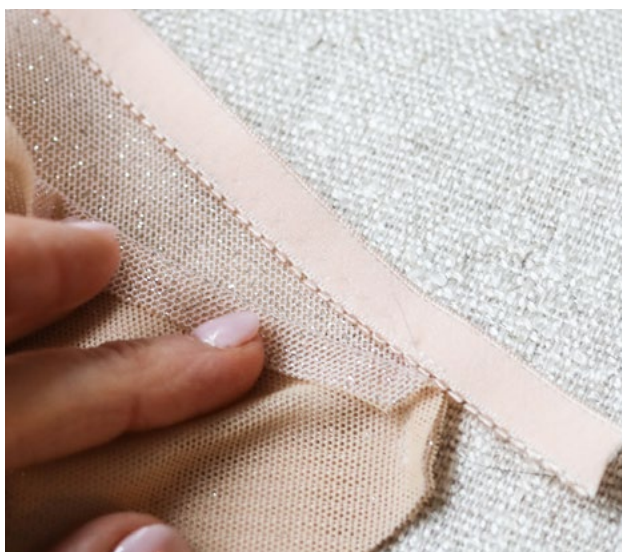
elastic like I am, the elastic should extend 1/8" beyond the fabric's edge. In both cases, the picot should face inward (towards the fabric) and plush side should face up. See photo on left below. Sew along the picot edge with a zigzag stitch.

Stitch width and length for a zigzag stitch will vary from machine to machine. A good rule of thumb is to ensure that the stitch width does not exceed half of the width of the elastic. Why? Because we're going to sew another "pass" of zigzag stitches on the other side non-picot side. This will prevent the zigzag stitches from

overlapping.

Also, try to stitch as close to the picot as possible without going off the edge of the elastic. If you think you're going off, you're probably doing it right. When sewing the elastic at the center front, fold back the other center front cup and sew all the way to the edge. See photo on left below.

Sew elastic on other neckline, then on center front cut out the same way. When finished, your elastics should be criss crossing. See photo on right below.







Next, attach the 3/8" picot elastic to the armhole and back band using the same method as in the previous step.

If you've attended one of my workshops or taken a lesson from me, you'll know my favorite quote, "We're not curing cancer, we're sewing bras!" Perfection is overrated. By no means am I a perfectionist, but when sewing the elastic at the strap points, the space between the elastics should be as close to 3/8" as possible. See photo above. This will

allow you to flip the elastics to the wrong side in the next steps. If it's anything less than 3/8", you won't be able to flip it. If it's anything more than 3/8", you won't be able to fit the strap points through the rings when attaching the shoulder straps (if you're using my lingerie kit).

Once you sew the first pass of zig zag stitches on the neckline, center front cut out and armholes/top back band, flip the elastics to the wrong side of the bralette and sew along the edge

opposite to the one you just sewed. Use a zigzag stitch again.

When you reach center front, pivot your sewing so that the neckline and center front cutout are both sewed in one pass. After, trim elastics so that the cut edge is flush with the zig zag stitches. See photo on left below.



Should I stretch elastic when sewing? In most cases, I set elastic flat, meaning I don't stretch it when sewing. Why? In normal garments, there is what's called "ease", so the pattern measures more than your body measurements. In lingerie however, there is "negative ease", so the pattern measures less than your body measurements. Why would you want to make it any smaller? The exception to this is when you want the bra to "hug" the body in certain areas, like around the armpit. For this bralette, I set all elastics flat except in the armpit area and at the top of the back band. I didn't use any calculation, and have developed a "feel" for how much to stretch, which you will too with practice ;)



Woo! We're getting close to finishing! The last steps are to sew the $\frac{3}{4}$ " picot elastic at the bottom of the bralette and to attach the straps. That's it!

With bra facing right side up, overlap the $\frac{3}{4}$ " picot elastic and the bottom of bralette $\frac{1}{4}$ ". See photo on left above. Picot edge should be facing towards the bralette and plush side should be facing up. First, pin at center front cut out so that it lies flat. For sizes XS and S, the width of the cut out should be 2". For sizes M, L and XL, it should be 2 $\frac{1}{4}$ ". See photo on right above. Then pin all the way

around. See photo on left below.

Once you pin all the way around, you're going to mark where the elastics meet with a pin. See photo in middle below.

This may seem like an extra step, but once you've marked this point, you're going to unpin the elastic and then sew together at this point using a straight stitch. See photo on right below.

Why didn't I provide a length for you to cut your elastic based on your size? We're getting close to finishing and

at this point, there has been lots of sewing and cutting. Nobody is perfect and if I provided an exact length to cut the elastic, it might be shorter or longer than the bottom of the bralette by now. So, it's better to pin the elastic to the bottom of the bralette to get the right measurement.

Once you've sewn the elastic together, it should now be a circle. You can now repin the elastic to the bottom of the bralette exactly the way you did before - $\frac{1}{4}$ " overlapping, pinning at center front cut out first, then all the way around - and use a zig zag stitch to attach the two together.





Now onto the straps!

If you're using a Madalynne lingerie kit to make your bralette, cut the strap elastic in half. If you're using your own strap elastic, cut 2 lengths 16-18" long.

Feed ends of the strap elastics up and through the bottom of sliders, over the center bar, and then down through the other side. It should look like a belt buckle with one short end and one long end. See image on left above. Fold the short side down and sew a bartack as close to the slider as possible. Trim close to stitching.

Put rings through strap points and



turn back 1/2". Sew a bartack as close to ring as possible. Trim close to stitching. See photo in middle above. *Tip: apply clear nail polish to end of strap elastic to prevent it from fraying/wearing.*

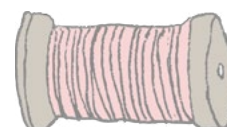
Weave long sides of the strap elastics through rings from back to front. See photo on right above. Then weave up and over center bar again just like in previous step. The "standard" length from slider to ring is approximately 2". See image on left below.

The last step is to attach the straps to the top of the back band. With bralette facing right side up, pin straps so that they are approximately



5" apart for size XS and S and 5 1/4" for size M, L and XL. Make sure the shiny side of strap elastic is facing up. Also, strap elastic should extend approximately 3/8" below top of back band on inside (the width of the elastic).

Sew a bartack approximately 1/8" below the top edge of the back band. You can sew another bartack just below for extra security. See photo on right below.

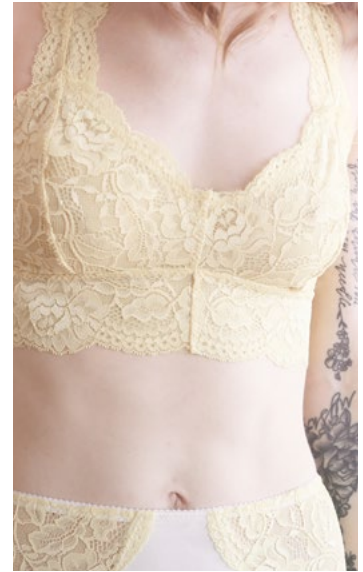
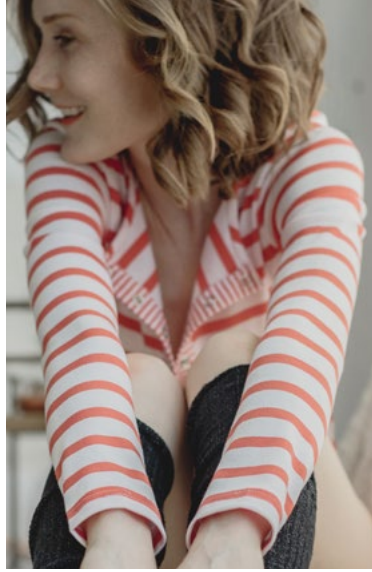








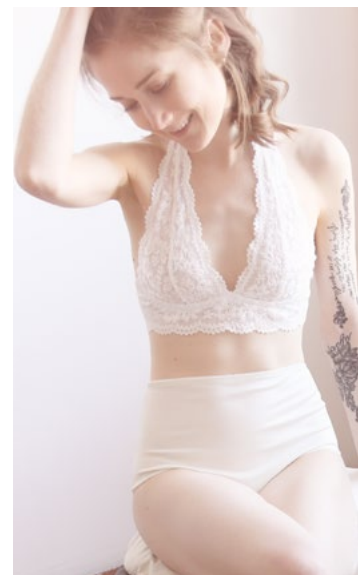
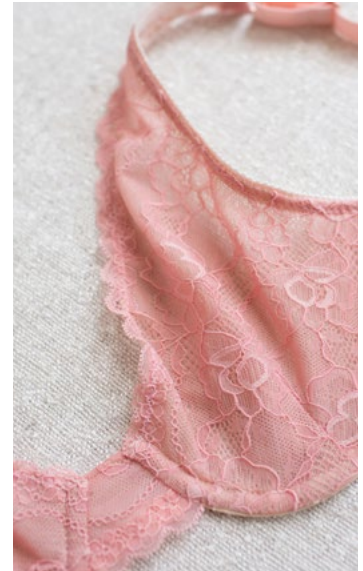




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