



Success with Sewing Lingerie

Three Tutorials to Make
You Say Ooh La La!

Created exclusively for Craftsy
by Christine Haynes

Sewing Pattern

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Christine Haynes is the owner of her eponymous line of sewing patterns, Christine Haynes Patterns and writes her blog, [City Stitching with Christine Haynes](http://www.christinehaynes.blogspot.com/) (www.christinehaynes.blogspot.com/). She has been sewing for over 30 years and has a BFA in studio art from the School of the Art Institute of Chicago. Christine's first book, *Chic & Simple Sewing* was published in 2009 by Potter Craft. Her writings have also been featured in the book *One Yard Wonders*, as well as *Sew News Magazine*, *Threads Magazine*, *Sew Stylish Magazine*, *Craft Zine* and *Craft Stylish Magazine*. In addition to patternmaking and writing, Christine is the instructor of the Craftsy class [Sassy Librarian Blouse](http://www.craftsy.com/class/Sassy-Librarian-Blouse/74) (www.craftsy.com/class/Sassy-Librarian-Blouse/74), in addition to teaching local sewing classes in Los Angeles at Sew L.A., where she is also the shop's manager. Her work has been featured in *The New York Times*, *The New York Post*, *The Los Angeles Times*, *Martha Stewart's Radio Channel*, *People.com*, *LA Weekly*, *Daily Candy*, and *NBC's Today Show*, among others.

[How to Sew]

a Sassy New Bra

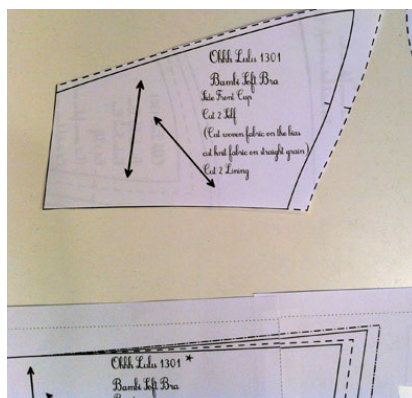
It might feel intimidating, but branching out into sewing your own lingerie can be much easier than one might think. It's really satisfying to have the secret of a cute handmade bra under your dress. And because it takes such little fabric, it's a wonderful way to use up some favorite scraps or to splurge on something pricey, since the projects require so little fabric.



This is the first bra I've ever made, and it's not quite a typical "bra" in that it is a bit softer and less supportive than a usual bra. Think of it more like a bralette. Perfect for under something not fitted, for lounging around the house, or for those with slightly smaller busts.

I used the [Bambi Soft Bra \(www.craftsy.com/pattern/sewing/clothing/ohhh-lulu-1301-bambi-soft-bra/51855\)](http://www.craftsy.com/pattern/sewing/clothing/ohhh-lulu-1301-bambi-soft-bra/51855) by Craftsby pattern designer [OhhhLulu \(www.craftsy.com/user/863231/pattern-store\)](http://www.craftsy.com/user/863231/pattern-store). It's adorable, vintage-inspired, and looked not too intimidating. I am thrilled with the final result and am officially bitten by the bra-sewing bug! I see many more in my future.

To make your own, download the pattern on Craftsby and follow along with all the steps to follow.



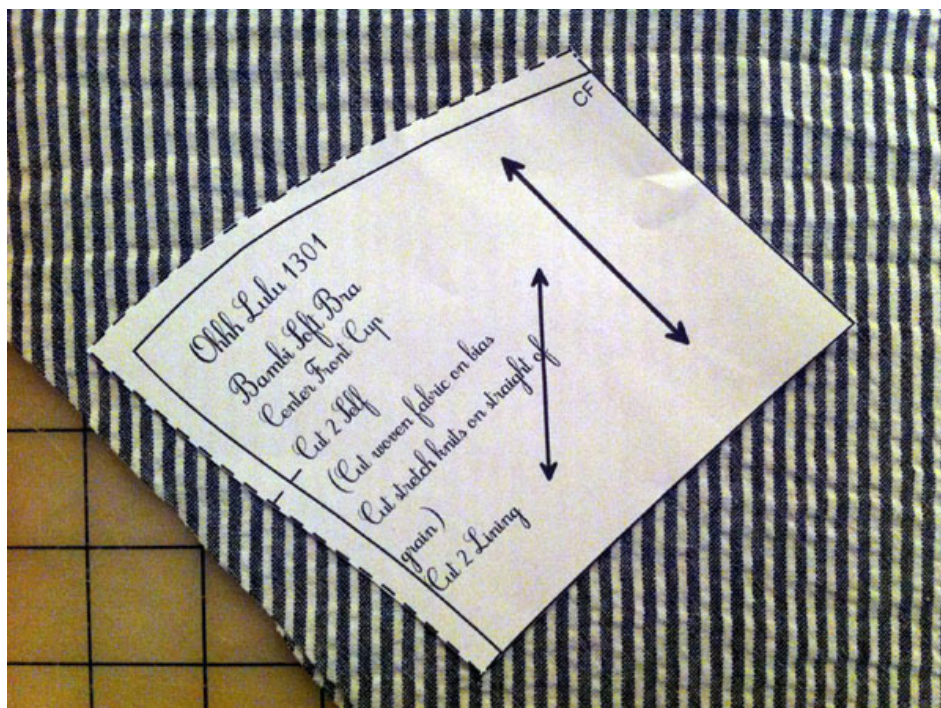
STEP 1:

This pattern is a downloadable PDF pattern, so the first step is to print it out. Make sure the test square is the correct size, or else the whole pattern will be too big or too small.

Tape the pieces together and cut out your size. Fortunately there are very few pieces, so this step takes very little paper and very little time.

STEP 2:

You will need to decide if you want to do the outside pattern pieces in woven fabric or in knit fabric. If in knit, place the outside bra pieces on grain, but if in woven, place the pieces on the bias. Both grain lines are on the pattern pieces for you to follow. I chose to use a seersucker on the bias.





STEP 3:

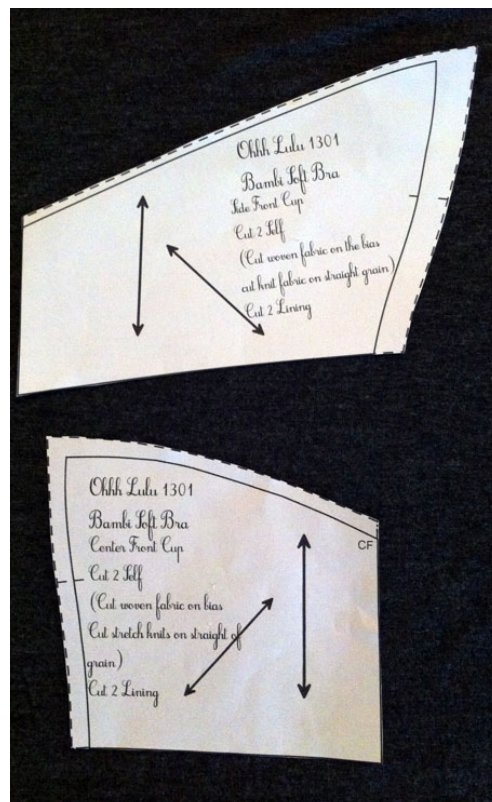
The upper cup pieces are above the cup and are ideal to be cut from something sheer, like lace or eyelet.

STEP 4:

Inside the cup pieces is a lining that should be cut from knit fabric.

This will be up against your skin, so choosing something soft is ideal.

I picked a scrap of charcoal gray knit that is buttery soft.





STEP 5:

Following the first steps of the instructions, sew the front cup pieces together, right sides facing and press open the seam allowances. These edges do not have to be finished since they will be fully lined. Press these curved seams over a pressing ham.



STEP 6:

Repeat those steps with the knit lining for the inside of the cups. These seam allowances should be trimmed down to about a $\frac{1}{4}$ inch to ease the bulk on the seam lines of the cups. Press the seams open flat on your pressing ham.



STEP 7:

The top band of the bra pieces are sewn with the right sides together, but note that this section is not lined, so if you've chosen something sheer, this is an ideal spot for French seams or any seam that is finished on the inside as well as on the outside.



STEP 8:

Pin the upper band to the lower cup, right sides together. Line up the center seam of the upper band with the center seam of the lower cups, then line up each end and pin in place. Follow the curve of the lower up and pin the remainder of the upper band in place. Baste the upper band to the lower cups, keeping your stitch line just inside the 1/2 inch seam allowance.



STEP 9:

Place the right side of the knit lining on top of the lower cups, trapping the upper band in the middle. Line up the upper edge and pin in place. Stitch this seam, being careful not to pinch the upper band in the stitch line.



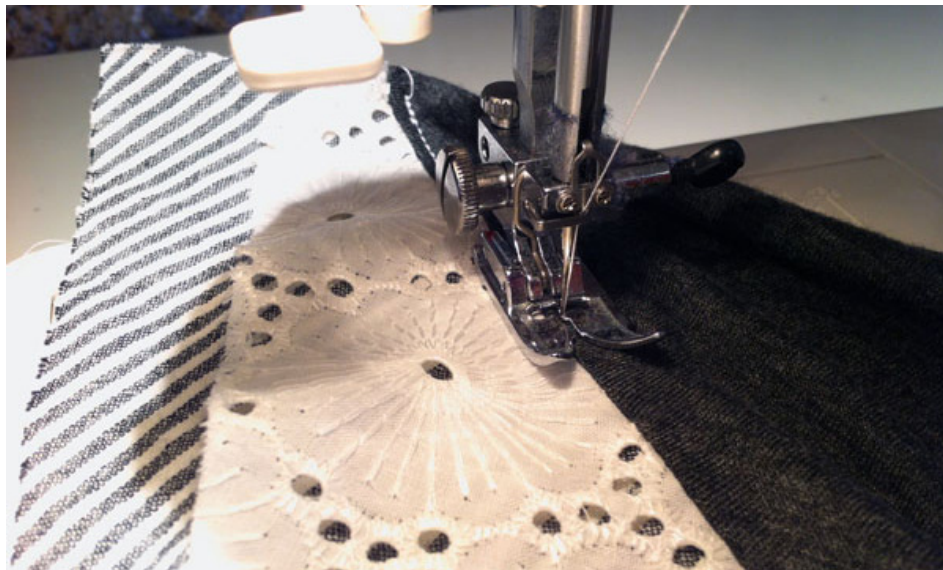
STEP 10:

Cut notches from the seam allowance to reduce bulk and to allow the curve of the seam to lay flat.



STEP 11:

Press the seam allowance toward the lining and pin in place.



STEP 12:

Understitch the seam sewn in Step 9 by stitching the seam allowance to the lining. Stitch just to the side of the seam on the right side of the lining.

STEP 13:

Press the seam and press the upper band away from the lower cup on your pressing ham to mold the curved seams over the curve of the ham.



At this point, it starts to look like a bra!

**STEP 14:**

Place the side band on the side of the front cup, right sides together, and stitch in place. Repeat on the opposite side. Finish these seams as you desire and press toward the side band.

STEP 15:

Cut the lower elastic about 1-2" shorter in length than the distance of the lower edge of the bra. The level of snugness

is a personal choice, and this can be cut shorter or longer than suggested. The shorter it is, the more the fabric will gather and the tighter it will fit against the body. I picked an elastic with a cute tricot edge that will peek out under the fabric when finished, but your pick can be as plain as you like it to be.



Fold the elastic in half and pin the center to the center of the lower cups through the lining as well. Pin the ends together and leave the rest unpinned. Pin the right side of the elastic to the right side of the bra, lining up the bottom edges.



STEP 16:

Sew the elastic to the bottom edge, stretching it to fit as you go, and keeping the lower edges aligned.



STEP 17:

The stitch should be a long and narrow zigzag stitch, placed up near the top edge of the elastic, which would place it just under the trimmed edge if your elastic has trimming.



STEP 18:

On the inside of the bra, trim the seam allowance along the elastic down to about 1/8".

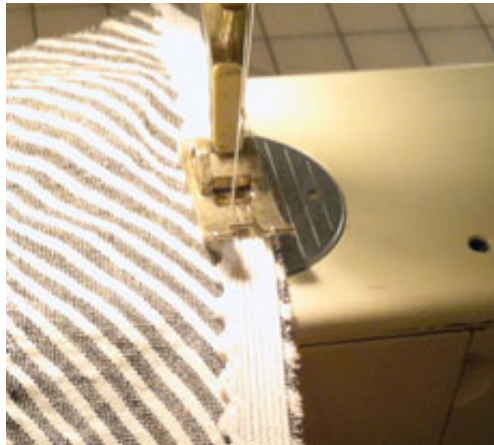
STEP 19:

Fold the elastic to the inside of the bra, keeping the trim on the outside of the bra and pin in place.

STEP 20:

With a slightly wider and shorter zigzag stitch, stitch the elastic to the bottom band on the right side of the bra.



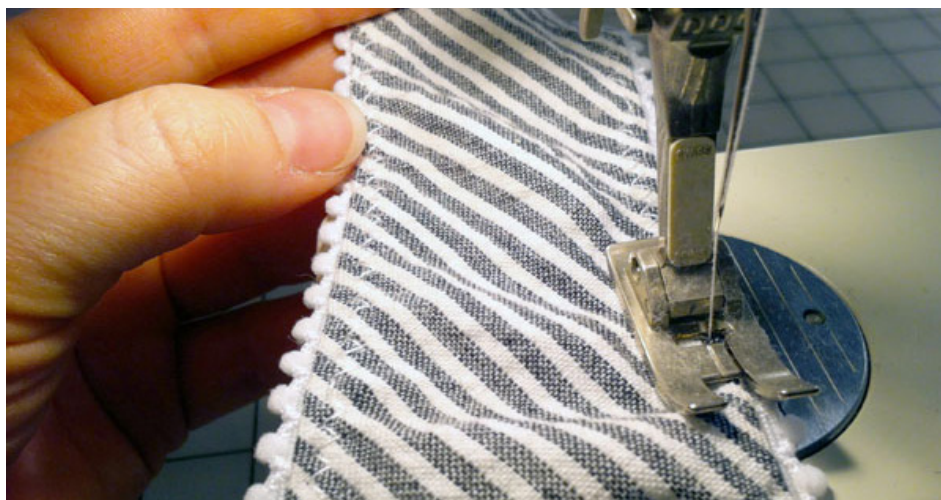


STEP 21:

Cut the elastic and pin in place to the top edge of the upper band the same way you did for the lower band.

STEP 22:

Stretch the elastic and sew in place along the upper edge, keeping the raw edge of the fabric in line with the edge of the elastic.



STEP 23:

Fold the elastic to the inside and pin in place. Stitch in place as you did for the lower elastic.



STEP 24:

The outside now looks complete and the inside is fully lined. Yay!

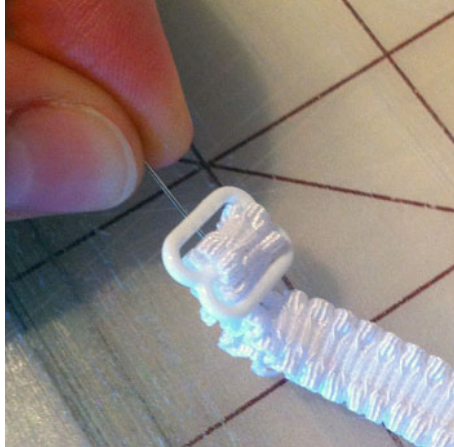
**STEP 25:**

Pin one end of the packaged bra clasp to one end of the side strap and zigzag in place. Repeat on the other end of the side strap. Press the seam allowance flat and finish the edge with a zigzag stitch.

**STEP 26:**

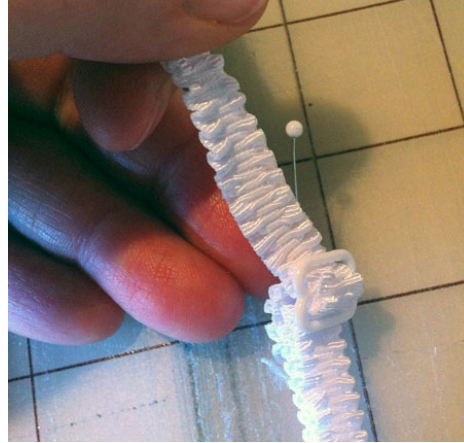
Cut the elastic for your straps as instructed, two 2" pieces and two 20" pieces. This can be a different elastic or the same that you're using on the bra itself. Pin the short end to the bra, on either the front or back, depending on where you want

the ring to be. Wrap the short piece around the ring and sew in place on the bra. Repeat with the other short piece. Feed the long piece through the same ring.



STEP 27:

Take one end of the elastic and feed it into the adjustable end of the hardware. Pin in place about 1/2 inch after the hardware loop. Stitch in place with a zigzag stitch.



STEP 28:

Take the other end of the elastic and feed it through the same adjustable hardware.



STEP 29:

Pin the end to the front of the bra and stitch in place with a zigzag stitch. It's a good idea to try the bra on first before sewing the straps in place to ensure that they are placed in a comfortable position on your body. Repeat the stitching on the other side of the front of the bra.



STEP 30:

If you'd like a little flourish on the front of your bra, you can hand sew a rosette or bow to the center front. I simply tied a little ribbon bow and hand-sewed it in place.

And then you're done! I hope this demystifies the fear of sewing a bra for yourself. I am officially addicted and can see using all kinds of scraps for a whole wardrobe of handmade undergarments!



Sewing *Vintage-Inspired* Panties

After making my bra from pattern designer [Ohhh Lulu](http://www.craftsy.com/user/863231/pattern-store) (www.craftsy.com/user/863231/pattern-store), I had a hankering to make up a pair of panties to match. Lucky for me, Ohhh Lulu has patterns for undies too! I chose the high-waisted *Betty Panties* and used the same fabrics I made my bra with, so I'd have a matching set. I feel positively like a retro pin-up in these!



Now that I've made the set, I can say that not only is sewing underthings completely addictive, but both of these patterns would be spectacular as swimwear too. I can see this pair being a lovely vintage-inspired bikini! Just make sure to use the proper fabrics and notions so they can withstand the chlorine and sunshine.

But for now, let's sew up these panties!

STEP 1:

Download the [Betty High Waist Panties Pattern](http://www.craftsy.com/pattern/sewing/clothing/the-betty-high-waist-panties/24100) (www.craftsy.com/pattern/sewing/clothing/the-betty-high-waist-panties/24100) on Craftsy and tape the pieces together. Much like the bra, there are few pieces, so it takes no time to do this step at all.



Cut out the panties to fit your size. I went with the largest, as I have a pear-shaped body, but in the end I could have easily gone down a size or two. So think about how tight you like your undies to be. The front and back panels can be cut in woven or stretch. I chose to

use the same fabrics to match my bra, so the front panel I cut in the eyelet on the bias.



Use the straight "place on fold" edge to line up on the 45-degree true bias. Do not try to cut this on the bias and on the fold. If you choose to make the front panel from stretch fabric, place this piece on the fold on the length of grain and cut out.



STEP 2:

To cut out one whole piece on the bias, trace around the piece with a chalk pencil. Unpin the pattern piece, flip, and pin down, keeping the pattern in line with the chalk outline of the other half.

STEP 3:

Cut around the entire piece, following the chalk line on the half without the pattern piece.



STEP 4:

Repeat the pinning and tracing steps on the back panel, which should also be on the bias if made from woven fabric. Again, if using stretch knit, place this piece on the fold and on grain.

STEP 5:

As with the front panel, cut out the



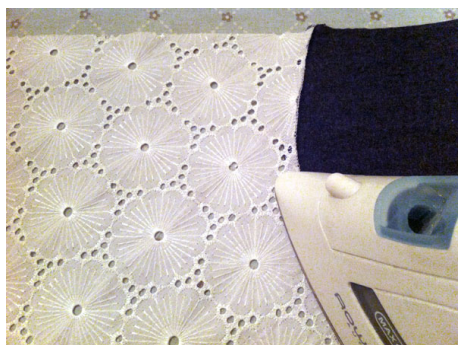
back panel following your chalk outline and half of the pattern piece that is pinned down. Continue by cutting your side panels and crotch lining pieces from stretch knit.

STEP 6:

The instructions indicate that you can use either a serger overlock machine for the seams, or a straight stitch machine, but as the panties will get stretched around your body to wear, I highly recommend using a

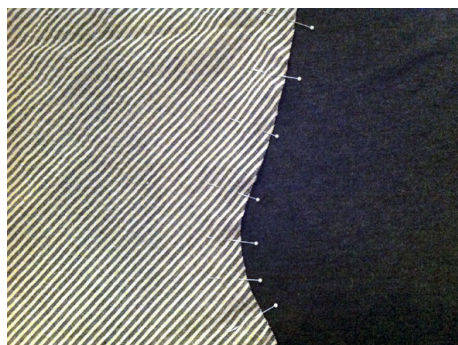
serger overlock machine if you have access to one. If not, try using the stretch stitches on your machine or a long and narrow zigzag stitch so the seams won't pop during wear!

On the machine you've decided to use, sew the front panel to the two side panels.



STEP 7:

Press the seam allowance toward the side panels. If you used a straight stitch machine, finish the fabric edges so they do not fray.



STEP 8:

Pin the back panel to the two side panels and sew together the same way you did in Step 6.

STEP 9:

Finish the seam and press toward the side panels as you did in Step 7. Using a sleeve board to press is helpful for this step so you do not accidentally press the underside while pressing the top layer.



STEP 10:

Using your desired method, finish the two straight edges of the crotch lining. I chose to use my serger overlock machine, but you can use a zigzag stitch as well.



STEP 11:

Along the back crotch seam, pin together the right side of the crotch lining to the wrong side of the back crotch. Then pin the right side of the front crotch seam to the right side of the back crotch

seam, so all three are pinned together and the back panel is sandwiched in the middle.



STEP 12:

Sew along the pinned edge at 1/4" seam allowance. I used a straight stitch as this area will not be pulled and stretched as the side seams will.



STEP 13:

Press the seam allowance toward the front panel, keeping the crotch lining and back panel to the opposite side.



STEP 14:

Flip the crotch lining toward the front panel and press the seam again.



STEP 15:

Pin the crotch lining to the crotch along the leg openings. Base stitch along the leg openings and press flat.

STEP 16:

Using a flexible tape measure, find the circumference of the leg openings. Cut your lingerie elastic to be about 2" smaller than the measurement.

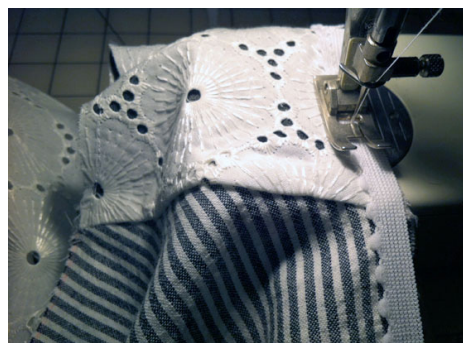
**STEP 17:**

Pin the lingerie elastic to the leg opening. Place the elastic on the



fabric, right sides together, with the flat edge of the elastic flush with the edge of the fabric on the opening. Overlap the start and end of the elastic by about a 1/2" and pin in place. Find the halfway point opposite your first pin and pin the elastic in place.

The elastic will be stretched to fit the opening during the sewing, so do not pin the remainder of the elastic down.

**STEP 18:**

Start at the overlap spot and stretch the fabric as you sew. Use a long and narrow zigzag stitch and sew close to the inner edge of the elastic. Stretch as you sew and keep the straight edge in line with the fabric edge as you go.



STEP 19:

Trim the extra fabric down on the inside of the elastic so it is hidden when flipping the elastic in Step 20.

STEP 20:

Fold the elastic to the inside of the leg opening and pin in place. If your elastic has trim detail like mine does, this should show on the outside of the seam.



STEP 21:

Using a zigzag stitch no wider than the width of the elastic on the inside of the seam, sew the elastic in place. Stitch on the right side of the garment and stretch the elastic as necessary as you go.

STEP 22:

Repeat the process for attaching the elastic on the second leg opening so you have finished off both circles.



STEP 23:

Measure and cut lingerie elastic to fit the upper opening just as you did for the leg openings. Pin in place at the overlap spot as you did for the leg openings and again at the halfway point.



I chose to put my overlap spot at the center back, but you can put it wherever you think it will be best hidden. I found the overlapping to be well hidden with this tricot elastic.



STEP 24:

Sew the elastic to the waist and trim, then fold and pin in place and topstitch as you did for the leg opening.

STEP 25:

If you'd like to add a decorative bow or detail to the center front,

hand stitch it in place with a needle and thread. I chose to use the same blue ribbon as I did for my matching bra.



{How to Make a}

Half-Slip

I pretty much live in dresses, because they are easy to toss on, and chic to wear. It's a win-win! But there is nothing chic about having the skirt of your dress cling to your tights or undies, preventing the skirt from hanging the way it was intended. Enter the slip. It might seem old school to wear a slip, but their purpose is valid. So instead of going to the mall to buy an old-fashioned granny slip, how about learning how to make a half slip, and sewing one for yourself?

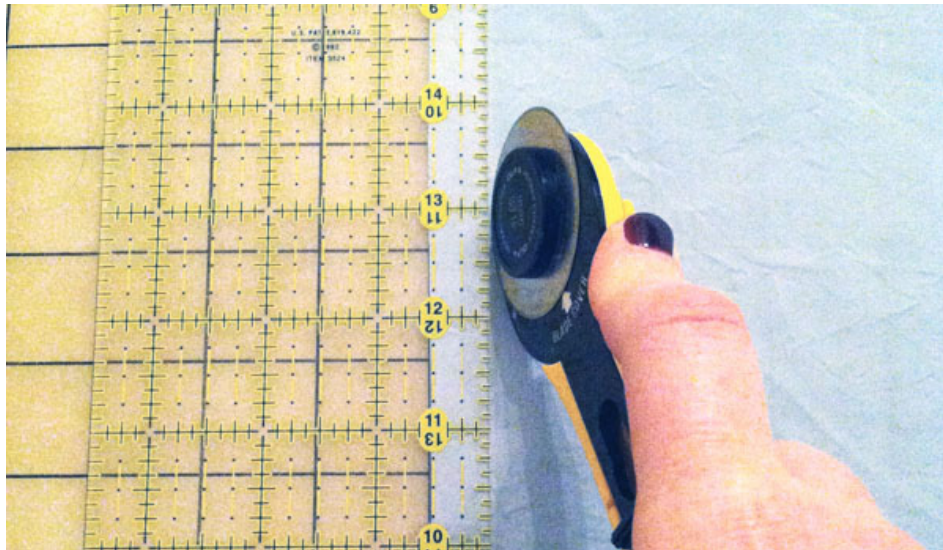


I decided to make mine out of Bemberg rayon, which is slippery like silk or polyester, but breathable and cool. Most people think that rayon is a man-made fiber synthetic, but it is actually a natural fiber, as it's made from wood pulp. Therefore, it breathes and doesn't hold in the heat like a synthetic does. Silk is another good choice, but silk can retain a lot of heat and be warm under an already warm garment, whereas rayon is cool to the touch. An ideal choice for a slip!

For this project, I'm not using a pattern, since the slip is a simple pair of rectangles. You can use all these techniques in conjunction with a slip pattern if you like, but I just cut mine out and went for it. Let's get started!

STEP 1:

Measure your hips, or the widest part of your lower body, and add 1" of ease. Then add an additional $1\frac{1}{4}$ " for the seam allowance. This is the width of your slip to cut. Measure from your waist (or where you want to wear the slip) down to your desired length. Add $\frac{1}{4}$ " for the top hemming and the desired hem amount for the bottom. I hemmed mine $\frac{3}{8}$ " twice, making it 1" total between the hem and the top. Add this 1" to the desired finished slip length for the total length to cut.



Since this is not a slip with a slit, it is best to keep this at the knee or above. I made mine to fit under my favorite dresses. Check your closet to do the same!

**STEP 2:**

Cut out two rectangles that are the width and length of the measurements you figured out in Step 1.

STEP 3:

Sew the side seams. There are many ways to do this, but since it is a semi-sheer fabric, I chose to do French seams. To do them the same way, pin along one side seam, wrong sides together.

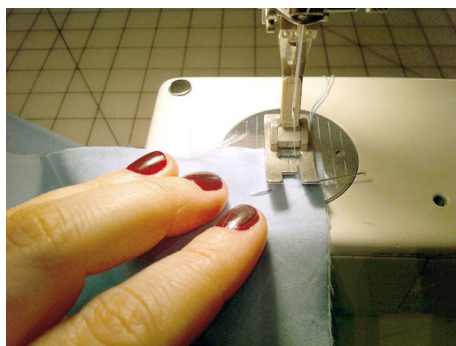
Be sure to use the correct pins for your fabric. I used silk pins as to not mar the rayon.

STEP 4:

Sew along the pin side seam at $\frac{3}{8}$ " seam allowance.

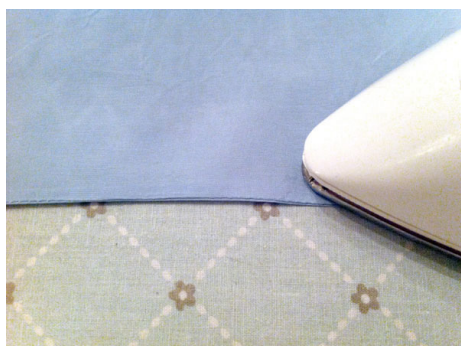
STEP 5:

Trim the seam allowance down to $\frac{1}{8}$ ".



STEP 6:

Press the seam allowance to one side. Be sure to use a press cloth for all the pressing steps, if necessary!

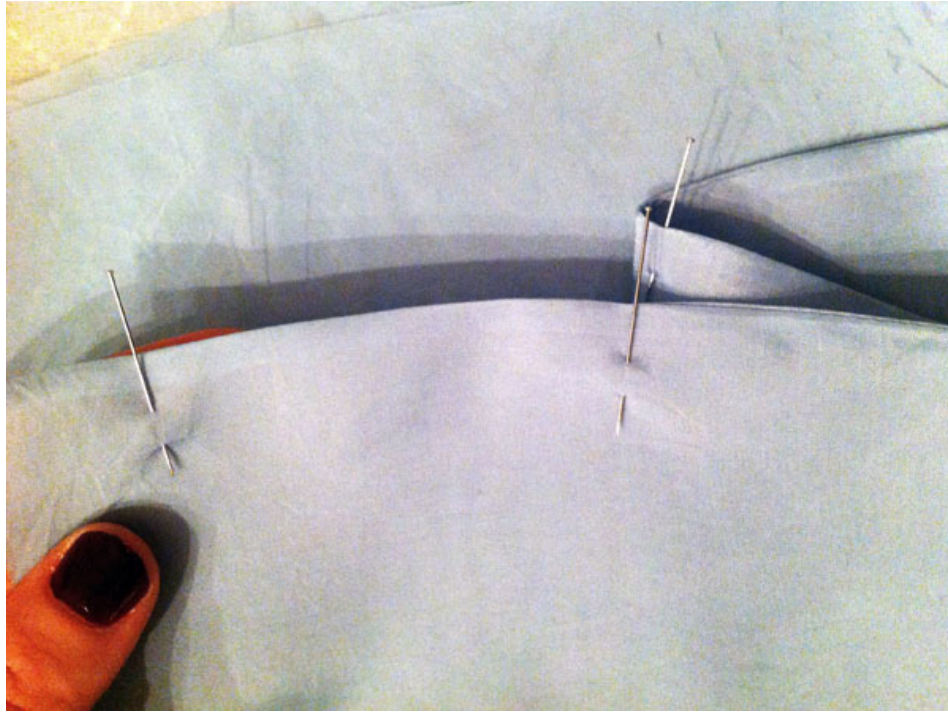


STEP 7:

Flip and press on the opposite side of the seam.

STEP 8:

Press the seam flat.

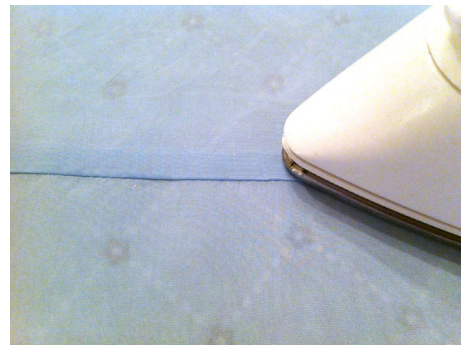


STEP 9:

Pin along the side seam, keeping the seam sewn in Step 4 centered.

STEP 10:

Sew along the side seam at $\frac{1}{4}$ ", totaling the $\frac{5}{8}$ " seam allowance you figured in when cutting.



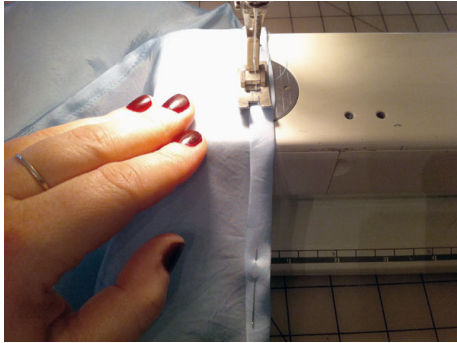
STEP 11:

Press the seam on both the inside and outside of the French seam. Repeat Steps 3–10 on the other side seam.

STEP 12:

Hem the bottom of the slip as desired. Many slips attach lace on the hem, but I find that it often catches on my dresses, making the slip's functionality pointless. I folded the slip $\frac{3}{8}$ " and pressed, then repeated.





STEP 13:

Pin the hem in place and stitch close to the upper fold. Press again when finished stitching.

STEP 14:

Wrap your lingerie elastic around your waist (or hip, depending on where you plan to wear it) and add

$\frac{1}{2}$ " to that measurement. Then, cut to length. It should feel snug, but not tight.



STEP 15:

Pin the elastic, right sides together, and stitch together along the ends with a short and narrow zigzag stitch. Trim off excess elastic and press seam allowance to one side.

STEP 16:

Divide the elastic into quarters and mark with pins. Repeat and divide the slip waist seam into quarters and mark with pins.





STEP 17:

Line up and pin the elastic to the waist at each quarter spot. Place the elastic with the right side facing the skirt's right side and the flat edge of the elastic in line with the top of the fabric at the waist.



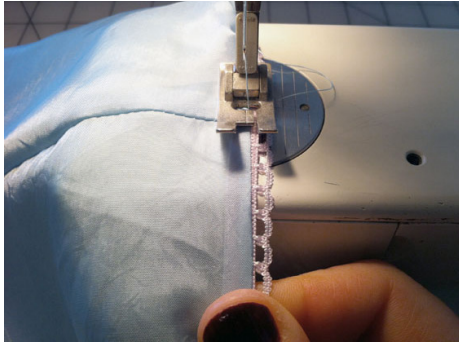
STEP 18:

Sew on the elastic with a short and narrow zigzag stitch. Stitch just above the trimmed edge and pull the elastic as you go so it matches the skirt.

STEP 19:

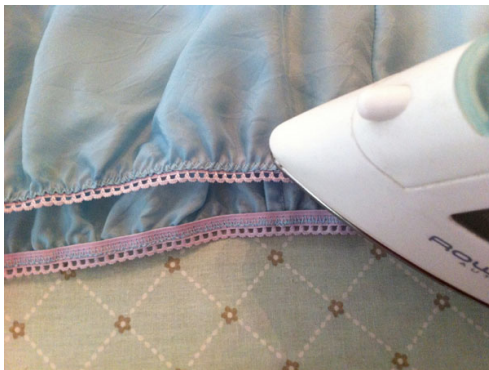
Trim the extra fabric on the inside of the waist to $\frac{1}{8}$ ". This can be tricky, so be careful not to cut your elastic.





STEP 20:

Flip the elastic to the inside and stitch on the right side of the waist with a wider zigzag stitch. Keep the stitch on the elastic so they are fully attached to each other. As you did the first time, stretch the elastic to fit so you are not sewing over any bumps.



STEP 21:

Take the elastic to the iron and steam it to shrink.

STEP 22:

Add a bow or any other detail at the center front of the waist with needle and thread if desired.

