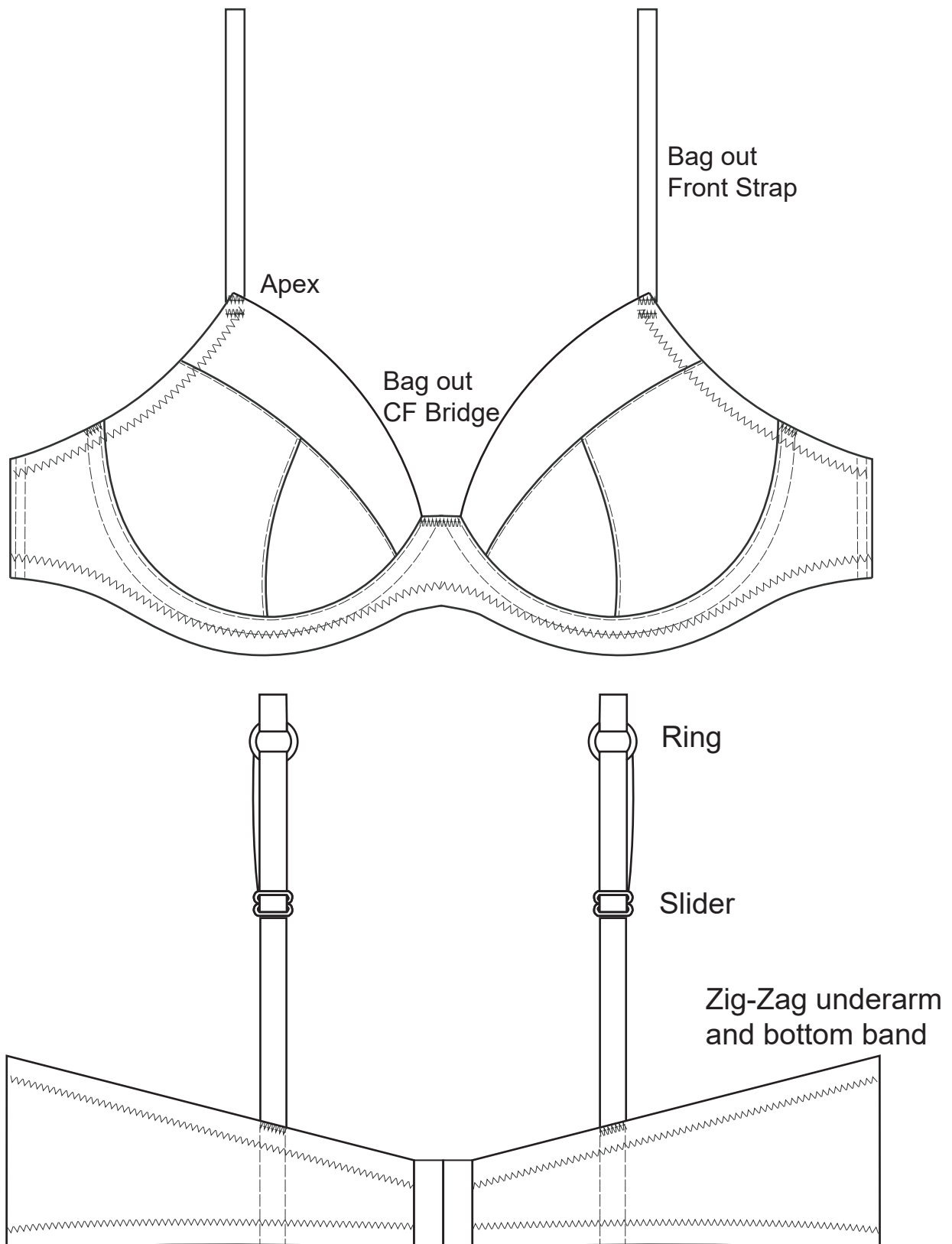


PADDED PLUNGE BRA ON CRADLE

Front View



Padded Plunge Bra – Wired onto the Cradle - 34B - 16/06/2020

(When pressing, use a light covering cloth to avoid melting nylon fabrics. Do not steam as this sometimes shrinks nylon)

Use Plunge Wires – MS09 (172cms)**Make Front Straps - 25cm x 2****Make back Straps - 35cm x 2**

Front straps are bagged out with the stretch satin (satin stretch going length ways).

1. 0.3cm s/a with right sides together edgestitch satin together.
2. 0.5cm s/a 3 thread overlock seam.
Turn satin strap through to the right side. Using a rouleau pull through or safety pin insert elastic strap through the satin tube. You can leave the satin covered strap completely flat or add a ruched effect. Cut to 25cm x 2.
Make back straps. Cut 10mm strap elastic 35cm x2. Use rings and slides.
3. Bartack front strap through rings (lockstitch before bartacking).

Centre Front, Cradle and Wings

4. 0.5cm s/a – Right sides together. L/stitch seam at top of centre front. Turn to right side and with the denier side facing up, edgestitch together.
5. 0.3cm s/a – Wrong side together. L/stitch edgestitch raw edges of side cradle.
6. 0.5cm s/a – Right sides together, join centre front and side cradle seam.
Press seam open.
7. 0.5cm s/a – Right sides together join side cradle and wing seam.
8. Push seam towards cradle and lock stitch attach nylon folded tape to cover seam.

Bottom Band Elastication (elastic cut 1 x 67)

9. 0.7cms s/a - Attach elastic with 1 step zig zag leaving 1cm elastic at each end.
10. Insert back strap into lower wing at nip before stitching 2nd row of 1 step zig zag.

Outer Satin Cups

11. 0.5cms s/a – Right sides together. Lockstitch join front and side cup seams together.
Turn seam towards side cup and top stitch. Press.
12. 0.5cms s/a – Right side together. Lockstitch join top cup and bottom cup together.
Turn seams towards bottom cup and top stitch. Press.

Cookie Pocket Liner

Fold over 1cm hem to wrong side.

13. 1 step zig zag hem overlapping raw edge on wrong side.

Foam Cup

14. Lockstitch join ends of front and side cup foams together to secure before 1 step zig zag.
15. 1 step zig zag butt join front and side cup foams (5.5 width, 1.5 length).
16. Lockstitch edgestitch pocket liner to bottom foam cups.
17. Lockstitch join ends of bottom cup foam and top cup foam.
18. 1 step zig zag join bottom cup foams to top cup foams.

19. Lockstitch 8mm folded nylon tape over centre of across cup seam (tape to go next to body).
20. Lockstitch 7mm nylon tape to neckline and underarm edge of foam cup.

Outer satin cup and foam cup

Pin foam cup (side worn next to body) to right side of fabric cup together at neckline.

21. 0.5cm s/a – Lockstitch neckline.
22. 0.5cm s/a – 3 thread overlock neckline seam.
23. Turn to right side and top stitch neckline seam onto the satin cup.
24. Pin and lockstitch outer cup to foam cup around all edges – there is a 7mm fabric overhang at underarm.

Insert cups to cradle

25. 0.7mm s/a – Right sides together. Pin and lockstitch cups into the cradle – making sure you match all notches.
26. 0.7mm s/a – Pin and lockstitch 10mm denier tape around cups. Three thread overlock this seam.

Underarm elastic (cut elastic 2 x 32cms)

Before stitching underarm elastic, check that hook and eye fits. Amend width of centre back wing accordingly.

27. 0.6cm s/a – 1 step zig zag (with right side of bra facing up) attach elastic with 1cm at each end. Ensure the cup seam is facing down towards the cradle.
28. Turn elastic to wrong side and 1 step zig zag elastic down.

Wire Casing

29. 0.7cm s/a – Right sides together. With right side of garment facing up and seam turned down onto the cradle, 2 needle attach wire casing around the cup seam.

Hook and Eyes

30. 0.6cm s/a – Lockstitch attach hook and eyes.

Bartack

Insert wires. Bartack ends of wire casing (centre front and underarm).

Bartack front strap at front apex (2 bartacks, 1cm apart). Thread front strap through ring of back strap and bartack.

Bartack back strap at top of back wing (2 bartacks).