



# MAKING BRAS WITH KNIT FABRIC

Susan Folts  
Bra Builders

# Why make a knit bra?

Style

Comfort

- Soft
- Breathable
- Cool or Cozy

# Styles

- The sky is the limit!!
- Some ideas -
  - Cover foam
  - Cover foam cup
  - Cover Spacer foam
  - Quilt
  - Cover Sheer Cup Lining
  - Cover Bra Tulle
  - Cover frame, cup in dyed Spacer Foam

# Basic Considerations

- Type of fit you want
  - Fully supported
    - Structured
      - Cup and frame with Sheer Cup Lining
      - Cut and Sew Foam
  - Well supported
    - Semi-stable
      - Bra Tulle
      - Spacer foam
      - Thicker knit like scuba
  - Loosely supported
    - Fabric only

# Fabrics

## Bamboo lycra

- Super soft, beautiful, needs structure

## Cotton lycra

- Widely available, needs structure

## ITY knits

- Available in fabric stores, needs structure

## Swim prints

- Widely available, has a bit of structure

## Scuba

- Available in fabric stores, has some structure

## Crushed Velvet

- Great for winter!

## Spacer Foam

- Soft, some structure

## Cotton jersey

- Use with jersey lining for moderate structure

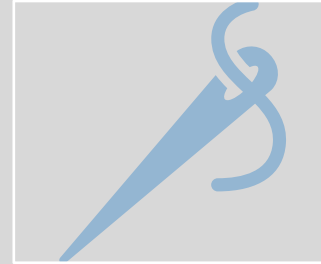
# Techniques



## **2 layers - knit outer layer and structured inner layer**

Cut the knit about 5% smaller than the pattern except when covering another knit

Soak floppy knits in fabric starch



## **Sewing sequence depends on the materials that you're using.**

Plain lining - stitch and flip

Foam lining - make the cup and cover

- Edge-stitch together at wire line
- Leave an edge at the elastic line

Edge-stitch frame pieces together and treat as one piece

Stitch and flip back band to frame, then edge-stitch together and treat as one

# Dyeing Spacer Foam



Start with white Spacer Foam



Pay special attention to wetting! Use an agitator.



Keep the fabric moving and rinse thoroughly



Dry all the way before folding or you'll get dark streaks



Color will be lighter and will take longer to achieve