



Textiles & Apparel Newsletter

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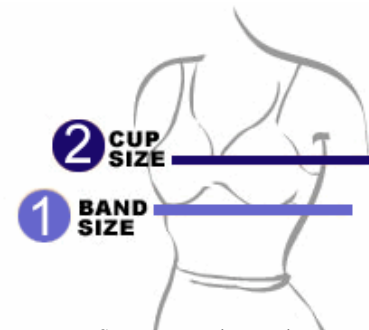
Newsletter No. 3

An Attractive Appearance Starts Underneath

Just as confidence comes from the inside, an attractive appearance starts underneath your clothing. For women proper underwear is essential to looking and feeling your best. For many of us, finding a good bra can be a challenge.

A *poor fitting bra* is characteristic of riding up on the back, the breast bulge out of the cups, shoulder straps fall down constantly, and may have underwire that pokes you in the middle of your breast. On the other hand, a *good fitting bra* fits snugly, is lower in the back than in the front, band supports the weight of the breast instead of the shoulders, the breast fit into the cups completely (except for push-up styles) without bulging from the top, underarms, or bottom. (See illustrations on page 2.)

Many women are guilty of wearing a poor fitting bra. According to experts, between 70% - 85% of women are wearing the wrong size bra. To determine your correct size you merely need to take a few measurements. With or without a bra on, first measure the ribcage just below the bust to determine the band measurement. You may need to round up if you measure an odd number. For example if you measure a 31 then round to 32.



Source: www.justmysize.com

Second, measure the fullest part of the breast. This is called the bustline measurement. It is necessary to determine the cup size. Now subtract the bustline measurement from the band measurement. The difference indicates the cup size. (Refer to the **Bra-Cup Size Chart** below.)

Knowing your band and cup size is a good start in finding a good fitting bra. Be aware, however, that there are slight differences in the fit and cut of bras made by different manufacturers. You may have to try a few before you find the bra that fits well. If you are having problems determining you size or finding a bra, just ask a bra fit specialist in any store's lingerie department. Most are trained and willing to assist.

Bra-Cup Size Chart

Difference	0 - 1 1/2"	1 1/2 - 2 1/2"	2 1/2" - 3 1/2"	3 1/2" - 4 1/2"	4 1/2" - 5 1/2"	5 1/2" - 6 1/2"	6 1/2" - 7 1/2"	7 1/2" - 8 1/2"	8 1/2" - 9 1/2"
Cup Size	A	B	C	D	DD/E	DDD/F	G	H	I

Caring for Your Bra

Proper care of your bra will ensure longer wear and support. It is wise to follow the directions provided by the care label. If time permits, hand wash bras because the rigorous agitation of the wash cycle of the washing machine compromises the elasticity and shape of the garment particularly those bras with underwire. And remember **NEVER** put bras in the dryer! Air dry only! A new bra should hook on the first fasteners. With regular wearing and washing, the elastic in the band and shoulder straps will relax. The bra will need to be fastened on the second or third hook and the straps tightened. It is time to purchase a new bra when you are able to fasten it bra on the final hook.

The Function of a Bra

The underwear garment known as the bra consist of a band, cups and shoulder straps. The band serves as the anchor to the body and provides a base for the cups and the shoulder straps. The cups shape the breasts while the shoulder straps provide some lift. Remember, the weight of the breast should not be entirely on the shoulders. The real work should come from the band which should be anchored securely to the body. Underwires are used on the band for better lift and shaping.

Source: www.abetterfit.com.

Bra Fit Illustrations

(Illustrations from Creative Women at <http://home.flash.net/~bras/measure.htm>)



Good Fitting Bra - fits snugly, is lower in the back than in the front, band supports the weight of the breast instead of the shoulders, the breast fit into the cups completely without bulging from the top, underarms, or bottom.



Poor Fitting Bra - rides up on your back, breast bulge out of the cups, shoulder straps fall down constantly, and underwire pokes you in the middle of your breast.



Tips to Consider for Diagnosing Your Bra Fit

Problem

Bra rides up the back

Cause/Solution

Possibly the cups are too small. Alternately, the cups may be pulled too high. Adjust the straps to a comfortable length making certain the straps do not cut into the shoulders. The lower the bra fits on the back the more support for the bust.

Bulges at the tops and/or sides of the cup

The cup is too small. You should get a larger cup size.

Cups appear wrinkled

The cups are too large. You should move to a smaller cup size.

Uncomfortable underwire

Have a bra fit done at the store to determine your correct band size.

Sagging breast

The band is too loose or possibly too narrow for the size of the bust. First make sure the band is firmly secure around the body and not high on the back. Then tighten the straps for lift.

Sources: The following websites were used to gather information for this newsletter. Additional information can be found on these websites.

www.abetterfit.com/pages.asp?pid=sizing
www.africansisters.net/tips/bra_sizing_fit_tips.html
www.inchant.com/fitting.aspx
<http://home.flash.net/~bras/measure.htm>
www.justmysize.com
www.lovableusa.com