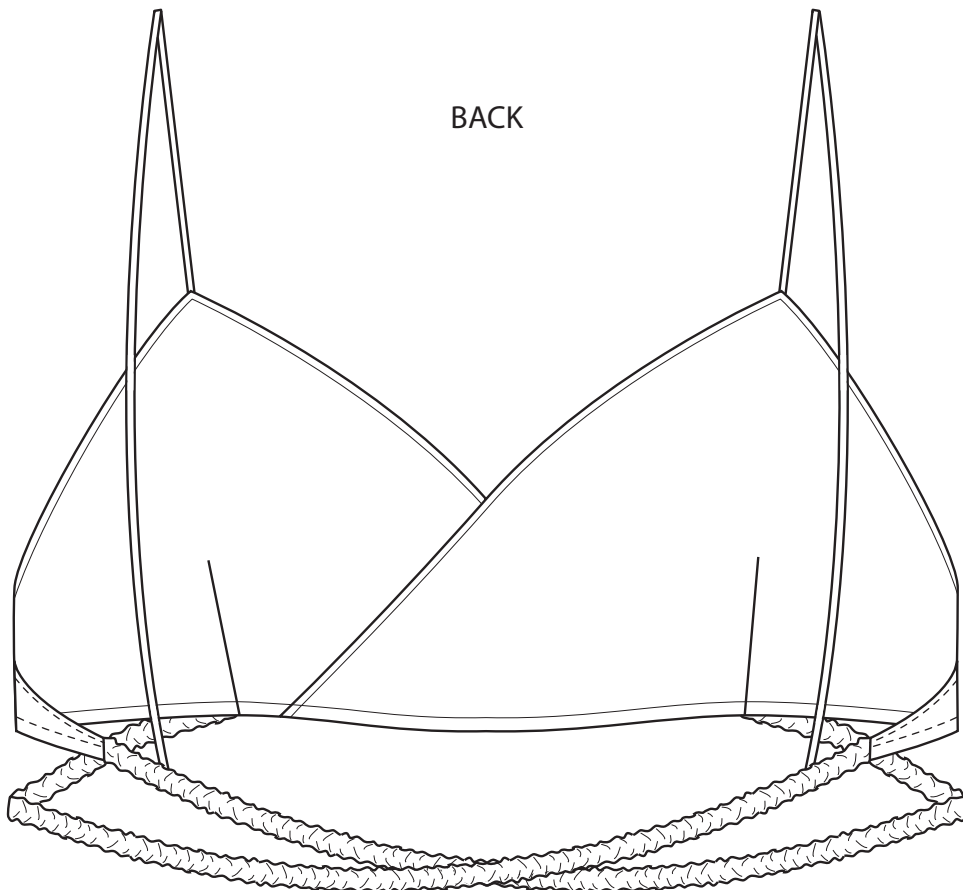
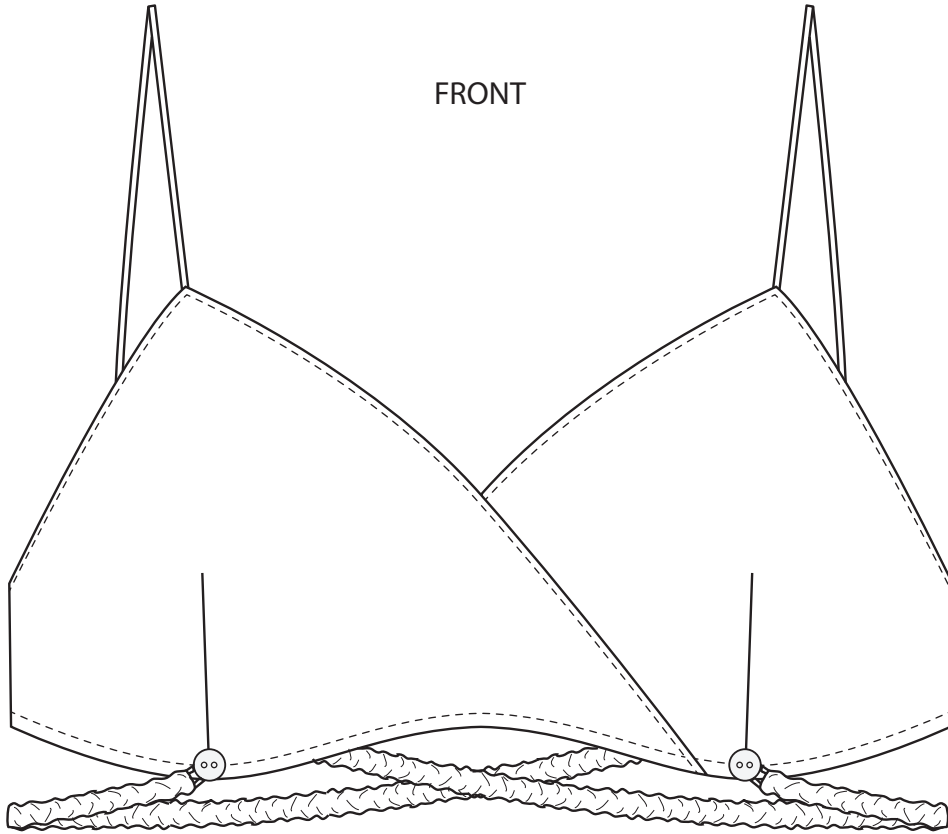


KESTOS STYLE BRASSIERE PATTERN

SIZES:

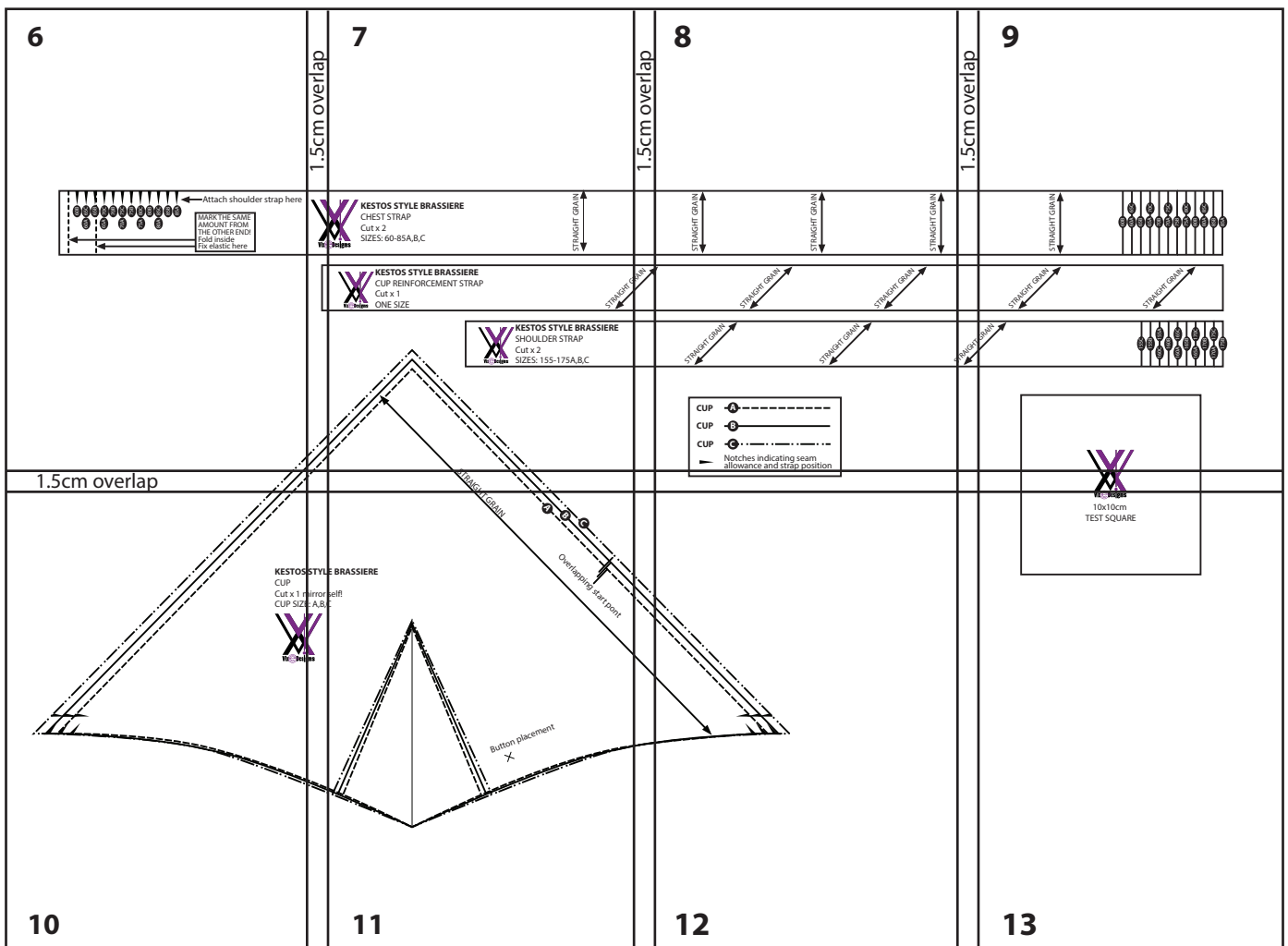
**60A, 60B, 60C, 65A, 65B, 65C, 70A, 70B, 70C, 75A, 75B, 75C, 80A, 80B, 80C, 85A, 85B, 85C;
Height 155-175cm.**



PATTERN LAYOUT.

Glue pages 6-13 with a 1,5 cm overlap, matching the pattern parts. Then cut the pattern pieces out.

MAKE SURE 10x10cm test square is exactly 10 by 10cm!!! If it is smaller it means your printer shrinks the document and your pattern pieces will not fit! Re-adjust the settings and reprint!



HISTORY.

In 1926-1927 Polish-born designer and the director of London-based Kestos Ltd, Rosamond Lilian Klin (sometimes also written as Rosaline and Rosalind) began experimenting with new forms of brassiere. She began with two folded handkerchiefs, overlaid them, and attached shoulder straps. To achieve greater hold and support she attached long elastic ties to the back corner of the brassiere, wrapping them around the body and buttoning them securely under the cups. Whilst the design would not have offered much lift, it offered light compression and support without bulk, which perfectly complemented the sleek, bias-cut clothes of the 1930s. For the first time brassieres and girdles were worn without petticoats or slips underneath, to reduce bulges as much as possible.

Its simplicity of form meant that it was eminently affordable, and the design became so popular that women did not buy a brassiere, they bought a 'Kestos'. An advertisement from *Eve's Journal* magazine of November 1937 reads: 'On her entrance all heads turn, all male hearts miss a beat. She has not beauty in its truest sense, but elegance – and – what counts most of all, exquisiteness of form. Because she knows how much this means, Kestos has been her choice.'

The Kestos remained popular through the 1930s and 1940s and was worn into the early 1950s, for day and eveningwear, and was even integrated into nightdresses and swimwear. Although the Kestos brand produced many different styles, this bra shape became generically known as 'The Kestos'.

SIZE:

This pattern accommodates the following bra sizes: 60A, 60B, 60C; 65A, 65B, 65C; 70A, 70B, 70C; 75A, 75B, 75C; 80A, 80B, 80C; 85A, 85B, 85C. Also some pattern pieces will vary depending on your height. Refer to HOW TO USE THIS PATTERN section of this document to establish how to cut pattern pieces relevant to your body shape.

FABRIC RECOMMENDATION:

Any lightweight cotton – voile, gauze or lightweight silk – satin, sharmeuse, crêpe-de-chine, dupion, habutai, etc.

MATERIALS:

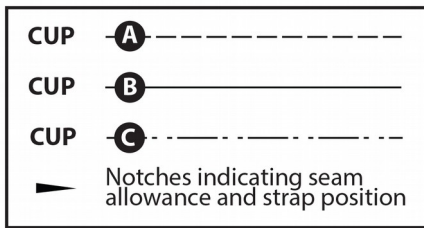
1. 35cm of your chosen fabric
2. All purpose sewing thread (I used 100% cotton thread for machine stitching. If you choose silk fabric you might want to use silk sewing thread, it is very pleasant to work with and extremely strong)
3. 75cm regular white elastic 1cm wide
4. 6cm circular elastic 2mm wide
5. Sharp machine needle size 60/8 or 70/10 (use 60/8 for silks and 70 for cottons)
6. Metal sewing loop turner hook latch
7. Fine hand sewing needles
8. 2 matching flat buttons 0.7-1cm in diameter

HOW TO USE THIS PATTERN.

To choose your size you need to determine the following three personal measurements:

1. Bra cup size (A,B or C)
2. Under bust measurement in cm (60, 65, 70, 75, 80, 85)
3. Height in cm (155, 160, 165, 170, 175).

When you are in between sizes go for the one closest to your measurement.



Cut the bra cup (A, B or C). Once you determine your cup size combine it with your under bust measurement and choose the Chest strap in the size relevant to you, it is marked on the pattern the following way: 65A, 75C, etc.

Combine your height with your cup measurement to cut the shoulder strap relevant to your body shape. It is marked on the pattern the following way: 155C, 160B,

175A, etc.

Chest reinforcement strap is NOT GRADED as it is one size fits all.

Cut elastic pieces in the size relevant to you choosing from the table below. You need two elastic pieces.

	Elastic length (per strap)		
	A cup	B cup	C cup
Under bust 60	32.5cm	32cm	31.5cm
Under bust 65	33.5cm	33cm	32.5cm
Under bust 70	34.5cm	34cm	33.5cm
Under bust 75	35.5cm	35cm	34.5cm
Under bust 80	36.5cm	36cm	35.5cm
Under bust 85	37.5cm	37cm	36.5cm

IMPORTANT NOTICE: This document only outlines the order of the process. For step by step instructions with pictures and explanations of all the techniques used to assemble this brassiere please visit my blog post on the topic.

<https://vixecodesigns.com/2020/06/make-kestos-style-brassiere-using-couture-sewing-techniques/>

SEWING INSTRUCTIONS.

- BEFORE YOU CUT YOUR FABRIC** make sure the 10x10cm test square on paper pattern is exactly 10x10cm! If it is smaller that means your printer shrinks the document. Re-adjust the settings and reprint! Cut your pattern pieces. You should have two bra cup triangles, two bias cut shoulder straps, one bias cut cup reinforcement strap, two chest straps, two pieces of 1cm wide elastic, 2 pieces of 2mm round elastic each 3cm long.
- Pin and stitch the darts on the cups. You should be able to do it the normal way with cotton fabrics. If you are using really fine and slippery silk use tear away interfacing to stitch the darts. This is special interfacing that is attached to very slippery fabrics to make the stitching even. It tears away easily after the stitching is complete. Press the darts towards CF (centre front).
- Finish the top two seam edges on the bra cups by rolling the edges inside and hand stitching with ladder stitch creating 0.2cm edge seam. Leave the bottom seam untreated for now.
- Overlap cups as marked on the pattern, stitch them together at the overlapping point only with 1mm hand stitch.
- Align the bottom of both cups so that they create a common edge.

6. Stitch all bias cut straps with double line of stitches (two shoulder straps and one cup reinforcement strap), turn them inside out using metal loop turner hook latch. Remember to stretch your bias straps while stitching to prevent seams from breaking when you turn them inside out.
7. One end of your shoulder strap will have the edges carefully folded inside (this is the end you were pulling the strap to turn inside out). Leave this end like that. **TRIM YOUR SHOULDER STRAP** from the other end according to your height and bra cup size to the length indicated in the table below.

	Shoulder strap length		
	A cup	B cup	C cup
Height 155cm	37.5cm	37cm	36.5cm
Height 160cm	38.5cm	38cm	37.5cm
Height 165cm	39.5cm	39cm	38.5cm
Height 170cm	40.5cm	40cm	39.5cm
Height 175cm	41.5cm	41cm	40.5cm

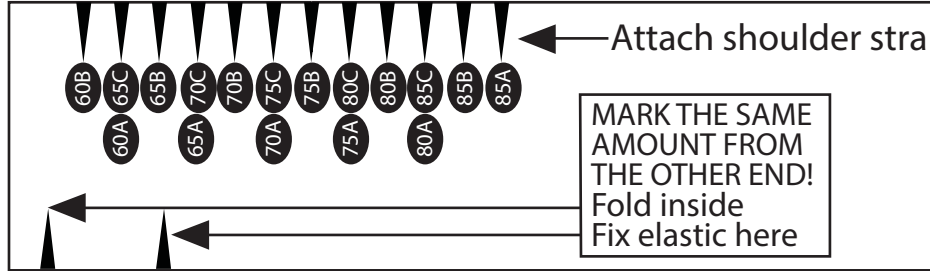
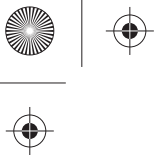
8. Trim cup reinforcement strap from both ends to the length indicated in the table below.

	Bra cup size		
	A cup	B cup	C cup
Strap length	49cm	50cm	51cm

9. Attach cup reinforcement strap to the bottom seam of the brassiere. Reinforcement strap will be slightly shorter than the brassiere edge, this is done on purpose, you need to stretch bias cut reinforcement strap slightly to fit the edge when attaching it. This will create better hold and support. First attach the reinforcement strap to the very edge of the fabric with running stitch. Roll twice hiding the strap inside and hand stitch with ladder stitch.
10. Stitch chest straps and turn them inside out.
11. Insert elastic pieces inside using safety pin. Make sure the strap seam is not twisted
12. Fix elastic edges 2cm from the edges on both sides (as marked on the pattern).
13. Turn 0.5cm from both edges inside. On one end insert the cup side edge and stitch. On the other end insert circular elastic folded in half to form a button loop and stitch.
14. Attach shoulder straps to the cups top edge by careful hand stitching. Attach the cut end of the strap to the cup. Attach the folded end of the strap to the chest strap as marked on the pattern.
15. Sew buttons at the base of the bust dart as marked on the pattern. Adjust the button position by a few mm for A and C cups by placing the button in the middle of the dart amount.
16. Congratulations! You have completed your brassiere! If you are going to share your results on social media please tag me! I would love to see your achievements! :)

INSTAGRAM @victoriakonash

FACEBOOK @vixecodesigns



der strap here



KESTOS STYLE BRASSIERE

CHEST STRAP

Cut x 2

SIZES: 60-85A,B,C

STRAIGHT GRAIN



KESTOS STYLE BRASSIERE

CUP REINFORCEMENT STRAP

Cut x 1

ONE SIZE

STRAIGHT GRAIN



KESTOS STYLE BRASSIERE

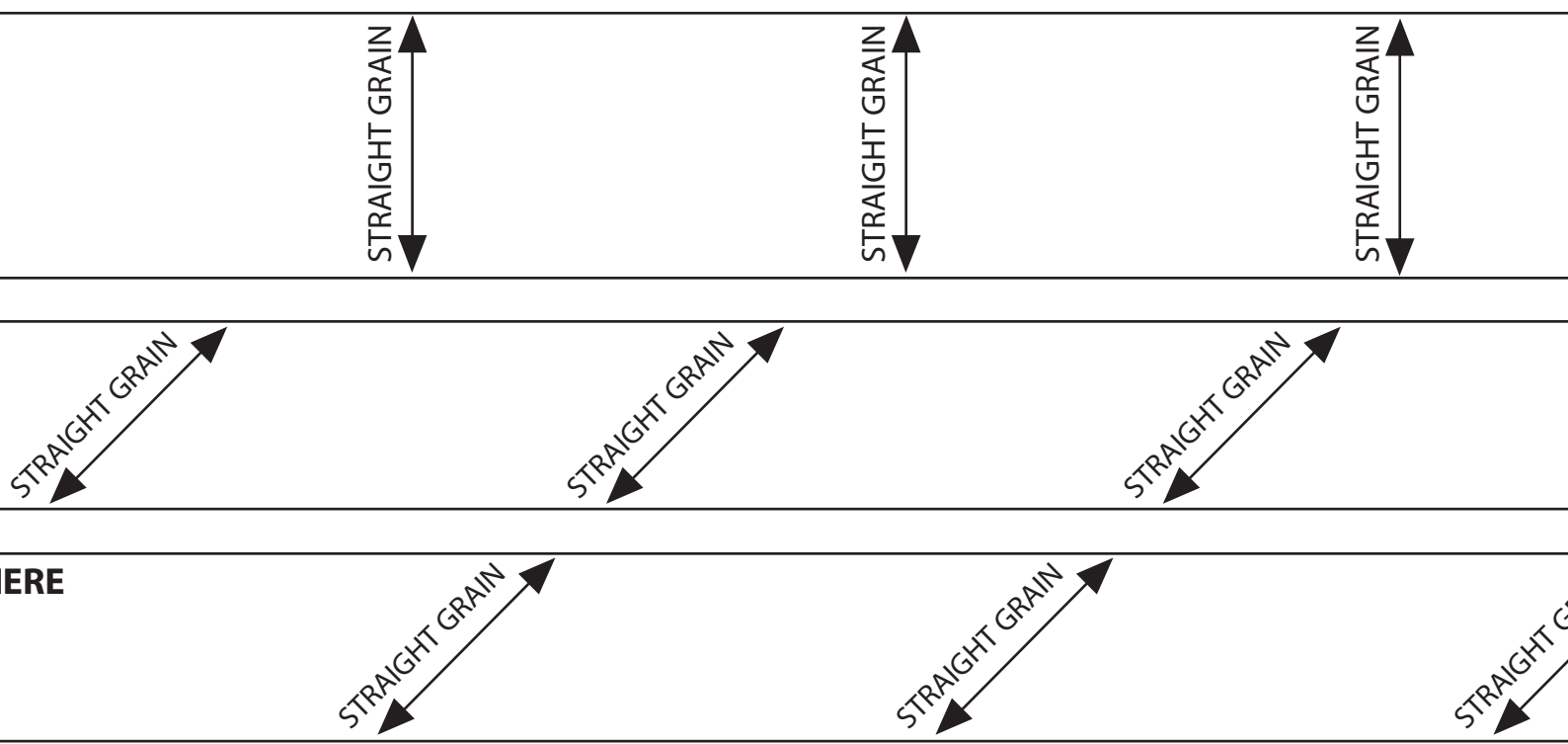
SHOULDER STRAP

Cut x 2

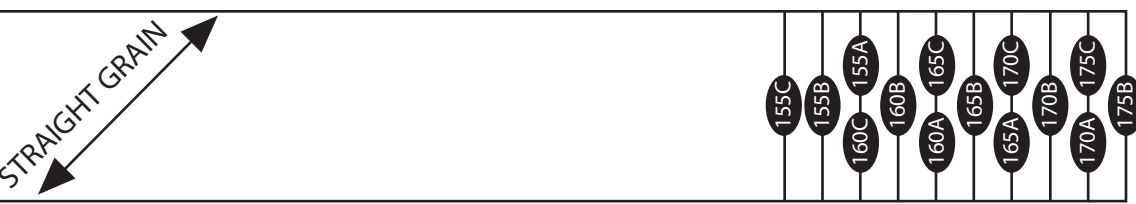
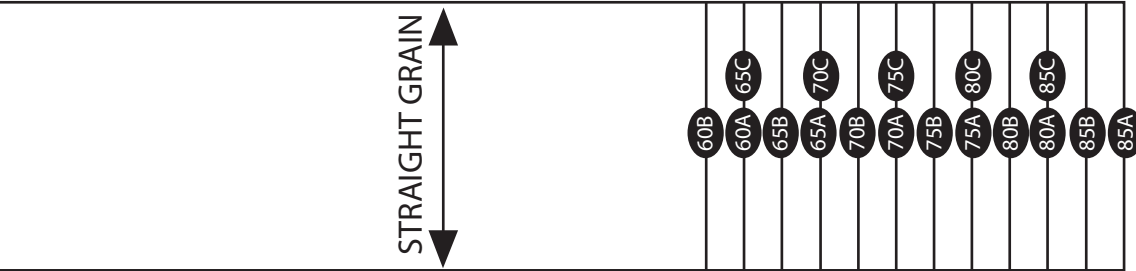
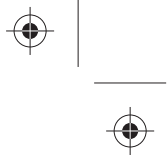
SIZES: 155-175A,B,C

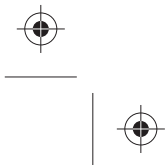
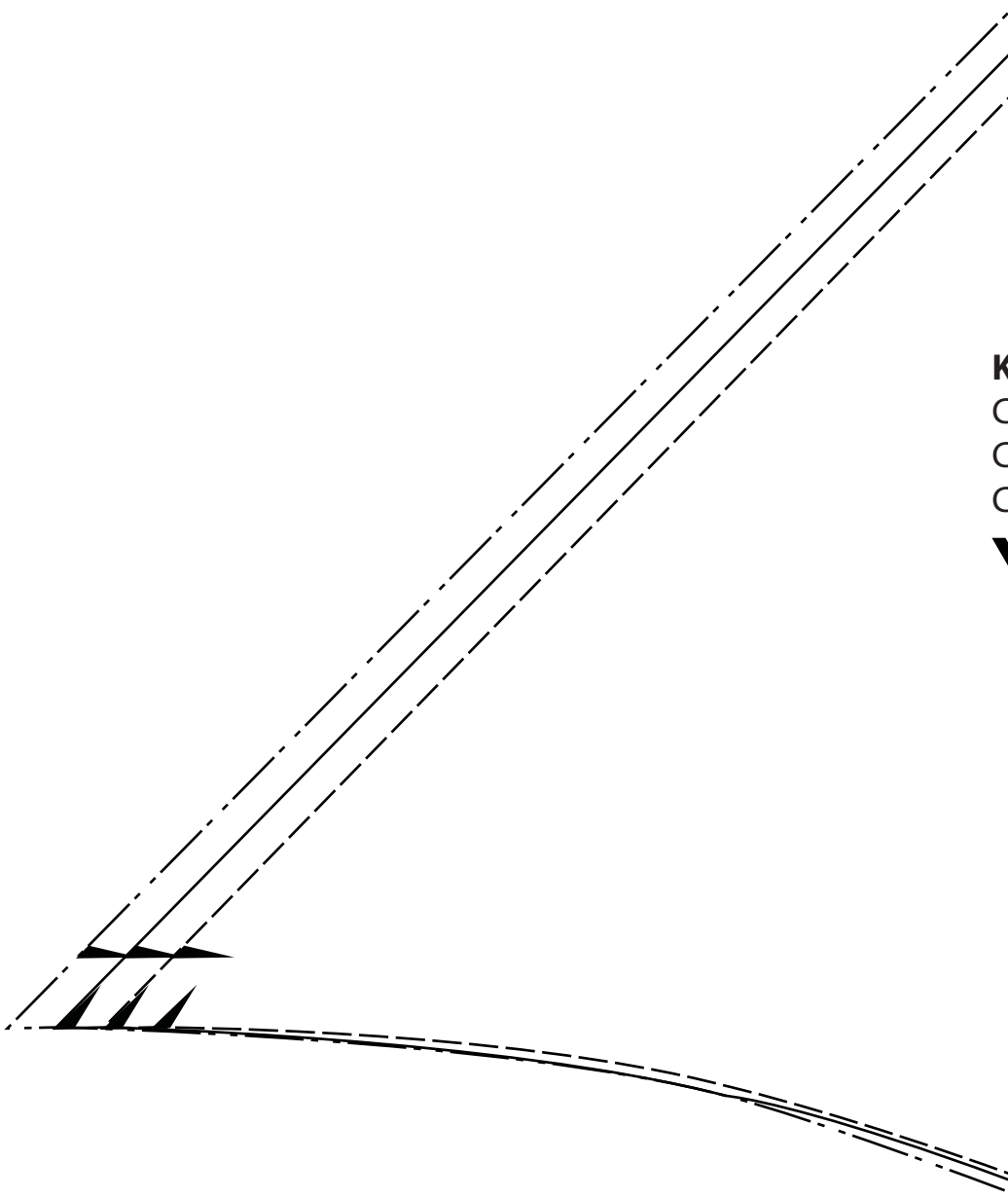
STRAIGHT GRAIN

A



CUP	A	-----
CUP	B	—————
CUP	C	-----
	▶	Notches indicating seam allowance and strap position





K
C
C
C
C

KESTOS STYLE BRASSIERE

CUP

Cut x 1 mirror self!

CUP SIZE: A,B,C

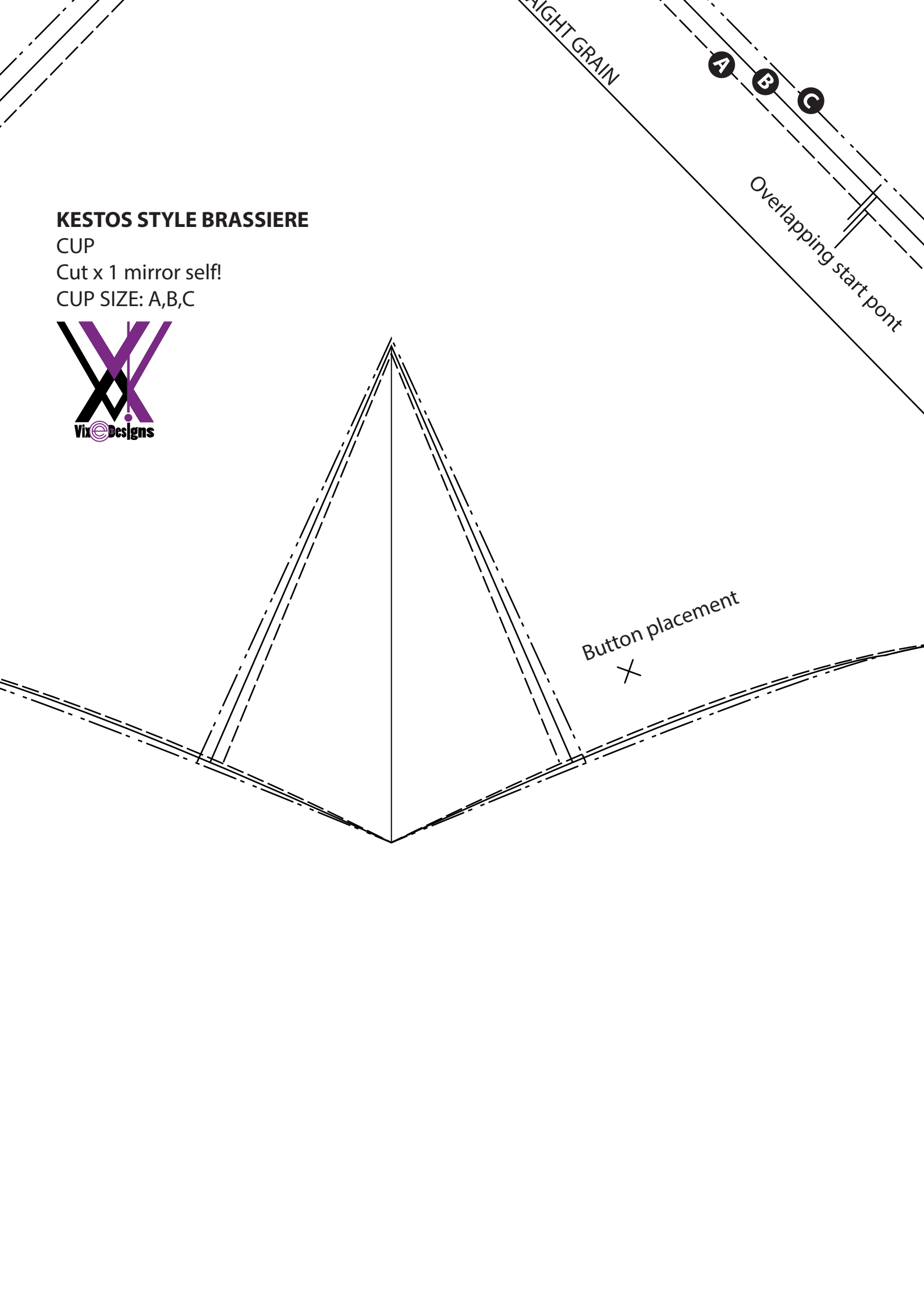


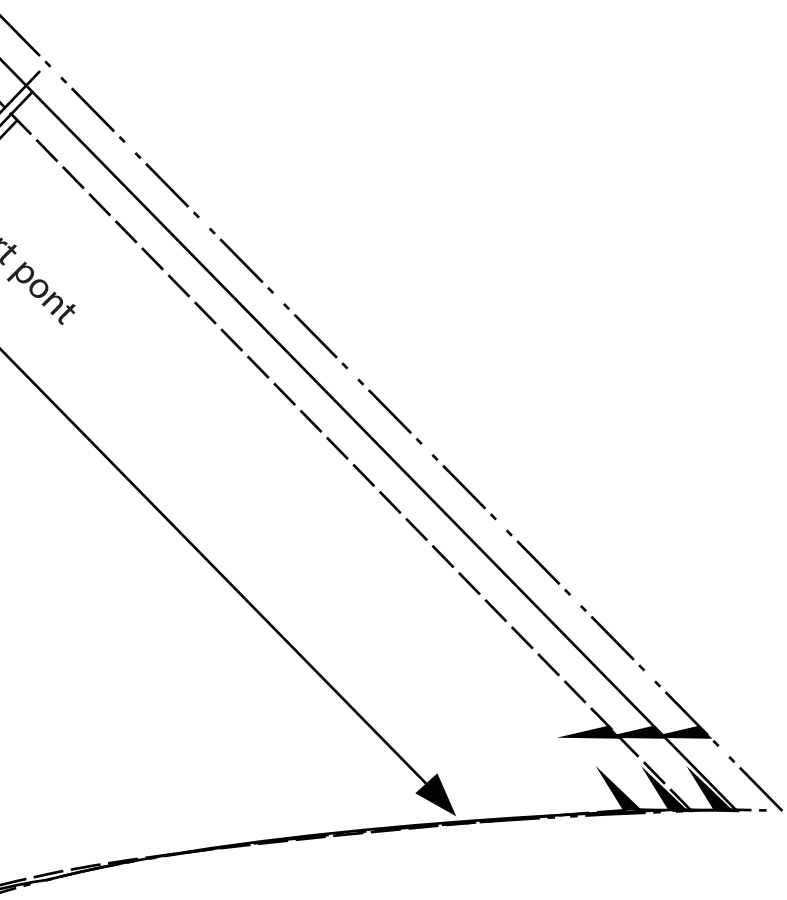
RIGHT GRAIN

A B C

Overlapping start point

Button placement
X







10x10cm
TEST SQUARE

