

Foundation Garments



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Foundation Garments

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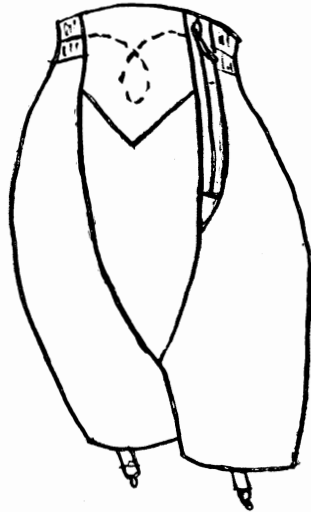
There may be no such thing as the “perfect” figure, but every woman desires to attain as nearly as possible the current fashion ideal. Down through the ages this has led women to mold their figures into many strange shapes. Each of course seemed attractive at the time, if ridiculous to us now. The present silhouette by comparison has enduring loveliness because it follows the natural contours of the body instead of distorting it into unnatural lines.

Statistics show that when measured against our present day ideal figure, three out of five women have hips, waists or bosoms that are out of proportion to the rest of their body. Such figure problems can be camouflaged to some extent by selecting clothes which accent or minimize certain parts of the body. Foundation garments can help too. Although they can never change bone structure or weights they help to redistribute flesh and to support and control muscles and flesh to give more graceful contours. In addition, a properly fitted foundation garment greatly improves the “set” of clothes and helps to give a well groomed appearance.

Many types of foundation garments are made to fit the needs of all figure types.

In order to explain the different types it is necessary to classify them as follows:

<i>All-in-ones</i>	<i>Roll-ons</i>	<i>Girdles</i>
Step-in	Panties	Panties
Semistep-in	<i>Brassiers</i>	Step-ins
Side hooks	Bandeux	Semistep-ins
Lacing	Brassiers	Side hooks
Inner belt	Long-line	<i>Corsets</i>
		Inner belts



PANTIE GIRDLE

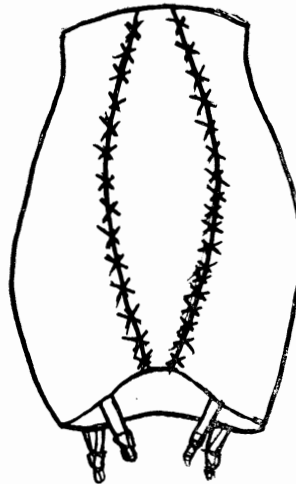
A PANTY has a crotch, usually of a knitted fabric. It may be a roll-on type or a girdle type with some boning and a short closure.

A panty is constructed with lightweight fabrics that mold and control.

The waist measurements are from 24 inches to 36 inches and may be marked "Small", "Medium", or "Large". The lengths are for short, medium and long figure types who require little control and no support.

A STEP-IN has no closure. It may be the roll-on type with no boning or the girdle type with some boning.

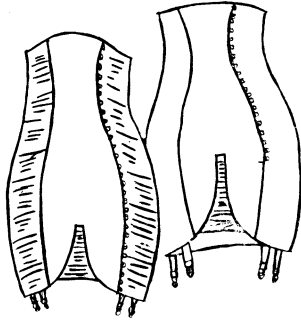
A step-in is constructed with lightweight fabrics that give smooth molding and some control. The fabrics are all or mostly elastic so that the garment can be stepped into and pulled up on the body. The waist measurements are from 24 inches to 36 inches and may be marked "Small", "Medium", or "Large." They are designed for short, medium, and long figure types.



STEP-IN GIRDLE

A SEMISTEP-IN is a girdle with a closure part way down the garment, and slight or heavier boning. The closure may be straight down over the left hip bone, straight down or

slanting inward from the mid-left section, or in center front or center back.

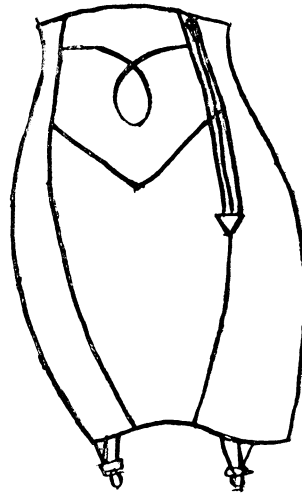


SIDE HOOK GIRDLE

A semistep-in may be constructed with lightweight or much heavier fabrics as it is suitable for larger figures, because of the closure. It will mold and control and may give support. The waist measurements are from 24 inches to 38 inches with various hip development. The lengths are short, medium, and long.

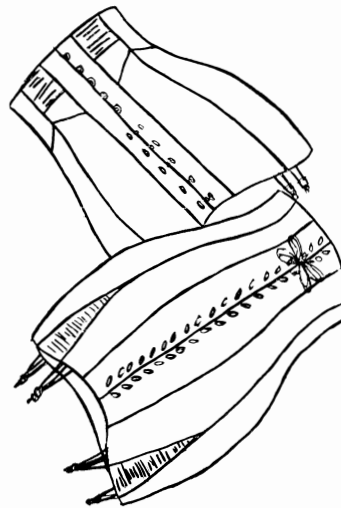
A SIDE HOOK OR HOOK-AROUND is a girdle, usually heavier and with more boning than other girdle types. Its distinguishing feature is a closure the full length of the garment.

A side hook is constructed with strong, firm fabrics because the garment is designed to give some support. It may have very little elastic. It is made in various hip developments and mostly in larger sizes. Waist measurements are from 26 inches to 40 inches. The lengths are medium and long.



A SEMISTEP-IN GIRDLE

A CORSET is one of the heaviest garments with considerable boning and no elastic except possible insets at waist-line and hem-line. Its distinguishing features is its front or back lacers. Both front and back lacing corsets have full-length front closures. They fasten with all hooks and eyes, or hooks and eyes and clasps.



CORSETS

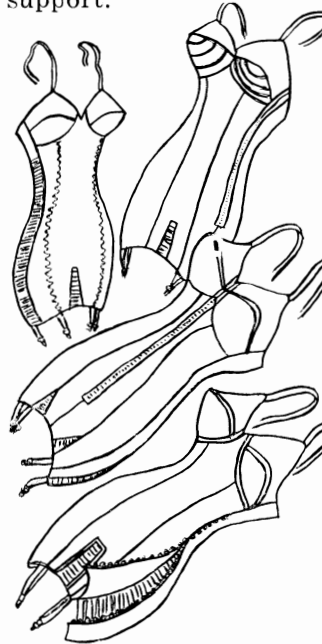
Step-in types have no closure. *Semistep-in* types have a closure from the top of the garment, extending part way down the skirt. It may be on the left side or in the center. *Side hook types* have a side closure the full length of the garment, fastened with hooks, eyes, and clasps.

All-in-ones range from very light-weight foundations, made of thin, fine fabrics and little or no boning, to the very sturdy, constructed with heavy fabrics, linings, and considerable boning.

THE LENGTHS from underbust to waist-line are short (to 2½ inches), medium (3 inches to 4½

A corset is constructed with heavier fabrics, in various hip developments for figure types who require some degree of support. An inner-belt corset is for the figure type who needs maximum abdominal support. Waist measurements are from 24 inches to 36 inches. The lengths are short, medium and long.

AN ALL-IN-ONE extends from above the breasts to well below the buttocks. It is a one-piece garment consisting of a long-line brassiere plus a step-in, a semistep-in, a slide hook, or a corset with lacers. Some heavier all-in-ones have inner belts that add control and support.



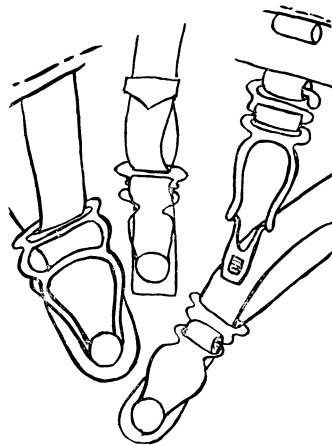
ALL-IN-ONES

inches), or long (5 inches and over). The skirt lengths, from waist-line to hem-line, are short (to 14 inches), medium (15 inches and 16 inches), or long (17 inches and over), with a straight hip, medium hip, or full hip development.

ALL-IN ONES ARE SIZED by bust measurements from 32 inches to 52 inches and the remainder of the garment designed proportionally, according to the figure type for which it is intended. Bust-cup sections are small, medium, large or very large.

Garters are an important part of your foundation garment. They perform two functions—(1) hold up hose, (2) keep the garment down.

There are usually four to six garters on a foundation placed evenly to join the garment and hosiery.

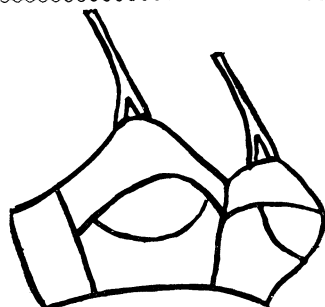


GARTERS

All garters have some elasticity. Elastic is in the band or the nonelastic band is attached to the elastic panel or elastic inset of the garment. Many garters have some means of adjustment.

There are two general types of grips. One has a metal clasp that hooks and holds the hosiery fabric over a covered button. The other consists of two joining metal parts, one that turns and firmly holds the top of the hose.

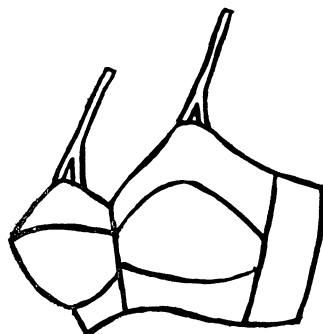
BRASSIERS cover the breasts and may extend to the waist-line. For this discussion, brassiers are classified as follows:



BANDEAUX

Bandeaux do little more than cover the breasts. If they have an underbust band, it is very narrow.

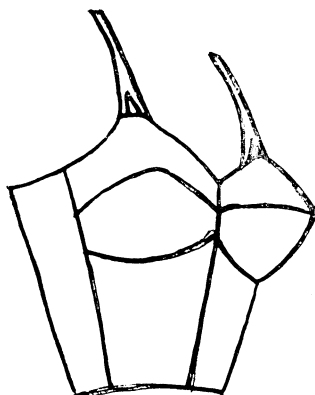
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BRASSIERS

Brassiers have a wide underbust band for support, often extending half way down the upper abdomen.

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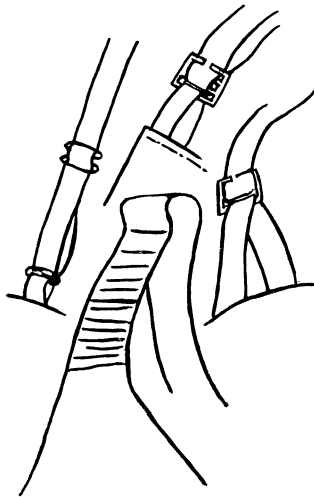
LONG-LINE BRASSIERS

Long-line brassiers have the underbust sections extending to the waist-line, usually fastening to the girdle or corset. They mold the flesh above the waist-line.

Brassiers are made of a wide range of fabrics, such as broadcloth, poplin, batiste, sateen, taffeta, lace and marquisette.

THE BUST-CUP SECTIONS are small, medium, large and extra large, frequently designated by the letters A, B, C, D. No bandeaux and but few brassiers are made in extra large cup sections, and few long-line brassiers have small bust-cup sections. There is about a two inch difference between each of the sizes. In addition to the size of the bust-cup, its shape is important. It may be round, pointed, or broad.

BRASSIERS ARE SIZED by the bust-cup dimension and the breast measurement which is the width around the body, over the breasts at the fullest part. Small is from 30 inches to 36 inches, medium from 32 inches to 38 inches, large from 32 inches to 52 inches. These are approximate measurements, as each manufacturer establishes his own size range for each breast development.



SHOULDER STRAPS

SHOULDER STRAPS perform two functions: (1) help hold the garment on the body and (2) uplift and hold the bust-cup sections in their proper position. If too long, the breasts are not uplifted. If too short, the breasts are pulled too high and the tissue may be damaged.

Shoulder straps usually have elastic inserts or some means of adjustment. Forked straps give a balanced distribution of uplift. Built-up shoulder straps are more comfortable and generally satisfactory for larger figure types.

Straps are made of a double thickness of fabric, ribbon, or tape. Examine them, note their suitability, the widths, means of adjustment, and style, such as plain, forked, or built up.

Always have a foundation garment fitted. Would you buy a pair of shoes or a hat without trying them on? A corset must cover about half of the body snugly and comfortably as well as healthfully so it needs to be correctly fitted.

Fitting is not completed until all sections of the garment are carefully checked. Each foundation is designed to mold, control and often to support the body. If it is too small or too large it will be uncomfortable to wear.

Check for correct length

A. *Shoulder straps* should hold the bust cups in their correct positions over the breasts. If too short, they will pull the breasts up, may injure the tissue and cut into the shoulder flesh. If too long, they will not hold the breasts in normal positions and will slip off of the shoulders.

B. *Bust cups* should completely and firmly cover breasts. If too small, flesh will protrude and tissue may be injured. If too large, breasts are not uplifted and supported and tissue may weaken.

C. *Underbust to waist-line length* should mold and control upper abdomen. If too short, it will pull down on breast tissue. If too long, it will not support breasts or control abdominal flesh.

D. *Waist-line to hem-line length* should extend well below the buttocks. If too short, the flesh may protrude. If too long, it will push the normal waist-line of the garment up when the woman is seated.

E. *Boning* should aid the fabric in molding, controlling, and supporting the abdomen. If too short, flesh may bulge over the boning. If too long, they will push the garment up. In either case, they will cut into the flesh.

Check for correct circumference

F. *Upper abdominal sections* should mold and control the flesh. If too tight, they may retard functioning of vital organs. If too loose, will not mold or control.

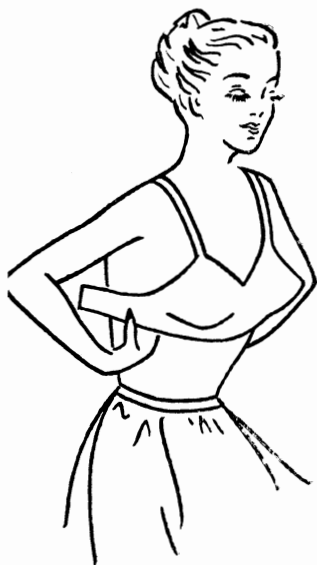
G. *Waist-line area* should restrain the waist and, if so designed, mold and control flesh above the waist. If too tight, flesh may roll over top of garment.

H. *Lower abdominal sections* should mold, control, and if necessary support the abdomen. If too tight or too loose, they will not be functional.

I. *Hip and thigh sections* should firmly hold the flesh; otherwise, the garment will not mold and control.

For maximum satisfaction from your foundation garment, they must not only be fitted properly, but foundation garments deserve the best of care. So let us consider ways and means to prolong their usefulness and to derive the utmost satisfaction from the garments while they are being worn.

There is for instance a proper way of putting on brassiers to lessen wear and tear.



Slip both arms through the bra straps. Bend over from the hips as illustrated so that the breasts fall forward into the bra.

Remain in the same position and adjust the bra in front so that the bust rests comfortably within the cups.



You should still be bending over from the hips. In this position hook the bra behind your back, as far down your back as you can comfortably reach. Do not straighten up until you have completely hooked the bra.

Now standing erect again, place both forefingers inside the bottom of the bra and run your fingers around the bra. As you do this, pull the bra down in front and in back.



Take it easy when you put on your girdle. Simply slip into it as you do your stockings. Don't grasp it from the top and pull. There will be sad results if you do—you'll have a stretched and torn girdle top, marred manicure and soured disposition. Instead fold girdle in half, turning top toward the bottom. Step into the garment carefully pulling it into proper position. Then roll up the top to the waist-line. Remove by rolling off body until inside out.

Frequent laundering of garments is a fabric saver and a cleanliness measure that should not be ignored. Brassiers should be washed after every wearing, girdles after each three or four wearings.

Here are some cleaning and caring rules that will promote the life of the garment.

1. Fasten the zippers.
2. Soak garment no longer than 10 minutes if it is especially soiled.
3. Squeeze garment gently in mild warm suds.
4. Remove any spots gently by rubbing with a soft brush or Turkish towel with suds applied to it.
5. Rinse several times in clear, tepid water. Never allow soap to remain in fabric.
6. Roll garment in Turkish towel to absorb moisture. Don't twist or wring.
7. Shape and straighten garment into its natural form. Dry flat on a towel or hang double over bathroom rod or clothesline.
8. Iron fabric parts of the garment while damp with a warm iron. Let the iron follow the natural cut of the garment, especially when ironing bras. Never iron elastic parts of foundation garments.
9. If laundering garments in a washing machine, place in a net or bag for protection.
10. Make minor repairs as needed. If replacing elastic sections do so with elastic instead of substituting fabric. The new elastic thread is useful in mending small rips or tears.
11. Put on foundations carefully to prolong life and appearance.

Alternate wearings give longer life to garments and it is a good idea to have several of the garments you wear most frequently. While one is being worn, the other can be laundered.