

It's time to get our Mammie's-Grammed!

That's right! This month we'll be making some Holdzemfrumfopenz*!

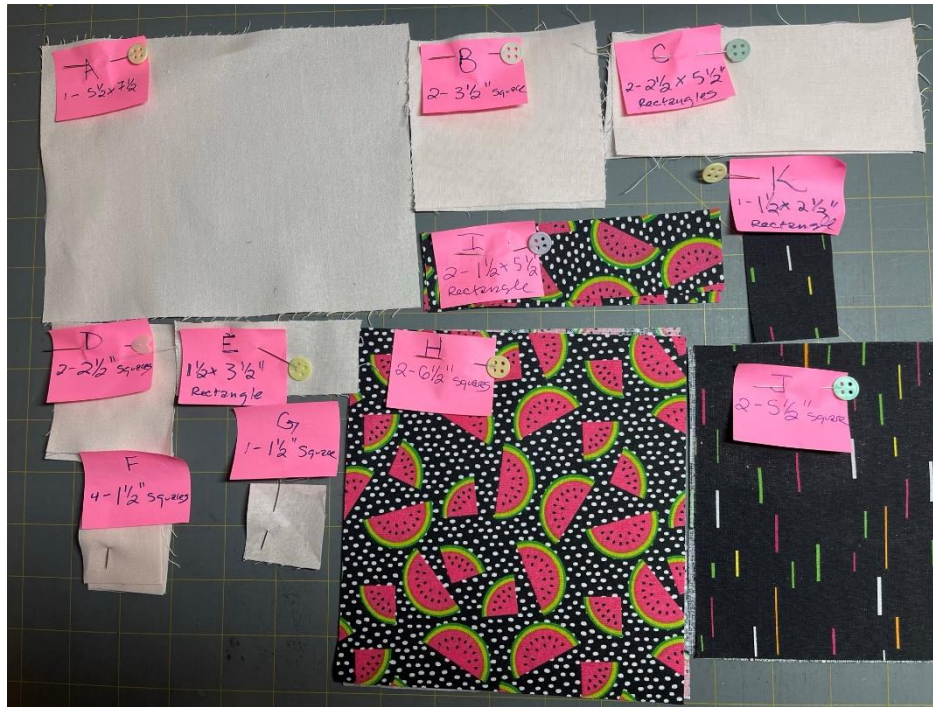
So many in this group have been personally impacted by breast cancer in one way or another. I thought this block might appropriately pay homage to our breast cancer warriors as well as to upcoming breast cancer awareness month which takes place in October.



Each bra block can be made out of less than 2 fat quarters

Use ¼" seams and press as indicated throughout.

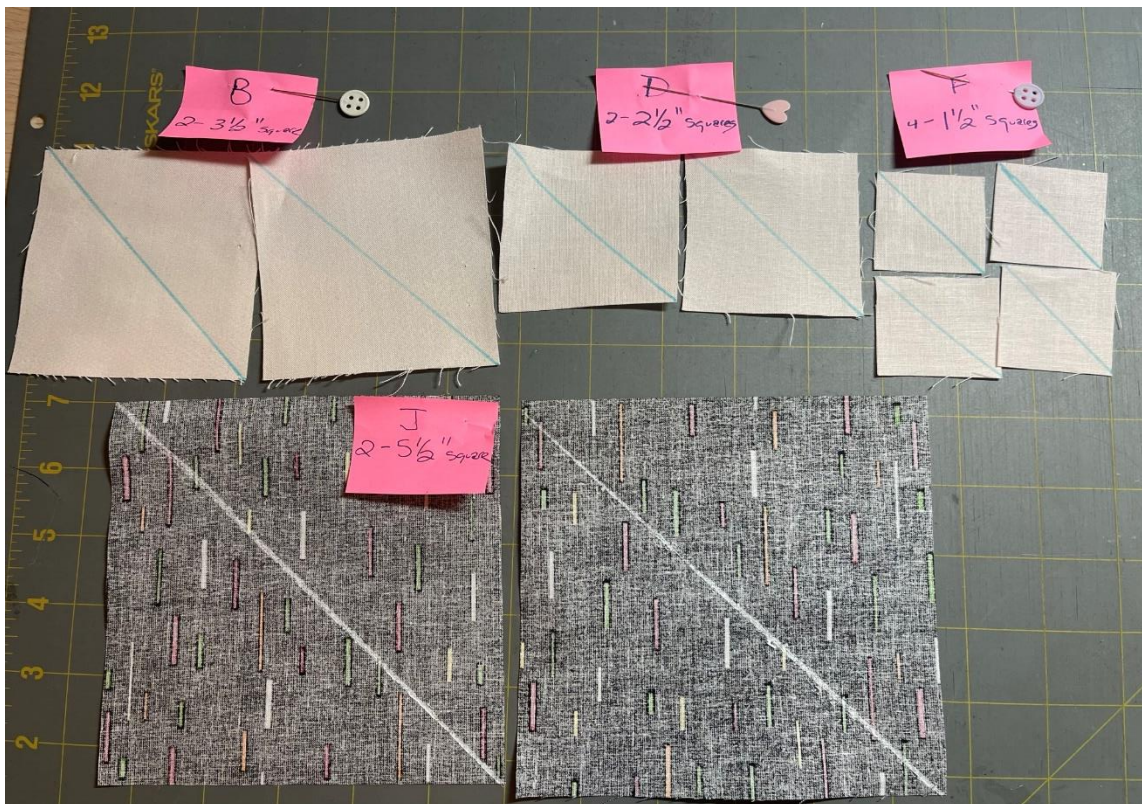
Fabric	Number of cuts	Size of cuts
<u>Background - skin color</u> (Please use your preferred skin tone –Just no prints- if you want freckles or tattoos - exceptions can be made.		
A	1	5 ½" x 7 ½" rectangle
B	2	3 ½" squares
C	2	2 ½" x 5 ½" rectangles
D	2	2 ½" squares
E	1	1 ½" x 3 ½" rectangle
F	4	1 ½" squares
G	1	1 ½" square
<u>Fat Quarter Color #1:</u> <u>Main Bra Fabric</u>		
H	2	6 ½" squares
I	2	1 ½" x 5 ½" rectangles
<u>Fat Quarter Color #2</u> <u>(Bra Accent Fabric)</u>		
J	2	5 ½" squares
K	1	1 ½" x 2 ½" rectangle

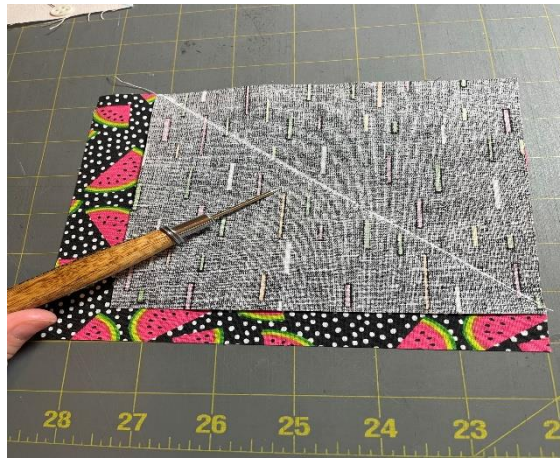


Makin some Cups:

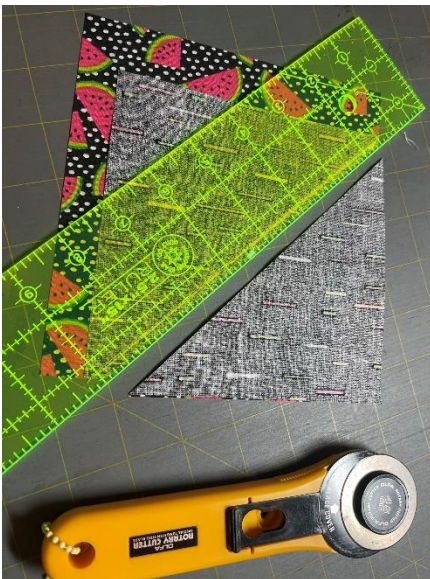
Left side:

- Prepping fabric to sew:
- Draw diagonal lines on the WRONG side of fabric B, Fabric D, Fabric F and Fabric J squares.





- With right sides facing, layer a Fabric J square on top right corner of a coordinating fabric F square.
- Stitch on the drawn line and trim $\frac{1}{4}$ " away from the seam.



- Press toward H
- Repeat on the top left corner with a Fabric D square, on top right corner with a fabric B square, and bottom corners with Fabric F squares.



- In all instances, press "out" or toward skin color.

Left Cup unit should measure $6\frac{1}{2}$ x $6\frac{1}{2}$ "

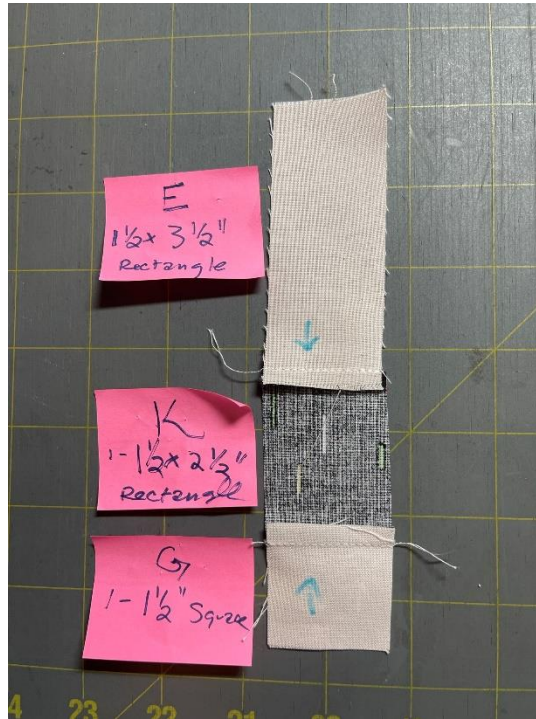
Right side:

- We are basically going to repeat what we did for the Left Cup, EXCEPT: With Right sides facing, layer a Fabric J square on the **top left** corner of a coordinating Fabric H square
- **Note: If you have a directional print for Fabric J, please watch the placement at this step! I wasn't paying attention to the print on my two J pieces (Left and right cups), so they are going different directions – OOPS!
- Stitch on the drawn line and trim $\frac{1}{4}$ " away from the seam
- Repeat on top left corner with a fabric B square, top right corner with a Fabric D square, and bottom corners with fabric F squares

While it is common to have one breast that is larger than the other, in this instance, the Right Cup should measure $6\frac{1}{2}$ "x $6\frac{1}{2}$ " - just like the left! IF you're not even here, you will have trouble going forward! (Ask me how I know!!)

Makin the Middle:

- sew pieces E and G to piece K (K will be in the center).



- Assemble the unit by matching the fabrics of the left and right bra cups to the center piece.



- The decorative top strip should be angled in towards the matching center piece K.

**This is where you really notice my foible with the directional fabric when placing Fabrics H & J during cup assembly.

- Once sewn together, this part of the bra unit should measure 6 1/2" x 13 1/2"



Shoulders n Straps:

We're coming into home base!

- Stitch pieces I onto both short (5 ½") ends of piece A. Press toward I.
- Next, add C pieces to the newly added J's/the whole unit. One on each side. Press in - towards J.
- Next, assemble the entire block by sewing the "shoulders" to the "cups". Take care to match the straps with the accent strip (fabric J). Press Up towards the shoulders.

And Viola! You have your very own brassiere block! A holdzemfrumffloppen.

Hope you enjoyed this month's project!



**Holdz-em-from-floppen (holdz/em/ frəm/ fläpiNG/): Noun (informal)= Holds them from flopping; an alternative word for a bra.