

MAMMARY ENGINEERING

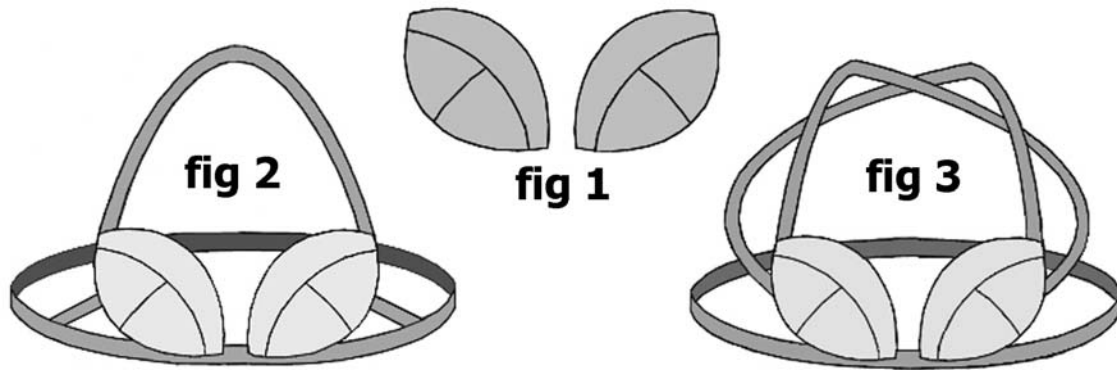
Or "Yes, They Are!"

Yes, guys, we're talking about cleavage this issue. For those of you who do not want to hear about all the secrets to perfect cleavage, skip to the next article NOW! Everyone else, even if you ruled out the idea of sporting daring cleavage, read on. You may find the impossible possible. I go by this philosophy: if female impersonators can do it, anyone can!

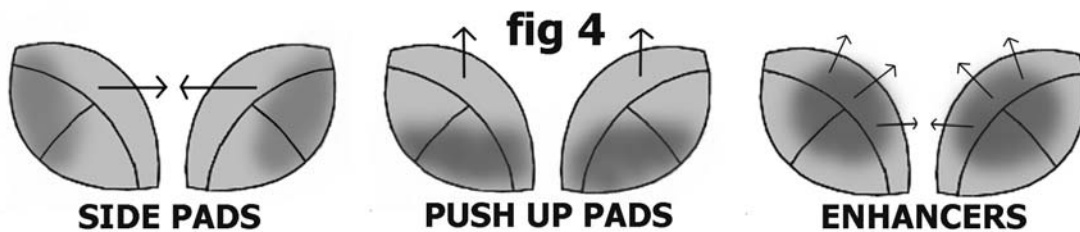
- 1) Decide on the look you're looking for. Remember that when you change your bust line, the fit of any existing costumes will change, too. This is a great thing to do just before getting that smashing new outfit together!
- 2) Go window-shopping. If you are very, very lucky you can find a bra or foundation that gives you the contour you desire. Shopping for bras is an art and a science. You must wear the proper cup shape and size, as well as the proper chest size in order to get a proper fit. If you are most fortunate, you'll find a store that specializes in foundations, often associated with a bridal shop. Even if you don't have the money to buy there, the sales staff can teach you how to fit yourself, and it never hurts to look.
- 3) Keep trying (them on). I have an ample figure, my bust is high on my body, and I'm barrel-chested. I used to have trouble keeping my bra straps from sliding off my shoulder. This was because I chose a bra that was a size too small in the chest, and therefore a size too large in the cup. I always had it let out to the last set of hooks and the straps were too far apart in back. Allow me to explain. As the chest measurement gets bigger (i.e., from 34 to 36) the volume of the cup sizes get larger also. So a 34D cup equals 36C equals a 38B, get the idea? Fit your chest first, and then find the right cup size or the next one larger if you're going to use a pad (or two, or three). Women like me who wear larger sizes have more trouble getting flattering bras because the industry has the false assumption that larger women want to minimize their bust lines. Frederick's of Hollywood, Victoria's Secret and Lane Bryant may have something for you.
- 4) Do it yourself. OK. You've exhausted items 1, 2 and 3, and *NOTHING FITS!* When I was dealing with my peculiar figure, I resorted to looking for a belly dancer bra. Most belly dancers pad their bust lines big time! My local contact said that her supplier had quit making bras, but I did find a source in California. Arlene's Classic Cups makes under wired bra cups and includes instructions for assembling bras with incredible support. Like all creative people, she uses unusual materials: foam packing material sandwiched between layers of tricot. The under wire is heavy piano wire. Unfortunately, I just checked my records, and her phone number is no longer valid. I'll keep trying to locate her address and will publish it in a later issue. For now let me describe the cups and how to use them for best effect. You may be able to make or find a substitute.

The cups that worked best for me were tipped down so that maximum cleavage could be shown (fig. 1). The instructions described a halter arrangement to push

the breasts in to form the cleavage, held down by a chest strap and a sidepiece running from the cup to the chest strap (fig. 2). What makes this construction so successful is that no elastic materials are used. You can achieve a dangerous looking cleavage without fear of fallout. The disadvantage I found with the halter design is that on some outfits the halter strap shows at the neck. I made my first bra this way.



In the second bra I made using Arlene's cups I crossed the straps in back. (Fig. 3) This allows for more shoulder movement and leaves a wider neck exposure, but it is a little harder to get into.



- 5) Get the proper shape with proper padding. OK, gals, I'm assuming we're trying to look like we spent \$10,000 for this bust line, not under \$100. You have to put the pads in the right place to be most effective (fig.4). Since my bust needs to be pushed towards the center, I pad the sides. I have used push-up pads, shoulder pads, all kinds of things. Victoria's Secret has these silicon inserts which go into the bra before you do--they wouldn't work for me, but they might for you. I even found inexpensive inserts in the fabric department at Wal-Mart. Experimentation is vital! One very generous sized Klingon I know used Nerf footballs cut in half to get the shape she wanted.
- 6) Once you have the cleavage you want, don't forget to use that same bra whenever you try on or fit an outfit. I had a client who was fitted using one bra and the first time she wore her new uniform, she had a ratty old jogging bra on, and the bust points were 2 inches higher than her actual shape. It looked really strange!

That's it, gals, outward and upward!!! Remember, you can contact me through the website <http://www.qidar.com>.