



TITTEX

- Pattern design
- Sewing instructions

An open source manual developed by Linda Eilers



Introduction

In 2008 the Drag King Festival took place in Berlin. Four days of Drag King Fun with workshops, meetings, performances and parties. For this festival I organized a tittex workshop together with Moritz G.. During this workshop eight transmen and drag kings came together and sewed a tittex for themselves.

Together with Moritz I made the pattern based on an old tittex he wore every day. I developed a pattern that can be custom made for every body. So with a little bit of technical insight it is possible to make your own tittex, tailored to your own shape.

Sewing the tittex with a little support is also not difficult. Later on I repeated the workshop several times within the cosplay scene. The tittex worked well for cosplayers too. The materials are cheap and the fit is good. Wearing the tittex is reasonably comfortable. Due to the shoulder straps it stays in place and because of the possibility of using multi-row eyelets, you can adjust how tight it is.

I wish you a lot of fun making your own tittex and if you have any questions, they are welcome on info@kleermaker-dordrecht.nl or on my facebook page: [facebook.com/kleermakerdordrecht](https://www.facebook.com/kleermakerdordrecht)

This pattern is open source, this means that it can be used by anyone and that this pdf can be forwarded indefinitely.

However, donations are highly appreciated. My paypal is info@kleermaker-dordrecht.nl

If you have any questions about the pattern or the instructions, please send an email to info@kleermaker-dordrecht.nl, or via my Facebook page: [facebook.com/kleermakerdordrecht](https://www.facebook.com/kleermakerdordrecht).



Supplies

0.5 m Fabric.

This can be cotton, hemp or bamboo, but make sure it is a natural fabric. Since the fabric sits directly on the skin, this is much more pleasant. I like to use unbleached cotton. Make sure it is not a stretch fabric! A firmer fabric is best and wash the fabric before you start working with it. Many fabrics tend to shrink when you wash them for the first time. It's a shame if this happens to your tittex. If you want to use tittex daily, it's best to pre-wash the fabric at 90 degrees. Then you can also wash your tittex at 90 degrees later on.

20 cm hooks and eyeband.

There are different versions of these, with multiple rows of eyes and with only one row of eyes. If you wear tittex often, the multi-row version is the best. On hot days or when you are having an off day, you can loosen the tittex a little. Take care when cutting that you cut extra room on the side seam when using the multi-row version. See the instructions on how to cut.

If you can't find any hook-and-eye band, you can always sew on loose hooks and eyes. However, this is quite a bit of work.

elastic band

There is a special extra wide elastic band available at the good sewing supply store, buy a width of 20 cm. For a bust size up to 110 cm you need 20 cm, length, from 110 cm 25 cm length.

Thread

Always buy good quality thread. A polyester all purpose thread is good.

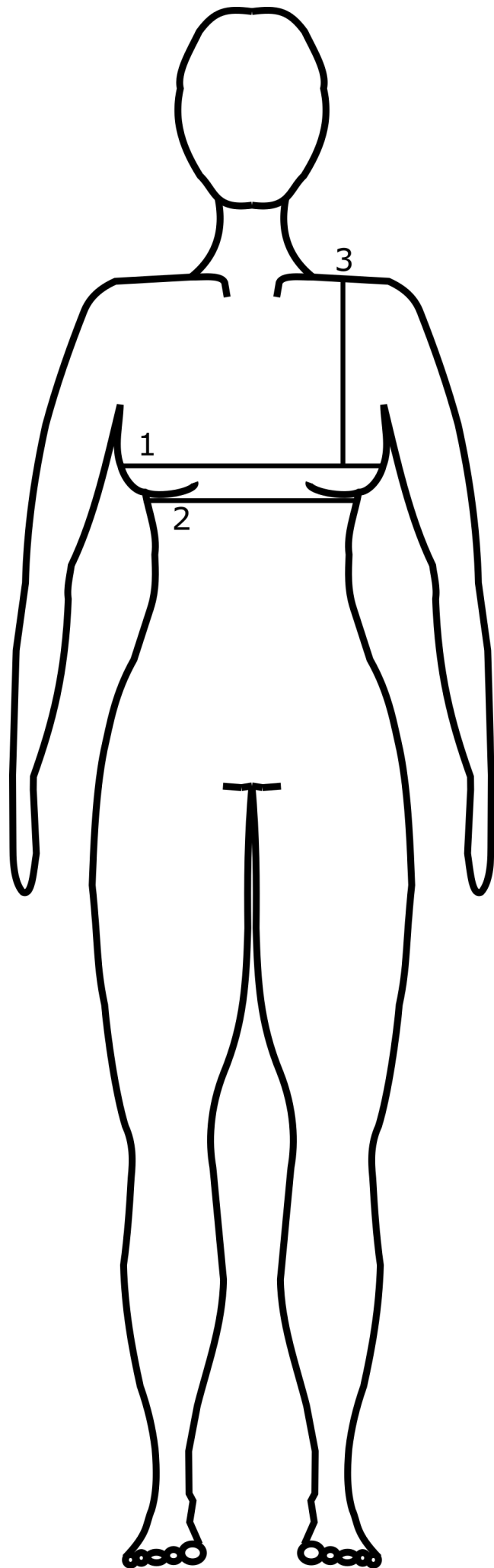
Scissors

Pins

Centimeter

Sewing machine

This is not a big project, it is possible to sew it by hand. But with the sewing machine it goes faster.



Measure tittex

To make a tittex, only three measurements have to be taken. Ideally you let someone else take your measurements. If this is not possible, you can try to take your own measurements. In this case, always make a mock-up to check your measurements.

It is important that you stand naturally during the measuring. Do not look down at what the person who is measuring, is doing. It is best to take the measurements without wearing a bra. If that makes you feel uncomfortable, you can put on a thin t-shirt.

1. BW: Bust width

This is the widest point of the chest.

2. UBW: Under bust width

This is the size of the chest directly under the breasts.

3. BP I: Breast point I

This size is measured from the neck (the last vertebra) over the shoulder to the nipple.

In addition, several sizes are needed, you have to calculate these. Below are the calculations for the different sizes.

1. NM: Neck mirror

$1/20 \text{ BO} + 2$.

Divide the Bust width (BW) by 20 and add 2.

2. BP II: Breast point II

$\text{BP I} - \text{Hs}$

Take the measured BP I (Breast Point I) and subtract the calculated NM (Neck Mirror) from it.

3. BH: Back height

For a BW (Bust width) between 80 and 116: $1/10 \text{ BW} + 11$

Divide the BW by 10 and add 11.

For a BW (Bust width) between 116 and 146: $1/10 \text{ BW} + 10.5$

Divide the BW (Bust width) by 10 and add 10.5.

4. BD: Breast depth

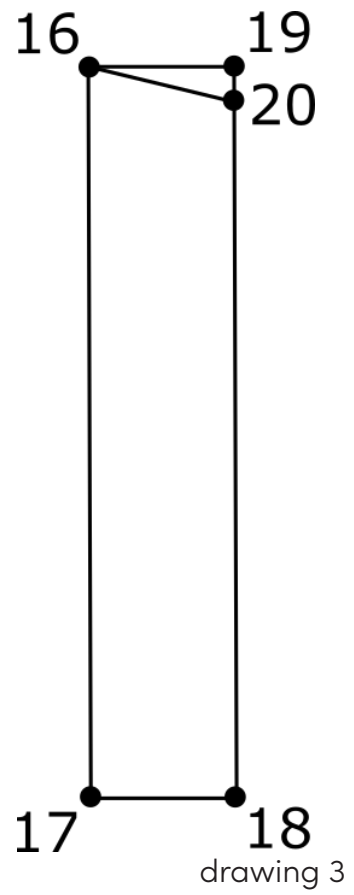
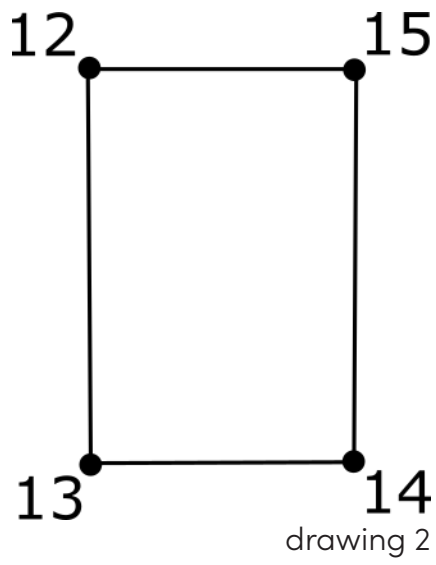
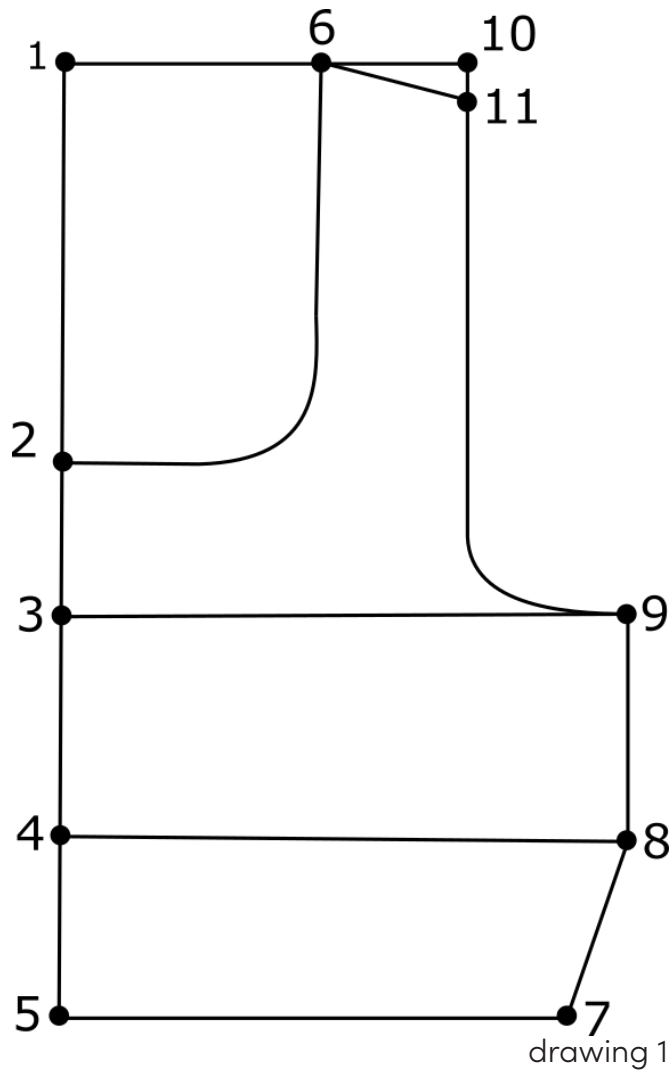
$(1/10 \text{ BW} + 0.5) - (1/40 \text{ BW} + 0.5)$

Divide the BW (Bust width) by 10 and add 0.5. Write this number down.

Divide the BW by 40 and add 0.5 cm. Subtract this number from the first number.

Size table

BW (bust width)	Measured		
UBW (under bust width)	Measured		
NM (neck mirror)	Calculated	$1/20 \text{ BO} + 2$	
BP I (breast point I)	Measured		
BP II (breast point II)	Calculated	$\text{BP I} - \text{NM}$	
BH (back height)	Calculated	BW 80-116: $1/10 \text{ BW} + 11$ BW 116-146: $1/10 \text{ BW} + 10,5$	
BD (breast depth)	Calculated	$(1/10 \text{ BO} + 0,5) - (1/40 \text{ BO} + 0,5)$	



Front (drawing 1)

- 1-2 NM + 8, square out
- 1-3 BH, square out
- 1-4 BP II, square out
- 4-5 BD, square out
- 1-6 NM + 3. Connect point 2 with point 6, this is the neckline.
- 5-7 BW 80-95: $\frac{1}{4}$ UBW
BW 95-110: $\frac{1}{4}$ UBW + 1
BW from 110: $\frac{1}{4}$ UBW + 2
- 4-8 BW 80-95: $\frac{1}{4}$ UBW + 2
BW 95-110: $\frac{1}{4}$ UBW + 2,5
BW from 110: $\frac{1}{4}$ UBW + 3
Connect point 7 to point 8, square up from point 8 and connect it to point 9 on the line from point 3.
- 6-10 5 cm.
- 10-11 1 cm. If you have very drooping shoulders, you can also take 1.5 cm here.
Connect point 6 with point 11.
Connect point 9 with point 11, this is the rounding of the armhole.

Back (drawing 2)

Bust width between 80-95 cm.

- 12-13 distance from 7-9 on the front panel. Square out from both points.
- 13-14 $\frac{1}{8}$ UBW - 1.
Square out from point 14.
Connect to point 15 on the line from point 12.
Elastic 15 cm

Bust width between 95-110 cm.

- 12-13 distance from 7-9 on the front panel. Square out from both points.
- 13-14 $\frac{1}{8}$ UBW - 1.25.
Square out from point 14.
Connect to point 15 on the line from point 12.
Elastic 18 cm

Bust width from 110 cm.

- 12-13 distance from 7-9 on the front. Square out from both points.
- 12-14 $\frac{1}{8}$ UBW - 1.5.
Square out from point 14.
Connect to point 15 on the line from point 12.
Elastic 21 cm

Shoulder straps (drawing 3)

- 16-17 25 cm, square out from both points.
- 17-18 5 cm.
Square out from point 18 and connect to point 19 on the line from 16.
- 19-20 1 cm (unless you used 1.5 cm in the front at 10-11).
Connect point 16 to point 20.

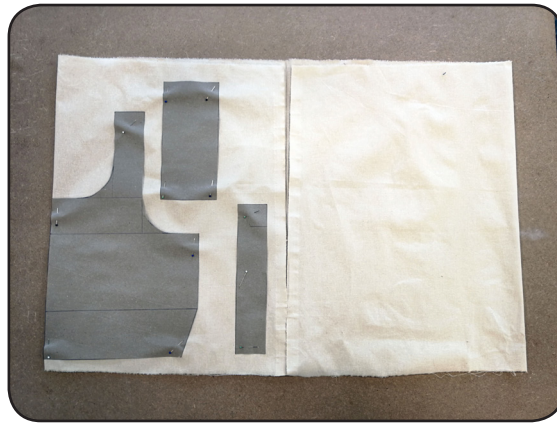


photo 1



photo 2



photo 3



photo 4

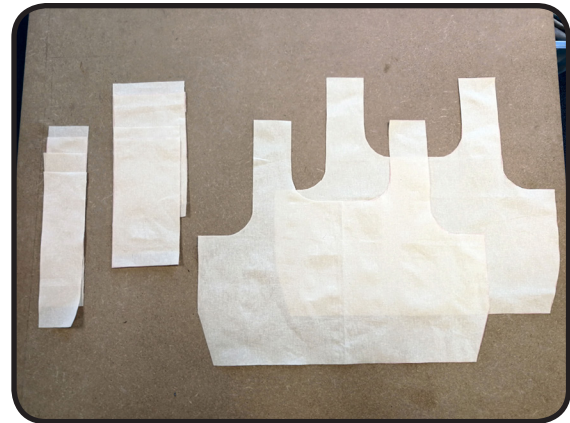


photo 5

Cutting the fabric

The front panel must be cut into the fabric fold twice. (photo 1) The seam allowance has yet to be admitted, choose 1 or 1.5 cm, (photo 2) this is your standard seam allowance used for the entire model. (photo 3)

You'll need the back four times in total. Twice with the standard seam allowance and twice with extra seam allowance for the eyelet strap. The extra seam allowance depends on the width of your eye band. Measure from the base of the eyes to the edge, and add this distance to the standard seam allowance. (photo 4) So in the example this is $1 + 1.2 = 2.2\text{cm}$.

You also need the shoulder straps 4 times in total, with standard seam allowance. On photo 5 you see an overview of all the cut pattern pieces.



photo 6



photo 7

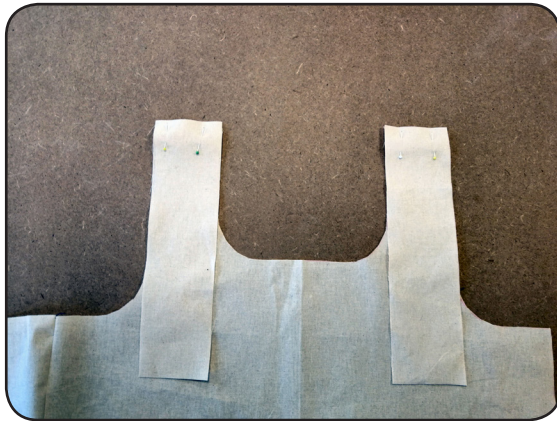


photo 8

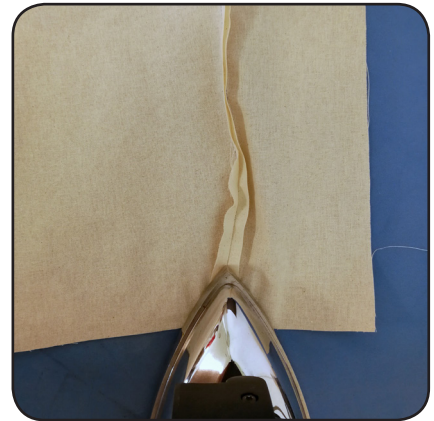


photo 9



photo 10



photo 11



photo 12

Sewing

Sew the smallest back piece on the left side of one front piece and on the right side of the other front piece. (photo 6 and photo 7)

Stitch the shoulder straps to both the front panels. (photo 8)

Iron open all seams. (photo 9)

Stitch the elastic to the back. (photo 10) This seam should be firm, if your sewing machine has a 3-point stitch, use it. (photo 11) If your sewing machine does not have this stitch, sew first with a fairly small straight stitch (stitch length 2-2.5) and then over it with a small zigzag stitch (stitch length 2, stitch width 1.5). (photo 12) Make sure this seam is slightly less of the edge than the standard allowance. So at 8mm if your seam allowance is 1cm and at 13mm if your seam allowance is 1.5cm.

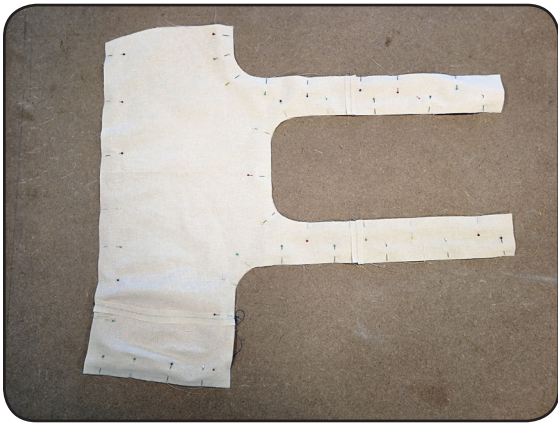


photo 13



photo 14

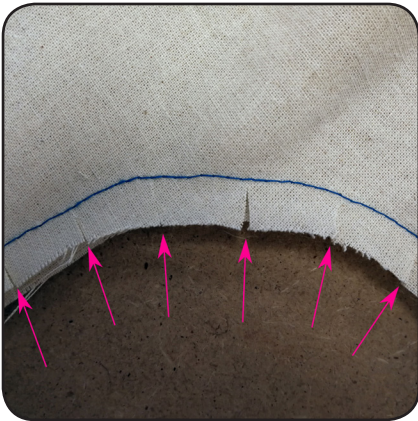


photo 15

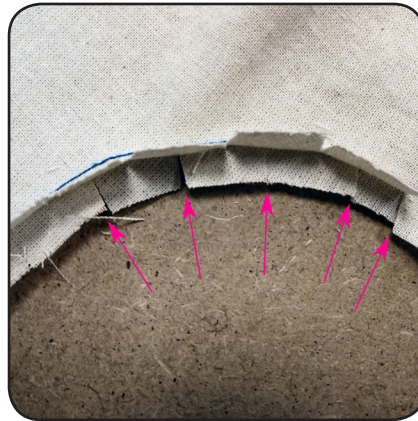


photo 16



photo 17



photo 18



photo 19

Stitch both the completed front pieces together on the outside. Leave the side seam and the ends of the shoulder straps open. (photo 13). Cut off the corners. (photo 14). Trim the curves, cutting the seam allowance alternately. (photo 15 and 16). Now iron the bottom seam open (photo 17) and turn the piece right side out. Iron the front piece.

Stitch the other side of the elastic to one of the wide back pieces. (photo 18) Pin the two back pieces together with the elastic in between. Sew this seam, leaving the side seam open. (photo 19) Cut off the corners (photo 14) and turn the back panels over and iron them flat.



photo 20



photo 21

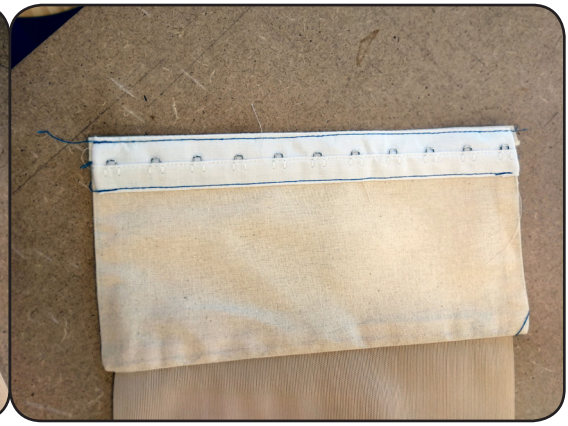


photo 22



photo 23



photo 24



photo 25



photo 26

Sewing the hook- and eye-band

At the back piece, iron the seam allowance towards the outside of your tittex. (photo 20) Please note that if you are left-handed, it is best to have the closure on the right side and if you are right-handed, on the left.

The eyelet band is stitched on the back piece,(photo 21) the edge of the band is stitched on the edge of the fabric. Sew the band in place on both sides. (photo 22)

The hook band is sewn to the front panel. First the edge is pinned on the edge of the fabric if you cut a seam allowance of 1 cm, or 0.5 cm from the edge of the fabric if you cut a seam allowance of 1.5 cm. (photo 23) Sew the inner edge in place first. (photo 24) Now cut back the seam allowance on the tittex (photo 25) Then fold the band double and sew the other edge in place. (photo 26)

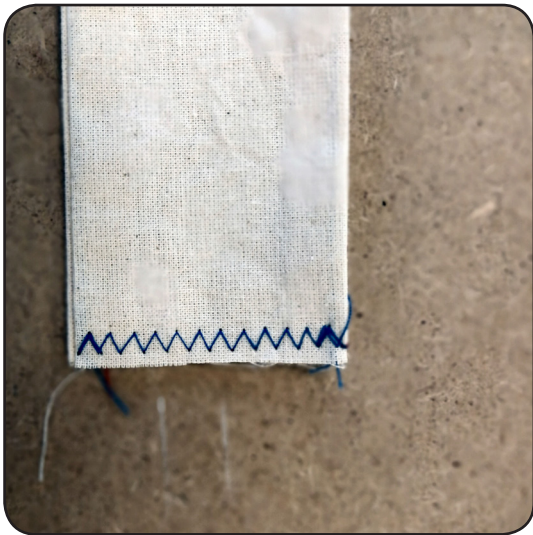


photo 27



photo 28



photo 29



photo 30

Shoulder straps

Sew the edge of the shoulder straps with a zigzag stitch or an overlock machine if you have one (photo 27), so the fabric will not fray when you wash the tittex.

Pin the shoulder straps to the back panels, right next to the elastic. (photo 28). Stitch the two shoulder straps in place (photo 29) and your tittex is ready. (photo 30)