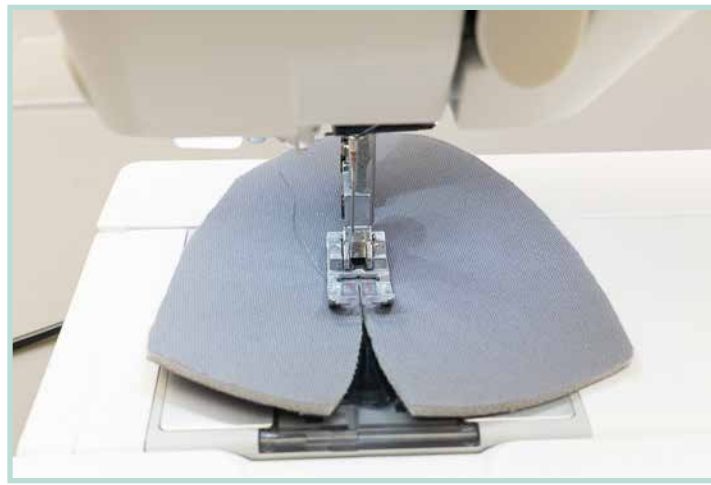


Tutorial

1



Set the sewing machine to a narrow zig-zag stitch. With the dart pointing towards the center of the presser foot, lower the needle through the foam about 1/4" before the start of the dart and begin sewing.

2



Gently push each side of the dart up against (but not over top of) each other as it's sewn together with the zig-zag. Be sure to catch each side of the foam/dart in the zig-zag stitch.

3



Use a zig-zag stitch or overcast stitch to sew around the outside edge of the foam cup. This will help taper the edge of the foam cup down. Repeat steps for the second cup.

