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The Mystery of the SISTER Cups

Did you ever hear of the mysterious SISTER cups when trying on some bras in a specialized lingerie shop?

When the bra size you were used to was not available and the saleswoman in the shop wanted you to try a bra with a 'sister' cup instead?

And guess what, the cup did fit though it was a completely different cup letter! How is that possible?



In this picture you see 2 'sisters' wearing the same type bra with the same cup. But not the same bra size ... not the same band number and not the same cup letter.

Confused?

Understandable but really, although these cups carry different letters they are exactly the same!

Does this mean all cups with the same letter are not the same size as well?

That's right!

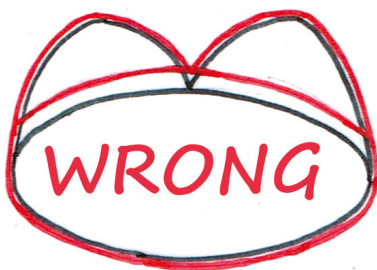
The letter in a bra size only represents the **difference** between the measurements under the bust and over the fullest part of the bust.

The letter does not represent a fixed mass.

In the chart below the pink sizes from 40A up to 28G have the same cup mass and use the same cup pattern but do not share the same cup letter!

To find the bra size with a sister cup you go
 one band size down + one cup letter up (the band will be more tight).
 Or the other way around of course,
 one band size up + one cup letter down (the band will be more loose).

Band Sizes											
	28	30	32	34	36	38	40	42	44	46	48
CUP	A	A	A	A	A	A	A	A	A	A	A
	B	B	B	B	B	B	B	B	B	B	B
	C	C	C	C	C	C	C	C	C	C	C
	D	D	D	D	D	D	D	D	D	D	D
	E	E	E	E	E	E	E	E	E	E	E
	F	F	F	F	F	F	F	F	F	F	F
	G	G	G	G	G	G	G	G	G	G	G



If the band feels a bit tight, what would happen going up in band size but stick to the same letter?

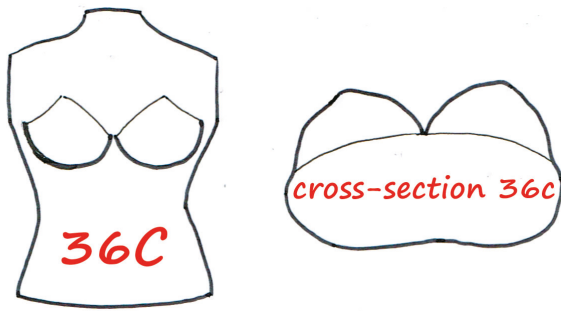
You would probably end up like in the red picture; the cups will not cover the breasts completely. The bra band might even feel comfortable at first but at midfront the cups will easily move and at the sides the cups will poke in the soft breast tissue.



The breast tissue should rest easily within the cups and not spilling out anywhere around the cups (top, bottom or sides). If so you will need a bigger cup size. The cups should not be loose or wrinkly but cover the breast precisely. If not you will need a smaller cup size. b

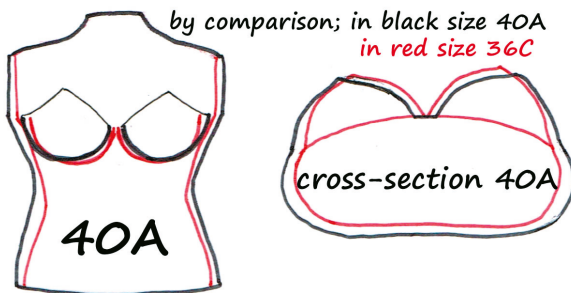
STILL CONFUSED ABOUT THE SISTER CUPS?

Let's try to explain a bit more how the cups can be the same while the letter is different. Or to be exact, the mass of the cup (breast) is the same but the shape of the breast is not. The pictures below visualise this mystery for a better understanding ...



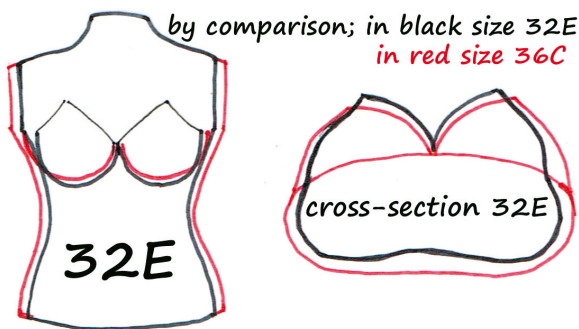
As a starting point we use the torso and cross-section of size **36C** which is one of the most common sizes at the moment.

The underwires for this size fit perfectly on the torso and the breasts in the cross-section show a good balance.



Now let's see what happens when we make an overlay for size **40A**. The picture shows size **36C** in red and size **40A** in black.

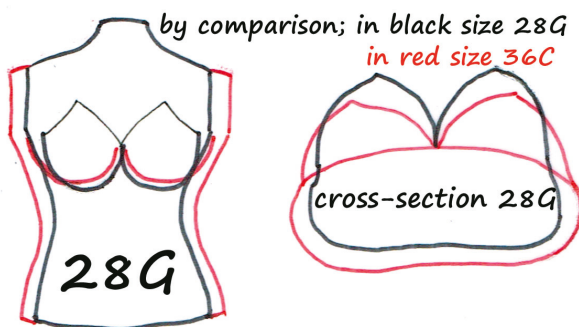
The torso is wider overall which means the band has to be longer. As you can see the underwires are also wider in shape and further apart at midfront. The cross-section explains why; though the breasts are the same in mass they seem a bit flattened and wider to get a good balance with the torso.



For size **32E** it's all just the other way around.

The torso and underwires are more narrow. In the cross-section the breasts are closer together at midfront and have to come forward to still fit on the torso.

The mass of the breasts is still equal to **36C** though the shape is more narrow and forward.



For size **28G** the comparison with size **36C** shows some more difference.

An even narrower torso and underwires and in cross-section the breasts are even more forward and pushed together at midfront.

But still the mass of the breasts remains the same as in size **36C**.

Do all bras with sister cups share the same measurement over the fullest part of the bust?

Not quite, because measuring will be in a straight line from nipple to nipple and not over the whole breasts from side to midfront. There will always be a slight difference in full bust measurements between sizes with sister cups.

Bras with sister cups are not the same in full bust measurement

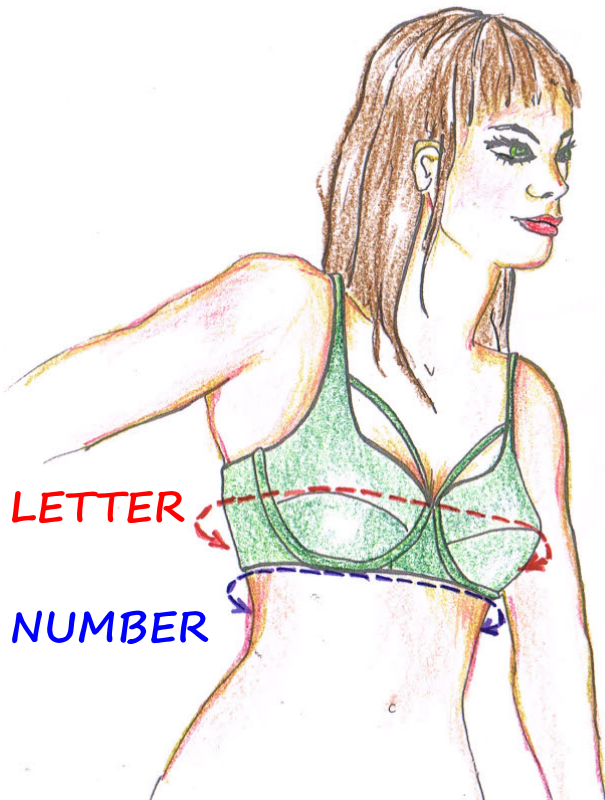
CONCLUSIONS?

- The mass of the cups is equal for all sister sizes.
- The full bust measurement is NOT equal in bras with sister cups.
- There are differences in the band length and breast shape.
- The further apart in the sister cup chart the more difference.
- Bras close to each other in the sister cup chart might be an option to wear when the desired bra size is not available.

NOTE It is not only the torso below the bust which gets smaller or wider but the torso above the bust as well. The cup top edge for deeper cups will gradually become more narrow than the sister cups with a wider torso.

How do I know my right bra size?

Finding the right size for the bra you need is not always an easy task. You have to determine the 2 components of your bra size; the **NUMBER** and the **LETTER**.



The number

stands for the **band size**, measured perfectly level around the ribcage just under the bust.

The letter

stands for the **difference** between the band size and the measurement perfectly level around the ribcage across the fullest part of the bust.

First step

measure tightly and perfectly level around the ribcage, just under the bust.

Round off by 5cm for your **bra size number**.

Second step

measure snugly but still perfectly level around the ribcage, across the fullest part of the bust.

The **difference** between both numbers is your **bra size letter** :

12 - 14 cm	= A cup	USA/Aus = AA cup
14 - 16 cm	= B cup	USA/Aus = A cup
16 - 18 cm	= C cup	USA/Aus = B cup
18 - 20 cm	= D cup	USA/Aus = C cup
20 - 22 cm	= E cup	USA/Aus = D cup
22 - 24 cm	= F cup	USA/Aus = E cup
24 - 26 cm	= G cup	USA/Aus = F cup