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ALL YOUR FALL FAVORITES!

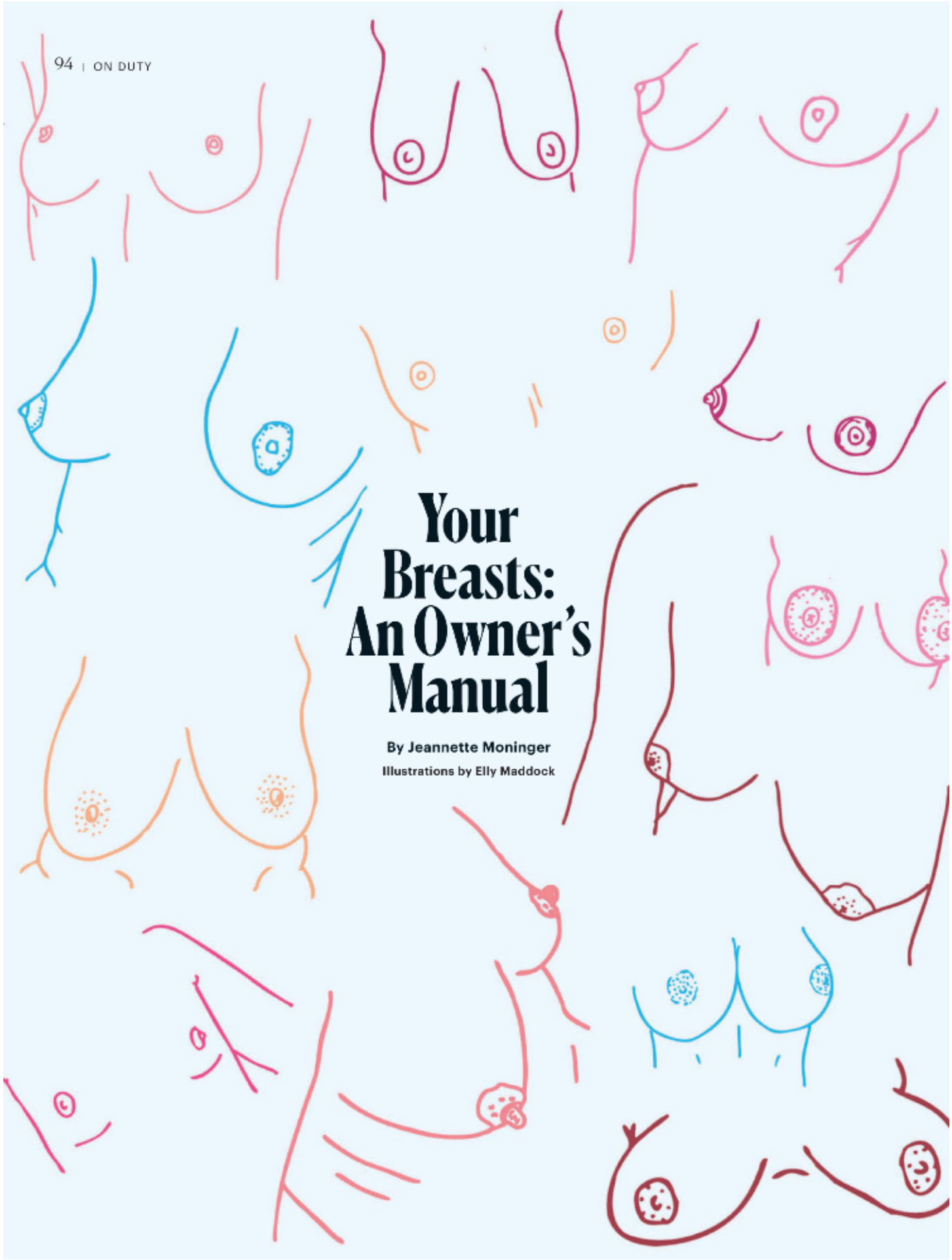
MasterChef's
kid-approved
recipe!

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Your Breasts: An Owner's Manual

By Jeannette Moninger
Illustrations by Elly Maddock



ALL OF YOUR BRA-BLEMS SOLVED



PLENTY OF SUPPORT

Even a larger chest can sport a delicate-looking bra. Just look for an underwire bra with full-coverage cups, wide straps and back bands for added support. Available in sizes 28-38 D-H. Panache, "Petra" Padded Balconette Bra, herroom.com, \$70



PUSH-UP

When you want a boost, a demi cup with padding in the lower half creates instant cleavage. Bonus: All Thirdlove bras come in regular and 1/2 sizes. 24/7 Classic Contour Plunge Bra, thirdlove.com, \$68



HIDE BACK BULGES

Look for a bra with stitch-free edges for a seamless transition from bra to back. This version from Soma has targeted compression zones to keep your back and sides super smooth. Vanishing Back Full Coverage Bra, soma.com, \$56



BRALETTE

Finally, a bralette meant for an actual grown-up. You want one that is double lined (hello, nipple coverage) with a wide band for support. Emmie Wirefree T-back Cami Bra, yummie.com, \$34



T-SHIRT

A T-shirt bra should have smooth cups that lie flush against your breasts, keeping it hidden under even the thinnest tee. Bonus: This bra has memory fit to prevent creasing. GapBody Live-in Pretty Demi Bra, gap.com, \$44



STRAPLESS

This bra really does live up to its name. It has a smooth grip around the body (not just the edges) that keeps it in place all day and all night long, no tugging needed. Up For Anything Strapless Bra, spanx.com, \$74

SPORTS BRAS

During any workout, your breast tissue withstands a great deal of movement and impact. "The biggest negative side effect of not wearing the right amount of support is discomfort. Second is breakdown of breast tissue gradually over time," says Julianne Ruckman, Brooks product line manager of bras and women's apparel.



Low-impact: Walking, yoga, strength training. When you find yourself heating up, moisture-wicking fabric helps absorb odor and sweat. [Knix.com](http://knix.com), \$45



Medium-impact: Skiing, skating, tennis. Stay-put crisscross back straps and a wide band provide optimal support. CraneandLion.com, \$65



High-impact: Aerobics, running, boxing. The back hook-and-eye closure allows for perfect fit and easy off after a sweaty workout. Champion.com, \$48

You're Caring for Your Bra All Wrong

Ah, bras. They're one of the first things you fling off at night, and you'll probably never long for them the way you do yoga pants. Still, these four maintenance moves can make you comfier up top.

① **Give your bras a break** You finally found a bra that accentuates your curves and doesn't ride up your chest. You want to wear it every day, right? Don't. Donning the same bra repeatedly will quickly turn it into your stretchiest, least supportive undergarment. "Your bra needs a rest after two days of wear to allow the fabric and chest band to return to their original shape," says Elisabeth Dale, author of *The Breast Life Guide to The Bra Zone: How to Find Your Ideal Size, Style and Support*. ② **Hand-wash only, please**

The spin cycle is no friend to delicates. Thanks to no-rinse laundry products like Soak and Eucalan, hand-washing can be a no-brainer. Soak your bras in cool water and no-rinse soap for about 10 minutes, dab gently with a washcloth and then always (always!) air-dry. Dale typically wears a bra three to five times (less in the summer) before placing it in the laundry pile. ③ **Store with care**

Don't throw bras into a drawer. Proper storage can prolong their lifespan. First, hook bras closed to keep them from snagging on other delicates. Fold lacy and soft-cup bras in half with the straps tucked inside. Stack molded and padded bras inside each other to prevent bending and denting the cups. You also can hang your bras individually on hangers.

④ **Be a semi-frequent shopper** There's a reason bras don't come with lifetime warranties: They aren't made to last forever. Depending on the quality of the bra, how often you wear it, and how well you take care of it, you should replace a bra every six to 12 months. Dale recommends using a fabric pen to write the purchase date on the inside of the bra band, so you know when it's time to go shopping.