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LAUREN SARA

PHOTOGRAPHY BY  
MICHEL ARNAUD

OPPOSITE

My mother, pregnant with me and my twin sister, Beth,  
as a maid-of-honor, Philadelphia, 1962.

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FIRST EDITION

Library of Congress Cataloging-in-Publication Data

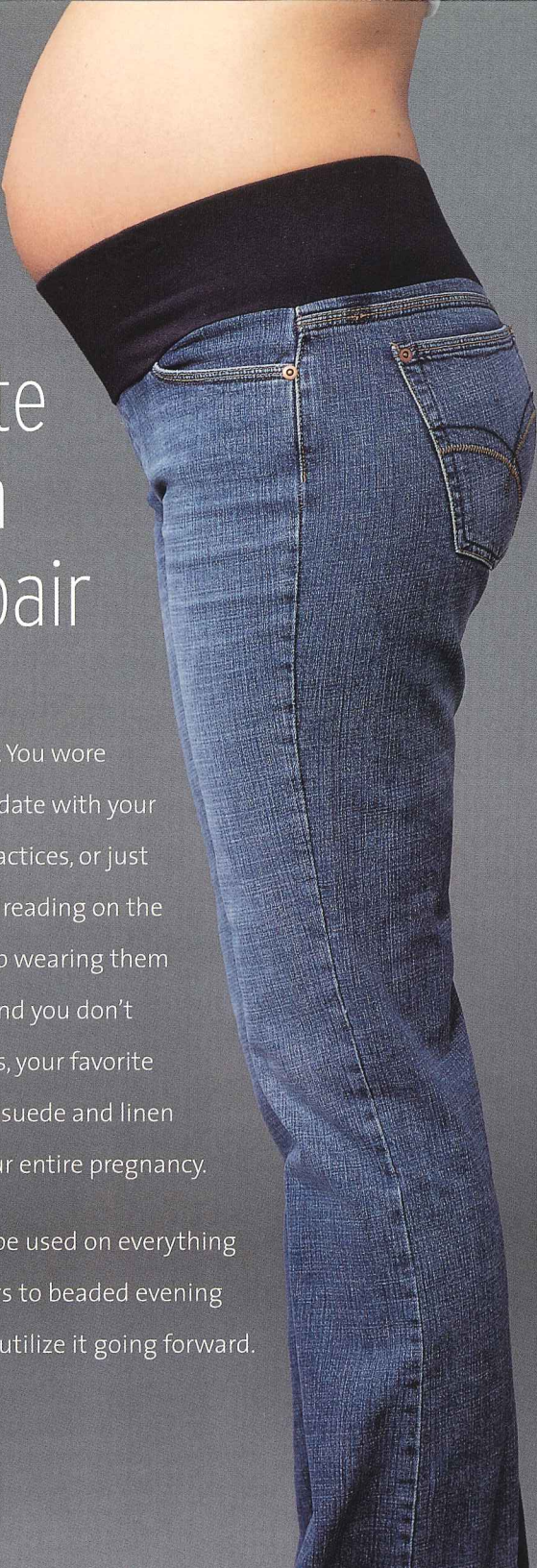
Sara, Lauren.  
Expecting Style / Lauren Sara—1st ed.  
p. cm.  
Includes index.  
ISBN 0-8212-2840-4  
1. Maternity clothes. I. Title.

TT547.S37 2003  
646.4'7—dc21

2003043721

Bulfinch Press is a division of AOL Time Warner Book Group.





# how to transform your favorite jeans into a maternity pair

Your jeans are your best friends. You wore them to everything—your first date with your husband, your son’s baseball practices, or just when you were sitting at home reading on the couch. You don’t want to give up wearing them just because you’re pregnant. And you don’t have to. With a few simple tricks, your favorite pair of denim, corduroy, or even suede and linen jeans can carry you through your entire pregnancy.

Note: This technique can even be used on everything from your houndstooth trousers to beaded evening skirts. Learn it now, so you can utilize it going forward.





## step-by-step instructions

1. Lay your jeans out flat.
2. Mark the side seam of the jeans against the edge of the waistband, angling down to a point approximately 2½" below the center front edge (at the zipper, first photo).
3. Begin cutting along the marked line. You should be cutting off the waistband, below the belt loops (second photo).
4. Once you have removed the top portion of your jeans, use a safety pin to pin the fly closed. Note: Your new maternity jeans will have an inoperable zipper. The zipper will be stitched closed.
5. At this point, try to pull on the jeans. This exercise (if unsuccessful) will help you determine how much more you need to scoop out of the front.
6. Measure the cut edge. Cut a piece of 3" wide elastic, 2½" shorter than the measurement of the cut edge (third photo). (For example, if your new jeans measure 36", cut the elastic to 33½".)
7. Cut a piece of non-itchy Lycra knit fabric (choose any color you like) 7" wide and the same length as the elastic.
8. Sew the two 7" ends of the Lycra fabric together, creating a circle. Place the circle inside the jeans, lining up the edges as you sew the Lycra to the top inside edge of the jeans with a ½" seam allowance, stretching the fabric slightly to fit the circumference (fourth photo).
9. Sew the 3" ends of the elastic together, creating a circle. Line up the elastic with the sewn edge. Fold the Lycra fabric over the elastic.
10. Tuck the fabric under the elastic by ½" and pin it, creating a casing for the elastic (fifth photo).
11. Pin the fabric in place along the outside edge. Be careful not to pin the elastic.
12. Sew the pinned edges as close to the jeans as possible. You should be

