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Clothing prices got you down? Closet full of things you don't wear anymore? Don't despair! Recycle what you have. Take an old garment, use a little imagination, and give it a great new personality. A real challenge is to get those clothes out of the closet and back into active service.

## inventory time

First of all, take an inventory of your wardrobe by getting your clothes out and looking them over. Divide them into five groups:

- those that you can wear "as is"
- those that need only slight changes
- those that need major changes
- those with usable fabric
- those that are hopeless.

Before you tackle any major recycling, study new fashions for good restyling or remodeling ideas. Collect examples from fashion magazines and newspapers. Try on your outdated clothes and study them carefully for remodeling possibilities. Does it need refitting, a change in skirt length, or a new neckline? Is it worth restyling, and do you have the necessary skills to do it? Must it be completely remade?

## advantages of recycling

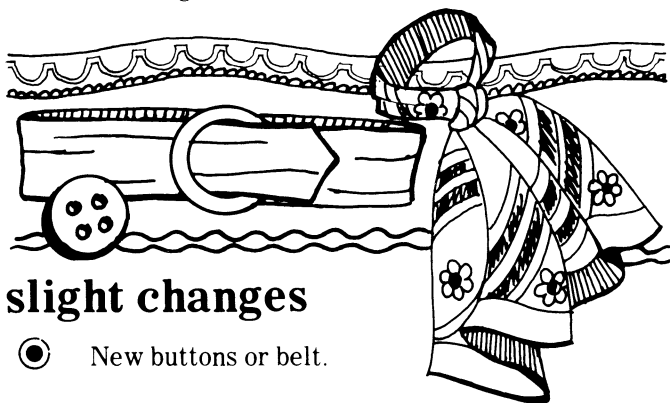
Not only can you save money and gain a great deal of satisfaction from "making something out of nothing," but you can utilize the good fabric in hand-me-downs, out-of-style, and outgrown clothes.

The person for whom the garment is remade will feel that it was created especially for him or her. Such a feeling contributes to pride in one's appearance and the feeling of self-respect. You can change an old garment so much that nobody will recognize it.

## points to remember

- 1 Color, design, texture, and/or quality of fabric in the garment must be considered.
- 2 When you add new fabric or trim to a garment, be sure it "belongs" in design and overall effect.
- 3 Select a becoming color. Children's clothes should be gay and colorful. Dark colors (like navy) may be brightened and made to look more youthful by using bright colors (like red and white), gay plaids, or rickrack or trim.

- 4 Bright colors give accent: large amounts tend to increase size.
- 5 Avoid fabric that looks too "old" or mature for children, such as large prints or crepes.
- 6 Designs in prints or patterned fabrics should be in scale to size of person and the amount used.
- 7 To slenderize, select prints with background color the same or similar to the garment. Greyed colors give less contrast than bright or light colors.
- 8 Keep good proportion in mind when using contrasting fabrics. Note amounts of each color and location of seam lines. Do not divide figure in half, or emphasize poor figure lines.
- 9 If fabrics show needle marks, seams cannot be let out.
- 10 A garment should be worth your time and effort. Good quality workmanship will help to give it a "new look."
- 11 Have a teenager help plan his own "new" garment as much as possible — it is very important to most teenagers that their clothes be in tune with the ones that their friends are wearing.



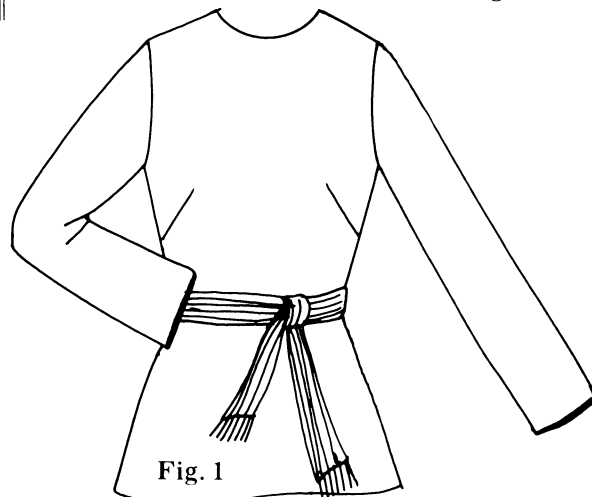
## slight changes

- New buttons or belt.
- New trim
- Combine it with another piece of clothing to bring it up-to-date. Example: The layered look — wearing a shirt under a scoop-necked, short-sleeved tunic that you no longer wear.
- Make necessary small repairs.
- Add hand decorations: (a) Blanket stitch around yokes, collars, pockets, belts or (b) crochet pretty yarn around edges of an old sweater.

- Change hem length to suit the individual body proportions or present styles. If the original hemline shows because of soil, wear, or a permanent crease, you might cover it with braid, rick-rack, or decorative stitching.

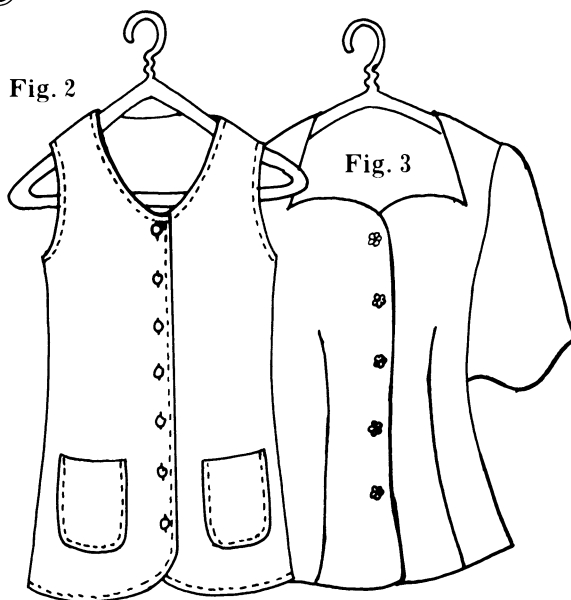
## major changes

- 1 Convert an A-line dress to a tunic (Fig. 1).



- 2 Make a vest from a jumper. (When converting garments with pockets or buttons into tunics or vests, leave enough length below the pocket or buttons to avoid a chopped-off look.) (Fig. 2).

- 3 Make a dress into a top (Fig. 3).



- 4 Make a dress, sweater, or blouse into a body-suit (Fig. 4).
- 5 Add width by inserting bands of fabric (Fig. 5).

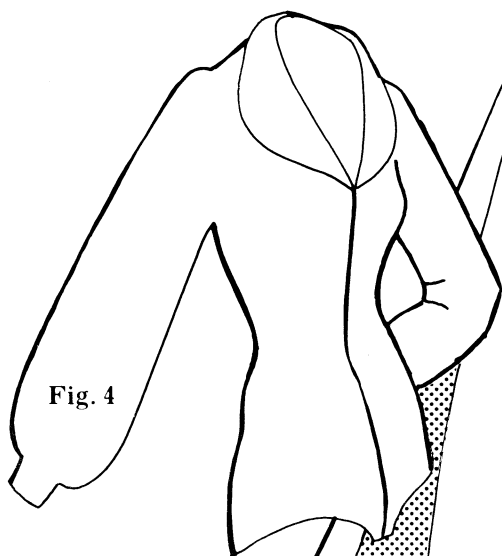


Fig. 4

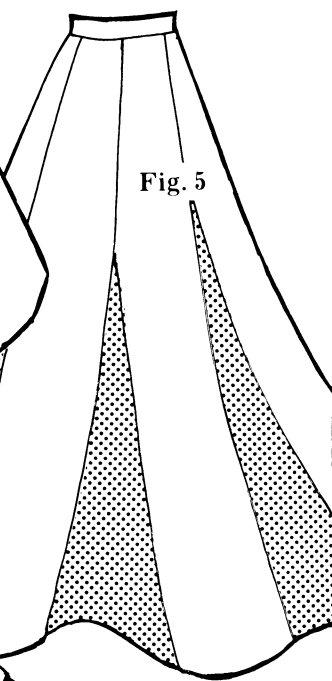


Fig. 5



Fig. 7

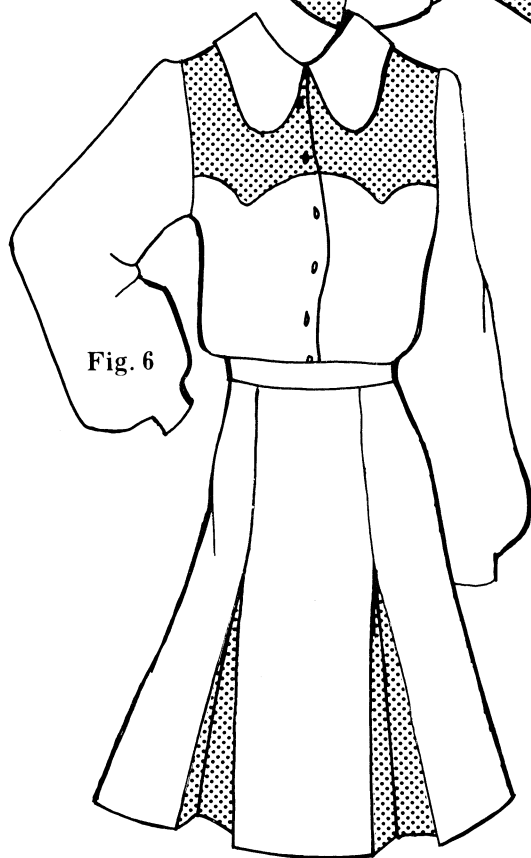
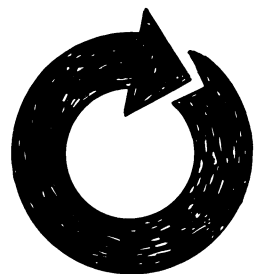


Fig. 6

8

Lengthen fitted or semi-fitted coats with bands of leather, suede, fur, or self-fabric (Fig. 8).

9

Use your imagination in combining fabrics and garments (Fig. 9).



Fig. 8

Fig. 9

6

Add flare to a straight skirt by opening seams and inserting gores, godets, or inverted box pleats. If some of the same fabric is not available, try a contrast plaid or check; then make a yoke, blouse, or bow of contrasting fabric to tie it together. You could use the fabric from the sleeves of a garment for inserts (Fig. 6).

7

Add width to legs of slacks by adding gussets of coordinated fabric (Fig. 7).

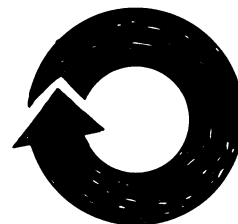
## possibilities for remaking garments

From these:	Make these:
Man's shirt	boy's shirt child's dress (1-4) child's overalls girl's blouse or apron child's slip playclothes, rompers, or sunsuits
Man's suit	little girl's or boy's suit tailored dress jumper jacket
Worn overalls	child's overalls
Men's pants	pants for boys skirts for girls overalls
Woman's suit	dress jumper skirt child's suit, coat, or dress
Woman's skirt	little girl's coat, dress, jumper, or skirt (1-4) little boy's slacks or overalls
Woman's dress (if design is not too large)	jumper blouse child's dress or skirt
Coats	restyled coats short coats jackets for children
Bathrobes	child's bathrobe, beachcoat
Woman's slip	half slip slip for little girl

## what about "hopeless" garments

If the fabric is too worn to do anything with or if it is badly torn, frayed, stained, or has moth holes, you could:

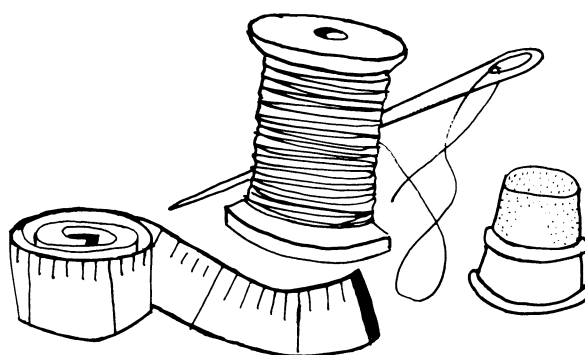
- Make into dust cloths.
- Give to children for playing "dress up."
- Use in rag rugs.
- Use in the garden for tying up plants.
- Use as stuffing for toys, pillows, or quilts.
- Use in crafts projects.



## sewing

If the garment is worth making over, it is worth your doing a good job of construction. Use the same sewing techniques that you would use with new fabrics.

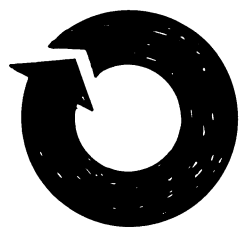
Recycling your wardrobe is bound to take lots of time and energy. So whenever you get ready to restyle or remake a garment, try to make an educated guess as to how much work is involved. Make sure it's a project that warrants your time and trouble. And remember, the ideas and suggestions offered here are just the beginning. The rest is up to you. Good luck!



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# making new clothes from old



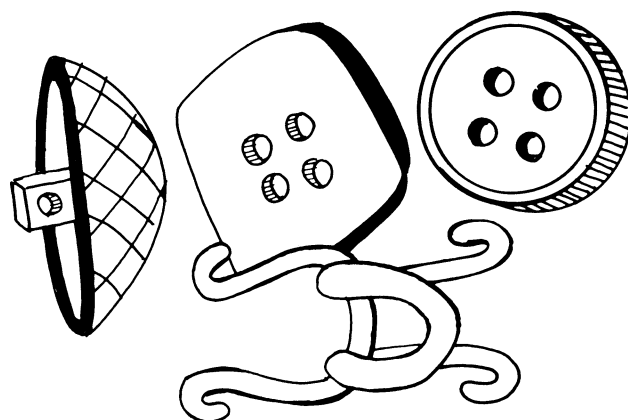
## pattern selection

- Select a design that's easy to make.
- Select a design with ease-of-care features. (Puffed sleeves, for instance, are a lot of trouble to iron as well as being hard to make.)
- Select a pattern with yardage requirements within the limits of the amount of available used fabric.
- Select a pattern that will best fit into the size, shape, and number of pieces of the old garment. Patterns with a greater number of pieces often can be used to better advantage than those in few sections, as less piecing will have to be done. Small pattern pieces are usually easier to place on sections of a used garment than large pattern pieces.
- Take careful measurements of the person for whom the garment is being made so that you can get the best pattern size. This will cut down on the time spent in fitting and alteration.

## preparing fabric for cutting

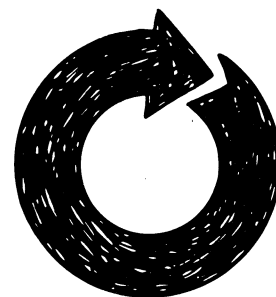
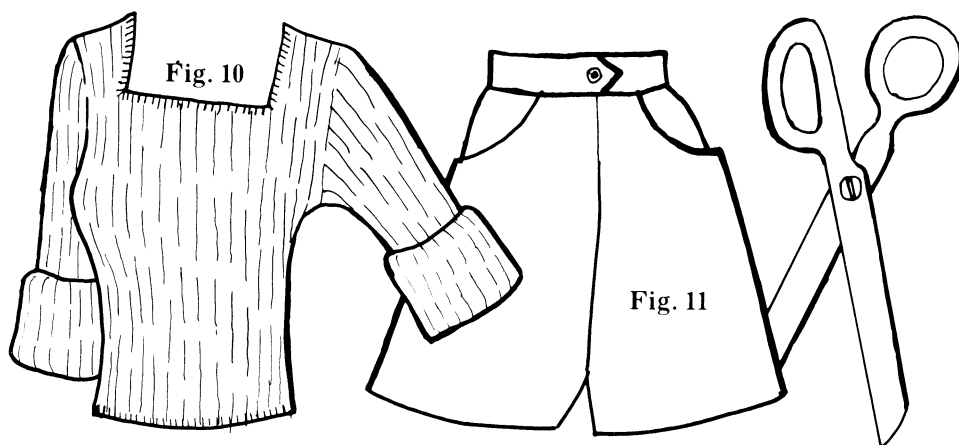
- 1 Rip all seams apart, except those that can be used as is in the new garment. Clip threads at intervals and pull to remove from seam.
- 2 Clean the fabric. First, brush lint and dirt from hems and folds; then:
  - Launder, if the fabric is washable. Use a solvent to remove grease and oil stains.
  - Dry clean, if the fabric is not washable. The garment pieces can be added to your cleaning load at the coin-operated dry cleaner.

- 3 Press the fabric with a steam iron, or a dry iron and a damp cloth. Press with the grain of the fabric on the wrong side. Press all of the reusable linings and interfacings.
- 4 Save all buttons, snaps, zippers, and other findings that are reusable.
- 5 If possible use the original buttonholes.
- 6 If the wrong side of the fabric has a fresh new appearance, it can be used as the right side of the new garment.



## cutting the new from the old

- 1 Press the pattern pieces with a warm, dry iron.
- 2 Locate grainline of fabric sections; mark with chalk or thread, if necessary.
- 3 Lay the pattern pieces on the prepared sections of the old garment; follow the grainline as closely as possible.
- 4 If fabric is limited, skimp on seam allowances when necessary. Mark the stitching line so you will know exactly where to stitch.
- 5 If piecing is necessary, it should be done in places that do not show (under the arm, under the collar or lapels, inside pleats, facings). When the piecing cannot be hidden, plan it as part of the decorative design (for example, a yoke in the bodice of a dress).



**10** Restyle sweaters by changing neckline, sleeve length, and hemline (Fig. 10).

**11** Slacks may be cut off to make shorts (Fig. 11).

**12** Widen narrow lapels with braid, leather, or contrasting fabric (Fig. 12).

**13** Add length to garments by inserting yokes, midribs, or horizontal inserts (Fig. 13).

**14** Lengthen skirt with a new yoke at the waistline and cover yoke with an overblouse (Fig. 14).

**15** Make a new garment from the old one. Do this only when:

- The garment can not be used "as is."
- The fabric is worth the time and effort.
- You have the necessary skills.

