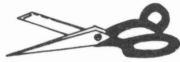


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EASY RECYCLING — FOR FIT

Becky Culp*



It is easy to make a garment more attractive by improving the way it fits. Clothes that fit well make you feel and look good. You can save money for you and your family by recycling garments to make them fit.

Plan fitting changes that will make your garment more attractive. Changes that make the garment larger or smaller should be evenly divided.

TO MAKE A GARMENT SMALLER

Try on the garment. Is it too loose? Does extra fabric bunch together? Does it feel baggy? Do up and down folds form? If so, it is too big. You need to make the garment smaller.

Mark where the garment is too big. Is it too big all over or only in one or two places?

How much too big is it? If it is no more than 2 to 4 inches too big in any one place, you can . . .

- *Make larger seams.* Will one seam take out the extra fabric? Should more than one seam be used?

Pin out the extra fullness.

Try on the garment.

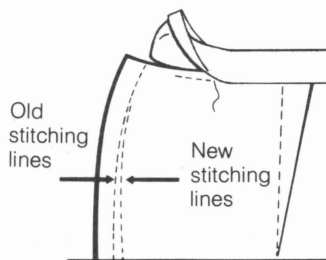
Make any changes needed.

Stitch seams, slanting new stitching to join old stitching.

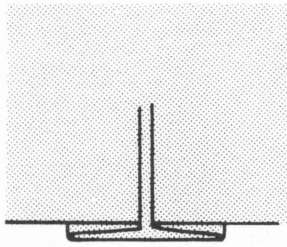
Take out original stitches.

Trim extra fabric.

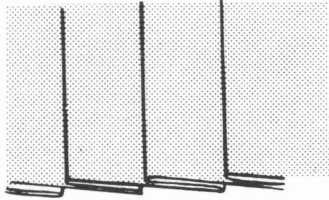
Press.



*Extension clothing specialist, The Texas A&M University System.

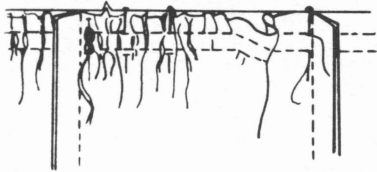


Pleats

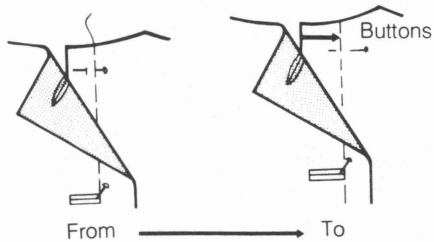


- Add pleats, gathers, tucks, darts or seams.

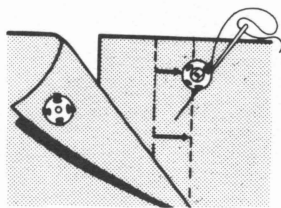
- Make pleats and tucks deeper.



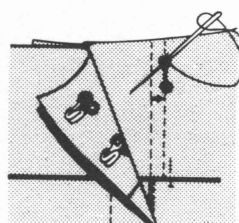
Gathers



- Move buttons, snaps or hooks and eyes further to the inside of the garment. Pin the garment together as you think it should fit. Is the closing smooth and attractive?



Snaps



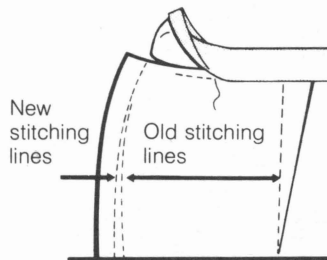
Hooks and Eyes

TO MAKE A GARMENT LARGER



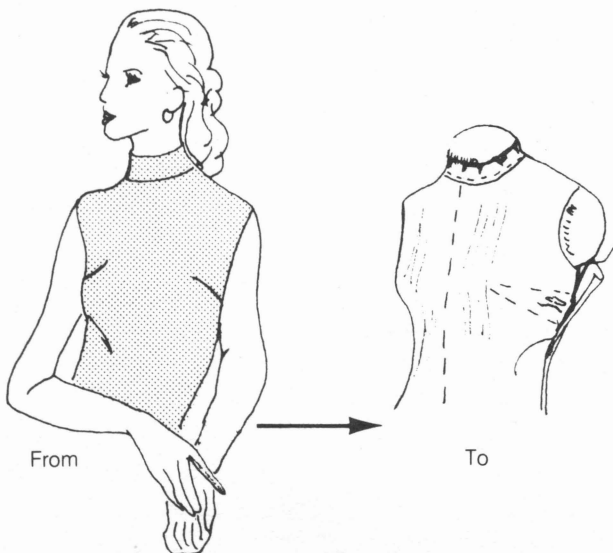
Try on the garment. Does it pull? Bind? Form crosswise wrinkles? Do you feel uncomfortable? If so, it is too small. You need to make the garment larger.

Mark where the garment is too small. Is it too small in only one or two places or all over?



If the garment is no more than 2 to 4 inches too small in any one place, you can . . .

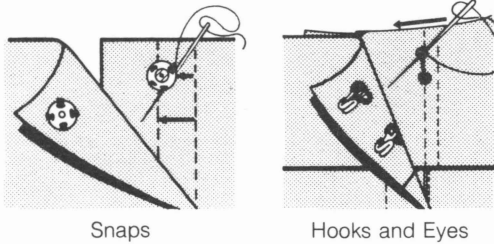
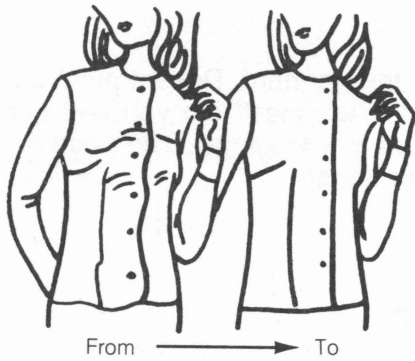
- Make narrower seams and darts. You can also make tucks, pleats and gathers less deep and full. All seam allowances need to be at least $\frac{1}{4}$ inch wide so that the garment will hold together.
- Darts can be changed to gathers. Remove all old stitching lines. Be careful not to cut the fabric. Press darts open and check to see that old stitching lines do not show.



From

To

- Move buttons, snaps or hooks and eyes nearer to the outside edge of the garment. Pin the garment as you think it should fit. There should be enough fabric lap for the garment to stay closed.



You will enjoy wearing your “new” recycled clothes. Try recycling other clothes that are too large or too small.

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