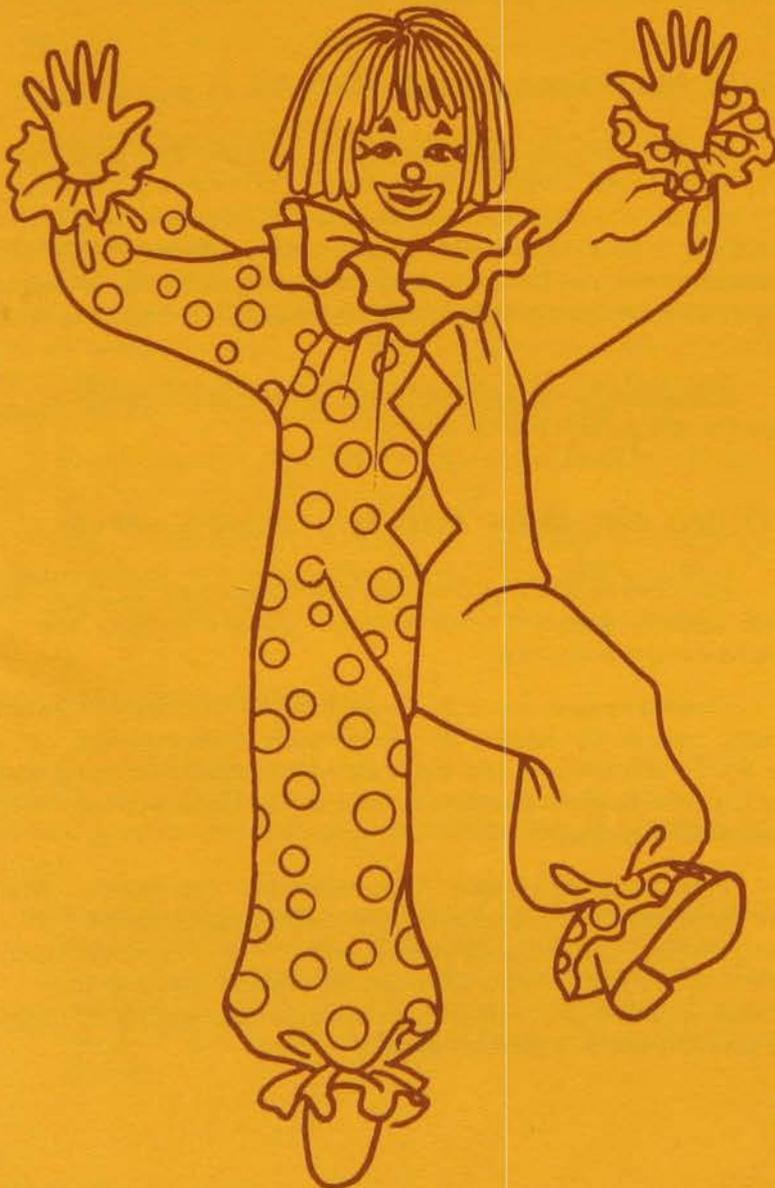


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THE CLOTHES YOU MAKE - III

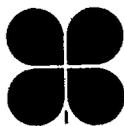
Sharing your sewing



Agricultural Extension Service
University of Minnesota

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No matter what your sewing skill, sewing for others can be a real joy and an experience in human relations. It's great to be able to say "I made it myself", but hearing "You made this for me!" is even greater.

You may be taking this project by yourself, or your 4-H club may be involved in it as a group project. You could:

- sew gifts for family and friends,
- sew for young children or the handicapped, or
- sew for community projects.

GIFTS FOR FAMILY AND FRIENDS

When sewing garments for others, find out their exact size and pattern type. Also, if any pattern alterations are needed, and where. If it's to be a surprise gift, you'll have to be a pretty good spy to find out the size. If you can't, consider making an accessory such as a belt, tie, scarf, book bag, or purse. Or how about a simple garment that comes in sizes small, medium, or large?

Consider the person's likes and needs and the ability to care for the garment or accessory.

YOUNG CHILDREN AND THE HANDICAPPED

Children in preschool or early elementary will be proud to wear something you've sewn for them. Be sure to make it attractive and comfortable.

Children's sizes come in "toddlers'" or "children's" pattern types. Choose the size by the child's body measurements, not by age. Look for patterns that have features which make it easy for children to dress themselves, such as elastic waists and front zippers or buttons.

Parents will be pleased if you select easy-care fabrics. Sew the "care label" you received when purchasing the fabric into the garment. Choose bright colors and prints. The fabric should be soft but sturdy. Knits are good for children because they stretch with the body. If you are sewing sleepwear for children, be sure the fabric is nonflammable.



When fitting and sewing the child's garment, avoid tight necklines, armholes, and waistlines, and scratchy seams. These will make the child uncomfortable. Allowances for growth can be put into a child's garment without making it look like their older sister's or brother's. Remember these features:

- extra wide or double hem
- double casing in an elastic waist
- extra wide seams
- tucks at waistline or shoulder

Trims could be sewn on in some of these places if a wear-line shows after it is let out.

References on sewing for children are:

All About Sewing For Children by Simplicity Pattern Co.

Singer Sewing Book by the Singer Company

Extension Folder 262 "New Garments From Old (some call it recycling)" on making children's clothes from used garments.

Many times handicapped people have difficulty finding clothes to fit them properly and comfortably. When making garments for them, select the correct pattern size and type, and then take careful measurements to determine where more or less allowance is needed. For example, a person with a neck brace would need more allowance in the neck and shoulder seams. Make a test garment in muslin first to check the fit.

Select or alter the pattern to have easy openings and fastenings. Also consider easy-care fabrics.

You can do much to improve the self image of a handicapped person by sewing attractive, properly fitting clothes for each individual.

COMMUNITY PROJECTS

Community sewing projects can be fun, and yet fulfill a definite need. They can be very creative projects or just plain stitching. Here are some ideas and references. You'll think of others.

1. Make mittens, slippers, or caps out of used sweaters, garments, or fabric scraps. Instructions and patterns are included in Extension HC 28 "Warm Mittens for Minnesota Winters," Extension HC 43 "Warm Slippers for Minnesota Winters," and Extension HC 67 "Warm Caps for Minnesota Winters."

2. Costumes for 4-H Share-the-Fun presentations, or school, church, and community productions. See the 4-H Share-the-Fun materials for helps on making costumes. Check your library for these books:

Making Costumes for School Plays by Joan Peters and Anna Sutcliffe, 1971. Very well illustrated with a variety of costumes.

Stage Costumes and How to Make Them by Julia Tompkins, 1968. Includes period costumes with the patterns illustrated.

Both books are published by Plays, Inc., Boston, Mass. 02111

3. Mending and repair may be needed on music and athletic uniforms, stage curtains, costumes, etc. Refer to Coats and Clark's leaflet on Mending for helps on mending and patching.
4. Have an old fashioned quilting bee! It can be fun to revive a heritage craft. Check your library for books on quilting and patchwork.

Use the 4-H self-determined project guide or your 4-H record to plan and evaluate your accomplishments in Sharing Your Sewing. You may want to discuss them with your parents or project leader.

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