

1966

EC66-2208 Easy Fashions for You

Alice Burton

Virginia Trotter

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

Burton, Alice and Trotter, Virginia, "EC66-2208 Easy Fashions for You" (1966). *Historical Materials from University of Nebraska-Lincoln Extension*. 3984.

<http://digitalcommons.unl.edu/extensionhist/3984>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

AGRT
S
85
E7
#66-2208

EC 66-2208

For Physically Limited Homemakers



EASY FASHIONS

for you



Sponsored by
Nebraska Heart Association
and
Extension Service
University of Nebraska College of Agriculture and Home Economics
and U. S. Department of Agriculture Cooperating
E. F. Frolik, Dean J. L. Adams, Director

EASY FASHIONS for you

By Alice M. Burton
Consultant in Homemaker Rehabilitation
Dr. Virginia Y. Trotter
Associate Dean

We all want to be attractively and comfortably dressed, yet we all find not every design is appropriate. Because of personal preferences and special body limitations you also probably find some styles of clothing are better for you than others.

Your wardrobe will be home-sewed garments or ready-to-wear garments from the store -- often in need of alteration. A limited number of design houses offer attractive clothing primarily designed for physically limited persons (for more information contact your local Extension Home Economist).

Attractive and becoming clothes that allow free movement, wear well and are easy to care for contribute to your "well-dressed feeling" and directly aid dressing, homemaking and other daily activities. You can make the best clothing selections when you know what features to look for.

The following suggestions are made specifically for homemakers with physical limitations. However, many of the features suggested also apply to sportswear, work uniforms and fashions for the elderly and for children.

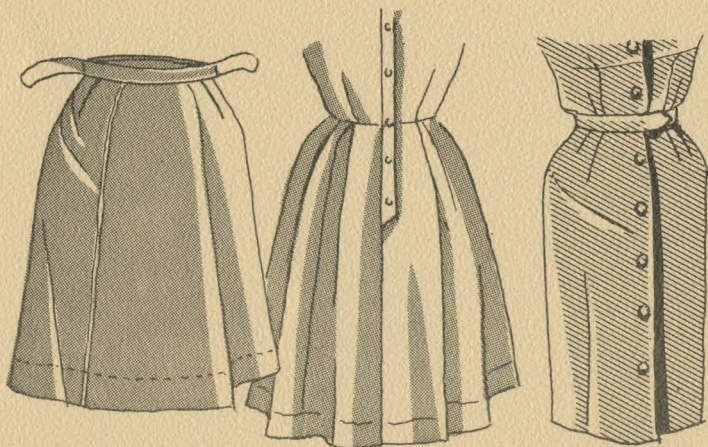
ATTRACTIVE AND BECOMING FEATURES

Before you purchase or as you sew, try on garments to check for fit and any necessary alterations. Correct fit is a must for attractive and becoming outfits. You will find simple classic designs are versatile and stay in style. Your accessories add variety and personality to your outfits. Colors and fabric designs should be appropriate and ones you like.

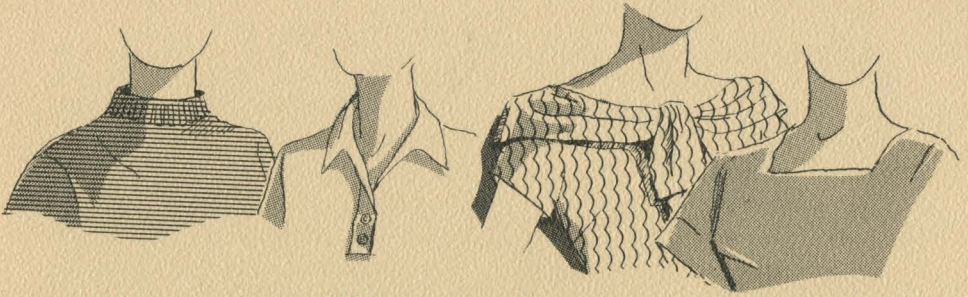
EASY-ON EASY-OFF FEATURES

Large garment openings will be convenient and allow you to dress yourself more easily and independently. Openings should be where you can easily reach them and should have fasteners that you can operate. Extra long plackets, zippers, and pressure tape in pant legs and sleeves make dressing easier for brace wearers.

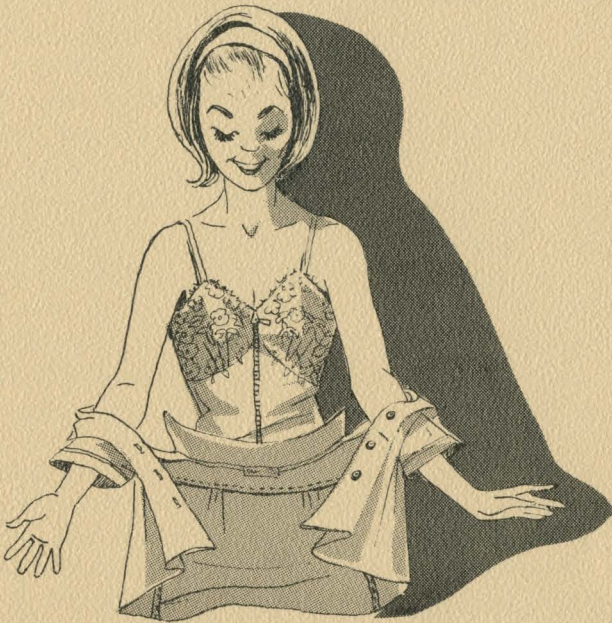
Full-length openings, 3/4 length openings and wrapped style skirts and dresses give you freedom of movement while dressing and eliminate reaching over your head -- an advantage to cardiac homemakers and those with arm limitations. If you use a wheelchair, a back-wrap skirt draped around you will not gap when you sit or move.



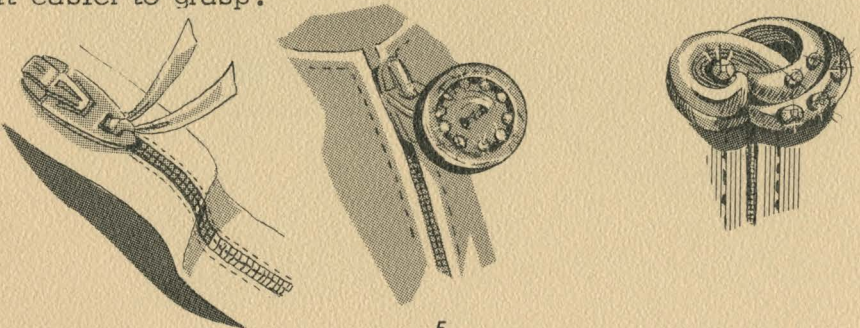
Front openings are easiest to reach. Back openings are usually difficult to reach. If you have good use of only one arm and hand, changing a side opening from left to right may be helpful -- or you may want zippers on both sides. If you lack finger coordination, over-the-head openings without fasteners -- sweaters, v-necklines -- are helpful.

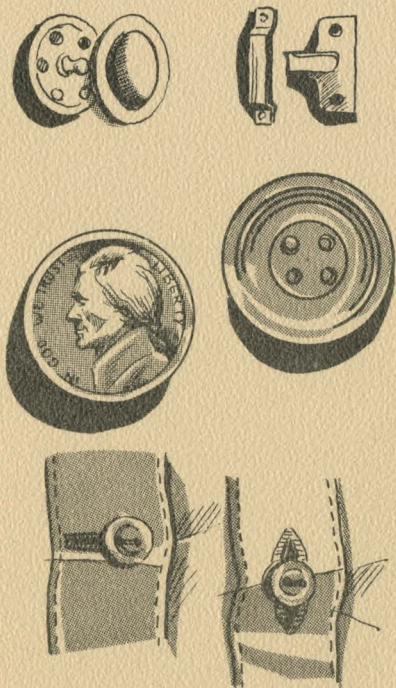


You may have difficulty putting your arms into a dress or blouse with a front opening. Try putting both arms into the sleeves first -- then put the garment on over your head.



Some fasteners will be easier to manage than others, especially if you have limitations in your fingers and hands. Zippers with big tabs are usually manageable. Add a fabric pull or decorative button to the zipper tab to make it easier to grasp.



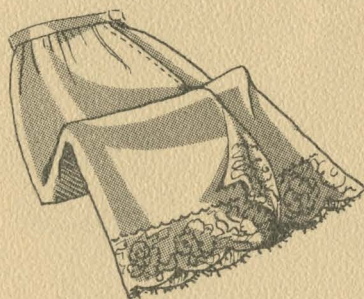


Pressure tape such as Velcro requires little finger and hand coordination. However, this may be difficult to place correctly. Large grippers or hooks-and-bars also work well when hand-finger coordination is limited.

Buttons that are smooth, flat and at least the size of a nickel are easiest to manage. Buttonholes cut in the direction of the pull -- horizontally instead of vertically -- will help eliminate buttons "popping open."

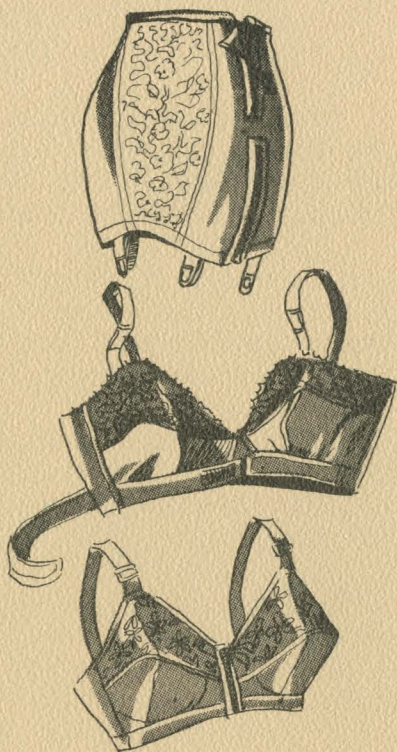
These "easy-on easy-off" features also apply to undergarments and footwear.

A slip with a zipper front is easy to step into or put on over your head. One with an open overlap back makes bathroom activities easier. Stretch fabrics and knits have "give" to allow you greater freedom of movement during dressing and wearing.

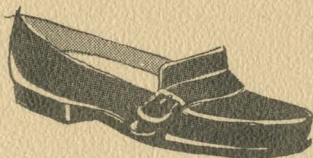


Girdles with two or more zippers will be easier to put on. Front opening bras are much easier to manage than those with back openings. Or, choose bras with all elastic straps and backs. They don't have any fastenings and you can put them on over your head or step into them.

Shoes and stockings may be difficult to put on and take off. Stockings of loose weave cotton or wool are easiest for you to put on and most comfortable.



Buckle or clamp-close shoes require less coordination than trying shoe strings. Loafer type shoes require only sliding your foot in or out. Elastic shoe laces eliminate trying. A long handled shoehorn may be helpful if it's hard for you to reach your feet.



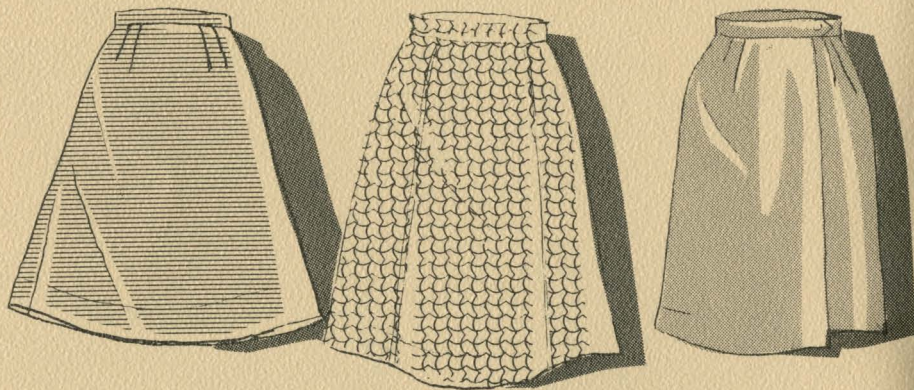
COMFORT AND FREEDOM OF MOVEMENT FEATURES

Fabric, fit and styling are the keys to the comfort and freedom of movement you get from your clothes. Choose garments of fabrics that feel comfortable next to your skin. Try stretch and knit fabrics for extra freedom of movement.

Correct fit is as important to comfort and movement as it is to attractiveness and becomingness. Clothing that is uncomfortably tight -- or loose and baggy -- interferes with movement.

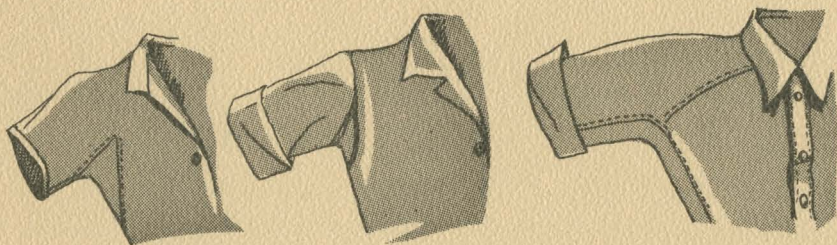
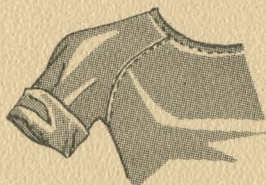
Overblouses eliminate restriction when you reach. They look neat because there are no "shirt tails" to pull out. Blouse-slips prevent untucking and one garment takes the place of two.

A-line, gored, and wrap around skirt styles give you ease with some fullness. If hands and arms are involved, slacks are harder to put on and take off but they cover well and provide freedom of movement.



Elasticized waists and waistbands provide "give" at the waist. Action pleats in bodice backs and in seams at the waistline, at under-arms and at knees in slacks give extra room for moving.

Choose sleeves that are full cut and roomy, with provisions for unrestricted reach. Dresses and coat sleeves cut high under the arm prevent crutches from hiking up hems higher than is becoming. You may wish to avoid sleeveless styles if your crutches get caught in the armholes.



EASY CARE AND LONG WEAR FEATURES

Fabric, styling and construction influence your clothing's care and wear. Read garment labels for care directions and for information about expected performance and wear qualities. Fabric easy care features include:

Completely washable

Little or no ironing.

Wrinkle resistant.

Colorfast.

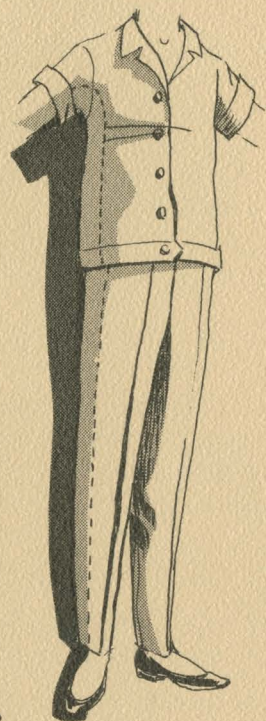
For best wear performance, fabrics should be sturdy and appropriate to their use. Blends containing synthetics are generally wrinkle resistant. Smooth fabrics make sliding easier, as from your wheelchair to another surface. Sturdy fabrics such as firm weave gabardine and denim will take much abusive wear and not stretch or sag out of shape.

Fabric finishes are important. For instance, "wrinkle resistant" helps keep a garment fresh looking and also helps to prevent shrinking and stretching. "Shrinkage control" shows that fabrics will not shrink more than 3%. "Mercerization" is a finish that strengthens cottons. Look for these and other fabric finishes that add durability to garments and make care easier.

Good construction is a must for durability. Flat fell, plain with zig-zag finish, double-stitched, or welt seams will not fray easily.

Reinforcements at points of strain and wear give added durability. Check for double stitching or extra fabric stitched into the seam. Also look for double layers of self fabric at sides of blouses and slacks and other areas where braces or crutches rub.

Garments that are simply styled with few seams are easiest to care for. Particularly helpful are sleeves and garments that you can iron flat, and self-trim and decoration that doesn't require special attention.

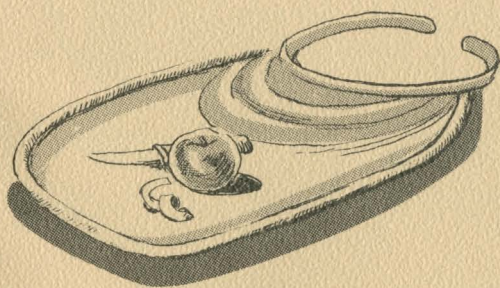


SELF-HELP AIDS FOR HOMEMAKING AND DAILY ACTIVITIES

Have you tried:

1. Aprons in self-help styles:

A waterproof lap apron with an outside ridge catches spills and dropped bits when you sit to work.



Terry cloth aprons absorb moisture. When you sit, terry cloth's rough texture keeps articles from sliding off your lap.

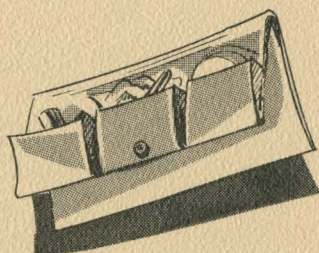
2. Pockets for different uses?

When you lack hand strength and grasping ability or have your hands occupied with crutches, canes or the wheelchair, pockets are a must.

A plastic lined pocket -- or a separate plastic bag -- holds a wet cleaning cloth, a sponge or a dish-cloth.

Garment pockets hold any variety of articles. These pockets need to be easy to reach, sturdy and designed so that contents won't fall out when you are seated.

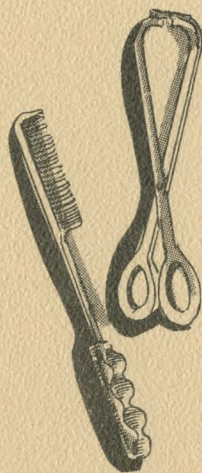
Pockets that snap onto wheelchair arms hold grooming items or household cleaning supplies at home; and wallet and grocery list while shopping.



3. Grooming aids and reaching devices?

Combs on long handles help if your reach is limited.

Long handled tongs extend your reach. A magnet on the end helps you pick up bobby pins and other metal objects; rubber grips hold objects more securely.



(For more information on clothing for physically limited homemakers, contact your local Extension Home Economist.)

Contact your County Extension Agent for other bulletins in this series for homemakers with physical limitations.