

7 Reasons to Rework Existing Garments, a.k.a. Upcycle Sewing

By Michelle Paganini. 01Aug2019

The existing clothing sitting in our closets and thrift stores represents a gold mine of sewing resources. would we consider using existing fashions rather than flat fold for future projects?

1. The world's natural resources are rapidly being depleted. When we can re-use existing garments instead of using newly made flat fold cloth, we drastically reduce the carbon footprint of our "new" garments.
2. The process of "upcycling" or transforming existing goods into items of higher value is within our sewing skill set. Upcycle sewing requires the same types of techniques as traditional garments sewing, with a few new practices that are not technically difficult.
3. Our budgets benefit from thrifting or using free /swapped clothes rather than purchasing new materials. Used garments with high quality fabric and construction can be found inexpensively.
4. We get a unique creation. The odds of anyone starting with the exact same garments are very low. Whatever you make will be one-of-a-kind.
5. It can be much easier to get a custom fit. When the starting garment fits in key areas already, it is possible to transform it in a way that looks new while retaining a great fit.
6. The fabric properties are readily apparent as the garments have already been laundered. It is easy to see if the garment wrinkles easily. Shrinkage will already have happened. The final hand and the drape of the material is not distorted by the sizing often found on brand new fabrics.
7. Existing features such as hems, plackets, cuffs, buttonholes and buttons, collars, pockets, and set in sleeves can be leveraged/retained making it much simpler sewing than starting from flat fold cloth.



How to get started? My company, www.Paganoonoo.com, has a line of upcycle sewing instructions with illustrated step-by-step instructions that walk you through the process of deconstructing garments and reassembling them into a new creation. I've worked through the kinks of upcycle sewing to find the best methods for creating each of our designs, so you don't have to.

With Paganoonoo blouses and dresses you get a perfect fit by starting with a garment that already fits your chest and shoulders perfectly. The instructions scale from Xxs to 4xxxx. The designs are a flattering fit and flare style, giving plenty of room for hips, bellies and bottoms. Find out about the Paganoonoo method of fitting:

<https://paganoonoo.com/pattern-sizing/> and which garments are best for your figure type:

<https://paganoonoo.com/patterns/pattern-features-table/>

Visit us at www.paganoonoo.com! Happy upcycling.