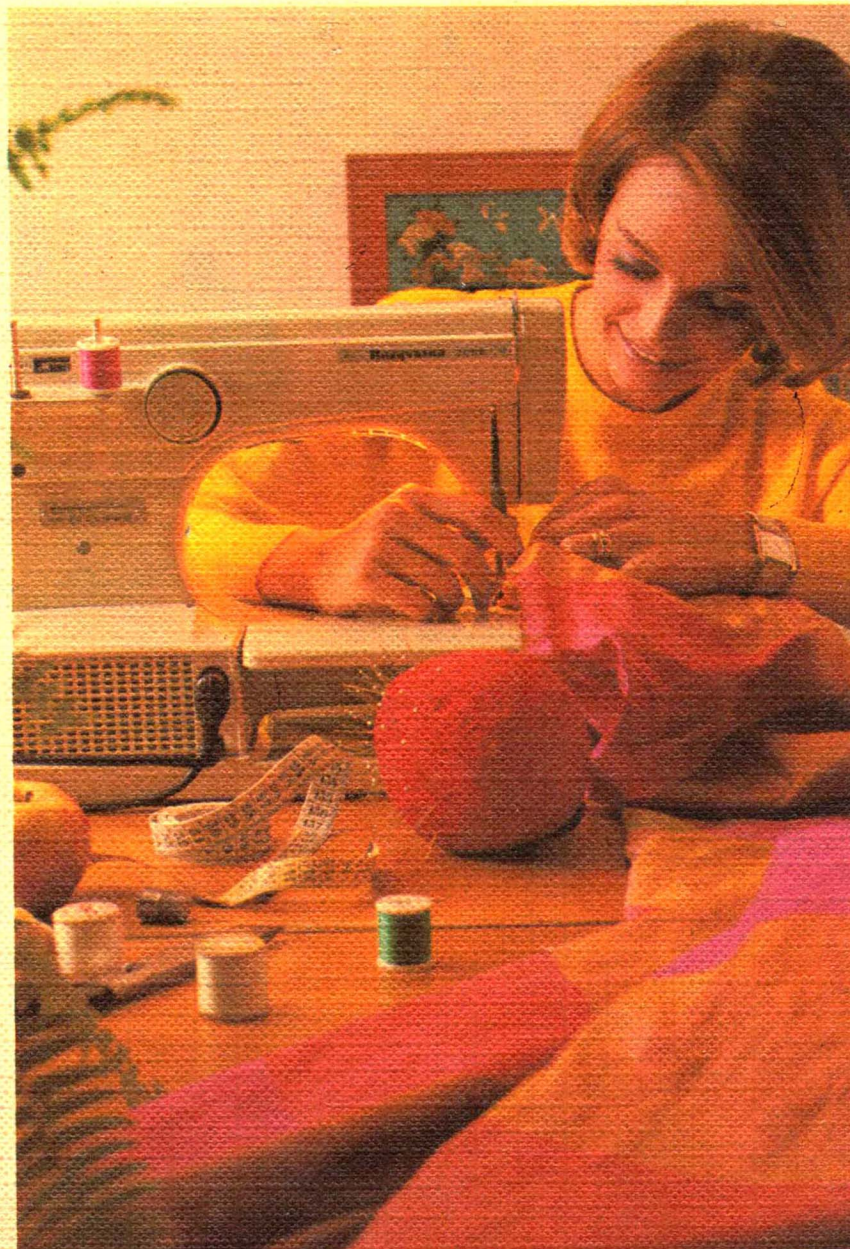
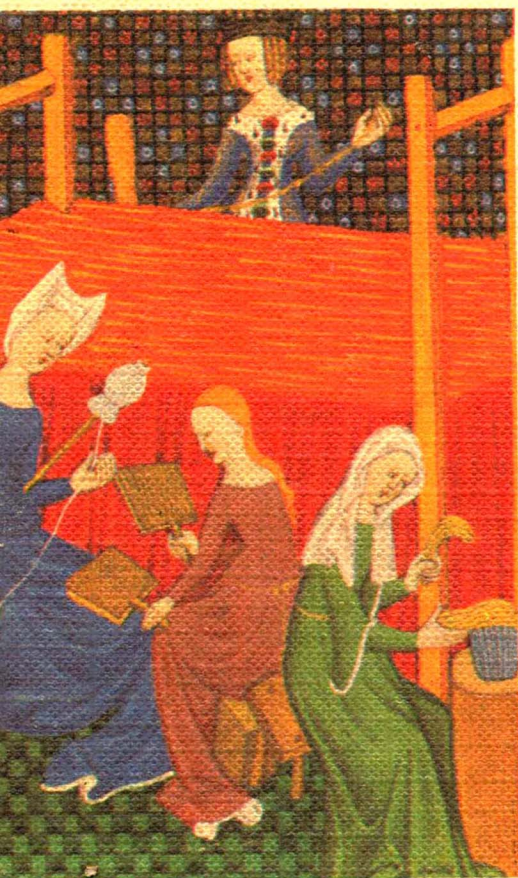


WOMAN ALIVE

*Seze Exciting!  
So Simple!*





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by Eleanor Van Zandt

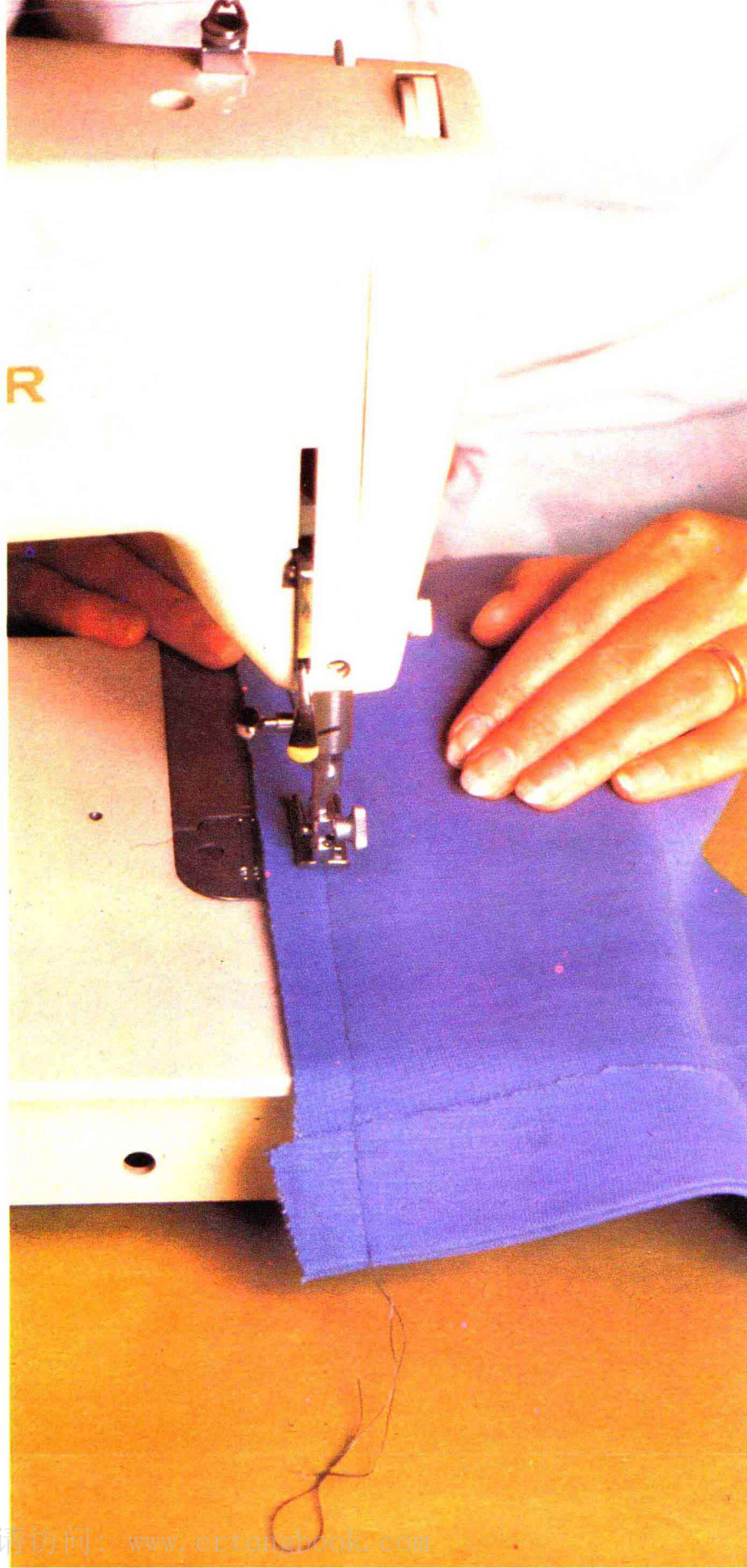
Designs by Helen Cook

Inter



bérica, S.A. de Ediciones

Series Coordinator: John Mason  
Design Director: Guenther Radtke  
Picture Editor: Peter Cook  
Book Designer: Ann Dunn  
Research: Marian Pullen  
Copy Editor: Mitzi Bales  
Projects Consultant: Mildred Lincoln  
Series Consultants: Beppie Harrison  
Jo Sandilands



© 1974 Interibérica, S. A.  
© 1972 Aldus Books Ltd.  
ISBN: 84-400-0807-4.  
Depósito Legal: M-32.247-1974.  
Printed and bound in Spain by  
Novograph, S. A., and Roner, S. A.  
Ctra. de Irún, Km. 12,450.  
Fuencarral - Madrid-34



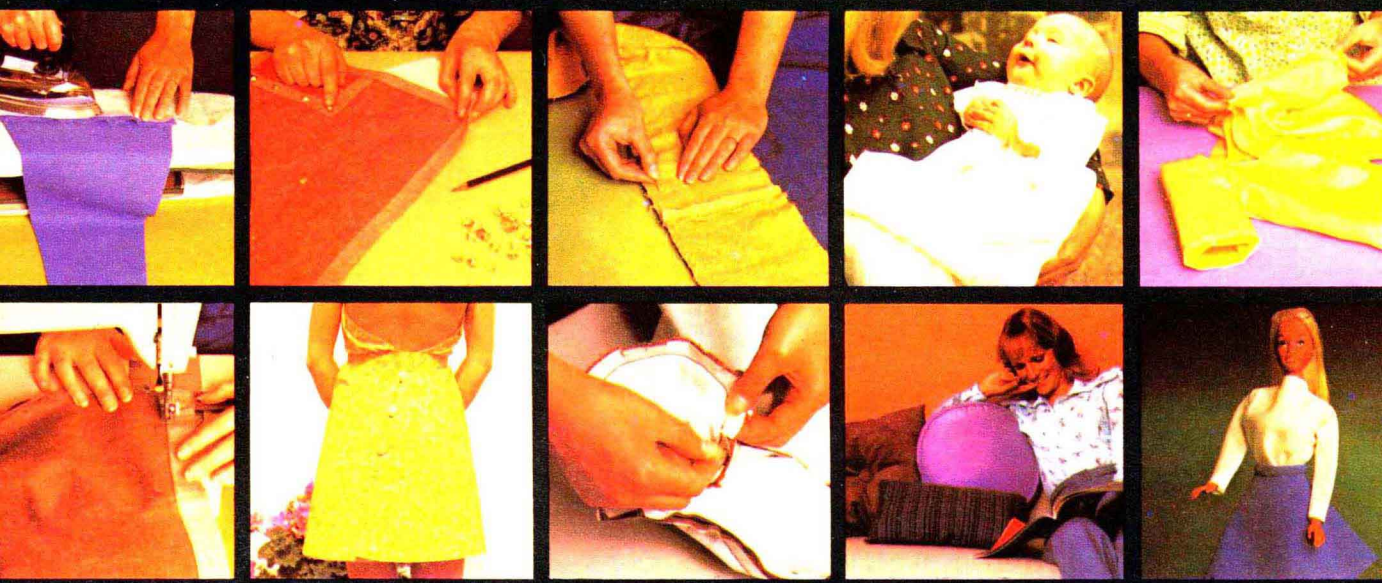
# About This Book

**Any woman can discover the satisfactions of sewing if she sets about it the right way. As with any other craft, the best way to begin is by making something simple—something you can finish quickly so that you don't get discouraged halfway through, and something attractive enough to give you a real sense of accomplishment. The projects in this book have been chosen to help you start easy, but do something worthwhile from the beginning. They include stylish and becoming garments, such as a luxurious kaftan for you, and a comfortable terry cloth robe for your husband, and also a number of accessories for the home, such as colorful scatter cushions, and a stunning fake leopard skin bedspread. The accent throughout is on simplicity: little fitting is required; there are no collars or set-in sleeves; and only a few of the projects call for patterns, each of which is a simple one. As you complete a project, helped by step-by-step instructions and clear photographs and diagrams, you'll pick up some basic sewing techniques, and gain confidence in handling your materials. An illustrated Glossary of sewing terms is provided in the back of the book, along with a chart for your measurements, variations on some of the projects, and a list of books to help you move into more advanced sewing. Once you've experienced the pleasure of wearing something you've made yourself—and receiving compliments on it—you'll agree that sewing can be simple as well as exciting.**



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# Clothes Conscious

Clothes consciousness is a recent development in human history. Certainly the wealthy of the ancient world dressed richly, but there was little interest in fashion as we now think of it. A sense of fashion and fashion changes arose in late 14-century Europe.

**Right:** a rock painting from southern Algeria of between 4000 and 5400 years ago shows how women dressed for African heat.

**Below left:** men and women of ancient Greece wore much the same dress. Different ways of draping was the only change of style.

**Below right:** clothing as fashion to enhance bodily charms had its earliest start in the luxurious late 14-century French courts.







**Left:** this detail of a painting shows one French queen's rich brocades. Elaborate dress was a sign of royalty's exalted status.



**Left:** the great French beauty Madame Recamier—like most renowned beauties—was always dressed in the height of fashion; all the better if the fashion was seductive.

**Above:** today, the difference can be only in the price tag. Equally smart, the suit on the left costs a fraction of the other.



# Fabrics: The Raw Materials

Before we can make something to wear or use, we must have something to make it out of—and Nature has provided many basic raw materials out of which come the fabrics we need. Man has added new synthetics.

**Right:** fine Egyptian cotton has been famous through the centuries. This drawing shows how the spinning was done in long-ago days.

**Below:** wool, too, has a long history. Sheep shearing was already important enough in the Middle Ages to be a painting subject.



**Above right:** Chinese silk makers at work around the late 17th century. Silk making started in China more than 4000 years ago.



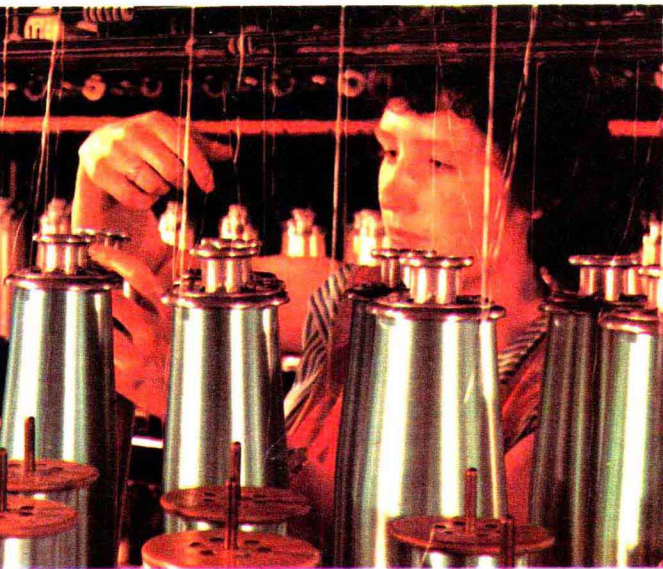
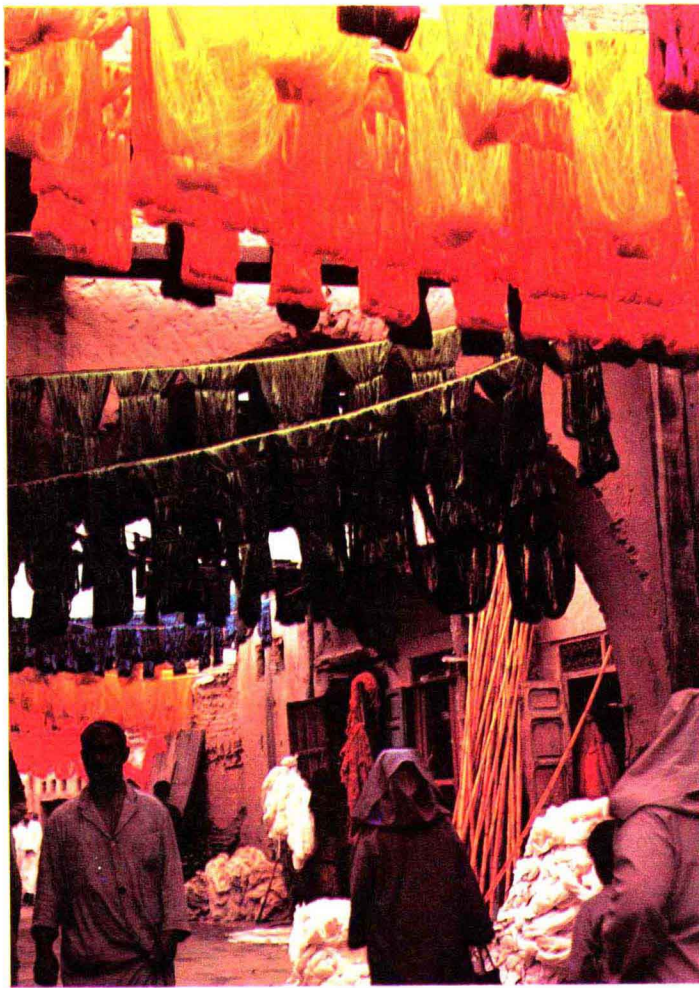
**Above:** 19th-century merchants at a Cotton Exchange. By this time, cotton had long been a commercial crop in the New World.





**Right:** in a Morocco marketplace, wool dyers hang their freshly dyed yarn from bamboo poles to show it off to buyers.

**Below:** numerous synthetic fibers are made chemically today from coal, petroleum, and other products. Nylon is the best known.



**Right:** out of raw materials, whether natural or man-made, comes a vast variety of cloth made in factories here and abroad.



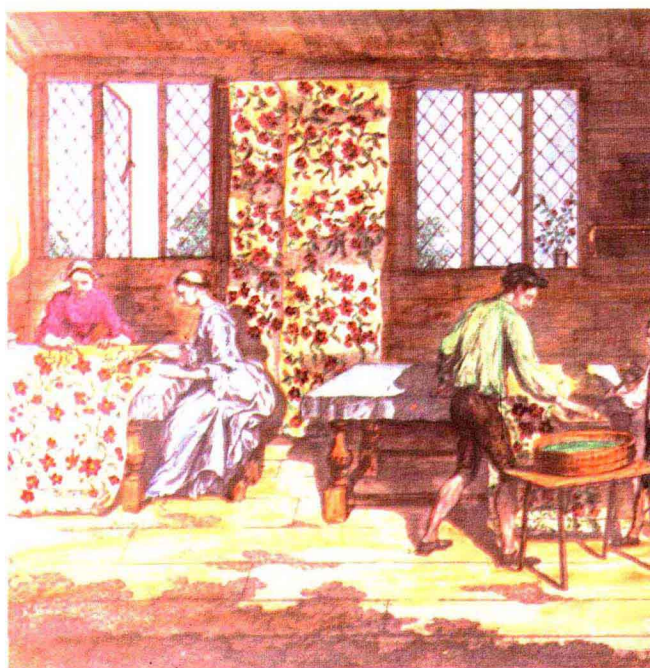
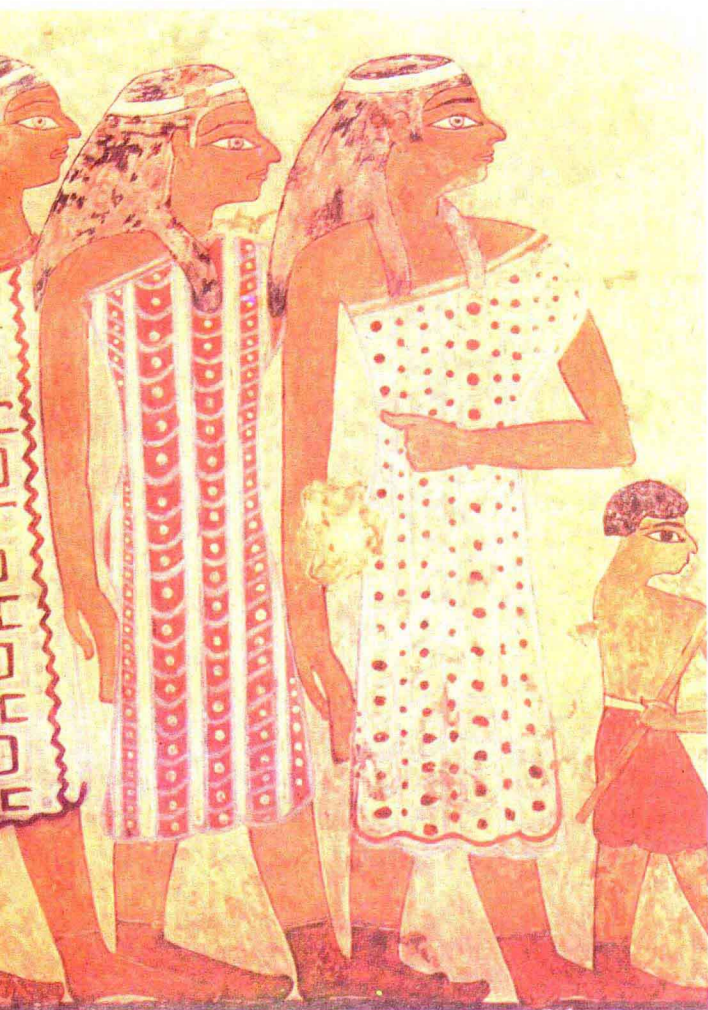


# Pattern on Plain

Why wear a plain color when you can have the splash and dash of a pattern? Our distant ancestors must have asked that question—and answered it by putting patterns on plain cloth. From then to now, we've adorned self and home with fabrics that are patterned by weaving, hand painting, or printing.

**Below:** cloth printing dates far back—so the colorful garments on this ancient picture may have been printed, rather than woven.

**Right:** calico was a popular fabric in the 18th century. This group of workers are doing hand printing and block printing.



**Above:** block printing by hand is still widely done in India, whose printed cottons are eagerly bought all around the world.

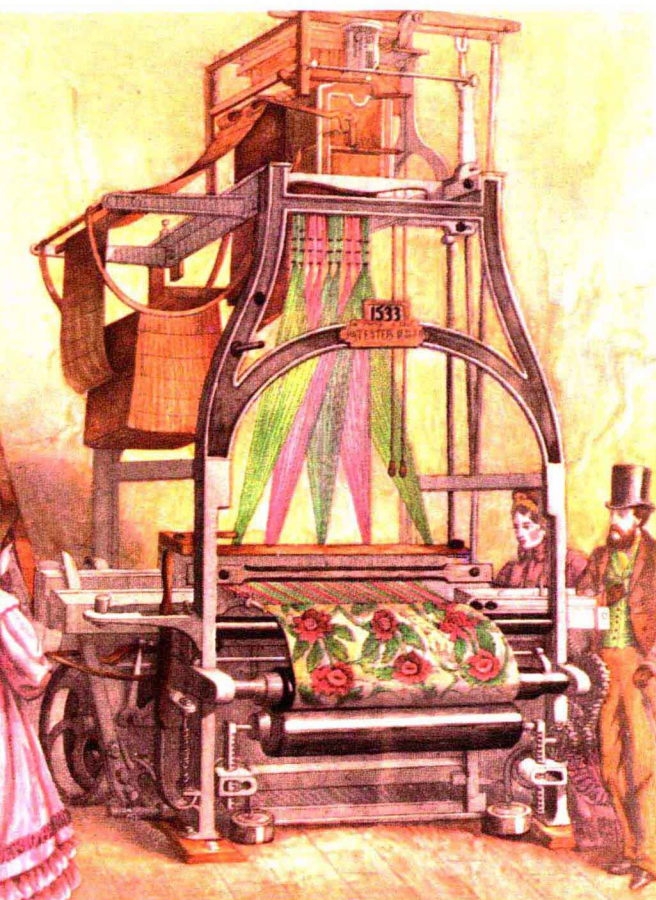
**Right:** the ingenious Jacquard loom produced the deeply patterned fabrics called "jacquards", such as brocade and damask.





**Above:** a sample of the famous roller printed fabric that was made in 18th-century France.

**Above right:** with all the prints today, some still prefer to hand paint fabric themselves.



**Below:** although somewhat costly, patterned fabrics produced by screen printing have a desirable handicraft look and color.





# Haute Couture

Clothes designed and made exclusively for the wealthy have long made up the world of high fashion. In recent years, however, more and more of the world-famous designers are trying to reach a much wider buying public.

**Below:** these sumptuous court costumes were designed by the Italian artist Antonio Pisano. They date from the 15th century.

**Right:** before magazines, the fashion doll was used to show off latest styles.



**Right:** a pre-World War I style that freed women from constricting corsets, this original design broke new fashion ground.

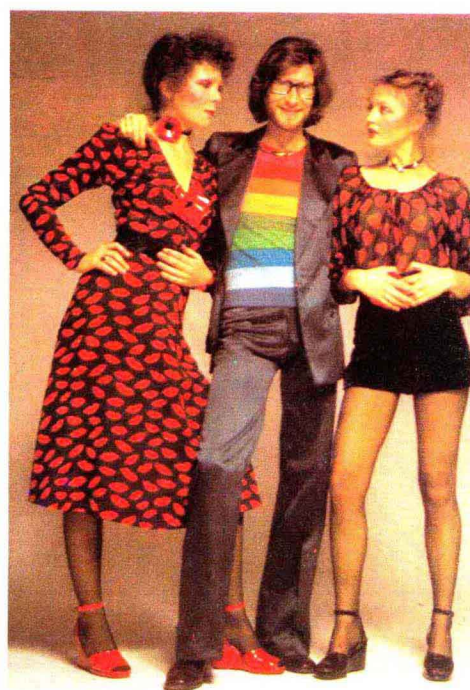




**Below:** Coco Chanel, shown left with a model in her Paris studio, was an innovator in fashion. She changed the flat-chested look of the 1920's to a softer and more feminine silhouette, which has since become a classic.

**Above:** a style show introducing the midi. This was one fashion change that didn't take.

**Below:** Saint Laurent now sells his famous clothes in boutiques, at lower price.



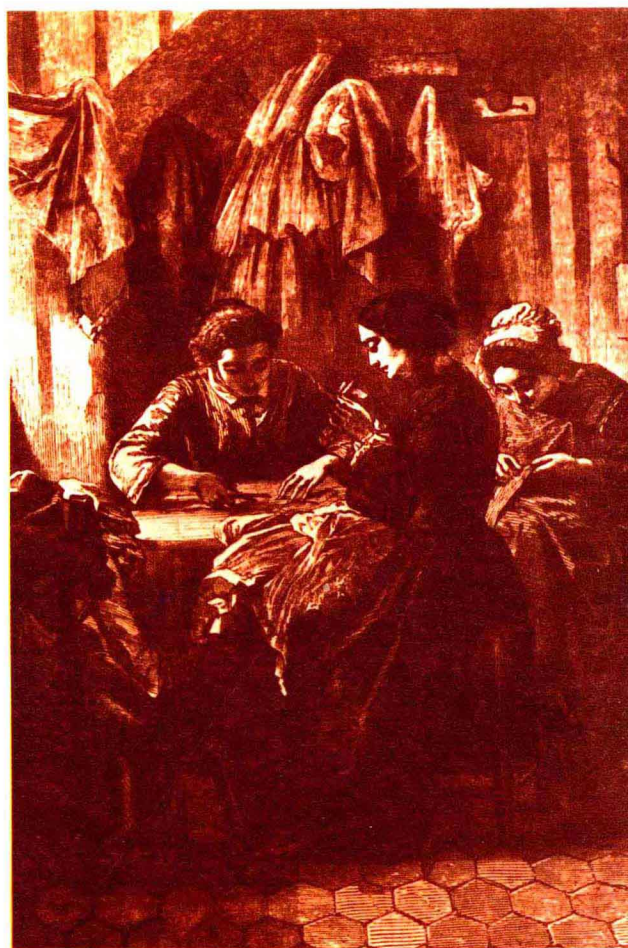
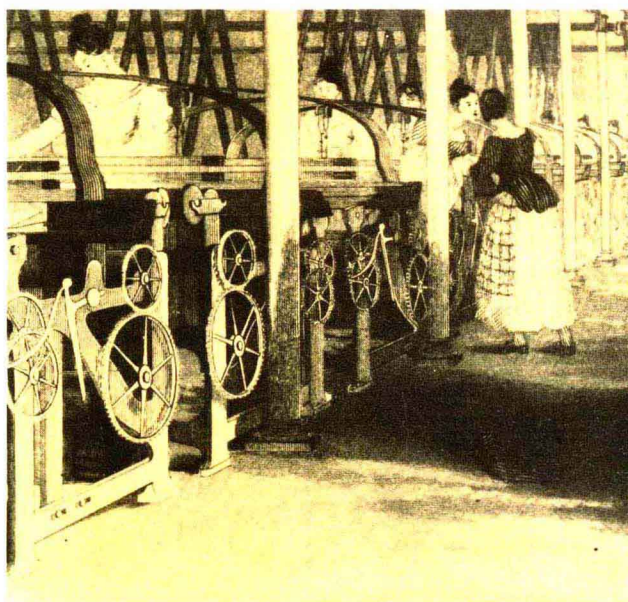


# Mass Production

With ready-made clothing pouring out of factories today, almost everyone can manage to achieve an acceptable level of dress. Many of the mass-produced clothes meet a high standard, both of style and workmanship. This gives a well-dressed look at moderate cost.

**Below:** this 16th-century tailor still has brothers-in-trade today, when the wealthy often wear clothes especially made to order.

**Right:** part of the growing Industrial Revolution were textile factories like this English one, already thriving in the mid-19th century.



**Above:** working at home for gruelling long hours at pitiful wages was commonplace for seamstresses in the last century.