

## CHAPTER 21

# Selecting Clothes For Others

### OBJECTIVES

- Explain what to consider when choosing clothes for family members and friends.
- Evaluate children's clothing for safety, comfort, and other factors.
- Describe special clothing features for pregnant women.
- Choose appropriate clothing gifts for older adults.
- Suggest clothing modifications for people with disabilities.

### KEY TERMS

adaptive  
design  
disability  
maternity  
clothes  
prosthetics

### EXAMINE THIS ISSUE

#### Friendship versus Fashion.

Friends try to give each other gifts that are really appreciated, but even a close friend can misjudge the other's tastes. Some people are uncomfortable about saying that they would like to exchange a gift they've received for something else. Others are able to find a gracious way to say they appreciate the thoughtfulness, but they need a different size or prefer another style or color.

#### What do you think?

How should a person respond when receiving a garment that isn't quite right? For the sake of the gift-giver's feelings, should the item be worn anyway or kept but not worn? What would you do?

special favor for the person. New mothers, for example, are often too busy and too tired to spend time shopping. You might enjoy the experience, however, if you know what to look for. With some basic information in mind, you can choose clothing gifts that you'll be glad to give, and your friends and family will be pleased to receive.

### Consider the Needs of Others

Before shopping for a friend or relative, listen for clues about the person's needs and wants. The remark, "This old belt has about had it," gives an obvious gift idea. Listen for such comments as these: "I wonder where Paul got that sweater; I really like it" or "I need a new denim shirt to replace my old one." If you write down gift ideas as you observe them, you'll have a reference list when gift-giving occasions come along. Some people keep such information on index cards, either filed at home or in their purse or wallet.

21-1 A gift is special when you've chosen it carefully.



### HAS THIS EVER HAPPENED TO YOU?

You give a gift to someone—perhaps a sweater or scarf that you like enough to wear yourself—but you never see the person wear it. Why did that happen? Maybe the gift was better suited for you than the receiver.

Shopping for someone else often means putting aside your own tastes and seeing with the eyes of the other person. To choose well, you not only think about size but also about the person's individual characteristics.

### SHOPPING FOR FAMILY AND FRIENDS

A grandmother's birthday, a new baby in the family, a friend leaving for college—these are just a few occasions when a gift of clothing might be appreciated. Buying a gift certificate is easy, but taking the time to choose something special is as much a gift as the garment itself. See Fig. 21-1.

When you choose a gift for someone who has little time or opportunity to shop, you're doing a

## Interests and Activities

If you don't get any clues about possible gifts, focus on a person's interests. A teen who likes fashion, for example, might want the latest fad. Consider hobbies. How about special garden gloves or a wide-brimmed sun hat for an avid gardener? An amateur baker or potter might like a sturdy, washable apron. A sports enthusiast might need running shorts, a warm-up suit, or athletic socks.

If you know what activities a person likes, you might think of a compatible gift. What gifts might be good for people who spend time outdoors, traveling, or at formal events? Think about occupation too. An employed person might need something to wear to work. A stay-at-home parent might like casual wear.

**21-2** If you consider a person's hobbies and interests, you might think of suitable gift ideas. What gifts might be enjoyed by someone who likes to garden?



Gifts that match a person's interests and activities are usually the best. Choosing them takes thought, but the time is well spent. See Fig. 21-2.

## Styles and Colors

Tastes in clothing are like tastes in pizza. A group of friends may agree to order a pizza, but what kind? Sausage, pepperoni, or meatless? Onion, green pepper, or black olives? Likewise, choices in clothing differ, even among close friends. While some people like the latest fashions, others prefer more traditional styles, and some create styles of their own. Before choosing gifts for friends and family, take note of their personal style preferences.

Your favorite color may not be the best choice for someone else. Does the person you're buying for wear bright colors and geometric designs or subdued prints and solids? On your index card of gift ideas for individuals, add the colors of their favorite garments. If you choose something that coordinates with a person's existing wardrobe, it's like giving several gifts in one. A plaid scarf might go with both a blazer and sweater. A pale yellow shirt could go with a skirt and pants.

On the other hand, a gift that's just a bit different can be fun. If you see another side to a friend's personality, you can help bring it out with the right gift.

## Size

Often the first question asked by a sales associate is this: "What size do you need?" In clothing, a good fit is basic to a good buy. The sizes that friends and family take are something else to add to your index cards of gift information. Update this information periodically.

Since sizes may vary among manufacturers, developing an eye for size is helpful. Note how a medium in one clothing line compares to another, and how both relate to the size of the person you're buying for. Save receipts in case you choose the wrong size. Many stores supply gift receipts that can be wrapped with the gift so the person can exchange for another size or return the item if there's a problem. The price doesn't appear on the receipt. See Fig. 21-3.



**21-3** If you enclose a gift receipt when you give a gift, the receiver can easily make an exchange. Some stores tape gift receipts inside the box.

If you're not sure of a person's size, look at accessories, scarves, ties, hats, bags, and jewelry are popular gifts because "one size fits all."

## Consider Your Resources

"Why do I always want to spend too much for gifts?" one teen wondered. It's common for the heart to say that no gift is too expensive, while the bank account says otherwise. Fortunately, reasonable people don't expect you to spend more than the budget allows. Extravagant gifts are even apt to make others feel uncomfortable.

Making or sewing a gift instead of buying one is a good option. A handcrafted item can be designed to the person's specific tastes or interests. Even a gift that's less than professional earns appreciation for the time and effort—two invaluable resources—used to create it.

## CHOOSING CLOTHES FOR CHILDREN

Anyone who browses thrift shops and garage sales knows that they offer many secondhand clothes for infants and children. Physical growth, not fashion, makes parents quickly discard youngsters' clothes. In the first year of life, the human body grows faster than at any other time.

Toddlers, from ages one to three, also have a fast rate of physical development. The twelve-month-old child tottering on two feet is soon running, climbing, tossing balls, and pedaling a tricycle.

At any age or stage of development, children have certain clothing needs. See Fig. 21-4. The most adorable outfit in the store is a poor choice unless it is the right size and meets standards for safety, comfort, durability, practicality, ease of dressing, color, and texture.

## Children's Sizes

Clothing sizes for young children are based on weight, height, and body proportions in different age groups. The three size categories are shown in Fig. 21-5 on page 362. Note that toddlers' sizes include extra room to allow for diapers. Children's sizes are designed for young children who are taller and more slender than toddlers, and no "diaper allowance" is included.

Choosing the right size for a child can be confusing. Don't go by the child's age. Most children fit best in sizes that are larger than their actual

**21-4** Around age four many children develop an interest in their clothes. When buying for them, you might first try to find out what they like.



21-5 • Size Categories for Children		SIZES
CATEGORY	AGE RANGE	
Infants	Newborn to one year	Months: 0, 3, 6, 9, 12, 18, and 24* Other sizes: newborn, small, medium, large, extra-large (weight ranges usually on hangtag)
Toddler's	One to three years	2T, 3T, and 4T
Children	Three to six years	Females: 3, 4, 5, 6, and 6X Males: 3, 4, 5, 6, and 7

\* Infants typically wear a size that is larger than their actual age.

age. For example, on a baby's first birthday, the child may wear an eighteen-month or twenty-four-month size. A two-year-old toddler might wear a size 3T or even 4T.

Infants outgrow a size very quickly, so most people try to buy sizes they can grow into. You'll need to think about the season when the garment will be worn in order to choose a suitable style and fabric.

### Safety

Safety first is the rule for children's clothing. A proper fit is basic to safety. Poorly fitting clothes that hinder movement, such as pants that are too long and dangling shoelaces, can cause stumbles and falls. Shoes that have Velcro™ fasteners and nonslip soles are safer. If long drawstrings on hoods and flowing scarves catch in strollers, play equipment, or school-bus doors, they can cause strangulation. Remove or replace these details before giving the item as a gift.

Children learn by doing and testing. No inborn sense tells them not to put loose buttons or trims in their mouth. Therefore, avoid buttons, beads, sequins, and other decorations that are easily pulled off and swallowed. Adults must eliminate such potential choking hazards from the start.

Another essential safety feature is flame-retardant fabrics for children's sleepwear. The Flammable Fabrics Act requires that sleepwear, size twelve months and larger, be treated to prevent the fabric from burning quickly if acciden-

tally ignited. Note that these garments are not fireproof. Be sure to follow care label instructions for laundering to retain the flame-retardant properties.

Children also need more protection from weather than adults do. Small hats, mittens, and sunglasses make practical gifts. Hats may be a safer alternative to large hoods that can block a child's view. See Fig. 21-6. Talented knitters can make some of these items themselves.

### Comfort

Comfortable clothes encourage a child to move, play, and explore. Clothing should fit well, yet allow free movement. Popular choices for infants

21-6 A child's hat protects sensitive skin while keeping sunshine out of the eyes.



and toddlers are one-piece playsuits and overalls that fit easily over diapers. Simple dress styles that hang from the shoulders are also popular.

Look for features that hold clothing in place. Straps that cross in the back, for example, are less likely to fall from the shoulders. Shoulder tabs on shirts also hold straps.

With their sensitive skin, babies, especially, need soft clothing. Cotton fabrics, which breathe well, help keep infants dry and comfortable. Stretchy knits provide freedom of movement without restriction.

### Durability and Practicality

Young children need well-made clothing suited for active lives. Firmly knitted or tightly woven fabrics, such as broadcloth, denim, and corduroy, are sturdy yet comfortable. Reinforcement at seams, knees of pants, and other points of wear help extend a garment's life.

For children, an active life is often messy. Their clothes encounter dirt, grass, food, formula, and colored markers. Many children become attached to a favorite piece of clothing. Everyone is happier when the item can be easily cleaned and quickly returned to the child.

When buying a child's garment, check hangtags and labels for fabric and care information. Note sturdy construction that helps clothes stand up to repeated washings. If you're sewing a garment, read the label on the end of the fabric bolt to find such words as "permanent press," "soil retardant," "stain repellent," and "shrink resistant."

For economy, clothing that "grows" with the child is best. Open necks and waists accommodate a child's expanding measurements, plus they're more comfortable. Adjustable straps and deep hem allowances are other features that lengthen an item's useful life.

### Ease of Dressing

Parents like clothing that's easy to put on and take off, especially when changing a diaper. Helpful features include the following:

- One-piece designs in stretchy knits.

- Snaps or buttons on the shoulder or front of shirts and sweaters.

- Gripper snaps on the inside leg seams of infants' and toddlers' pants.

Older toddlers and preschoolers take pride in dressing themselves and caring for personal needs. To promote self-dressing, choose garments with these features:

- Elastic waistbands.
- Large neck and armhole openings.
- Easy-to-handle closures, such as large buttons and snaps, zippers with oversized pull tabs, and Velcro™ fasteners.
- Openings and fasteners in front, rather than in back.
- Design features that help identify the front from the back, such as a pocket, decorative stitching, or applique.
- Shoes and sneakers with Velcro™ fasteners.

### Color and Texture

Red and yellow are the first two colors a baby recognizes. This interest in bright colors, especially primary colors, carries over to a child's clothing preferences. Bright, bold colors are stimulating. They also hide dirt better. A grape juice spill is less obvious on a purple sweatshirt than on a pale, lavender one.

# fashion

## CHILDREN'S CLOTHES IN HISTORY

Children's clothing needs weren't always recognized as they are today. Before the 1900s, children were dressed like miniature adults. Garments were simply scaled-down versions of adult clothing. Clothing of this time didn't emphasize gender differences in children; both males and females wore dresses until about age three. Today, the children's market is a vast, economically important segment of the garment industry. Some designers have created entire fashion lines for infants.

Why do you think young children are so fond of stuffed animals like teddy bears? These toys are warm and comforting to cuddle and touch. The same is true of some clothing. Soft knits, flannel, corduroy, velveteen, fleece, and terrycloth are all fabrics that feel pleasant to a child's touch.

Since children eventually like to choose their own outfits, look for items that can be worn with coordinating outfits together, which parents will appreciate.

## Trends in TECHNOLOGY

Although children's wear has always been designed with comfort, function, and practicality in mind, the latest trends in colors, fabrics, and styles used to get less attention. That's different today. Children's garments now reflect teen fads and carry designer labels. Through licensing, many items are adorned with popular images that children love to wear. These appear on T-shirts, sweatshirts, pajamas, bed linens, lunch boxes, and many other items.

Some of the most popular character licenses include Mickey Mouse, Bugs Bunny, Snoopy, Winnie the Pooh, Barney,

## SELECTING MATERNITY WEAR

When golfer Brenda Corrie Keuhn, eight months pregnant, played in the 2001 U.S. Women's Open, she couldn't find clothing suitable for her condition. Her most workable option, wearing men's golf shirts, wasn't very satisfying. As Brenda described the results, "I will not be making a fashion statement."

## >> LICENSED CHILDREN'S WEAR

and the Sesame Street characters. Superman, Batman, and Barbie are other favorites. Children's books featuring Harry Potter, Dr. Seuss's creations, and Beatrix Potter's animals are other sources of character licenses.

Sports figures and teams also enjoy instant recognition with children. Professional football, baseball, basketball, and hockey teams license their names, as do many colleges and universities. Famous athletes, such as Michael Jordan and Tiger Woods, have licensing arrangements too.

Some characters, especially those associated with feature-length movies, are short-lived. The challenge for manufacturers and retailers is to forecast which of the newest characters and real-life stars will stay popular and profitable in children's wear.

### INVESTIGATION ACTIVITY

What characters are the current favorites on children's clothes? How do manufacturers of nonclothing products benefit as well?



**21-7** At least a few maternity outfits need to be roomy enough to fit during the last stage of pregnancy. Not all maternity garments on the market are made to fit for the entire pregnancy.

While most expectant mothers won't be in Keuhn's position, they have similar needs in maternity clothes, those designed for wear by pregnant women. They want garments that are comfortable, functional, and fashionable.

### Maternity Wear Features

Nonrestrictive clothing is important throughout pregnancy. By allowing good blood circulation for the woman and the developing child, clothing promotes health as well as comfort. For the first half of pregnancy, a woman can often get by in any loose-fitting garment. Oversized shirts and sweaters, wrap skirts, stretch pants, and box jackets may combine the needed adjustability and comfort with the desired style.

As pregnancy progresses, the advantages of specially designed maternity wear are appreciated. See Fig. 21-7. Maternity clothes are similar to regular women's apparel but have features that accommodate the body's changing shape. A woman takes the same size in both types of clothing. Maternity tops and dresses have pleats, gath-

ers, or extra fullness in the front. Pants, shorts, and skirts have an elasticized panel across the front, along with an expandable waistband. Maternity clothes have lower hems in front so garments will hang evenly on the expanding body.

Current fashions influence maternity designs. Many try to minimize a woman's expanding shape. Straight lines, as in tunic tops and leggings, give a slimming effect. Tops and dresses fit at the shoulder. Other designs emphasize the pregnancy with stretch fabrics and fitted bands beneath the abdomen.

When buying maternity wear, remember that it will be needed for only four or five months during the second half of pregnancy. Look for styles and colors to fit the seasons that the garment will be worn—fall into winter; for example, or spring into summer.

### Economical Choices

For those who choose to spend the money, the options for maternity clothing are as varied as for regular styles. Catalogs offer jumpers and pantsuits as work attire. Maternity athletic wear includes biking shorts, tennis dresses, and swimsuits.

The high cost of new maternity clothes compared to their limited use bothers many pregnant women. Some find quality used garments in thrift or consignment shops. Others borrow clothes from relatives or friends. Sewers can find patterns for maternity fashions in both dressy and casual designs.

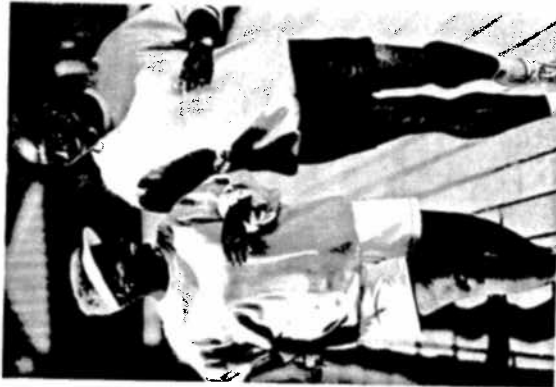
For added economy, look for maternity clothes that can be resized after the baby is born. Dresses that are worn loose during pregnancy might be altered to create a new look.

## CHOOSING CLOTHES FOR OLDER ADULTS

Think of the best-known people in the world: political figures, religious leaders, famous authors, and scientists. Many of these active, vigorous people are in their sixties or beyond. Even in retirement, people take new jobs and become involved in different activities.

The economic circumstances of older adults are quite varied. Those who are financially comfortable may be better able to buy what they need than they used to be. They may also have fewer needs. Those who live on fixed incomes, however, may have basic needs to be met. When buying gifts, think about specific situations.

**21-9** A new interest can generate new clothing needs. For the retired traveler or jogger, an office wardrobe may be abandoned for more casual clothes.



## Interests and Hobbies

Older adults who maintain their health and a positive outlook may want clothes for new activities. Emerging interests in sports, travel, and volunteer work might suggest gift ideas for apparel they never needed before. See Fig. 21-8. A shirt or apron with a berry print would be fitting for a home canner. A traveler might appreciate a tie with an old-world-map design or a vest with extra pockets. Museum shops, specialty stores, and craft fairs often have gift ideas.

## Tastes and Values

Would you wear a garment designed for a ten-year-old, even if it fit? Like you, older adults typically want clothes that match their tastes and values. You can tell what they like by what they wear, so choosing similar styles and colors should be pleasing. Avoiding fads is best unless you're aware of a special request. When in doubt, choose an accessory, such as a simple lapel pin or scarf that complements an existing outfit.

Older adults especially value a handmade gift. Such gifts clearly show your regard for the person, which is often more meaningful to an older adult than to someone younger.

## Physical Changes

Aging brings continual change as people move from the middle years and on into their seventies, eighties, and nineties. See Fig. 21-9. Physical changes gradually appear. Did you ever notice an elderly person wearing a sweater on a warm day? Some people develop circulatory problems as they grow older. For this reason, lightweight garments that can be layered make good gifts. A flannel shirt or cardigan sweater made of an acrylic blend, for instance, adds warmth with little weight. Warm slippers are also a good choice.

With changes in personal coloring come new possibilities in clothing colors. The bright red that clashed with strawberry blond hair may complement silver hair. Clear colors and pastels brighten older skin, while brown and yellow shades tend to exaggerate any skin discoloration.



**21-8** Finding clothes that fit well can become more difficult as people age. Standard sizes and styles don't always accommodate the physical changes that occur.

Some elderly people have a rounded back, thinner arms and legs, or larger waist and hips than when they were younger. Purchased garments should be chosen with dimensions in mind and may need alterations for the best fit. If you're sewing a garment for an elderly person, you may need to adjust some pattern dimensions.

## SELECTING CLOTHES FOR PEOPLE WITH DISABILITIES

Could you dress yourself with a broken arm or leg? Would your clothes fit over the cast? When buying clothes, people with disabilities deal with similar questions. A disability is a condition that hinders full functioning. A disability may be present at birth or acquired through illness or accident. Some older adults become disabled due to declining health.

A physical disability restricts the movement or function of some part of the body. Such conditions as arthritis weaken the physical abilities of some older people. Slipping on and buttoning a shirt can be a painful, or even impossible, task.

People with disabilities might use a wheelchair, walker, or crutches. See Fig. 21-10. They may wear

a cast or brace. A lost arm or leg may be replaced by a **prosthesis** (prah-THEE-sis), an artificial device used to replace a limb.

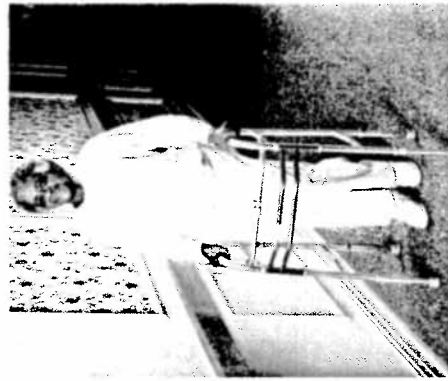
## Comfort and Appearance

People with disabilities appreciate clothing features that add to comfort and appearance. Clothing styles and fabrics make a difference.

For wheelchair users, an elasticized waistline, or none at all, is preferable. A higher rise in the back of shorts and slacks keeps the waistline in place. A lower rise in front prevents the fabric from bunching up and creating a bulky look.

Lightweight fabrics are preferable to heavy ones for wear in a wheelchair. These fabrics reduce bulk and can be layered if needed for warmth. Stretch and knitted fabrics offer added comfort, but clingy fabrics tend to emphasize braces and prostheses. Scratchy fabrics that irritate the skin are particularly troublesome to wheelchair users.

**21-10** A disability can make getting dressed difficult. What clothing features would be best for someone who uses a walker?



Use of a walker or crutches makes it difficult to keep a blouse or shirt tucked in. Long shirttails are one solution. To eliminate the problem entirely, choose tunics, overblouses, sweaters, and other tops that look stylish over pants. When buying skirts and dresses, look for hems that are specially weighted to keep them from catching in a brace or prosthesis. This feature is also found in capes and ponchos, which are convenient styles of outerwear for wheelchair users.

### Ease of Use

Like all people, those managing with disabilities want to be self-sufficient. Clothes with appropriate fabrics are one answer. For minimal care, choose washable fabrics that require little or no ironing. Since doing laundry can be challenging, clothes made with bright, colorful prints that don't show stains as easily as solids are a good choice. Because crutches and braces often rub against a garment, the fabric should be sturdy enough to handle the strain. Wheelchair users put continual stress on the knees and seat of pants. These areas should be of sturdy construction.

Clothing that is easy to put on and take off also promotes self-sufficiency. See Fig. 27-11. Look for styles that fasten in front, not in back. Raglan sleeves, wrap skirts, and pants with an elastic waistline are good choices. Clothes that are one size larger can provide added comfort and ease of dressing.

Manufacturers are beginning to respond to a growing market among people with disabilities. Some have created clothing lines that use **adaptive design**, which reduces the effort needed to put on and take off garments and promotes independence. Adaptive features include the following:

- Velcro™ closures “camouflaged” by buttons that have been sewn onto buttonholes.
- Pockets on shirtsleeves or at the knees, rather than the hips or seat of pants.
- Lower and larger armholes.
- Velcro™ tabs that adjust garments.
- Pleats in armhole seams for freer arm motion.
- Long zippers in legs so pants fit over a brace or cast.

- Pre-tied neckties, belts with Velcro™ fasteners, and slip-on shoes.

### Customizing Garments

Since not all garments are “user friendly,” a person with sewing skills can adapt ready-to-wear clothes. Sometimes a simple alteration is all that's needed. You could reinforce an area of strain by adding a fabric patch. Other customizing ideas are on page 369.

For people who are visually impaired, textural cues can identify and match garments. You might mark a green sports shirt by replacing the plastic buttons with wooden ones. Initials embroidered on a pocket distinguish a blue dress shirt. Small thread knots stitched to the inside of garments identify colors. One knot could mean red, two knots blue, and so on.

**27-11** What types of garments would be easiest to put on and take off while seated in a wheelchair?



## HOW TO CUSTOMIZE GARMENTS

Simple clothing alterations can provide comfort and self-sufficiency for people with disabilities.



- **Hook-and-loop tape.** One strip of this tape is covered with tiny hooks and the other with tiny loops. Velcro™ is a well-known brand. Although the tapes hold when pressed together, they pull apart easily. Use small pieces to replace snaps or buttons. Use in longer strips to replace a zipper or provide an adjustable closing. By opening the seam on pants or a sleeve and applying the tape, dressing over a cast or brace is easier. ■ (see →) p 330
- **Elastic.** Insert elastic at waistlines to help keep garments in place. Replace the waistband of a skirt or pants with a casing; insert a drawstring or elastic for added comfort. Replace shoelaces with elastic to eliminate tying. ■ (see →) p 327
- **Buttons.** Replace small buttons with large, flat buttons and enlarge the buttonholes. Use elastic thread to sew on buttons at cuffs and other openings and eliminate unbuttoning.
- **Large hooks.** Replace small hooks and eyes with large metal hooks and bars. For an adjustable waistline, sew on two bars to accommodate weight changes or provide added comfort.
- **Zippers.** Fasten a large ring or a ribbon loop to the zipper pull to make it easier to grasp and pull up or down. Replace a conventional zipper with a two-way one, so the garment can be opened from the top, bottom, or both. ■ (see →) p 335

### Exploring Customization

Using an old garment, practice one of the customizations described, or adapt a garment for actual use if possible.

# Review

## CHAPTER SUMMARY

- Gifts of clothing are most appreciated when they reflect the recipient's needs and tastes.
- Clothes for children should be safe, comfortable, durable, and brightly colored. They should also promote self-dressing.
- Maternity wear should be flattering, while accommodating a woman's changing shape.
- Older adults have a wide range of needs, interests, and abilities. Clothing should be carefully chosen for each person's situation.
- Self-sufficiency, as well as comfort and appearance, are important factors when choosing or customizing clothes for someone with a disability.

## USING KEY TERMS

One of the Key Terms, adaptive design, is discussed in relation to disabilities. Clothing for elderly people could also have adaptive designs. Think of specific problems with mobility that an elderly adult might have. Then draw an adaptive design of your own that would suitably address these problems.



## RECALLING THE FACTS

1. How can you get ideas for clothing gifts for a particular person?
2. Must a clothing gift be expensive to be appreciated? Explain.
3. Why is buying the correct size for an infant or child often difficult?
4. Identify general features that promote safety in young children's clothes.
5. Why is ease of cleaning particularly important in children's clothing?
6. Name four design features that help promote self-dressing in preschoolers.
7. How do maternity clothes accommodate a woman's expanding middle?
8. Suggest economical options for clothing gifts for a pregnant woman.
9. What changes might an older person experience that would affect his or her clothing needs?
10. Describe clothing features that would be especially appreciated by someone who uses a wheelchair.
11. What special features would you look for when choosing clothes for a person who uses a walker or braces?
12. List five examples of adaptive design.
13. What simple customization can help a visually impaired person identify clothing?

## THINKING CRITICALLY

1. In some families, people make lists of gifts they would like to have, and then share these at gift-giving times. Some people think the giver should make the choice and surprise the recipient. Explain your point of view.
2. How could a pregnant woman extend the time for wearing her regular clothes in the early months of pregnancy? Give specific examples.
3. Do you think an elderly person can comfortably wear the same clothing designs that people twenty or more years younger wear? Why or why not?

## APPLYING KNOWLEDGE

1. **Gifts.** List gifts that you could buy or make for a friend or relative, using suggestions from the chapter. Ask that person to evaluate your choices.
2. **Cost comparison.** Calculate the cost of an article of clothing or an accessory that you could make as a gift for someone, and compare that to the cost of buying something similar. After factoring in the time and effort needed to finish the project, which choice makes better sense to you? Why?
3. **Reference cards.** Fill out index cards with information about family members and friends. Include sizes, interests, and personal needs and tastes. Update these with gift ideas as they come to mind. Keep your file as a reference when buying gifts.

# and Activities

4. **Children's clothes.** Using catalogs and magazines, analyze children's clothing for ease of dressing, safety, comfort, wearability, and care.
5. **Maternity wardrobe.** Using catalogs, magazines, or other resources, put together a basic maternity wardrobe for a woman who lives in the Midwest, has a limited budget, and will be pregnant from January through September. What must be considered when developing this wardrobe?
6. **Adaptive designs.** Use the internet to research adaptive designs in clothing for people with disabilities. Where are such garments found? What are their costs?

## CREATIVE SOLUTIONS

Your fourteen-year-old cousin is going to wear a back brace for a year after surgery to correct a spinal problem. Some of the contours of the brace can be seen beneath her clothing, making her feel self-conscious. She worries that it will be even more noticeable under the tank tops and stretchy knits she likes to wear in the summer.

### Think Creatively

What clothing strategies might help ease your cousin's concerns?

