

Enjoy the style emerging day by day.

Try things out on the clothes you were going to throw out.

New favorite lifetime pieces to treasure

JOURNEY

EXPLORE

MOMENTS

Sustainable Upcycle Fashion

Exhibition at Marciano Art Foundation

UPCYCLE FASHIONISTAS!

My strength is I am an Upcycle Deconstructed Clothing Designer. It is also my *cause* to help have sustainable fashion.

I love organizing wardrobes to discover combinations from our "leftover" clothing into more wearable pieces. It helps realize one's personal style from having bought them once and feeling more confident in choices.

As an experienced Patternmaker for iconic fashion brands, I see the connection in making pieces as a kind of puzzle that fit together.

The utility of upcycling opens the doors to participation in Sustainable Fashion making a global impact.

It lessens the Fast Fashion shopping addiction, and saves money too.

An inventory of our wardrobe finds unworn clothes; now resources for quality pieces like a vest, (I love vests), blouses, dresses, jackets, flowy t-shirts, or skirts.

Sometimes, it can only take sharp scissors, a measuring tape, some chalk, pins, a needle and thread, and tenacity to make the wardrobe of your dreams.

XO, Mary



**BECOME MORE SUSTAINABLE WITH UPCYCLING
YOUR OWN CLOTHES TO UPDATE YOUR WARDROBE.**

**5 TIPS BELOW FOR WHICH ONES TO USE FOR MAKING NEW
CLOTHES**

ORGANIZING YOUR CLOSET

CLOTHES TO UPCYCLE:

Step 1

1. NEVER WORN BECAUSE IT'S NOT MY STYLE,

2. DOESN'T FIT RIGHT,

3. FAST FASHION CLOTHES AND FALLING APART,

4. OR WAITING FOR THE RIGHT SEASON.

5. PLUS, (WHO WEARS STUFFY SHIRTS ANYWAY)?

THE GOAL IS TO CREATE SEASONLESS PIECES.

**WHY I DO NOT RECOMMEND BUYING FROM GOODWILL FOR THIS
PROJECT...**

**YOU BOUGHT ALL THESE CLOTHES ONCE ...HENCE,
NOTICE HOW YOUR OWN COLOR STORY WILL APPEAR.**





TRANSEASONAL

IF IT'S A
SUNDRESS
FROM
SUMMER.
WEAR IT AS A
LAYER OVER A
TIGHT LONG SLEEVE SHIRT FOR
BETWEEN
SEASONS. PAGE 7



Sustainable Fashion.

PIECE TOGETHER
ALL DIFFERENT PIECES.
FOR THE DECONSTRUCTED
LOOK.



USE THIS FAVORITE
TECHNIQUE:

- DO NOT RIP OUT SEAMS WITH A SEAM RIPPER -
- USE SHARP SCISSORS TO CUT PIECES OUT.



A TUNIC SHIRT LIKE THIS-

FIND A SOFTER FABRIC SHIRT. CUT OFF THE SLEEVES AT DESIRED LENGTH (7"), AND COLLAR ON THE SEAM.

HEM SLEEVES WITH 1/4" ELASTIC(FOUND AS HANGER TAPE ON SOME GARMENTS) TO ROLL HEM SLEEVES OR HAND HEM ADDING A 1" TUCK ON THE OUTSIDE EDGE. SEW THE CUT SLEEVES ONTO THE NECKLINE PRACTICALLY ANY WAY YOU WANT.

SHARE YOUR VERSION WITH
@SALADBOWLDRESS TAG



The New Staples



THE BICYCLE VEST

MADE WITH A PATTERN USING FABRIC CUT FROM OLD CLOTHES. ADD A TWO-WAY ZIPPER FOR EASE OF MOVEMENT- CAN BE WORN IN FIVE DIFFERENT WAYS.

SEE HERE ON OUR FACEBOOK PAGE





Easy
T-shirt skirt-
Cut the hems
off two t-shirts 6"
Add to pants cut 10"
from waist.



Add a placket
from a fancy jacket



Upcycle

saladbowldress.com

Combine two
Blouses

Flowy
T-shirt



Sundress to a
sun top.





SUPPLIES:

**SHARP SCISSORS
MEASURING TAPE**

CHALK

SAFETY PINS

A NEEDLE AND THREAD

SOME PILES OF CLOTHES

**NOT THE WAY WE DESCRIBE THE
CLOTHES THAT MADE SPORTSWEAR A
THING.**



Cut and Sew

MAKE A NEW DRESS.

Making the top part of the dress you can use a blouse, t-shirt, or another dress. Cut across the waist or five inches below the waist with the garment laying flat, or use the whole shirt without cutting.

For the skirt part of the dress always cut with as much length as possible because you can always make it shorter, measuring up from the hem (keeping the original hem).

Mark with chalk. Cut

Use Safety Pins-

Pin at CF, SS, and CB*

Sew together.



HAVE A CLOSET FULL OF CLOTHES WITH NOTHING TO WEAR?

SEARCHING FOR SOMETHING TO WEAR TO WORK EVERY DAY? WANT SOMETHING COMFY YET PROFESSIONAL TO WORK FROM HOME?

THINKING ABOUT ALL THE EVENTS COMING UP AND NEED SOME SUSTAINABLE FASHION?



Your Needs and Desires

1. **A DRESS-SEE THE GUIDE P. 7 FOR HOW TO COMBINE TWO PIECES.**
2. **FLOWY T-SHIRT, CUT-OUT SLEEVES 1/2" OUTSIDE OF SEAMS TO USE AND USE THE OLD SEAM AS A STITCH LINE. USE GOOD ORIGINAL HEMS AND NECKLINES, COMBINE-SEE PICTURE P.6.**
3. **A-LINE SKIRTS FOR TOPS, BY CUTTING ARMHOLES 9-10" RIGHT BELOW THE WAISTLINE AT THE SS. EXAMPLE ON THIS PAGE.**
4. **A NEW SUIT-CUT HORIZONTALLY ACROSS, ADD SOME LENGTH WITH ANOTHER SUIT BOTTOM OR CUT SHORT FOR A BOLERO, CHANGE OUT THE LAPEL BY APPLYING SOMETHING BRIGHTER ON TOP OF THE OLD ONE, ABOVE.**
5. **LONG SKIRT-YOU HAVE THIS, ADD DRESS LENGTH AFTER DRESS LENGTH, SEW TO PANTS BELOW THE POCKETS. JUST LIKE THE T-SHIRT SKIRT P.6.**
6. **HOSTESS OUTFIT-FOR THIS YOU CAN GET FUNKY, YOUR FRIENDS AND FAMILY WILL APPROVE.**
7. **CONCERT ATTIRE-LAYER IS KEY HERE. ADD POCKETS. MAKE NEW JACKETS.**

FRIEND, HAVE FUN ON THIS JOURNEY, YOU ARE NOT GOING TO CUT UP ANY VALUABLE CLOTHING, (ANY CHANEL SUITS OR OTHER HIGH FASHION ITEM, ALTHOUGH PEOPLE ARE PAINTING ON LV BAGS, SEE HERE) SIMPLY EXTENDING THE LIFE OF PIECES TO ENHANCE YOUR INDIVIDUAL STYLE.

My Upcycle Idea Sketches



OTHER RESOURCES:

FASHION AND CLIMATE CHANGE
SALADBOWLDRESS.COM/BLOG

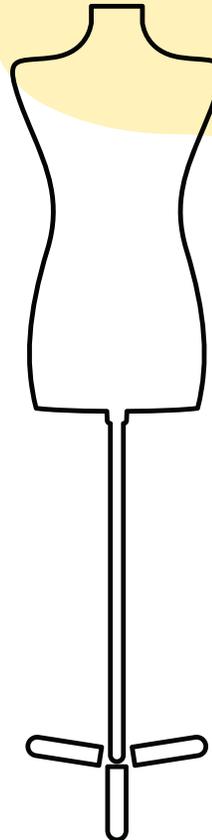
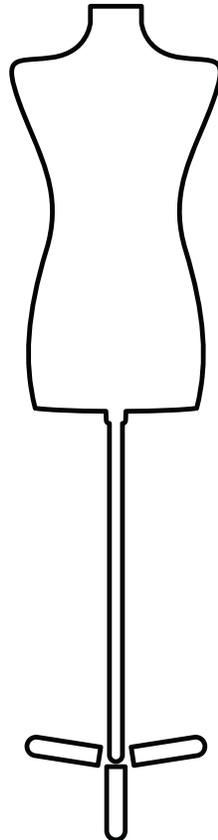
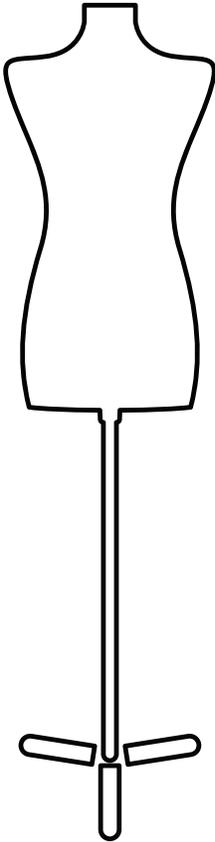
HOW TO ADD POCKETS TO YOUR CLOTHES

LOVE@SALADBOWLDRESS.COM

***LEGEND:**

SS-SIDE SEAM
CF-CENTER FRONT
CB-CENTER BACK
SA-SEAM ALLOWANCE

Make a list of clothes you want to make with clothes
you already own.



Tops

- _____
- _____
- _____
- _____
- _____

Dresses

- _____
- _____
- _____
- _____
- _____

Skirts

- _____
- _____
- _____
- _____
- _____

Pants

- _____
- _____
- _____
- _____
- _____

Suit Jackets

- _____
- _____
- _____
- _____
- _____

OTHER RESOURCES:

[HOW TO ADD POCKETS TO YOUR CLOTHES](#)

LOVE@SALADBOWLDRESS.COM

Fabrics:

Trims:

Wow!