



***SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS***  
Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service  
SCFCL website: <http://www.scfcl.com>

## **Leader Training Guide**

### **How to Make New from Old**

**Objectives:** To reuse, recycle and remake old items into brand new ones!

**Lesson Overview/Introduction:** Members will learn how to take old household items and articles of clothing and make new fashions and décor.

**Lesson:** "Everything Old is New Again", the lyrics of that old song can really be true. Before you toss things out, give them away or have a yard sale, think about new uses for them.

#### **CLOTHES:**

Denim is perfect for recycling. Old jeans, denim skirts and overalls can be cut up to make all kinds of decorative items, for the house and to wear. You can cut open the legs of jeans and use the fabric to make placemats. Just hem around the edges with orange thread and add one of the back pockets to hold silverware or a napkin.

Old jeans make cute tote bags. Cut straight across the top of the legs through the crotch of the jeans and turn inside out. Make a seam across the bottom and turn right side out. Handles can be made from the extra fabric from the legs and if wanted a lining can be sewn to the waistband.

Aprons are another item that are great in denim. They are really easy to make by cutting off overalls and hemming the bottom, but they can just as easily be made from jeans. Applique, embroidery or lace trims can be used to embellish them.

The leftover pieces of denim can be used to make durable baby bibs, book covers and pillows.

If little girl's jeans get too short but still fit around the waist, cut off the legs and hem the bottom to make a mini skirt. Then punch small holes around the bottom edge and tie pieces of net in the holes to make a tutu skirt.

Use small pieces of denim to wrap around wreath forms, make flowers and rag rugs.

Old sweaters can also be cut into fabric to make pillows and stuffed animals in all shapes. Sweater arms can be cut off to make leggings and toppers for boots. Cut sweaters into squares and stitch together to make warm lap robes and blankets. Sweaters make great tote bags. They do, however, need to be lined to keep from stretching. Handles are best made from non-stretchable fabric.

Old t-shirts can be cut up and used to make baby bibs and pillows and to make crocheted or traditional rag rugs. Old tablecloths, runners and pillow cases make beautiful pillows for a sunroom or porch. They also make vintage look aprons, curtains and window toppers.

## HOUSEHOLD ITEMS

If you have old mismatched plates, bowls, saucers and candle holders in glass or ceramic, you can glue them together to make cake stands or tiered servers for parties. Separate the plates with the candle holders to achieve height. Be sure to use the right glue for this project, made specifically so that they can be washed.

Old mason jars make great hurricane style candle holders, vases and drinking glasses for outdoor events. You can make chandeliers for the yard out of old indoor ones. Just remove the lightbulbs and the sockets for them and glue mason jars in their place to hold candles. A simple chandelier can be made from the rack inside a water bath canner. Fill the rack with mason jars, add sand to the jars and candles, and hang it from a tree by the handle.

Old shutters can be used in a kitchen to hang towels and utensils. 4 shutters fastened in a square and topped with a piece of glass make an attractive side table for a porch. One shutter leaning against a wall can be used as a magazine rack. Just slide the pages through the slats.

Old gates make unusual headboards and also hanging pot racks for the kitchen.

Old windows can be put together to make greenhouses and screens. They also make beautiful garden gates and when hung on a fence or wall they become art. Attach legs to each corner and make a coffee table or end table.

Old doors have multiple uses. Make a garden arbor with two doors fastened with 2 x 4 rails at the top. One carved door hung sideways makes a shabby chic headboard for a guest room. Doors can be made into benches and porch swings, tables and kitchen islands, wall art and shelves

Old door knobs and drawer pulls can be attached to a decorative board to make a coat rack for a mud room.

Vintage dressers can become vanities in a bathroom. Just cut a hole for the sink and plumbing. Remove the drawers and add shelves and they make bookcases and storage units for offices.

Old cribs can be converted into daybeds, benches and swings.

Entertainment centers that don't hold the new TV's can be converted into storage units for closets. Just remove any doors and add bins to hold items.

Bookcases, too, can be used for closet space when hanging bars and baskets are added.

Old suitcases can be stacked by a bed to make an unusual nightstand. They can be hung on a wall to make a one of a kind cabinet.

With a little thought , old items can be made into useful and attractive new ones. Look around your own home, garage and storage spaces for potential projects to save money and show your creative side.

**Lesson Summary:** Think before you get rid of old, unused items. They can often be used to create wonderful new things to wear and to use when decorating your home or office.

**Suggested Activities:** Bring in something you have recycled out of an old object. Ask if members have done the same.

Ask members to bring in objects and have everybody give ideas on what to do with them.

Find a project that uses found objects or old items recycled that would be suitable for gifts for nursing home patients. Have members work on them at your next meeting.

**Suggested Materials:** Flea market and yard sale items

**Lesson Prepared by:** Debbie Calcutt, SCFCL Board Member, Vice President of Programs

**Lesson Review by:** Bette Chinnners, SCFCL member, News & Views Mailer

**Sources/References:** Pinterest