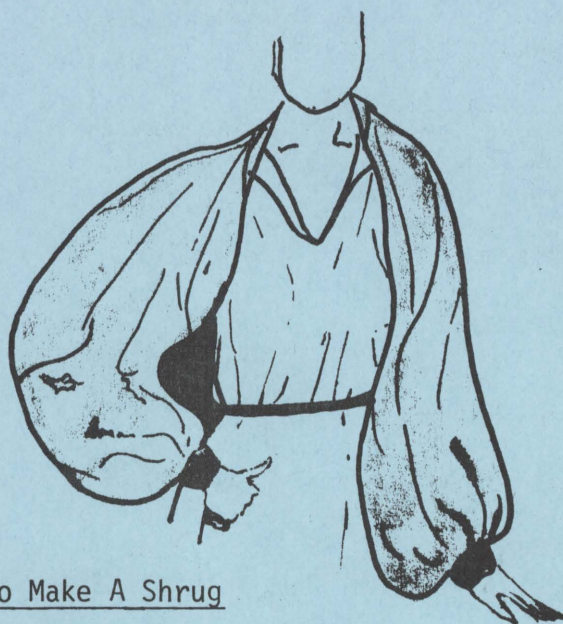


SHRUG YOUR SHOULDERS FOR WARMTH

Prepared By: Beth Robertson, Graduate Extension Assistant & Beatrice Kalka, Extension Specialist, Clothing and Textiles, CTRA Extension, VPI&SU



V.P.I. & S.U. LIBRARY

MAR 17 1981

BLACKSBURG, VIRGINIA

Supplies Needed to Make A Shrug

1. Fabric of soft clinging texture such as light weight knits. 1 yard per shrug (at least 36" wide.)
2. One pair of knitted cuffs or $\frac{1}{4}$ yard of ribknit that can be used as cuff fabric.
3. Thread to match the fabric.

How to Make A Shrug

1. Cut fabric in half lengthwise and seam the two pieces together to form one piece 72" long and at least 18" wide. This will be the center back seam.

NOTE: If you are making 2 shrugs, cut a 2 yd. length in half lengthwise and you will have two 72" lengths with no seaming at center back.

2. Finish the long edges with a 1" hem. (Fig. 1). A decorative machine stitch may be used.
3. Stitch 2 rows of long machine stitching across each end to gather the ends as shown in Fig. 2.

FIG. 1

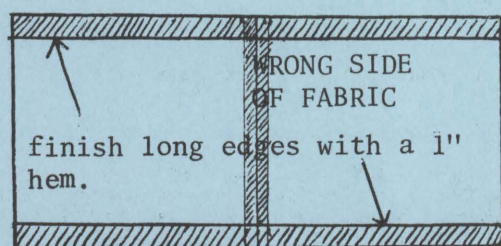
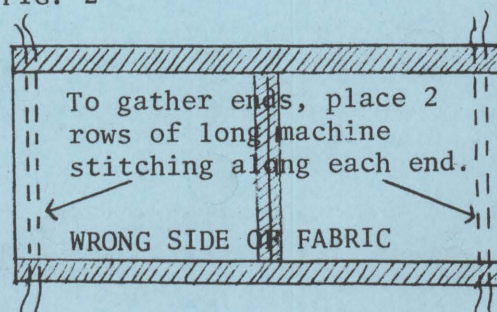
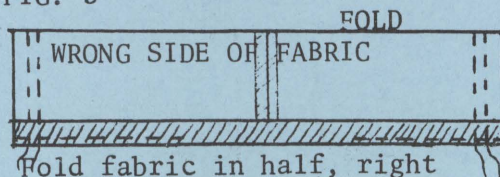


FIG. 2



4. Fold fabric in half, right sides to the inside so that hemmed edges are together. Stitch in from each end 12", $\frac{1}{4}$ " from the edge, to form sleeves. (See Fig. 3).

FIG. 3



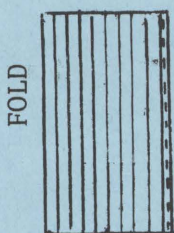
Fold fabric in half, right sides together, stitch in 12" from each end, $\frac{1}{4}$ " from the edge.

(If pre-made knitted cuffs are purchased, go to Step 6).

5. To make your own ribknit cuffs:

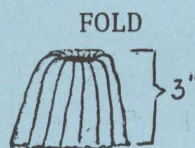
Cut 2 pieces of ribknit cuff fabric 6" wide and as long as your wrist measurement plus 1". (If your wrist measurement is 7", cut the cuffs 8" long). Fold edges of fabric together and stitch $\frac{1}{4}$ " from edges, along 6" edge. (Fig. 4). Turn cuffs so you will have a cuff 3" wide with seam edges hidden in the inside as in Fig. 5.

FIG. 4



Fold fabric in half
Stitch along 6" edge.
 $\frac{1}{4}$ " away from the
edge.

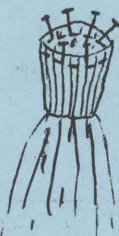
FIG. 5



Turn cuffs so you
will have a cuff
3" wide, with the
seam hidden in the
inside.

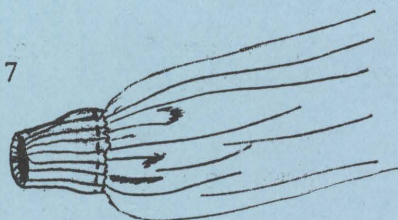
6. To attach the cuff, gather the fabric to fit wrist allowing room for the shrug to slip over the hand. With right sides together, pin into position as shown in Fig. 6 and machine stitch together. Figure 7 shows the finished cuff.

FIG. 6



Gather fabric to fit
cuff.

FIG. 7



Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation.

An Equal Opportunity/Affirmative Action Employer

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture: W. R. Van Dresser, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.