



The Senior Citizens Friendship Club of Troy uses old hosiery to stuff dolls (Photographed by Barbara McClellan)

### At least twice

## Even pantyhose can be recycled

Bump a chair, catch a ring or fall down, and it's the end of those nylon skins we call panty hose. Right?

Wrong.

Even panty hose can be recycled.

There are several ways to avoid just tossing hose into the nearest wastebasket. And though you can't stitch up stockings as in days of silk, you can — with varying degrees of imagination and fortitude — put them to use.

For starters, don't toss them on the first run.

Turn the panty hose inside out so the leg with the run will be on the other leg.

This allows the line "Oh gee, when did that happen?" to get you by one more day.

IF YOU WANT to push it, you can also wash out the damaged stockings, thereby returning them to their original shapeless shape and enabling you to wear them backwards, again placing the run in a new spot.

However, if you don't like runs — wherever they are, there is another solution.

If you run one pair of pantyhose, you're bound to run two.

Take the two pairs and cut off the damaged leg of each. Be sure to leave the panty part of each pair in tact.

You should now have two pairs of panties, each with one leg.

Put both panties on so that you have one hose on each leg.

Voila, a complete pair at no additional cost.

It should be noted that this method works in a pinch but pinches when it works, due to excess panty around the nads.

IF YOUR stockings are far too battered to be cut off, reversed or nipped-off, that prevents runs from continuing, there are a million and one — or at least a few — other uses.

Take a tip from the Senior Citizens Friendship Club of Troy. All year they save up old panty hose for stuffing dolls, pillows and various other articles that go on sale at the annual Christmas bazaar.

The stockings are perfect stuffers because they are firm, don't lose their shape and are washable.

The Women's Association of North Congregational Church in Southfield also uses stockings to stuff dolls as well as baby comforters. Mrs. Donald Wright of the association said, "We cut four-inch squares and stuff one nylon stocking in each for warmth."

A full sized quilt can be made out of discarded nylon hose, scraps of cotton and a skein of yarn.

Cotton remnants are to be cut in pieces measuring 5 x 9 inches, folded in half and sewn on two sides to form a pocket.

One leg of a pair of panty hose, with top and foot cut off, is twisted into a circle and placed inside the cotton pocket, then secured with a yarn knot.

When the fourth side of the cotton is sewn, it will form a puff, approximately 4 x 4 inches.

Puffs are then sewed together in strips of 18 to 20 puffs each.

Approximately 16 strips sewn together will cover one double bed.

The quilt requires no quilting, and no backing.

HOSE CAN also be used to create a new coiffure.

Take your hair and pull it into a pony tail. Wrap the stocking around the base of the pony tail and fasten into place. Wrap your hair over the stocking, covering it completely and secure.

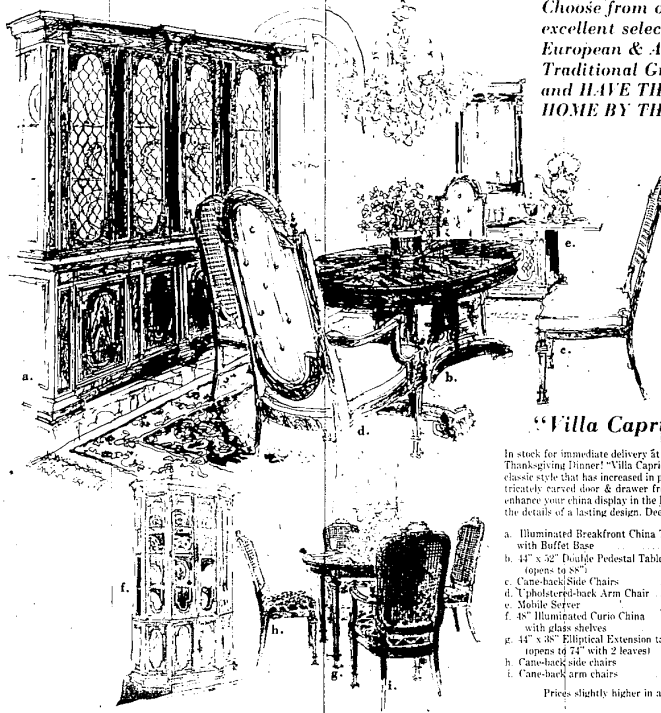
Panty hose today seem to be made to order for this purpose. In hundreds of different shades, there's bound to be one to match your hair color.

THERE'S ALSO a good case for panty hose on the closet floor. Hosiery makes a perfect polishing cloth for shoes. The texture of the panty hose always brings out a gleaming shine, even without polish.

In cases of emergencies on the open highway, panty hose can be used (perhaps to flag down a ride) but more importantly as a fan belt, providing that's the problem.

Tie the ends of the stocking together into a circle the same size as the broken fan belt, or measure the length directly. Slip into place. The hose should last until you reach the nearest gas station.

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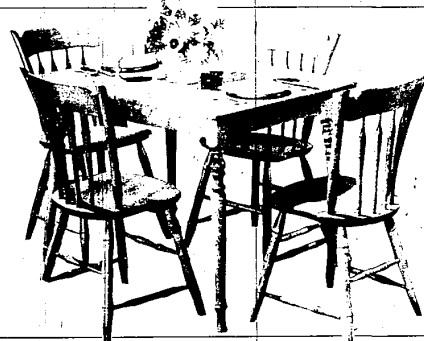
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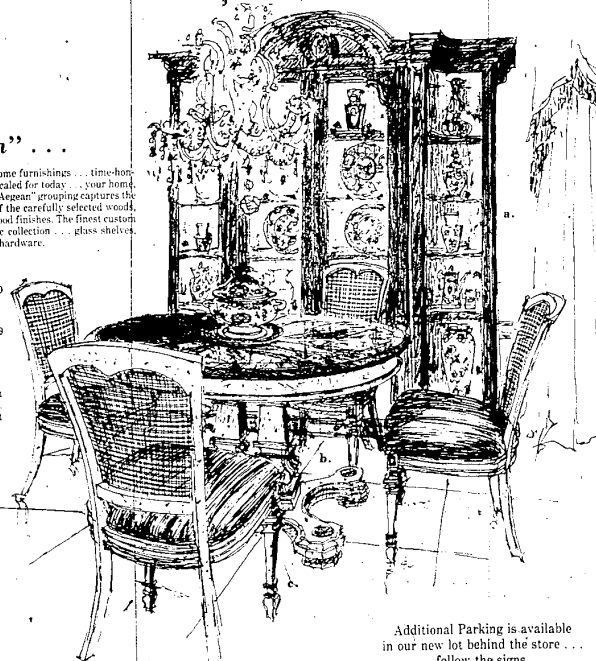
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