

SHOP TALK

Sewer's Treatment for Aches & Pains...

by Bev Shumilak



Health issues are just about everywhere today—the newspapers, TV, magazines and now in the sewing room!

Sewing should be fun and stress-free. Below are some tips on keeping your body healthy while sewing.

Rx for your Eyes

The full spectrum **OTT LIGHT** is a welcome additions to any sewing area. Originally designed by Dr. Ott for people with limited vision, it soon found its way into the sewing room.

MAGNIFYING GLASSES can aid in visibility. Central Sewing carries models which are hand-held, wearable or attach to your machine.

The **BENDABLE BRIGHT LIGHT** is a small flexible bright light that also attaches to your sewing machine. Prevents eye fatigue when sewing on dark fabrics or intricate projects!



Rx for your Hands

Choose a **ROTARY CUTTER & SCISSORS** that are the right size for the job and your hands.

Wear one or two **HAND-AIDS GLOVES** to take care of your hands and wrists. These theratonic support gloves provide support and relief from carpal tunnel and arthritis.

The **KLUTZ GLOVE** is for the klutzy and the not so klutzy. If you become overzealous with the rotary blade, the Klutz Glove will help prevent cuts. (Worn on the hand that holds the ruler.)

AUTOMATIC NEEDLE THREADERS are great for arthritic hands. They come in both hand and machine models. Nothing works faster or better than the Clover Desk needle threader for hand sewing.



Rx for your Back

A **CUTTING TABLE** and **SEWING MACHINE CABINET** at a proper height will eliminate stress on your back and shoulders; most kitchen tables are much too low. Check out Central Sewing's selection of tables and cabinets! When cutting, bend your elbows slightly with the hands just resting on the table top. Sewing posture and a comfortable **CHAIR** are musts for eliminating back stress.

