



"extending clothing knowledge and skills"

**KENTUCKY
MASTER
VOLUNTEER
IN
CLOTHING
CONSTRUCTION
PROGRAM**

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COOPERATIVE EXTENSION SERVICE
INTERDISCIPLINARY EXTENSION PROGRAM
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**LINDA'S
LINES**

What a beautiful spring we have had the opportunity to experience this year! The unfolding of nature in all her bounty is sure to inspire many of you to create lots of lovely items. We look forward to "seeing" and "hearing" about all those many projects and activities when we gather again this fall at Jabez.

Spring 1999 has been a rather bumpy one for me as you can tell from the lateness of this newsletter. However, I trust we will be back on schedule now. You should look forward to receiving your next newsletter in late July early August. It will contain registration information for our fall training. By the way, you can also keep up-to-date on happenings by accessing our MVP web site at the following address;

www.ca.uky.edu/agcollege/fcs/mvp/index.htm

Our hats are off to the MVs and CMVs in the Lincoln Trail area who are assisting with this year's 4-H State Fashion Revue. Inside this issue you will find a special invitation to each of you to attend the event. Our 4-H'er do such a nice job and they appreciate our support and encouragement. I hope I will see you there this year!

Linda Heaton



**TWO NEW STEERING
COMMITTEE MEMBERS**

We are pleased to announce two new persons have joined our MVP Steering Committee. Suzanne Walker, will be serving as the KEHA representative. She is from Union County, Green River Area.

Suzanne has been married 26 years in July. She is a Mortgage Loan Officer in a bank. Suzanne and her husband farm about 1500 acres along with two Labrador dogs. She enjoys cooking and reading.

Suzanne started in 4-H at about the age of 10 and went all the way through. Clothing and sewing was her focus in 4-H. She is currently Green River Area Homemaker President.

Beverly Garner joined the state staff on May 24, 1999 as an Extension Associate in Family & Consumer Sciences Extension. She will be working closely with Linda Heaton and the Master Volunteer in Clothing Program. You can look forward to learning more about Beverly in our July newsletter. We welcome both of these individuals to the MVP family!

Proper Fit—What Is It?

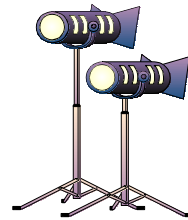
Get the best fit you can in your clothes. Many women buy or sew clothes that are too large for them, thinking larger clothes will hide their figure flaws—this often actually accentuates them. A too-tight fit feels uncomfortable and draws attention to trouble spots with unsightly wrinkles and pulls. A too-loose fit, especially through the shoulder area, is equally unflattering and can make you look older than your years.

Good fit is the kindest favor you can do for yourself. It's the fastest way to improve your appearance. A garment that fits can hide pounds, years and even figure flaws. You do not have to have a perfect figure to look good.

Use shoulder pads as a quick way to fix many common fitting problems. By adding shoulder pads, you can often eliminate the need for time-consuming garment alterations. Use them to lift and support garments. They add inches to your figure through the shoulder for the right fashion shape and fit. Use them to camouflage rather than emphasize figure problems. If you have a half-size figure or have narrow or sloping shoulder, adding shoulder pads will help make you look trimmer and better balanced.

Your bra should always be perfectly fitted. Don't buy a bra off the rack because it's the size you have been wearing for years or you will be doing your silhouette an injustice. Take time to get expert advice about the size and style right for you and always try on new bras.

Source: Unraveling...Clothing & Textile Newsletter prepared by Nadine Hackler, Professor Emeritus Clothing & Textiles, University of Florida, December, 1997



MVP SPOTLIGHT

Hi, I'm Patsy Fields, I live in Williamstown, Grant County, Kentucky and have one son. I am a Loan Officer at the Grant County Deposit Bank and a Certified Master Volunteer in Northern Kentucky Area.

I joined the Master Volunteer Program in 1992 after hearing about it through my Extension Service. I felt that it was a program where I could learn more about sewing and could share my talents with others.

I feel that the program has given me great opportunities to meet new people, share my talents with children of all ages as well as adults. I have been instrumental in promoting programs in my area and helping others to learn new ideas.

I have served on the Steering Committee for the Master Volunteer Program for the past 3 years, and find that this is a great opportunity for me to share ideas of other volunteers of the program. Also I have been able to help plan programs that volunteers have expressed to me an interest and to work to solve some of the problems in the past.

I have also been given the opportunity to share the program with other agencies on a national basis so that others can look into the opportunity of starting this program in their state or area.

The Master Volunteer Program has given me much enjoyment as well as many opportunities to improve myself, my talents and to also share them with my community.

This is a great program and I hope I am able to continue in the program until the Lord calls me to a better home.

Pasty Fields, CMV Grant County

Working With New Sewers

The Pattern Envelope

The FRONT of the pattern envelope shows a picture of each garment style that's included in the pattern, the pattern number, the size range, the level of difficulty, the price, and if it's a designer pattern.

The BACK of the pattern envelope tells you everything you need to know about getting started to sew your project.

- Pay close attention to the garment description, to terms such as close-fitting, semi-fitted, loose fitting, very loose-fitting.
- Pay close attention to the list of notions. Plan to purchase everything needed at one time so you don't have to make late night, or last minute trips to the fabric store.
- Pay close attention to the statement, "Extra fabric is needed to match plaids and stripes," and the statement about using the "layout and yardages for napped fabrics."

Saundra Palmer, CMV Jefferson County
"Sewing Beginnings" is a handout developed by Sandy for classes she teaches.



Invisible Zipper

Whether you add them in conventional places or unexpected places (like a slit in a skirt). There are many reasons to try the invisible zippers.

No more uneven or unsightly topstitching
No more lumpy plackets over the hipline
No more teeth showing

Invisible zippers are especially great in garments that have close-fitting styles. They are great in side openings, but not in a fly front.

Unlike regular zippers, the invisible zipper is put in before stitching the garment seam. They can be put in with a regular zipper foot, but it is easier with an invisible zipper foot.

I'm sure glad they are on the market again. If you haven't used one, do give them a try, I think you'll like them as much as I do.

Sue Orłowski, CMV
Marshall County

Looking Ahead – MVP 1999 Training

Thanks to all of you for your comments and suggestions regarding future trainings. The Steering Committee takes each of these very seriously. Here's what you can look forward to at this Mid-Rotation Training;

Recommended for Classes of 90 and 92

(*Tailoring 101*

You must have already had the following sessions before you can take this workshop.

Prerequisites: *Selection & Use of Supportive Fabrics* and *Fundamentals of Creating a Lining*

Selecting & Working With Knits

Recommended for Class of 94 and 96

Selection & Supportive Fabrics
Fundamentals of Creating a Lining

Recommended for Class of 98

Advance Seam & Seams Finishes

(*Zip Tips II*

(*Handling Bulk*

Encouraged and Recommended for All Classes

Teaching Others

We hope everyone will sign up for one of these sessions.

Sewing Potpourri

Persons who sew are also engineers

For a neater looking buttonhole, slightly loosen the upper tension on your sewing machine.

Put a bottle of seam sealant in an empty, clean fingernail polish bottle and brush it on when you need it.

To gather on the serger, tighten the needle tension slightly.

Pressing is a skill in sewing which makes the difference between professional and homemade looking results.

When your sewing machine is skipping

stitches, check these items:

is the needle in correctly?

does the needle need to be replaced?

did you pre-shrink/prepare fabric before cutting it out?

are you using the correct needle type and size?

Thread your needle before putting it into your sewing machine

Using pattern weights can save sewing time as well as protect your fabric. They also make super gifts for your friends who sew. To make pattern weights, fill small bags with rice or dried beans. Tie with a decorative ribbon around the top to close.

To keep interfacing (or other fabric) free from creases or wrinkles, roll it on empty wrapping paper tubes.

1999 State 4-H Fashion Revue

You and a guest are cordially invited to the 1999 State 4-H Fashion Revue on Wednesday, June 16, 1999 at the Singletary Center for the Arts beginning at 7:30 PM (ET). The Fashion Revue theme is: " Swing Into the Millennium"

The Lincoln Trail Area would very much appreciate your attendance. The evening promises to be an exciting one as we swing ourselves and ourselves and our fashions into the new Millennium.

Please RSVP as soon as possible. Hope to see you there.

*Martha Slemp Woods
County Extension Agent for
Breckinridge County*