

INTERDISCIPLINARY EXTENSION PROGRAM
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*"extending clothing
knowledge and skills"*

**KENTUCKY
MASTER
VOLUNTEER
IN
CLOTHING
CONSTRUCTION
PROGRAM
March
2004
VOL 13 NO 1**



Linda's Lines

The sun is shining and the beautiful spring flowers are painting the world around us with spectacular color and fragrance. Spring hopefully has arrived! I hope you are as ready as I am to see it.

Congratulations go out to four new members of your MVP Steering Committee. Jennifer Klee, Woodford County Family & Consumer Sciences agent will be filling the FCS position; Julie Hooks, KEHA Liaison, representing the Homemakers' Association; **Mary Jean Grief**, CMV (Class of 1996) McCracken County, assumes the County Clothing Leader position; and **Sandy P. Davis**, CMV (Class of 1992) Jefferson County, fills one of the CMV positions. Join me in welcoming all of these individuals to their new positions.

If you are a Kentucky Extension Homemaker member, I hope you are making plans to attend their annual meeting in May (10 – 13) at the Holiday Inn—Capitol Plaza and Convention Center in Frankfort. For a preview of the meeting you can go to the KEHA website or read the KEHA Newsletter. The Purchase Area Master Clothing Volunteers (Jo Ann Ellegood, CMV Carlisle County, **Mary Jean Grief**, CMV McCracken County, **Connie Talent**, CMV Calloway County, **Sara Counts**, CMV Graves County, **Sue Orłowski**, CMV Marshall County, **Ann Cash**, MV Calloway County, and **Bettie Zilligen**, MV Marshall County) are presenting *Gifts from the Heart—Part II*. Sign up for their session and support these gals in their efforts.

It is with a great deal of mixed emotions that I announce to you that I will be retiring as state Textiles & Clothing Specialist on May 31. I hope each of you know how very much I have enjoyed working with you! A part of me will always be with this program as I believe in and valiantly support the wonderful work you do in your communities. My retirement does not mean I will not attend your trainings or follow your activities! If the Steering Committee sees a need to invite me to teach, I will do my best to fulfill that request.

At this writing I am not sure who will be taking over the role as MVP State Coordinator. However, I am committed to making that transition as smooth for you as possible. Please look to and provide support to the members of the MVP Steering Committee as they continue to lead and guide the path of this program.

Linda Heaton

Salute to Work Well Done!



Join me in expressing appreciation to the individuals who are rotating off the MVP Steering Committee. They include Sue Orłowski, CMV Marshall County, Marilu Stevens, CMV Caldwell County, and Elaine Cliff, Trigg County FCS Agent.

Sue graciously served two terms (a three-year and a two-year) giving five years of her time and expertise to help plan and conduct trainings and various other activities. Marilu served a three-year term with the grace, foresight and hardworking attitude you have witnessed her to have since joining this program in 1992. And, what would we have done without Elaine's calm, cool and collected approach to the problems we had to solve and the classes we depended on her to teach? Elaine Cliff brought wisdom, fortitude and a host of skills to our group as she represented the Family & Consumer Sciences agents.

Each of these women will be missed, and have *BIG* shoes to fill on the MVP Steering Committee. However, I know they will continue to contribute to the program as they have always done in the past. I hope you will take a minute sometime soon to drop them a quick note and express your appreciation for the fine work they have done.

Sewing—It's What You Make of It! (MVP cancer project update)

Those of you who attended the 2002 MVP State Training are sure to remember Charlotte Brewer, our Friday morning guest from the American Cancer Society. She talked with us about items needed by certain cancer patients that we could make and share. The decision was made that we would make that a service project for the *Kentucky Master Volunteer in Clothing Program* over the next two years. That time period is drawing to a close!

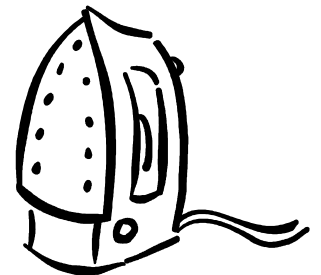
Your current MVP Contact Agent is in the process of preparing her finally report concerning activities carried out in the area over the past year. I want you to make a point to tell your contact agent the *type* and *number of items*

you have prepared, or helped prepare for this project. This will be the number of items over the past two-year period. Items might include, but is not limited to, turbans made and/or donated for cancer patients in your community, county, area or district. Agents are being notified they are to collect this information from you, so be ready!

We will be inviting a representative to return to our training to accept any additional donations you might have, and for us to report on what you have accomplished over these past two years. Let's make this a meaningful project and report. I know some of you have been specifically touched by cancer and can testify to the significance of this endeavor.

Pressing *Does* Matter

To become a top-notch sewer, you must *recognize* and *use* good sewing techniques! Certainly one of the most important techniques is pressing.



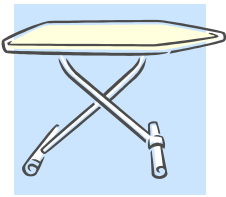
Although some individuals use the terms "pressing" and "ironing" interchangeably, there is a very distinct difference! **Pressing** is a *deliberate up and down pressure motion of the iron that shapes fabric*. Ironing is a back and forth sliding of the iron to remove wrinkles. Proper pressing transforms fabric into a sculptured and shaped garment. It can be the difference between a "home-made" garment and a professional "hand-made" garment.

Tools of the Trade

There are a number of items on the market to aid the sewer in pressing. However, there are five essential to doing a good job.

1) A good **steam iron**. Select one that allows you to control the amount of moisture used from "no steam" to a "heavy bust of steam." You also want to be able to recognize and control the temperature and the pressure—elements critical to molding thick fabrics such as woolens. An iron that spits, dribbles or prevents you from adjusting the temperature with ease is a nuisance when sewing.

2) A sturdy, **firmly padded ironing surface.**



This could be an ironing board, table or portable surface. However, it is important that the padded area have a cotton cover—cotton because it can withstand a great deal of heat;

AND, steam can pass through the garment/fabric and down into the pad if necessary. Shiny as well as many synthetic surfaces allow the heat and moisture to be reflected back into the garment/fabric causing excess heat that can burn or scorch, and moisture that can puddle or even water-stain. Consider making your own cover from heavy cotton twill such as drill cloth. Use your ironing board as a pattern, adding 4-inches to all sides. Clean finish the raw edges by turning up the edges ½-inch all the way around. Place heavy twine in the fold for a drawstring. Stitch close to the edge to create the drawstring casing.

(3) Multiple **press cloths.** These prevent shine when pressing fabric on the right side. For best results, purchase or make cloths that are made from natural fiber—a cotton cloth and a wool cloth. See-through cloths are great as you can see and navigate the iron. Fabrics should never lint or transfer color when used. Tea towels, handkerchiefs, cotton sheeting, lightweight wool fabric scraps all make good press cloths.

4) **Tailor's ham.** Make, buy or ask for this item as a gift! A tailor's ham is a **MUST HAVE** pressing item as it duplicates body curves such as bust, hip, shoulders, elbows, etc. Placing the garment piece over the ham as you press curved areas helps to mold or build in the three-dimensional shape that provides better garment fit.

5) **Seam roll.** Make, buy or ask for this item as a gift! The seam roll can be easily made by creating a sausage-type fabric tube and stuff it with fabric or rice to make a smooth outer surface. The seam roll is used in pressing straight seams open as it prevents seam imprints.

Pressing Rules

- **Press as you sew.** Press each seam, each segment as you sew it. If you wait until you have



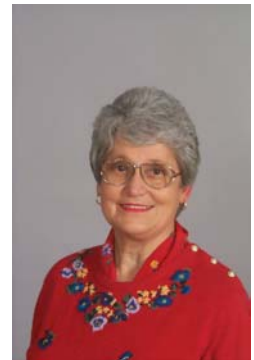
finished the garment, it's too late! NEVER cross a seam, pleat, dart or other line of stitch until it has been pressed.

- **Test first!** ALWAYS have some garment fabric scraps to use to test the heat, moisture and pressure. Self-fabric frequently makes a good press cloth!
- **Press lightly**—at first. This prevents internal construction from imprinting on the garment's right side. If more pressing is needed, then do it again and again until you have completed the task. ALWAYS press in the direction of the grainline to prevent stretching and fabric distortion.
- **Allow fabric to cool** before moving it. This helps the area retain the shape press into it. Handle items careful as you continue to sew.
- **Use proper pressing tools.** Good techniques and proper tools made for the ideal pressing situation.
- **NEVER press over pins or basting thread.** These items can leave imprints on the garment that might never be removed. If temporary securing is necessary, use silk thread to baste the area and press lightly.

MVP Spotlight



**Nancy H. Pratt,
Class of 1996**



Nancy lives in Perry County in the beautiful mountains of eastern Kentucky. Her earliest memory of the love for sewing dates back to the Christmas when she was six years old. She received a gift of a small plastic doll with a pre-cut wardrobe that needed to be sewn. When the clothes were completed, she convinced her mother that she was seriously interested in learning to sew. Nancy spend many evenings with her mother, learning to match materials, piece and sew together small quilt blocks, and was finally allowed to use pretty feed sacks and materials to start making garments. No material was safe around her!

As soon as Nancy was old enough, she joined the 4-H Club. She was fortunate enough to have two great sewing instructors—a sister-in-law that was an expert seamstress and a cousin who was a Home Economics major. Learning from these two ladies so inspired Nancy that she set her heart on becoming a Home Economics teacher.

Nancy did begin her college career in Home Economics. However, her career was interrupted when she married her high school sweetheart. Nancy and Larry had three boys and between kids, Nancy attended college. She changed her major to Elementary Education after doing a year of substitute teaching. The teaching inspired her to get a Master's degree in Early Childhood Education.

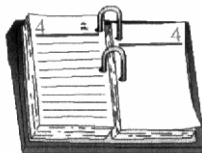
Nancy taught school for thirty-one years. She did not have time to do much sewing! However, she did manage to help her mother with her lovely quilts.

When Nancy retired from teaching, her mother had passed away and she lost all those lovely school kids that had given her life such meaning. She got very excited when her sister showed her the article about the M.V.P. They both decided to fill out the application. Nancy filled out her paper while on vacation and sent it to the Extension Office so it would make the deadline. The rest is history, and the beginning of a learning experience that taught Nancy that she still had much to learn about sewing! There were times when she was struggling to get those samples nearly perfect, that she wanted to have words with her sister (she didn't send in her application), and also with that lovely lady, Linda Heaton.

The M.V. Program has helped Nancy fill the vacant spot left with the loss of her mother and the ending of her teaching career. She says she treasures all the acquaintances she has made with the understanding women of Kentucky and the children and adults who have given her students to teach again. Maybe the time has come for Nancy to say "thank you" to her sister and Linda Heaton.

**Nancy H. Pratt, CMV
Perry County**

[What an inspiring article! Thank you, Nancy, for all you bring to the Master Volunteer in Clothing Program as well as the many people with whom you work. Your talents, your gentle spirit and your guiding hands are gifts beyond any worldly goods! LMH]



Calendar

May

MVP Newsletter (We will try to make up for this late copy!)

May 6

MVP Contact Agent Inservice Training, Elizabethtown.

May 8

Mary Mulari Seminar sponsored by Louisville Chapter of the American Sewing Guild. 9:30 a.m. to 3:30 p.m. Clifton Center, Louisville. Contact Sandy Palmer for more information.

July

MVP Newsletter

This will contain information and registration material for the fall training and workshops.

August 30

Workshop registration forms due.

October 1 – 3

American Sewing Expo, Noui, Michigan.

October 19 – 22

MVP State Training & Workshop Session, Jabez.

November

MVP Newsletter

This fall we will be accepting new people into the Master Volunteer in Clothing Program. Look for information from your contact agents after May 6th.