

# KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM



"extending clothing  
knowledge and skills"

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Newsletter

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CLOTHING and TEXTILES PROGRAM

245 Scovell Hall

Lexington, KY 40546-0064

Phone (859) 257-7772

Fax (859) 257-7565

<http://www.ca.uky.edu/hes/fcs/MVP/index.html>



## *Bobbin' along with Marjorie*

Spring could not have come quick enough this year. Even though we really didn't have but about 3 weeks of winter, what we had was enough. On the other hand, because I was snowbound, I did get some quality sewing time in, for which, I wouldn't trade for anything. I hope everyone was able to take advantage of the time, too.

The steering committee welcomes two new members. Please join me in welcoming Wanda Teegarden and Loretta Haley to the committee. We were able to meet in March to begin planning the fall training. Be prepared for some changes as we try adapting to our increased numbers. For the first time in our 25 years, we are planning to have two sessions for the training. This will enable us to have smaller classes. The two sessions will overlap for lunch in the middle of the week which will allow for area meetings to take place as well as seeing all your sewing friends from across the state. The complete schedule will be in the next newsletter. A challenge will also be issued and be announced at the training.

Sewing is a multi-billion dollar industry that I am so excited to be a part of. Studies continue to be done on the health benefits of creating with our minds and hands. And what fun it is to teach others. I recently had the opportunity to teach a 50-year-old, new to sewing, how to use her new sewing machine. She was so excited to learn and with a new machine the sky's the limit for her, now. Be in search for more people wanting to learn even as they approach middle age and beyond.

This newsletter is packed with information and a fun project that Loretta Haley has shared at the very end.

*Marjorie M. Baker*

Marjorie M. Baker, M.S.

Extension Associate for Clothing and Textiles



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## SPOTLIGHT



**Loretta Haley**  
**CMCV Fayette County**  
**Class of 2008**

### **Tell us about your earliest sewing experiences.**

One day when I was 7 years old, I told my mother I was bored. Not a lover of sewing herself, I think she thought she'd cure me of saying I was bored by punishing me with needle and thread. As she handed me scraps of cloth, buttons, needle and thread she said, "Here, you'll never be bored again." I have sewn ever since, beginning with doll clothes, right on to making my own clothes in Jr. and Senior H.S. I even made clothes for my classmates. My mother was right, I've never been bored and I received the gift of a lifetime.

### **Tell us about your experience as a Master Clothing Volunteer.**

I began teaching 4-H my first year as a Master Clothing Volunteer and after 6 months began to offer both 4-H and adult sewing and serging classes at the Fayette County Extension Office. Two years after I began I was thrilled to have Maxine Mullins join me and together we have taught 50+ children and 40+ adults to sew. Many of our students have continued to take more advanced classes with us. Our students are now sewing for themselves, their homes, for charity and their children's schools. We hold a week long summer 4-H sewing camp at the Fayette County extension office offering morning and afternoon sessions. This year we will be offering a sewing class at the 4-H camp in Carlisle, as well.

From the original adult and 4-H sewing classes I formed a Homemaker's Sewing Club "The Sew-Mores" which meets every first Saturday of the month with no less than 10 participates and upwards to 20 both adult and youth. From this group we have formed a knitting club which meets every 3<sup>rd</sup> Sunday of the month. This year has been wonderful as we now have 4 MCV, 2 MCV candidates and 2 other volunteers, volunteering in Fayette County.

### **Tell us about your family.**

I have been married for 37 years to my best friend, Kevin. We have two lovely daughters, Adrienne who is a Veterinarian and Tavia who works for a Chiropractic Office. Both my girls enjoy sewing and Tavia is one of our 4-H volunteers.

### **Any other background information you would like to share**

As a self-taught and experimental sewer, I was afforded the opportunity to go back to school and earn a degree in Apparel Design from Eastern Kentucky University. I retired from working as a sign language interpreter and along with my volunteer work, I now teach sewing privately. Loretta has been an active member of the American Sewing Guild since 2003.

✓ **DOROTHY DO RIGHT** ✓

### **Tips for Working With Jersey Knit**

What is jersey knit? Jersey knit is a single knit fabric, originally made from wool fiber but today it is commonly made with cotton and or synthetic fibers. The name comes from the Island of Jersey, the largest of the Channel Islands, located between France and England where the fabric was first produced. Coincidentally, the Jersey cow also gets its name from the same island. Jersey knit made from cotton and cotton blends are a popular choice for T-shirts. The fabric is characterized by smooth, lengthwise wales on the right side and bumpy, crosswise courses on the wrong

side. It has moderate stretch (25%) in the crosswise direction. When stretched, it will curl to the right side in the crosswise direction and to the wrong side in the lengthwise direction. Prewashing cotton jersey is always recommended as it generally shrinks. Because it is a lightweight knitted fabric it drapes well and lends itself well to soft, fluid, draped garment designs.

Use ball point pins to pin pattern pieces to the fabric for cutting. Be sure to follow the correct grain line for the pattern pieces. Generally garment pattern pieces are cut with the greatest amount of stretch going around the body. Neckbands should also allow for the stretch going with the length of the band.

A universal or ballpoint needle is recommended to sew jersey knit. Choose a needle size appropriate for the weight of the fabric. Using a serger to sew seams allows the seams to maintain their integrity. If your serger has differential feed, adjust it to prevent stretching by setting it to a higher number. If a serger is not available, double stitch with a narrow zigzag or try using one of the sewing machine's overlook stitches. Jersey knit seams should be narrow and pressed to one side. Open seam allowances will curl and not lay flat.

Because jersey knit doesn't hold a crease well and curls to the right side in the crosswise direction, hemming may be difficult. Hems can be stabilized with a light weight knit interfacing to help control stretching and curling. For wider hems, use a double needle or stitch with a cover stitch machine.

Follow these steps to make sewing a narrow hem less stressful:

1. Cut ¾-inch wide stripes of fusible water soluble stabilizer. (the kind used for machine embroidery)
2. Place the non-fusible side of the stabilizer against the right side of the

jersey and sew ¼-inch from the edge. Sew with the stabilizer on top and the jersey towards the feed dog to avoid stretching the fabric as you sew.



3. If a really narrow hem is desired, trim edge to 1/8-inch from the stitching, otherwise leave it at ¼-inch.
4. Turn the hem edge to the wrong side so that the fusible side of the stabilizer is against the wrong side of the jersey. This will force the fabric to form a double fold.



5. With an iron, press the stabilizer to the wrong side of the jersey. This will hold the hem in place making it easy to sew.
6. Lengthen the stitch length as desired and sew close to the folded edge next to the stabilizer.



- Carefully remove stabilizer from above the hem. The stabilizer that remains within the hem will wash away when the garment is washed.



Up cycling is a current trend. T-shirts made from cotton jersey are a popular choice for up cycling. Use the fabric's characteristics to your advantage to create t-shirt "yarn". Cutting a 1-inch strip on the crosswise and stretching will create a soft cord that can be used for necklaces, belts, and other embellishments. Often times, t-shirts do not have side seams, take advantage of this to made giant loops or cut and join the pieces into longer lengths.

Machine embroidery is a popular way of personalizing and embellishing knit wear. Prewashing purchased knit garments is always recommended. A cut-away stabilizer should be used on the underside of the fabric being embroidered. In addition, a topper will prevent the embroidery stitches from sinking into the knit. Care should always be taken not to stretch the knit while hooping or when removing the stabilizer upon completion of the embroidery.

For more info see:  
**Soft Fluid Fabrics** CT-MMB.178



# INTERFACING



Those of you that work with youth, please encourage them to sew with wool and enter the MIWW contest next fall. The fabric must be at least

60% wool. This is the same requirement for those making a 4-H Tailoring project.

However, Make it with Wool does not require a tailored garment. Think outside the box, wool crepe is a beautiful fabric for a dress; wool flannel makes a great casual shirt for guys or gals. 4-H projects made from wool fabric can be entered in other categories besides tailoring. Combining a knitted or crocheted sweater with a sewn skirt, pants or jumper is a great way to showcase multiple skills and fashion

coordination for the Make it With Wool completion.

Contact Dorothy Vale, state director for more

details and for testing the fabric for eligibility. [kymiww@aol.com](mailto:kymiww@aol.com)



## Teaching Opportunities

Kentucky Extension sponsors two major sewing related seminars that Master Clothing Volunteers should be providing leadership for.

**Jabez Quilt Seminar** – January 19-23, 2016. The teacher submission form is on the Rockcastle County FCS website <http://rockcastle.ca.uky.edu/JabezQuiltSeminar> and are being requested by May 1. Wearable items have been requested for

this. Mary Elizabeth Kinch, a traditional quilter is scheduled to be the featured teacher at the 2016 Jabez Quilt Seminar.

**It's Sew Fine for Home and Family Sewing Expo** is held annually at General Butler State Resort Park. Class submission forms will be available through the Owen County Extension FCS website and are usually due around September 1. Nancy Zieman is coming to the Sewing Expo in April, 2016.

Both these events feature nationally known sewing professionals and authors that you won't want to miss.

### **Paula Atkins,**

Greenville, Kentucky, Muhlenberg County Master Clothing Volunteer Class of 2002, passed away January 31, 2015.

Paula was devoted to Kentucky Cooperative Extension as an active Extension Homemaker and volunteer.

Paula was gem and will be missed by all.



### **Endowment Fund Continues to Grow**

Because of our annual silent auction fundraising efforts, the Linda M. and James N. Heaton Master Volunteer in Clothing Educational Fund, continues to grow. In turn, our program benefits from the interest that is generated. Personal contributions are also welcome. Contributions should be mailed to:

UK Agriculture Office for Advancement  
E.S. Good Barn  
1451 University Drive  
Lexington, KY 40546-0097

Please include 'Heaton MVC Fund' in the check memo and also include a letter or note with the

full name of the fund if you choose to contribute.



### **Announcing a New Category in the Textile Wearing Apparel**

#### **Division - Serger Sewing**

Adult Garment (man or woman)

Baby Garment (90% serger)

Child Garment (boy or girl)

Household Items

Decorative Threads

**Standards or features:** Item's core construction must be done on a serger (at least 90%) - 3, 4, or more threads - made from any fabric (i.e., not just a knit), seams need to be visible for observation (i.e., seams cannot be buried in a lining or in a closed seam). Sewing machine work is acceptable for embellishments, such as topstitching and buttonholes. Decorative items with creatively serged threads.

See KY State Fair Premium List & General Rules for details.

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## Calendar of Events



**April 13 – 15** *It's Sew Fine Sewing Expo for Home and Family*, General Butler State Resort Park

**May 16 – 17** 2015 Kentucky Sheep and Fiber Festival, Masterson Station Park, Lexington

**June 11 – 13** *Original Creative Festival, Quilt-Sew-Fiber Art Expo*, Sharonville Convention Center, Cincinnati

**Aug 20- 30** 2015 Kentucky State Fair

**October 12 – 14** Session I *MCV Mid-rotation Training*, Lake Cumberland 4-H Educational Center

**October 14 – 16** Session II *MCV Mid-rotation Training*, Lake Cumberland 4-H Educational Center

**October 17** *Kentucky Make it With Wool* competition, Frankfort

**January 19 – 23, 2016** *Jabez Quilt Seminar*, LakeCumberland 4-H Educational Center

## Tuck-Away-Tote

Loretta Haley has shared her directions for this clever tote bag. The full sized tote bag tucks away into a corner pouch and looks like a strawberry when not in use. These make super gifts for young and old. Use your imagination and change the fabric colors to create other fruits or vegetables and make your next trip to the market more fun.

### Materials needed for 13½ x 15½ inch tote bag:

All fabrics should be light weight but durable. The example was made with woven cotton for the outer fabrics and Rip Stop nylon for the lining.

Strawberry – One 7½-inch square of red fabric

Strawberry top (casing) – Two 9 by 3-inch pieces of green fabric

Outer bag – Two 14 by 16-inch pieces that contrast with the strawberry

Bag handles – Two 18 x 3 ½-inch pieces that match outer bag

Lining – One 16 x 27 ½"

Drawstring – 18 inches of cording

One cord stopper



### Instructions:

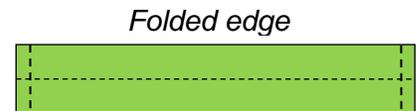
1. Cut the 7 ½-inch piece of red fabric in half on the diagonal to create two triangles.



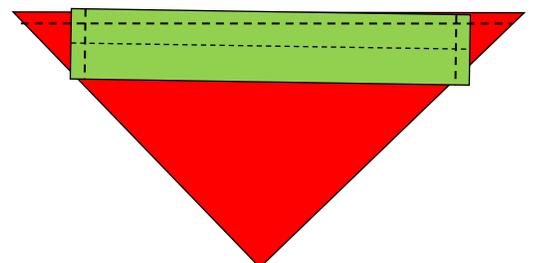
2. Fold both short ends of casing rectangles to make a ¼-inch double turned hem and stitch.



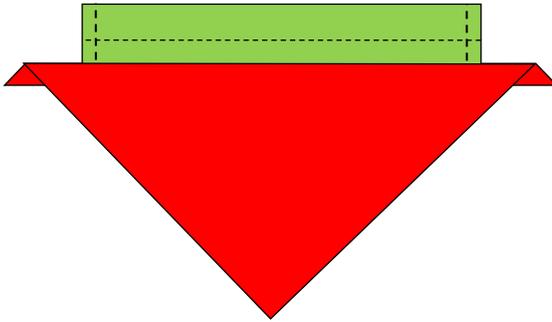
3. Fold casing rectangles in half wrong sides together, matching raw edges. Stitch ¼ inch away from the folded edge for the length of each rectangle.



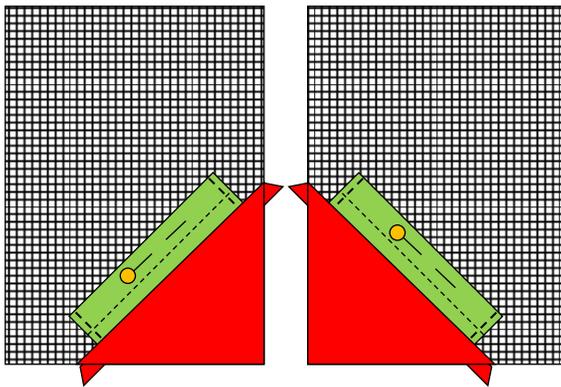
4. Center each folded casing along the long edge of each triangle. Sew casing to triangle with ¼-inch seam.



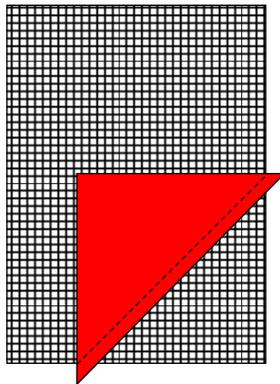
5. Finger press seam toward the triangle.



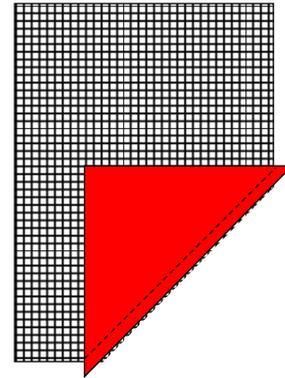
6. Place the triangles in the bottom corners of the outer bag front and back pieces. Pin the casings to the bag front and back.



7. Flip triangle upwards to expose the casing seam. Sew the triangle to the bag along the previous stitching line. Repeat for other triangle and bag piece.

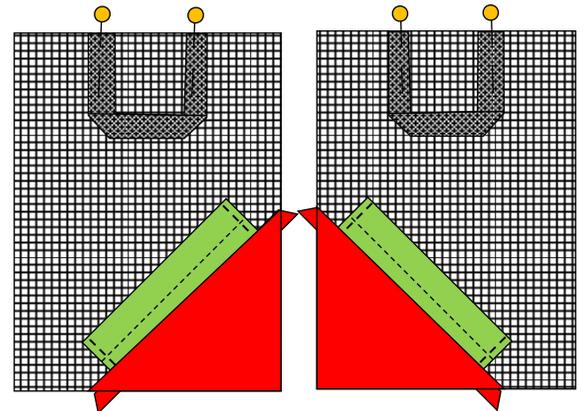


8. Trim corner triangles from bag below the casing seams on the front and back.

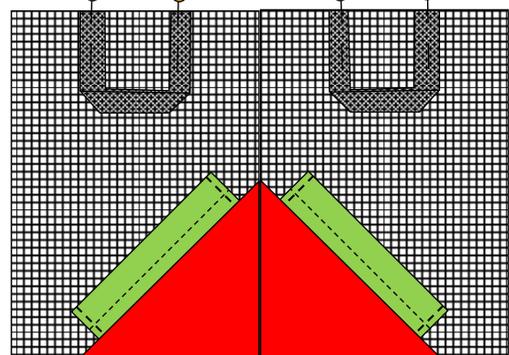


9. Make the straps by folding them RST so long edges are even and stitch with a 1/4-inch seam, leaving ends open for turning. Turn strap right side out and press.

10. Center the straps along the upper edge of the bag pieces with edges of the straps 4 inches from the bag sides. Pin and baste in place.



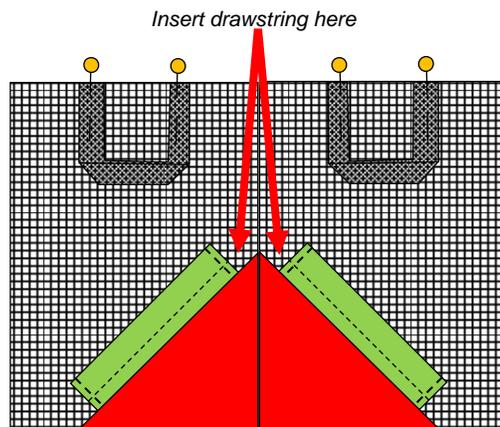
11. With RST, sew bag together along the side with the triangles.



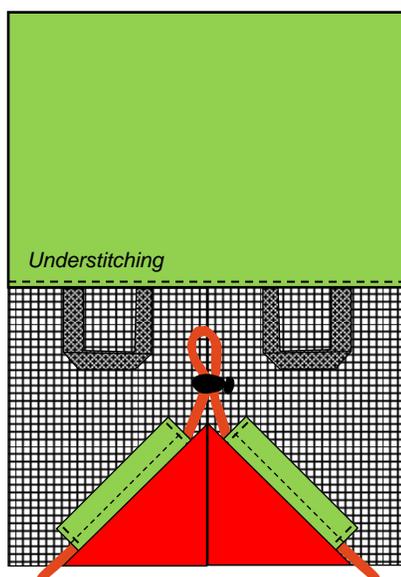
12. Insert drawstring cord in the cord stop. Move the cord stop to the middle of the drawstring.



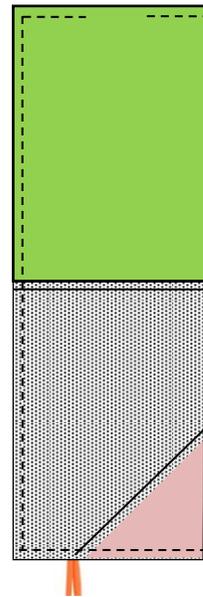
13. Using a safety pin feed each end of the drawstring through the casing formed by the topstitching on each of the green rectangles and the seam lines. Allow about 1 inch of the drawstring to extend beyond the bottom of the bag.



14. Place lining RST with the outer bag and sew across the top of the bag. Open out flat. Understitch the seam towards the lining.



15. Fold the whole piece with the outer fabric RST and the lining RST and sew around all three sides leaving a 3 inch opening in the bottom of the lining.



16. Turn bag right side out through the opening in the lining and sew the opening shut.
17. Push lining to the inside of the bag. Topstitch around the top edge of the bag.
18. Optional: Pin the outer bag to the inner bag in the area of the triangle corner. Sew the lining and bag together along the top edge of the triangle corner right below the casing.

Marjorie M. Baker, M.S.  
Extension Associate for Clothing and Textiles

April 2015



Agriculture and Natural Resources • Family and Consumer Sciences • 4-H Youth Development • Community and Leadership Development

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