



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

KENTUCKY

MASTER CLOTHING VOLUNTEER PROGRAM

April
2019
Newsletter

VOL. 28
NO. 1

CLOTHING and TEXTILES PROGRAM

240 Scovell Hall
Lexington, KY 40546-0064
Phone (859) 257-7772
Fax (859) 257-3095

<http://fcs-hes.ca.uky.edu/content/master-clothing-volunteer-program>



Bobbin' along with Marjorie

I'm so happy to see spring arrive! My house smells so good when we can have the doors and windows open to let the fresh air in. Spring also signals the onset of one of my busiest times of the year. 4-H sewing project groups are in full swing and the push to get the kids finished before the Fashion Revue makes it a little more stressful. Have you ever experienced teaching one teen to make bound button holes on a wool coat at the same time as teaching another to do a fly front zipper on a pair of denim jeans? I know at least one MCV has!

Welcome to two new members to the MCV Steering Committee. Kathy Hilkey from Lyon County was selected to fill the certified MCV position and Carol Rushing-Carr from Montgomery County was selected to fill the County Clothing Leader position. With Eugenia Wilson, FCS agent from the Northeast area, we literally have representation from one end of Kentucky to the other. The committee met in March to begin planning for the fall training. Mark your calendars for Oct 21-25. The training will once again be split into two sessions with an overlap on Wednesday for area sharing and the silent auction.

It's Sew Fine for Home and Family Sewing Expo was a huge success. The venue changed from the previous years to the Boone County Extension Enrichment Center. The banquet audience was inspired by Sarah Gunn and Julie Starr, co-authors of the Tunic Bible. Several MCVs worked on getting tunics fitted to their bodies prior to the class. I look forward to seeing them wearing their creations when they are completed.

Marjorie M. Baker

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



Celebrate 100 Years
of Extending Knowledge
and Changing Lives
visit: www.Extension100Years.net

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

SPOTLIGHT



Sarah Hart
Bluegrass Area
Class of 2006

Some of my earliest memories are of sitting beneath Mom's sewing cabinet as she sewed for the family, mostly mending for 3 active and nearly grown sons. She allowed me to press as soon as I could do so without burning fingers and to sew straight seams on handkerchiefs, pillow cases, etc. I began sewing before starting school and helped with patterns and cutting about the same time. She once said that I ruined a truckload of fabric learning because I refused to listen, but Daddy got plenty of chop sacks and the fabric was almost indestructible. Mom was a finished seamstress and tried to help me perfect attempts, but I've never been too good at listening, learning more by doing.

I teach weekly classes on what people want to learn, whatever they are working on or what they need help with. This ranges and is unpredictable but recently has been a lot of remaking and repurposing. I also teach twice yearly beginning sewing and a summer class for Christmas in July. Classes for fitting are planned for this summer. I also helped with 4-H sewing for 5 years.

My late husband, Don and I had only one child, a daughter, who showed no interest in sewing, but seemed to be able to visualize the costumes and prom dresses she wanted. She took beginning sewing a few years ago (from me) and has since asked for very little help in mending and the sewing she

needs to do for the house or her uniforms for nursing. Our only grandchild, a girl, was interested in sewing and had me help her make her mother a coughing pillow when she had surgery during her elementary school days. She currently does not pursue the art, but calls for help for costumes and tailoring/fitting.

I took 4H sewing, but it was nothing like now. At the time one worked on whatever the projects (crop or house) alone and entered finished project in the fair. The home economics teacher I had used me as an assistant teacher, so little instruction there. I enjoy costumes and dresses for special occasions. I've done 4 weddings and really feel focused and helpful bringing someone's special dreams come to life. Sewing is both a relief and a focus for me. It relaxes and stimulates. I enjoy being able to share my love of creativity with others.

INTERFACING

JOANN



Save 15% with JOANN 4-H Rewards!

Current and lifetime members, parents of members, volunteers and 4-H staff can **save 15% off total in-store and online purchases every day with 4-H Rewards**. JOANN will give a minimum of 2.5% of every eligible transaction to support 4-H programming.

If you haven't signed up for this deal, you are missing out and Kentucky 4-H is losing out on revenue that could be coming our way to support the 4-H clothing and textiles program. If you have a smart phone, download the store's app and go to "more" from the menu. Select "Loyalty Programs". You will be instructed to fill in your name and county, among other things. Once your information is complete you will receive an electronic rewards "card" right there on your phone to use when you make your purchases. It shows up under "Coupons" and it can be used on

your entire purchase with exception of those items you use percentage off coupons for. It's as easy as that. You can also sign up for the program on the JoAnn website:
<https://www.joann.com/4-h/>

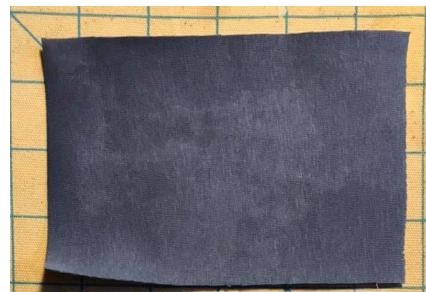
✓ DOROTHY DO RIGHT ✓

Understanding and Taming Jersey Knits for Sewing

What is a Jersey Knit? Jersey knit is a single knit that has a smooth flat surface with a definite right and wrong side. The right side is smooth and has lengthwise vertical rows known as wales. The back has horizontal rows of half-circles or purl knit stitches known as courses. These fabrics have moderate stretch and stretch more in the width direction than in the length. The name comes from the island of Jersey, the largest of the Channel Islands located between England and France. Jersey knit was originally made from wool, but is now made from wool, cotton and a variety of synthetics and blends. Generally, lightweight, Jersey knits work well for year-round comfort and layering.

Adding spandex to a Jersey knit adds additional stretch in the crosswise direction and also adds stretch in the lengthwise direction making it a 2-way stretch fabric. The two way stretch makes it a great fabric for leggings and body suits that require a close fit.

One of the major drawbacks to Jersey knits is its tendency to curl up along the edges. This can create a real 'headache' when it comes to laying it out for cutting and then once cut, keeping the edges flat for sewing. One way to tame the curl is to spray the edges with a spray starch or starch alternative. Once the fabric is dry, the hand becomes very stiff. Starch alternatives include products like Terial Magic® and Best Press®. Both of these products can be washed out after the project is fully constructed to restore the soft hand of the fabric.

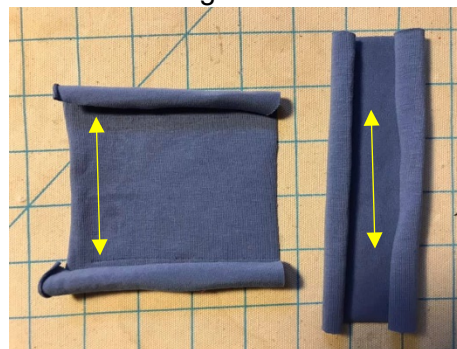


Cotton Jersey Spandex sprayed with Terial Magic®.



Serging the raw edge can also help to tame the curling.

Telling the right side from the wrong side can also be difficult, especially when the fabric is solid colored and yarn dyed. Here is where the curl of the fabric comes in handy. When a Jersey knit is stretched in the crosswise direction, the edge cut edge will curl to the "right" side of the fabric. However, when it is stretched in the lengthwise direction, the sides will curl to the "wrong" side of the fabric. Either side can be used for the outer side of a garment, as long as all the component pieces are consistent throughout.



Untreated Cotton Spandex Jersey

A discussion on sewing knits would not be complete without talking about machine needles.



Universal needles have a slight ball point that enables them to successfully sew most knit fabrics. However, if there is evidence of skipped stitches, using a Jersey needle is the next one to try. The Jersey (SUK) needle has a medium ball point and is made specifically for sewing Jersey knits. If the Jersey knit has a spandex component, using the stretch needle will yield the best results. Stretch needles can also be used on woven that contain spandex. The shape of the shaft enables better penetration through a bouncy fabric and preventing skipped stitches. Size of the needle to be used is always determined by the weight of the fabric and thread being used.

Choosing the best thread to use is the next step. This may be dependent on the method of seaming and type of machine. A polyester thread has the strength needed to withstand the stretch of the fabric. Using a narrow zigzag or a serger stitch is required. Both of these stitches allow for the seamline to stretch without breaking the threads. However, there is now a new type of thread made specifically for sewing knits and can be used with a simple straight stitch. Marketed under the Coats and Clark brand, Eloflex® thread is made from P.B.T. (Polybutylene Terephthalate), a polymer fiber that stretches after it is sewn into the seam, even using a straight stitch. Eloflex® should be used on the top and in the bobbin when using it on the sewing machine. Look for Eloflex® in a variety of colors at your favorite sewing store.



Calendar of Events



June 14 MCV Steering Committee meeting at the Fayette County Extension Office, 10:00 am

June 30 Annual service hour reports due to area contact agents.

August 1-15 on-line registration open for Mid-rotation Statewide Training

August 14-25 Kentucky State Fair

October 21-25, 2019 *Mid-rotation Statewide Training Week*, Lake Cumberland 4-H Educational Center (week will be split into two sessions)

Know your Knits Quiz

Identify the types of knits pictured below from the list given.



Choose your answers from the following: Sweater knit, Jersey knit, Interlock knit, Rib knit

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

A. Jersey B. Interlock C. Jersey D. Rib E. Jersey F. Sweater

Bias Bow

This cute little bow can be used to embellish all sorts of items from bags, to dresses, or even used as for a little girl's hair holder. It's quick and easy to make!

Fabric needed:

Bow – cut one 4 ¼" square

Bow band – cut one 2" square

Instructions:

1. Fold the 4 ¼" square (bow) in half, right sides together. Using a ¼" seam, sew both the short sides from the folded edge and stopping ½" from the open edge.



2. Refold, matching seam to seam. Repeat step one for the remaining two short sides.



3. Finger press the seam allowances open. Turn right out through the opening in the center. Press bow flat. Piece should measure approximately 2 ½" square.



4. Fold the 2" square (bow band) in half with wrong sides together, press. Open up and fold raw edges towards the center fold line, press and refold on center fold. Folded piece should measure ½" x 2".

5. Pleat bow at center and hold pleats in place using a straight pin.



6. Wrap the bow band around pleated bow, folding raw edge under. Secure in place with small whip stitches.



Marjorie M. Baker
April 2019