



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

# KENTUCKY

## MASTER

## CLOTHING

## VOLUNTEER

## PROGRAM

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Newsletter

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### CLOTHING and TEXTILES PROGRAM

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



## *Bobbin' along with Marjorie*

Once again the holidays are upon us and I am thankful to have yet another statewide training completed. The class of 2016 is off to a great start. Despite the scary stories that circulate about how difficult the process is, I know that several are getting close to having their teaching tools, aka samples ready to be checked. It has been fun to chat with those that are on Facebook. The class of 2016 has their own group page to compare notes and get questions answered.

I'd like to thank Wilderness Trail and Lincoln Trail areas for planning the Wednesday luncheon and style show and Steering Committee members; Loretta Haley, Wanda Teegarden, Marylou Reising, Anita Tomberlin-Cummins, Angie York, and Mary Averbeck and Mary Hixson and Jennifer Klee for teaching classes at the fall training. The evaluations indicate that all the classes were well received and some will definitely be considered for repeating in 2017. If anyone has strong feelings about what classes they would like to see offered next fall, please contact me or one of the steering committee members.

This edition of the newsletter is packed with articles of interest that I hope you all will appreciate. Wanda Teegarden has some hints for working with new sewers as we look at starting the 4-H sewing projects in the spring. Patti Bridge shared her adventure in teaching sewing in India, many of you contributed items for her to take with her. Susan Kipp shared a fashion Design opportunity for anyone interested in participating. Read more about E-textiles and the impact they are having on teaching sewing. And of course there's a small sewing project to share with others at the end.

Merry Christmas and Happy New Year!

*Marjorie M. Baker*

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



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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## Quote from Fall Training

### Evaluation:

*Wow! How does one explain how beneficial it is to attend MCV trainings? Every year I learn something that introduces me to new fabrics, techniques, skills that I can apply to my personal sewing and to my sewing instruction. This year was no different. Also, the "side bar" knowledge that you receive from interacting with other participants is awesome. Just interacting and sharing is inspiring! After attending MCV training all I think about for months is how to apply what I've learned and share, share, share.*

## 20/20 VISION with a focus on fashion

### **Submitted by Susan Kipp, CMCV**

The EKV Apparel Design & Merchandising students are collaborating with the Kentucky Lions Eye Foundation to sponsor and produce a design competition and show in the spring. Designers are to design and produce an ensemble that incorporates eyeglass lenses and/or frames in the design. The competition is open to anyone interested: high school students, college students, alumni, and general public. The show is to be held April 28<sup>th</sup> at 7:00 pm at The Lyric Theater & Cultural Arts Center in Lexington. We would love to have some Master Clothing Volunteers and 4-Her's participate. The lenses are provided to the designer we can work with you on pick up of lenses.

The application, all of the information, plus some photos of designs from an Atlanta show are posted on our departmental website, [www.fcs.eku.edu](http://www.fcs.eku.edu). This might help get the creative juices flowing! Please pass this around to other MCV's and/or 4-H agents.

Thanks for your help in getting the word out!

## ✓ DOROTHY DO RIGHT ✓

### **The Not So Simple Things!**

#### **Submitted by Wanda Teegarden, CMCV and Steering Committee member**

Sometimes we take the simplest things for granted. We may tell a new student to "pin your pattern to your fabric, using your guide sheet to position the pieces." That seems simple enough. After all, we have probably done it a thousand times. What we fail to realize is that the new student has not done it very many times at all. Therefore, the simplest of things to us, may not be so simple. I recently helped a friend with a 4-H group where I observed this very situation. One student was pinning her pattern to the fabric by lifting the fabric from the cutting surface. Another student was cutting out her pattern, again by lifting the fabric from the cutting surface. In both cases, the students failed to understand the importance of accuracy when pinning and cutting. To ensure the fabric is cut exactly according to the pattern, the fabric must lie flat on the cutting surface when pinning and when cutting. Raising the pattern to pin may cause the fabric to shift or cause wrinkles on the underside that will not be seen until the cutting is finished. Raising the fabric to cut will not allow you to cut exactly along the cutting line. Most likely, you will cut the pattern too small or too large. Granted, getting that pin into the fabric and up and out while leaving the fabric flat on the table might take a little practice, but it can be done by using one hand to hold the fabric and pattern flat while using the other hand to manipulate the pin.

Have you noticed that new sewers have a tendency to cut with short, uncertain choppy cuts? Perhaps the weight of the shears is awkward for young hands? But, I have also seen adults do the same thing which makes me think this is an action of uncertainty rather than poor balance with the shears. The best method for cutting out a pattern is to use the longest, straightest cuts possible with the fabric flat on the table. Again this takes practice, but ensures the most accurate cutting. I have learned as a teacher to take very few things for granted. I often tell my

students that I assume they know nothing and that is the way I approach my teaching. For some, it may be too simple, but for most, it is the right approach. I highly recommend demonstrating each step of a procedure if at all possible. So instead of telling students to pin and cut, why not demonstrate both procedures on what else??? A sample, of course!!! By using a demonstration, you can emphasize the importance of accuracy with cutting and pinning, thereby getting off on the right foot to a fabulous project. Hopefully, the message of accuracy and attention to detail will carry over to sewing a straight seam, inserting a zipper, placing buttonholes, and all the other steps of putting together a sewing project. When accuracy is emphasized from the start, the student is more likely to end up with a garment that is well constructed and pleasing to the eye. Keep emphasizing those little things that we may take for granted. For some, they are not so simple and when added together, they really make a big difference in producing a quality product.



## Sewing Corner

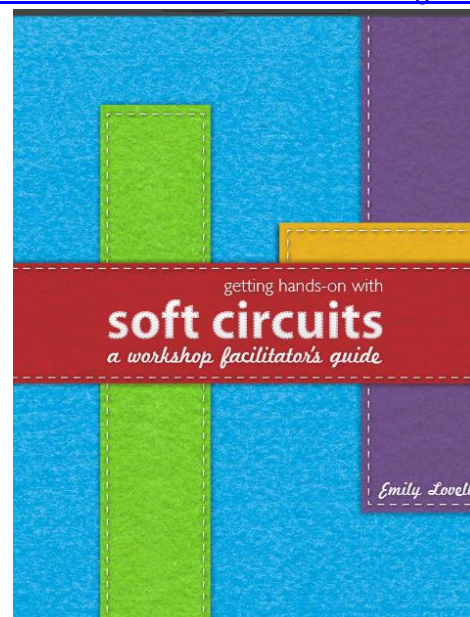
(This section will be used to share items of interest to 4-H Sewing Leaders)

The evening activity at the fall training was a big hit “sparking” questions and curiosity about electronic-textiles. Electronic-textiles or e-textiles, also referred to as soft circuits, have been around for a number of years but over the past 10 years have caught the attention of educators as a way to introduce young people, especially girls to electronics and computer programming at the same time getting them interested in learning the age old craft of sewing. Being married to an engineer and the mother of 3 engineers, I now have conversations with them that I

never expected to have or even understand, let alone being able to teach the concepts, but I’m right there in the middle. It has been so much fun sharing my “aha” moment and seeing others experience it as well. Following a successful summer helping with summer camps and the Tech Take Over Grant, I presented two sessions at the state 4-H Agents Series In-service training earlier this month that included the same activity that I presented at the 2016 National Youth Maker’s Summit held at the National 4-H Conference Center in Chevy Chase, Maryland in November.

The Steering Committee members introduced an E-textile activity from Style Engineers Smart Clothing at the fall training. I did some more investigating of online resources, I found another good facilitator’s guide for teaching soft circuits on the MIT Alumni Media Lab website.

<http://alumni.media.mit.edu/~emme/guide.pdf>



And if you are really interested in finding out more, ask at your local library for the book **Textile Messages** Edited by Leah Buechley, Kylie Peppler, Michael Eisenberg, and Yasmin Kafai. ISBN 78-1-4331-1919-4

I hope to see a 4-H project for county and state fair exhibits that incorporates soft circuits added in the next couple of years.



## Mission India

*Submitted by Patti Bridge, CMCV*

This past November 1–14 I had the experience of a lifetime when I went to Calcutta, India to teach sewing. I never really wanted to go to India, but when the leader of our church's missions program called me and asked if I would go and teach sewing I had to say yes! I went with a group that were teaching vocations to the Indian people. One man taught electrical wiring, one taught chicken farming, the other woman on our team taught hair dressing. I taught beginning sewing. It was very challenging and hard work! First of all, they used treadle machines and I had never seen one or sewn on one. So of course I called Marjorie and asked if she had one and if she would show me how to use. After a lesson I was ready to go! The next thing I had to do is gather supplies. That is where all of my sewing sisters in the Master Clothing Volunteer Program played their part. I asked for supplies used or new to take to give to my Indian students. You all gave so generously to me; I was very touched! I collected almost all the supplies I needed. So I was prepared to go and teach 12 ladies. Two days before I left the number changed to 20 students. The day after we got to India I was notified that I had 30 students! I was about to panic but was told that we would go to the market and buy the supplies that I was lacking. So, the first day of class I had enough sewing kits for thirty people. Imagine my surprise when thirty-three people showed up to class!

I taught the class through an interpreter, which was another challenge. Sometimes he did not understand the technical language of sewing so I had to explain things to him before he could translate to the students.

The first day we went over sewing supplies and their uses. Next we covered the parts of the sewing machine. We let

them practice using the treadle machine then they made a pin cushion. The second day I covered seams and seam finishes and how to put in a zipper. They finished the day by making a zippered tote bag to keep their sewing supplies in. The third day I taught them how to prepare fabric to sew and what different fabrics look like. For their project they made a tote bag with handles. The fourth day I taught them about French seams and they made a magic pillow case. The final day I taught them how to read a pattern and what the notations mean. I showed them how to lay out a pattern on fabric. I also tested them on what they had learned and graded them on their pillow case.

It was a wonderful experience teaching these sweet people and they were so excited to learn. They are looking forward to making some garments! It was wonderful to see the pride on their faces when they completed their projects. Thank you all for participating with me!



Patti Bridge surveys the fabric market in Calcutta India.



Indian women learn to sew on treadle sewing machines.



Pillow cases were one of several projects that Patti Bridge taught the ladies of Calcutta.



Making straps for tote bags.

## Calendar of Events



**April 10 – 12, 2017** It's Sew Fine for Home and Family Sewing Expo, General Butler State Resort Park, Carrollton

**April 28** 20/20 Vision with a Focus on Fashion, 7:00 pm at The Lyric Theater & Cultural Arts Center in Lexington.

**August 17-27** Kentucky State Fair, Louisville

**August 19** Louise Cutting, American Sewing Guild Louisville Chapter sponsored event, place TBA

**October 9-11** Session I Mid-rotation and Class of 2016 Training, Lake Cumberland 4-H Educational Center

**October 11-13** Session II Mid-rotation Training, Lake Cumberland 4-H Educational Center

## Scrap Happens Collapsible Thread Catcher

Face it, if you sew, scrap happens! Taping a brown paper lunch bag to the side of the table is always one option for keeping your sewing space free of thread and fabric snips. But why not make a thread catcher with some of those larger scraps? Tuck it away in your sewing machine carrier and you'll always have it with you when you go to your next class. A fat quarter of quilting cotton is enough for two, make one for yourself and the other to give to a sewing friend.



### Supply list:

From quilting cotton, cut one 10 x 11 inch rectangle and two 4½-inch circles (label A and B)

Two 3-inch circles cut from heavy cardboard

Two 3-inch circles cut from light-wt. quilt batting or foam batting alternative (Soft and Stable®) scraps

20 inches of ½-inch wide plastic strapping (the stuff used around shipping boxes)

Thread

Fabric glue

Sewing machine and basic sewing supplies





## Instructions:

1. Fold fabric rectangle in half wrong sides together with the fold running parallel to the 11-inch sides. Press crease along folded edge.
2. Open up and match the 10-inch sides, right sides together. With  $\frac{1}{4}$ -inch seam allowance, sew side up to the crease line and back stitch. Leave a  $\frac{5}{8}$ -inch space and continue sewing the remainder of the side, back stitching as you begin. Press seam open. (the side with the  $\frac{5}{8}$ -inch opening will be the outside of the thread catcher)
3. Fold fabric tube wrong sides together along the crease line made in step 1. Stitch  $\frac{5}{8}$  inch from folded edge to create a casing for inserting the strapping later.
4. Baste raw edges of tube together,  $\frac{1}{4}$ -inch from raw edge.
5. Prepare bottom pieces: Run a line of basting  $\frac{1}{4}$ -inch away from outer edge of each fabric circle, leaving a thread tail for gathering edge later. This can be done by hand or machine.
6. Glue batting or foam to cardboard circles.
7. Attach bottom A to tube: Divide and mark the tube and bottom piece A into four equal spaces. Position the outside of the tube (side with the opening in the seam) with raw edges  $\frac{3}{8}$  inch in from the right side edge of the circle A. Match the four markings. Basting thread on the circle should be visible. Sew tube to bottom following the basting line that was sewn on the tube, easing bottom to fit tube as necessary.
8. Place the cardboard circles with batting towards the wrong side of the fabric circles. Draw up basting threads encasing the cardboard, tie threads to secure. Note: bottom A is already attached to the tube, bottom B is not.



9. Pin and hand sew OR glue bottom B to bottom A with cardboard touching cardboard.



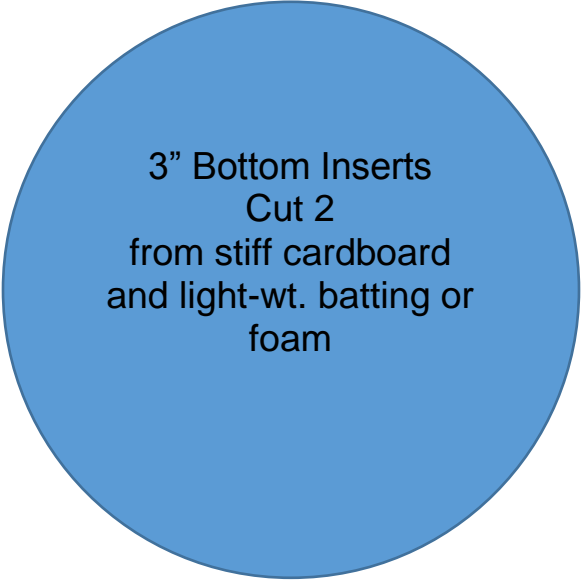
10. Round off the corners from the plastic strapping. Turn right side out and insert plastic strapping in the opening at the seam line until it goes all the way around one time. Insert the other end of the strapping going the opposite direction from the first until the strapping is completely inside the casing. Hand sew the opening closed.



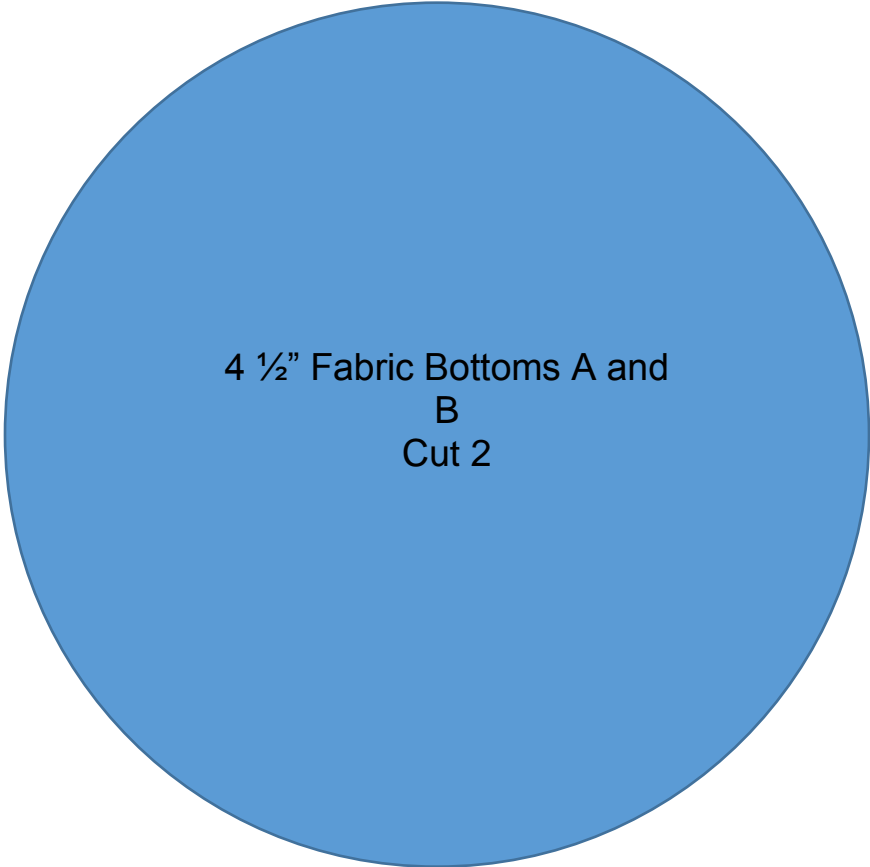
Marjorie M. Baker, December 2016



## Bottom patterns for Scrap Happens Collapsible Thread Catcher:



3" Bottom Inserts  
Cut 2  
from stiff cardboard  
and light-wt. batting or  
foam



4 ½" Fabric Bottoms A and  
B  
Cut 2