

# KENTUCKY

## MASTER

## CLOTHING

## VOLUNTEER

## PROGRAM

CLOTHING and TEXTILES PROGRAM

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## *Bobbin' along with Marjorie*



*"extending clothing  
knowledge and skills"*

July  
2013  
Newsletter

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Summer is here! I know everyone is enjoying the warm weather and being outdoors. I just finished up with 4-H Teen Conference Fashion Revue. The teens are such a delight to work with. Many of you know and work with them as well. There were only 11 sewing contestants again this year. It's disappointing that so few of our teen sewers participate at this annual event. Those who attend have a great time and seem to return year after year. Our winner this year was Elizabeth Griffin from Oldham County. She made a beautiful turquoise satin gown with rhinestone straps. This was Elizabeth's second time to be in the state Fashion Revue and she took home a brand new Husky Star sewing machine as her prize. Each year of participation adds to building the teen's self-confidence and poise. I appreciate the Master Clothing Volunteers that attended the evening's program, Melinda Harder, Julie Ullery, and Joetta Maynard. Joetta's grandson, Cody Phillips, had been a narrator for the Fashion Revue in 2012 and 2011, but this year he used his time to run for state office. Congratulations to Cody on being elected state 4-H Teen Council treasurer. The experience the teens gain from the Fashion Revue experience is a springboard to future leadership positions as many of them do go on to be state officers. A big thank you goes to Jennifer Klee and Susan Kipp, CMCV who served as this year's judges.

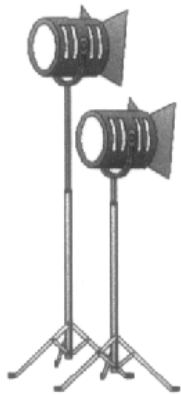
State fair judging will be Aug 12-13. If anyone is interested in helping with judging the 4-H sewing or needlework projects, please let me know as soon as possible so I can let the superintendents know where to schedule you.

I'm really excited about our training in October. The MCV steering committee has organized it into tracks so you won't need to move your sewing station from room to room once you are set up. See the class descriptions on a later page of this newsletter.

*Marjorie M. Baker*

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

## SPOTLIGHT



**Joan Gertz**  
CMCV Fayette County  
Class of 2000

### Joan's earliest sewing experiences:

Joan became interested in sewing when she was four years old. Her mom bought a used "International" brand sewing machine and it was only a matter of time before she was making and designing clothes for all her dolls. She went on to sew in 4-H and home economics throughout high school and college, making most of her clothes and home furnishings.

Sewing dropped out of her life for a while in lieu of a career in physical therapy, PT education, writing and dance, until she took an 8-week "Stretch and Sew" class in the late '70's. She was hooked again. Does anyone know if sewing is considered some form of addiction?

### Joan's experience as a Master Clothing Volunteer:

Joan says, "It has been a delight to be part of the Master Clothing Volunteer program. I've met and learned much from many wonderful women over the past years of training and volunteering. It was

a great privilege to have both Linda Heaton and Marjorie Baker as leaders of the program. They both have contributed SO MUCH to my life!!"

### Joan's family:

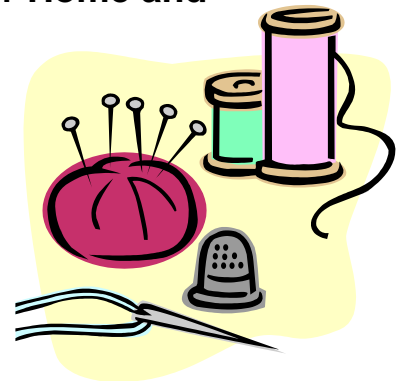
Joan is married to Jon, her sweetheart of 29 years and they have two grown children. Johanna, 26, who is pursuing her dreams in New York City and is now glad that mom "made her learn how to sew" and Jonathan, 24, who will be moving in August, 2013 from Louisville to New York City to attend graduate studies at Columbia University. No grandchildren, yet!

### Other Comments:

Despite some visual and physical limitations, Joan tries not to let anything stop her when she sets her mind on a goal. Her most recent pursuits have been learning new sewing techniques and technologies used in quilting. Joan also loves to teach!

### It's Sew Fine for Home and Family Sewing Expo

2014 Teacher submissions are now being accepted. For more information, or if you are interested in teaching a class, please go to the Owen County FCS [website](#) for the class submission form. Deadline for submissions is September 3, 2013. This is a great time to share your skills with others from Kentucky and the surrounding states. Bonnie Hunter of [quiltville.com](#) will be the guest speaker/presenter, April 15 – 16.



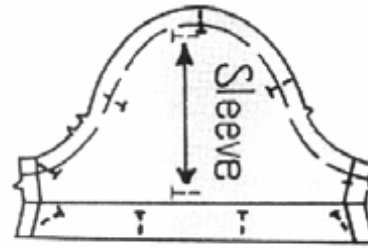
## Make It with Wool Contest

Application forms are available from Dorothy Vale, state director. Contact Dorothy via email at: [kymiww@aol.com](mailto:kymiww@aol.com) or check with your local county Extension office to obtain an application form. If you do not know if your piece of wool is at least 60 percent wool, Dorothy can get your wool tested. Send her a 5-inch square swatch before you make your outfit. Entries are due October 1 to Dorothy Vale. The state competition will be held October 12 in Cave City. Please encourage youth in your counties to participate. There are three age divisions for youth, Preteen, Junior (13-16), and Senior (17-24); as well as the adult division. There are also special prizes awarded at the national level in the Junior and Senior youth divisions. They include use of mohair, use of the Wild Ginger Software, and use of machine embroidery. My daughter, Erin was the recipient of the Wild Ginger Software cash prize at the 2013 national competition. This was Erin's last year to compete as a youth. She has enjoyed and been honored to represent Kentucky at the National finals 7 times. She has met sewing friends from all across the USA that she still keeps in contact with.



Bottom line, you want your pins to go through your fabric like a hot knife goes through butter.

All-purpose pins and quilters pins may vary in thickness and length. Thicker fabric can tolerate heavier pins. You can roll the pin between your fingers to get a feel for its size. Use the thinnest pins for sheer and lightweight fabrics. You may even consider using "insect" pins for your fine fabrics; you know the ones that are used for insect collections.



Pins should be positioned at the ends of the grain line arrows and perpendicular to the stitching and cutting lines. Place only enough pins to hold the pattern in place. Putting too many pins in the pattern piece can actually cause you to cut the piece larger than is needed. Be sure to pin at corners and along straight and curved edges. Avoid lifting the fabric off the cutting surface when pinning, to avoid the risk of distorting the fabric, resulting in an inaccurate cut.

It is recommended that fabric being seamed be pinned perpendicular to the stitching line. This allows for easier removal of the pins while sewing. **NEVER SEW OVER PINS.** Stop the machine and remove the pins as you come to them, placing them in a pin cushion as you go. Sewing over pins is dangerous. It can cause broken pins and needles, as well as misalignment of your sewing machine. Broken needles can even fly up and cause injury to the face or eyes, not to mention damaging your fine fabric.

When pins show signs of wear, nicks, and roughness, it's best to dispose of them and replace them with new ones. Even though most pins are nickel plated to resist corrosion, if left in fabric over time, moisture in the air, especially if you are near salt water will cause them to rust and discolor your fabric.

✓ **DOROTHY DO RIGHT** ✓

### Get to the point!

Let's get right to the point, that is, pins and proper procedures. Pinning is often one of those things that we take for granted that everyone already knows. Well, don't be fooled. Learning to properly handle pins is not always as easy as it seems. First of all, there are a multitude of pins on the market today and there are uses for all of these. When it comes to sewing, pins are the first thing to come in contact with your fabric so they need to be right. Silk dressmaker's pins have long been the choice for sewing woven fabrics. They are sharp and suited for most garment sewing. Ball point pins are designed for using only on knit fabrics as they have a more rounded tip so that it slips between the fabric loops and does not pierce or pull the yarns.

## 2013 Mid-rotation Training

This year we are trying something different. The classes have been grouped into tracks so that you won't be changing class rooms. Registration begins July 1, ask your contact agent for a registration form. Remember you have to turn in an annual report before you can register.

**Class of 2012:** This track is a continuation of the training you started in 2012. You will have sessions on basic serger techniques taught by the Purchase Area CMCVs; sewing with knit fabrics taught by Mary Averbeck (Kent County 4-H agent); advanced seams and seam finishes, invisible zippers, and handling bulk taught by Judy Hetterman (Owen County FCS agent); and pattern alterations taught by Mary Hixson (Garrard County FCS Agent). A mini skill-a-thon will finish off your training.

**Tailor Made:** Using fusible interfacings for tailoring has made this time honored task more suited to our busy lifestyles. Susan Kipp (Bluegrass CMCV) will teach you the basics while making a sample sized jacket. There is a lot to learn about precision sewing and handling bulk in this class. Shelby Smarte will end with a session on making and using your own piping – a technique that can enhance the finished look of your jacket.

**Elective “Surgery”:** You will only need your serger/overlock machine for this track. If you have a coverlock machine, bring that along, also. Sessions will include making a serger t-shirt taught by Harlene Welch (Bluegrass CMCV) and a quick project, like a purse, taught by Carol Blair or Joyce Hildreth (Northern KY CMCVs). In addition, Shelby Smarte will be on hand with a lecture, visual aids and hands-on practice using basic serger techniques with a twist that lets you be creative with your serger. Some of the techniques that will be covered include hemming, neckline and edge finishes for knits. Specialty feet such as the gathering foot and piping foot, using fusible thread, faggoting, passementerie, decorative threads and working with sheers are just a few of the topics to inspire you. Using the 2-thread and coverstitch option will be demonstrated for those who have this capability on their

machines. You must have completed Serger Levels I-III and be able to thread your machine for all the basic operations.

**The Designer in You:** Sandy Davis (Louisville CMCV) will share with you how to determine your best colors followed by a session introducing you to pattern design by draping taught by LaDawn Hale (Calloway County FCS agent). LaDawn has a background working in the garment industry and has taught draping at previous MCV trainings.

**Clover Lovers:** No sewing machine required! This track will give you an overview of all the 4-H Apparel and Textile related projects, including some that are soon to be released. MCV Steering Committee members, Jennifer Klee and Mary Hixson will be there to do some hands *on Fiber to Fabric Fun* and Mary Averbeck will share with you tips on how to prepare 4-Her's for the 4-H Sewing Skill-a-thon.

**It's in the Bag:** This track will start out with Shelby Smarte teaching a session on making and using piping that could be used in embellishing hand bags as well as garments. Nell Jordan (CMCV) will share with you her tips for making the quilted *Bow Tucks Tote* bag. The *Bow Tucks Tote* pattern by Quilts Illustrated is a great tote bag to carry all your belongings, including water bottle, camera, and even baby supplies. Finished size is 13" x 11" x 5". To finish off, Elaine Boer (Louisville CMVC) will teach you to make purse accessories to go into your *Bow Tucks Tote* bag.

**Evening activities:** Wednesday will be area sharing. Thursday will be a whole group session on *Technology and Social Media* by Monica Willett (Bluegrass MCV) and also sewing pillowcases for charity.

**Passementerie or passementarie** is the art of making elaborate trimmings or edgings (in French, **passements**) of applied braid, gold or silver cord, embroidery, colored silk, or beads for clothing or furnishings (Caulfield, S.F.A. and B.C. Saward, *The Dictionary of Needlework*, 1885.)

## SHIRT TO DRESS

Submitted by Nell Jordan, CMCV

I am fond of recycling. I grew up living “use it up, wear it out, make it do or do without” so I have carried that over into my project of making dresses for little girls for our church mission trips.

My friend loves to shop at Goodwill and bought a large man’s Hawaiian print shirt to use to make a child’s dress. I cut the shirt apart but leave the shirt buttoned and use a pattern to cut out the dress. I use my favorite pattern which has raglan sleeves but the “pillow case” pattern can be used. I leave the pocket on and use the buttons and buttonholes but only as decorations. I use the hem of the shirt and the sleeves for the hem of the dress and the hem of the sleeves so there is much less sewing than making a dress from scratch. I use the original hem if it is a straight hem or a shaped hem. From my stash I use a matching or contrasting bias band around the neck of the dress. I also use some of the bias to make a bow at the neckline.

I can make a dress for \$3.00 from Goodwill which is much cheaper than what a yard or 1 ½ yards of fabric would cost. I got so excited with this project that we have bought 9 more shirts and those dresses are already made for next spring’s mission trip.



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## Calendar of Events



**July 16** MCV Steering Committee Meeting, 12 noon, Hardin County Extension Office, Elizabethtown

**July 16 – 18** NVON conference, Frankfort

**August 12 – 13** *State Fair Cloverville Judging*, Louisville

**August 30 – September 1** *Sew Original Quilt and Creative Expo*, Kentucky Exposition Center, Louisville

**September 3** Deadline for *It’s Sew Fine* class submissions

**September 20 – 21** American Sewing Guild presents *The Perfect Little Purse with Mary Ray*, Louisville (see April 2013 newsletter for details)

**October 1** Deadline for *Kentucky Make it with Wool* contest entries

**October 9 – 11** *2013 Mid-Rotation Training*, Lake Cumberland 4-H Educational Center, Jabez

**October 12** *Kentucky Make it with Wool Contest*, Cave City, KY

**April 15 – 16, 2014** *It’s Sew Fine for Home and Family Sewing Expo*, General Butler State Resort Park, Carrollton.

## Quilted Cotton Bowl

How many times have you burned your fingers lifting a bowl of hot soup from the microwave? Using a regular potholder just doesn't work. Wouldn't it be nice to have a custom shaped potholder to use in the microwave? Or an insulating layer for a cold bowl of ice cream? The solution is a quilted fabric potholder/bowl. This project is also perfect for practicing how to make darts, sewing and topstitching corners and reducing bulk in enclosed seam lines.



### Supplies you will need:

- 2 squares of 100% cotton fabric approximately 10 inches square (measure bowl to custom fit)
- 2 squares of 100% cotton batting (no scrim or glue) – cut ½ inches smaller than the fabric squares (9½ inches)
- Cotton sewing thread
- Scissors or a rotary mat and cutter
- Ruler
- Tape measure
- Fabric marker
- Pins
- Sewing machine
- Walking or even feed foot (optional)

***Be sure to use only cotton materials and thread, as synthetic fibers could melt or catch fire in the microwave.***

To custom fit a favorite bowl, measure the outside of the bowl from edge across the bottom to the opposite edge. Add ½ inch for seam allowances and cut your square to this measurement. Most soup bowls are around 10 inches. (10-inch squares were used for the pictured bowl.)

### Sewing Instructions:

1. Lay each piece of fabric with wrong side facing up. Center one square of batting on each fabric square. Mark diagonal lines from corners to corners. Pin the fabric and batting together. The batting square should be ¼-inch away from the edges of the fabric square.
2. Sew the two layers together by sewing an X with a straight stitch, diagonally from corner to corner or use another quilting design of your choice.

3. To give shape to your bowl, you will be sewing darts in each side. Fold the quilted square in half right sides together, pin layers together. The folded edge is the center of the dart. Measure in 1 inch from the fold and mark the cut edge at this point. Measure along the fold and mark the point of the dart 2½ inches from the cut edge. Draw a line connecting the two points. Starting ¼ inch from the fabric edge, even with the batting, sew the dart following the line to the folded edge, back tacking at both ends. By leaving the seam allowance unsewn, you eliminate the need to clip the “v” seam sewn in the next step. Trim dart to ¼ inch from stitching and trim batting close to stitching to reduce bulk. Press dart seams open. Repeat for all four sides of both fabric squares.



4. Pin the bowls right sides together, matching the dart seams and corresponding corners. Sew together, stitching ¼ inch from the cut edges – leave a 3-inch opening for turning.
5. Trim corners and turn right side out. Work corners out to be square. (If you have trouble making square corners, round them off when stitching the edges and notch the rounded edge before turning.) Press and edge stitch around the entire outer edge being careful to sew the opening closed.
6. Optional: Sew through center of bowl in a circle to hold all layers together.

Place the food bowl inside the fabric bowl for heating in the microwave oven. When making hot cereals, they often boil over. Not only will the fabric bowl protect your fingers from getting burned, it will also catch the mess. Consider using cotton terry cloth or old towels for the inside layer of your bowl. Make several so each person has their own to insulate against hot or cold foods.

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Extension Associate for Clothing and Textiles  
March 2013