

KENTUCKY

MASTER

CLOTHING

VOLUNTEER

PROGRAM



*"extending clothing
knowledge and skills"*

July
2008
Newsletter

VOL. 17
NO. 2

**2008
State Wide
Training
October
14 to 17**

CLOTHING & TEXTILES PROGRAM

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Lexington, KY 40546-0064
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<http://www.ca.uky.edu/hes/fcs/MVP/index.html>



Bobbin' along with Marjorie

Summer is finally here! When the hot summer temperatures force you to retreat to the air conditioning, what better way to spend the time than sewing? Many of us will also find ourselves teaching and mentoring young sewers over the course of the next two months. And the State Fair will be here before we know it. Those of you that would like to help at the fair, there are opportunities to judge the 4-H clothing/non-clothing and needlework entries, as well as the Sewing Skill-a-thon. See dates on both these events further in this newsletter.

I want to thank everyone that has volunteered their time this past year to teach sewing skills to 4-H youth across the state. State 4-H Teen Conference once again was treated to a wonderful Fashion Revue featuring 18 young ladies modeling their garments. The theme was *4-H Stars Light up the Night*. I know there are more 4-H youth that could have modeled. As you work with them in the upcoming year, please encourage them to participate next year. This year a Pfaff Select 3.0 sewing machine was given away to a young lady from Perry County for being the "Viewer's Choice" in our "Star" search. District 3 agents/volunteers will be planning the event for 2009.

I will be traveling to Indianapolis in September to present a poster session on the Kentucky Master Volunteer in Clothing Construction Program at the Galaxy III conference. The session is titled "Master Volunteers, Sew Valued!" Jennifer Klee and several other agents will also be presenting one on "Kentucky Sews" which will feature six sewing programs going on around the state.

Are you ready for another exciting statewide training? The steering committee has put together a list of classes which is sure to impress. Register early as class size is limited and you want to be sure to get your first choice. Start collecting your items for the silent auction. I hope the areas are well on their way to selecting candidates for the class of 2008. Can you believe this class marks the 10th recruiting class?

With everyone's help, we are sure to keep sewing alive in Kentucky.

Marjorie M. Baker

Marjorie M. Baker, M.S.

Extension Associate for Clothing and Textiles



Disabilities accommodated with prior notification.

SPOTLIGHT



Joetta Maynard
CMV Pike County, Class of 2000

The Master Volunteer Program has been perfect for me. I am a retired high school mathematics teacher and I love to teach. I also have a passion for sewing.

I have been sewing for 60 years. My mother says that I learned to sew on her treadle sewing machine when I was seven years old and had to stand to reach the pedal. She was afraid that I would sew through my finger because I would fly – or so she says. Even now when I stay with her (she needs care around the clock) and set up my sewing machine on her dining room table, she tells me not to sew through my finger!

I grew up on a small farm in eastern Kentucky and we had a few cattle. That gave me access to feed sacks. I wish I still had some of the garments I made from them. I really learned to sew making doll clothes and I still have those. It was in 4-H, where I learned to use a single thread when doing a hem. It was in high school home economics class that I learned to use a pattern. I was making some of my clothes even then, including my prom dress. When my daughters were growing up, I made almost all of our clothes. It was cheaper and I enjoyed doing it.

I have taught my grandson to sew. This is the second year in a row that his sewing project will go to the Kentucky State Fair.

I tell my students that sewing teaches patience and gives a feeling of accomplishment. I just wish that I had more time to sew!

Thanks for sharing your story, Joetta.

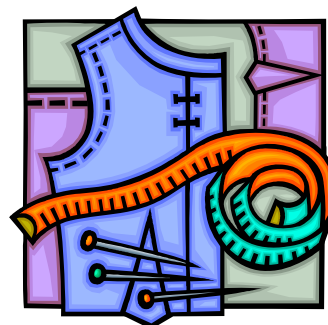
This year's
**Make It With
Wool**
competition will
be held in
Powderly,
Kentucky



(Muhlenberg County) on October 25. Entry forms are available through county extension offices or by contacting Dorothy Vail, state director, at 2710 Union Mill Road, Nicholasville, KY 40356, Phone (859)887-2312, or email valerdv@aol.com. Postmark deadline for entries is October 1. There are divisions for Preteen – age 12 and under; Junior – age 13 to 16; Senior – age 17 to 24; Adult – age 25 and older; and Made for Others – all ages. Entries may be sewn, knit, crocheted, woven, or felted and must contain wool or wool blend (minimum 60 percent wool). There are always a good number of prizes awarded. Every contestant wins a length of Pendleton wool.

threads® Fitting DVD Series

This series includes four short DVDs, one each on the problem areas for fitting: torso, bust, arms, and waist/hips. You may have seen this DVD series advertised and wondered if it could help you with alterations and fitting your patterns or your student's patterns. The Master Clothing Program has purchased a set of these DVDs for certified MCVs to borrow. They are available for checking out for 2 weeks at a time. The program has a number of other videos available for check out that will be helpful to you when preparing to teach sewing classes.



✓ **DOROTHY DO RIGHT** ✓

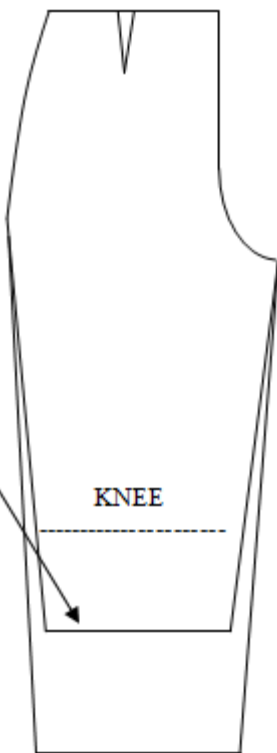
Alterations for Pants Length

Coetta Combs

Have you ever purchased a pair of regular length slacks that were plenty long, but after they were laundered or cleaned a few times, they shrunk? Maybe you've found a remarkable buy on a nice pair and they are too short? Or you might want to make a new pair, but don't want to spring for an expensive pattern. If you're like most of us, you have plenty of patterns in stock. Keep in mind that a higher waist style is popular this season. This means the probability of having a vintage pattern already is even greater. The guidelines and diagrams below will be helpful in choosing the style you desire. *(The illustration for Capri length is shown on pants front section below, illustration for cropped length is shown on the pants back at right.)* Using a pants pattern with full-length leg, darted front, and slightly tapered leg; or existing read-to-wear pants, make the following adjustments:

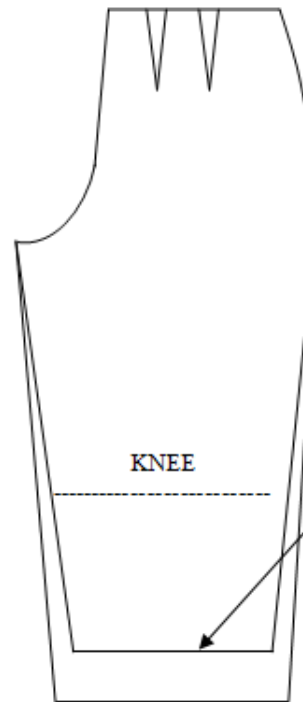
Pants front:

Capri length:
2 or 3 inches
below the knee,
measure in ½ inch
from each seam
and taper to
mid-thigh.



Pants back:

Cropped length:
1 to 2 inches above
ankle, measure 1 inch
from each seam and
taper to mid-thigh.



Consider putting a three to four inch slit up from the hem along the side seams.

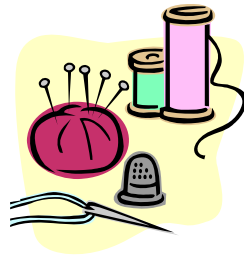
JUST SEW YOU KNOW

Come Sew with Us tackles teaching serger basics.



More and more sewers are investing in a serger sewing machine than ever before. With online and chain store sales making up a significant portion of these purchases, class instruction is in high demand. As Master Clothing Volunteers, you have the unique training to offer these classes. In addition to the "Making Use of your Serger" series, projects are being developed for the "Come Sew with Us" program for beginner sewing lessons. If you have a favorite project that has been successful for beginner sergers, please submit your ideas to the mbake4@email.uky.edu for publication.

It's Sew Fine: For Home & Family Sewing Expo April 14 – 15, 2009



Do you want to be a part of teaching at a regional sewing event? Here is your chance. The Sewing Expo committee is taking applications for teachers/class topics for the fourth annual event held at General Butler State Resort Park. This event draws sewers from Kentucky, Ohio, and Indiana. The committee is asking each instructor to determine their own fee for teaching each class. You will be paid based on the number of participants that attend your class. The class fee per participant will include your teaching fee (volunteers need to cover their travel expense), patterns, kits, books, etc. Please base this decision on the minimum desired number of participants. The committee will provide your lodging and registration expenses. Application forms can be obtained at <http://ces.ca.uky.edu/owen/fcs/>

Please return applications by September 1 to Judy Hetterman, at:

Owen County Cooperative Extension Service
265 Ellis Highway
Owenton, KY 40359
or
jhetterm@uky.edu

Contact Judy at (502)484-5703 if you have questions.

High Interest in Sewing Evident at KEHA Annual Meeting

The learning sessions that had the highest attendance at the 2008 KEHA Annual meeting had one thing in common – Sewing! And Master Clothing volunteers can take credit for two of the three.

The ***Fashions by MCVs*** style show was a huge success. Approximately 25 projects

were showcased to an audience of over 130 attendees. Some of the projects shown included the Stack the Deck jacket, Little Black Dresses (blue and brown, too), Fat Quarter Jackets, Purses, One Seam Pants, children's garments, and quilted luggage. Thank you to everyone that participated and attended the session. Liz Kingsland, contact agent for Bluegrass Area did a great job as the commentator. Thanks Liz.

The Purchase Area MCVs gave their ***Gifts from the Heart*** presentation to another large audience of over 130. This is a program that is always well attended and that Extension Homemakers look forward to seeing each time a new edition of the *Gifts from the Heart* booklet is compiled. These ladies do a great job demonstrating a variety of sewing projects featured in the booklet.

The other session was a demonstration on using the ***Square in a Square*** quilter's tool. Every sewer needs gadgets to make the best use of their time. This one is worth giving a try.



Serger Tidbits

Here are a few things to think about when using your serger:

- Serger thread is lighter weight than conventional sewing thread. Serger thread is only 2-ply whereas all-purpose sewing thread is 3-ply.
- Use your differential feed to control fabric puckering. Generally, the "normal" or balanced setting is indicated by the number "1." A setting higher than 1 will increase the movement of the front feed dog causing it to pull more fabric under the presser foot, creating a gathered effect. When used with stretchy knits, the higher setting will prevent the knit from stretching out of shape. A setting lower than 1 causes the front feed dog to move slower than the back feed dog, causing the fabric to stretch as it is sewn. This is desirable to prevent satins and tightly woven fabrics from puckering or if you

want to create a wavy “lettuce” edge on bias wovens or stretch knits.

- Having trouble putting a zipper in with your serger? Try using a cording foot designed for your serger. The grooved foot allows easy stitching close to the zipper coil. Always select a non-metal zipper that is at least 4 inches longer than the desired opening. Once the zipper tape is secured, the extra length can be cut off.
- The coverstitch is a relatively recent addition to the serger. It requires the use of at least two needle threads and one looper thread. Sergers must be specially equipped to convert to the stitch. Like the overlock serger stitch, the coverstitch has excellent built in stretch and is great for sewing smooth hems on knit fabrics.



- The flatlock stitch can be used to apply decorative fabric strips to a project. Use a 2-thread flatlock to get the “flattest” stitch with pearl cotton thread in the looper.



2008 State Wide Training

October 14 to 17; those of you that have met the requirements for certification and recertification are eligible to attend the fall statewide training. This means that you have already turned in your Master Credit Hours Report (due July 1) to your area contact agent. The MCV Steering committee has put together a challenging lineup of classes. Classes include: *Fabric Origami, Fabric I.D., Computer Basics, Silk Ribbon by Hand, Sashiko, Level 3 Serger, Heirloom Sewing, Embroidery Machine Basics, All About Wool, Flat Pattern Design, Subversive Sewing* (garment altering), *Reversible Jacket, Tailored Shirt Techniques*, and a *Bargello Bag*.

Catherine Hayes, regional director for *Sew Much Comfort* will be joining us for our group evening activity. *Sew Much Comfort* provides adaptive clothing to injured military personnel. We will be adapting men’s boxer shorts. Everyone is asked to bring 2 or 3 pair of size XL or XXL boxer shorts to donate for this worthy project. The extra large shorts are required as the adaptation process creates a smaller sized pair of shorts. Check out their Web site at <http://www.sewmuchcomfort.org/>. Thursday night will again feature a banquet, certification ceremony for the class of 2006, and recertification ceremony. Pennyrille and Green River areas are in charge of the banquet preparations. Class descriptions are posted on the MCV Web site at: <http://www.ca.uky.edu/hes/fcs/MVP/index.html> Registration forms are available through the area contact agents. Completed forms may be faxed or mailed. Classes will be filled according to when the forms are **received** in the state office. All mailed items must be postmarked prior to August 1.

Calendar of Events

July 1 Master Credit Hour Reports due to Area Contact Agents

July 16 MCV Steering Committee, Taylor County Extension Office

August 1 Registration due for statewide training workshops to state office

August 11 and 12 Kentucky State Fair 4-H Judging

August 23 Kentucky State Fair 4-H Sewing Skill-a-thon

Sept 6 A Day with Linda Lee sponsored by the American Sewing Guild Louisville Chapter, more information at:

<http://www.asglouisville.org/Events/lindalee.html>

October 14 to 17 Statewide MCV Training, Kentucky Leadership Center, Jabez

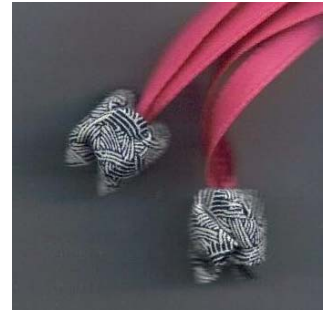
October 25 Kentucky Make it With Wool competition, Mulhenberg County

November 5 to 6 Needlework in-service training and retreat, Kentucky Leadership Center, Jabez

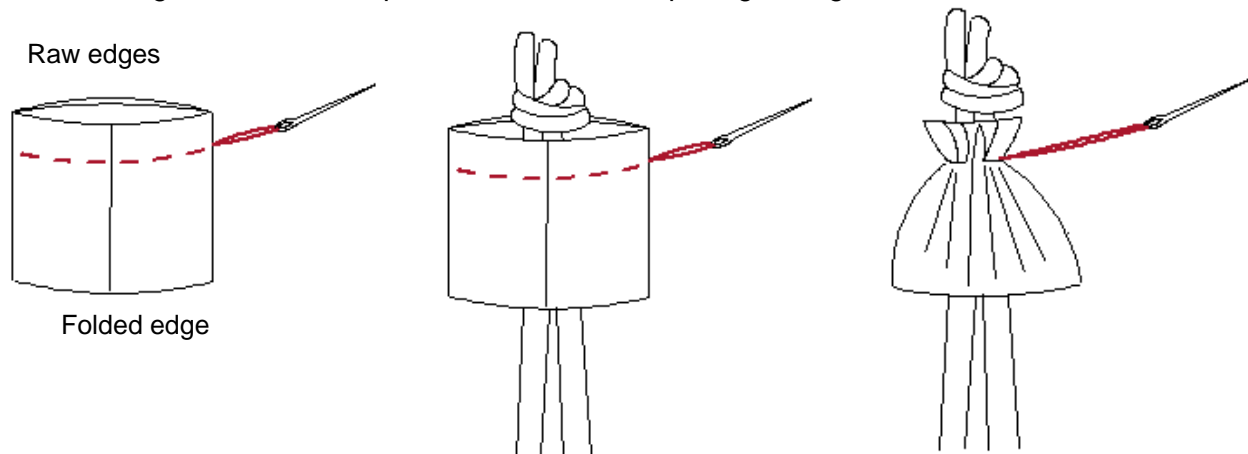
November 19 Needlework in-service training, Princeton Education and Research Center

Japanese Knot Cover

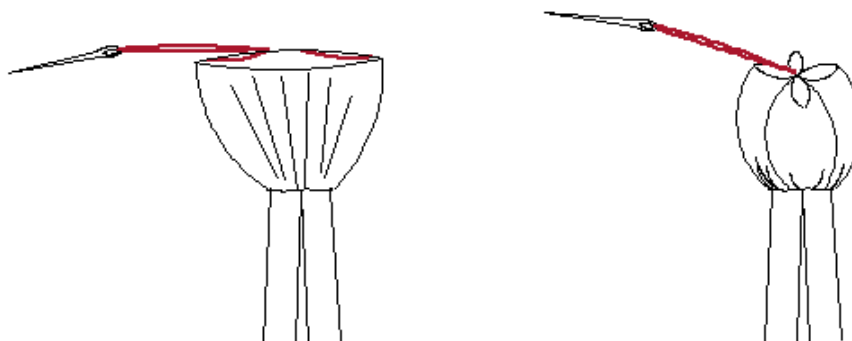
The Japanese are known for their attention to detail. Knots on draw-stringed accessory items are often covered with small bits of fabric. These are simple to make, take minimal time and fabric, and add a nice finishing touch.



Start with a piece of fabric, 2 inches by 3 inches. With right sides together, sew the 2-inch edges together with a scant $\frac{1}{4}$ -inch seam, creating a tube. Fold tube in half with wrong sides together. Using a double strand of thread and a running stitch, hand-sew raw edges of tube together. Insert knotted drawstring so that knot extends beyond the raw edge of the tube. Gather the raw edge around the drawstring by pulling the running stitches tight. Secure stitching and run needle and thread through the drawstring at least once to prevent the knot from pulling through.



Roll folded edge of fabric tube over the knot. With remaining thread, take four small stitches spaced evenly around the top of the folded edge. End by stitching once again in the first of these four stitches. Pull thread tight to close the opening. Secure and cut thread.



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

June 2008

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