



INTERDISCIPLINARY EXTENSION PROGRAM  
205 Scovell Hall  
Lexington, KY 40546-0064  
Office (859) 257-3888 FAX (859) 257-7565



*"extending clothing  
knowledge and skills"*

**MASTER  
VOLUNTEER  
IN  
CLOTHING  
CONSTRUCTION  
PROGRAM  
JULY 2000  
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**BEVERLY'S  
BRIEFS**

*During the first couple of years of most new jobs, one must prepare to face many known and unknown forces. I must say this has been the case for me. While working as an Extension Associate, I have found that the wonderful programs and services offered through the UK Cooperative Extension Service takes a lot of hours and hard work. As I continue to learn my job, I am faced with many challenges working with two different programs that require I meet various and often conflicting deadlines. As I continue to learn my roles, meeting such deadlines and expectations will become more realistic.*

*I want to thank each of you for your patience during my training period and want you to understand that the tardiness of the newsletters is not a reflection of my support and dedication to the Kentucky Master Volunteer in Clothing program. As a result, we will move the newsletter articles forward. Which mean that the newsletter articles that would have been included in the April newsletter, are included in the July newsletter.*

*In October 2000, we will celebrate the tenth-anniversary of the Kentucky Master Volunteer Program. Planning for the 2000 Training Program and celebration is well under way. Again, many hours of meeting and planning by all involved will make this a commemorative event. More information regarding the training is included in this newsletter.*

*Beverly C. Garner*

**HAIR CANVAS**

You can now purchase hair canvas for your tailoring needs for \$2.25 per yard. Mail or call your request into our office, and make check payable to: Kentucky Friends of 4-H/MVP.



**DOROTHY DO RIGHT**

## WHAT'S NEW IN SEWING . . . SEWING WITH MICROFIBERS

Microfibers are a new, growing body of fabrics available to the home-sewer. Have you looked at ready-to-wear coats lately? Check out the new winter coats that look and feel like sand-washed silk. These are probably the polyester Microfibers. They feel wonderful and they are easy-care.

Microfibers have an extremely high number of filaments per strand of yarn, making the finished fabric more water- and wind-resistant simply by virtue of the weave. Rain drops have difficulty penetrating the surface between the fibers, body vapor can be wicked to the outside surface where it can evaporate. End results - Microfibers are comfortable to wear, because they are breathable.

Microfibers can be made from polyester, nylon, rayon, acetate, or a combination of these. They were first developed in Japan in the 1980's. Because of the technology involved in producing microfibers, they tend to be quite pricey, but we may see prices fall as more of them are manufactured.

Unlike the polyester fabrics of yesterday, the new Microfibers are resistant to pilling and clinging. They take dyes beautifully and keep their color. The best feature is their easy-care: simply machine wash and dry. Touch up with a warm iron if necessary.

Microfibers outerwear comes under names such as Microtex™, Microft Light™, and Super Microft™. Unfortunately, these names do not appear on the ends of bolts in the fabric stores. Some better-quality stores will label the group of fabrics as Microfibers, but often the consumer is “on her own” when it comes to identifying them. Check the content of the fabric, feel for the soft,

drapery feel of some microfibers, and blow through the fabric. Microfibers are very resistant to air passing through them because of the tight weave.

Run the fabric across your leg. Microfibers don't usually stick, whereas polyester dress fabrics will have static cling.

**Sewing Tips:** Microfibers present a few problems in sewing. The main difficulty is the tendency for seams to pucker. Make sure you follow these tips for pucker-free sewing:

Use a sharp needle.

Use good quality 100% polyester thread, such as Gutermann™, Zwicky™, Molonick™.

Use a walking foot on your sewing machine.

Use a longer stitch length and loosen your tension.

Serge your seam allowances together, press to one side and top-stitch from the right side to stimulate a flat-felled seam.

Top stitch with a straight stitch foot, rather than your zigzag foot.

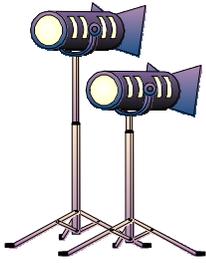
Use low-heat fusible interfacing.

Use a warm, dry iron. Press lightly, then use the clapper to pound the edges.

If lining your garment, use a breathable lining such as nylon.

Source: SewNews  
Beverly C. Garner

P.S. Learn more about sewing with microfibers in Time-Saving Sewing Tips workshop this fall.



## **MVP SPOTLIGHT**

Hi, my name is Edna Lawrence Gunsauls, Certified Master Volunteer, Class of 1992. My husband, George, and I are from New Jersey and live in Taylor County where I am the Extension Homemakers and county clothing chairperson.

I have one hobby – sewing. It is one of a very few hobbies that are both creative and practical.

The purchase of my first sewing machine (I think it was the day after the Dark Ages ended) came with a ten-lesson sewing course with an excellent teacher. After that, it was the school of trial and error.

I am involved with 4-H sewing, adult sewing classes, and a sewing club. I make most of my clothes; the tailored/classic image (leftover from my secretarial years), and have sewn for my husband, two sons, and grandson. I enjoy sewing very much, and must pay attention to the details that result in shirts and jackets that do not look homemade. I don't want to wear a two-hour jacket.

Being involved in the Kentucky Master Volunteer program has made me a better sewer and a more confident teacher. I enjoy the formal programs and the informal sharing and camaraderie. The program is not only educational and fun, but also offers challenges.

### **UPCOMING MVP SPOTLIGHTS**

Henrietta Goff - November newsletter  
Betty Gray - January 2001 (due December 15th)

### **MVP SEWING ACTIVITIES**

I know many of you are teaching and are involved in many sewing trainings and workshops throughout the state. I would like to announce these sewing engagements in future newsletters.

The quarterly newsletters are scheduled for January, April, July, & November of each year. I need your information by the first day of the month prior to the publication month. For example, November information is needed by October 1, 2000. Remember that this newsletter is about and for you!

### **MVP CLASS OF 2000**

Six months from now we will be packing our bags for another trip to Jabez for our annual training. We encourage you to continue soliciting for the Class of 2000. Application materials are available from your local county agent. But, you need to sign potential candidates up soon in order to meet the August deadline. MVP brochures and exhibit materials are available from the state office upon request.



### **EDUCATIONAL MATERIALS**

Videos and other educational materials are available for your use as part of the MVP program. The MVP program's educational materials and checkout procedures were included in the January newsletter. Your County Extension Agent has additional information regarding videos and publications materials for your use. Contact your county agent for information regarding those materials. Please plan to use these materials to supplement your training.

### **PLANS FOR 2000 TRAINING!**

#### ***Workshops***

#### **Tailoring 101 - Part II**

This is the second part of a two-part session on basic tailoring techniques. You will complete the tailored garment started at the last training. (Remember that you can still purchase the hair canvas needed by contacting the state office.)

## **Fundamentals of Creating a Lining - Part II**

This is the second part of a two-part session on the fundamentals of creating a lining. This year, you will complete the process of lining the jacket and skirt started at last year's training.

**Time Saving Sewing Tips** - Learn to get the most from the time you spend sewing. Explore and get to know some of the new fabrics on the market as well as sewing techniques that will save time, yet not sacrifice quality.

**Creative Machine Stitching** - Do you yearn to have clothing with great eye appeal? Have you tried all of the fancy techniques your sewing machine has to offer? Come and learn from the pros how to embellish your clothing with great style.

**Creative Serging** - Beyond the basics, this session will help you become more familiar with your serger and all of the many applications it can have in your sewing. You must understand the basics before taking this session.

### **AUCTION 2000**

Get your creative juices flowing! This year we are planning a silent auction following our Recognition and Certification Banquet. Each area is being asked to bring at least two "high" quality items. These items can be handcrafted or purchased. Your MVP area contact agent should be talking with you about this event. Sherri Farley will be in charge of this activity.

### **MVP DIRECTORY**

We will publish a MVP directory as part of the ten-year anniversary celebration of the Kentucky Master Volunteer in Clothing Program. Everyone that attends the training will have the opportunity to have an individual picture taken for the directory. The directory will include your picture, class year, county and a statement of ten words or less stating what sewing means to you. Arrangements will be made for photo settings for those who will not be attending. More information will be available at the training.



## **MARK YOUR CALENDAR**

**July 15** - Deadline for MV and CMV reports to be in state office for certification / recertification.

**July 19** - MVP Steering Committee Meeting, Farm Bureau Office, Princeton, Kentucky.

**July 20** - Princeton Field Day, Research & Education Center, Princeton, KY (MVP has a booth—come visit!)

**August 15** - Workshop registration for ongoing CMVs & MVs.

**August 25** - MVP Class of 2000 applications due in state office.

**September 15** - MVP 2000 training registration fees. Talk with your area MVP contact agent.

**September 18** - MVP Steering Committee cutting and training preparation day, location TBA.

**October 3 - 6** - MVP statewide training & MVP workshops, Kentucky Leadership Center, Jabez.

