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Food and Environment
Cooperative Extension Service

KENTUCKY

MASTER CLOTHING VOLUNTEER PROGRAM

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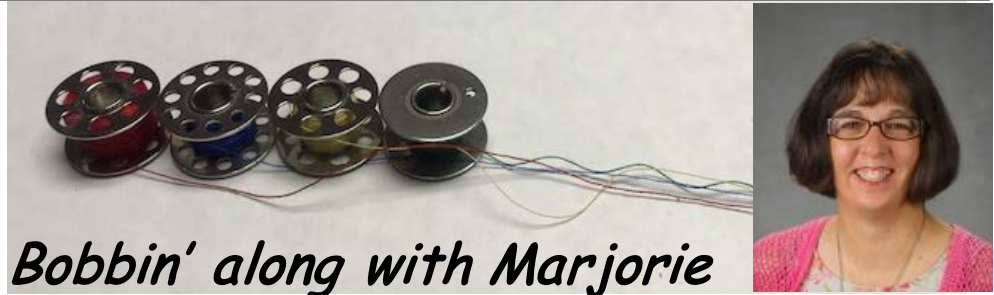
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Mascot
Character
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Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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>



It's hard to believe that July is already here and it time to register for the fall training. The steering committee has finalized their plans, while the District 4 MCVs are busy making table decorations for the recognition luncheon. I've already started getting applications for the Class of 2018. It's always exciting to see that we have new sewing enthusiasts interested in becoming Kentucky Master Clothing Volunteers.

My traveling continued in May as my husband, daughter, and I flew to Japan. There were two reasons for our trip. The main reason, being to visit with my son and his family, including two of our grandchildren. But the other reason was the opportunity to go to Tokyo and shop in Nippori Textile Town. Also known as Nippori Fabric Town, it is home to 90 stores that sell everything sewing and textile related. My daughter and I thought we had died and gone to heaven. Can you imagine, store after store, filled with fabric and notions, all very reasonably priced. One store was five stories tall with each floor designated to a different genre of fabric. We were, however limited to what we could carry, as we had traveled there by train. After exiting Nippori train station, it didn't take us long to find our way to the shops. Right there on the sidewalk were arrows that pointed us in the direction of Nippori Fabric Street. The Tomoto store had the biggest presence along the strip, with five different stores. By noon time the shops were crowded with people. In Nagoya, close to where my grandchildren go to school, there was another fabulous store called Otsukaya. This store was so big it took us two trips to see everything on the five floors stocked with fabrics, yarn, crafts supplies, and notions. It even had a designated parking garage and in-store coffee shop where we ate lunch. The subway even has an exit right in front of their front door. What could be more convenient? If you ever get a chance to travel to Japan, these two places need to be added to your must-see list of places.

Speaking of grandchildren, our second son and his wife had a baby girl born June 13 in Louisville, we are very blessed.

Marjorie M. Baker

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Extension Associate for Clothing and Textiles

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

SPOTLIGHT



Anita Cummins
Pennyrile Area
Class of 2008

Earliest sewing experiences:

I grew up in a household where my mother sewed everything from our clothing to draperies. It was a regular event for me to go to the fabric store and pick out patterns and fabric. I was ten or eleven when I picked up a needle and thread and hand sewed a jacket and pants for my Barbie doll. I was hooked and made all my clothing in high school! A life-long love affair with fabric and sewing began and has never ended!

Experience as a Master Clothing Volunteer:

I love being a MCV. When I first came to Jabez in 2008, I realized that I had met my “tribe” and we all spoke the same language. It has been my goal to keep sewing alive through trying to make it fun. My specialty is up-cycling and using every last bit of fabric – throwing nothing away!

Family:

I have a wonderful husband, Chuck, who lovingly tolerates my mess (which sometimes can be HUGE) and my obsession with fabric and notions. My daughter, Tammy, has not been bitten by the sewing bug but always has a pile of mending for me every time I see her!

Other:

I love this program. It has improved my sewing skills from a “5” when I began to a “9” now. I’m so much more confident about trying new things. The added bonus is the friendships with wonderful people I would have never met had I not participated in the MCV program!

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/>

The Magnificent Mona Bismarck

*Exhibit at the Frazier History Museum
Louisville*

Submitted by Kathleen Demuth

Visiting a museum is always interesting; *working in* a museum is every bit as thrilling, especially when that work includes designing the content, look, and programming of a new exhibition! On Friday, March 16, 2018, members of the 4-H Clothing and Textile club, *The Creative Collective*, were invited to attend “Curating Your Future: Museum Careers in Art, Fashion, Design, and More Student Symposium” at the Frazier History Museum, located in Louisville

The program, developed for middle and high schools students was a special opportunity to explore museum careers, meet museum professionals and visit the Frazier History Museum’s newest exhibit. There was a presentation from special guests who focused on exhibition design, collection and textile conservation. The speakers, Scott Rogers, Exhibition Curator of *Magnificent Mona Bismarck: Kentucky Style Icon* and Stephanie Wood, Exhibition Researcher for the Victoria & Albert Museum in London, England, shared their professional career progression and encouraged students to pursue their dreams with enthusiasm and passion.

The Frazier Museum Theatre Team shared how they research, purchase, and care for historically-accurate garments. The team also staffed activity stations that highlighted a different career path. We were amazed to learn the array of professionals involved in producing an exhibit.

And finally, the students explored the Frazier History Museum’s new exhibition *Magnificent Mona Bismarck: Kentucky Style Icon*, where they discussed the exhibit’s conceptual

development and object collection with Mr. Rogers.

Deja Hatchett, senior 4-H member commented, “The classic, feminine elegance that Mona Bismarck loved so much was showcased fabulously in the exhibit. I truly appreciated the intimate view I gained of not only her style, but her personality as well. I felt as if I had met Mona Bismarck personally.”

While Alexis King, another 4-H club member, reflected, “I really enjoyed the beautiful outfits, the colorful layout and thoughtful details of the Mona Bismarck exhibit. Thank you so much for this wonderful opportunity. I loved it! This unique experience will forever shape my view of Mona Bismarck and my view of fashion.”

We are grateful for the generosity of benefactors Jim and Irene Karp, who sponsorship allowed us to benefit from this unique experience. We also appreciate the cooperation of Jodi Lewis, Director of Education & Outreach, Frazier History Museum.



Many of the dresses in the exhibit worn by Mona Bismarck were designed by [Cristobal Balenciaga](#)

The Mona Bismarck exhibit continues through July 29, 2018

Man's Best Friend benefits from Lyon County Community Service Project

Submitted by: Angie York, Lyon County Family and Consumer Sciences Extension Agent and MCV Steering Committee Member

According to the Council for Textile Recycling only 15% of textiles thrown away annually are recycled. Top that off with the fact the each person throws away seventy pounds of textiles every year, and you have a landfill with more than 5% of textile waste. The Lyon County Homemakers are doing their part to keep textiles out of landfills by annually hosting a sewing day to promote our "Beds for Barkers" project.

The "Beds for Barkers" project uses fabric scraps from home sewing and quilting projects to stuff pillow case type bags. The bags, after being stuffed and sewn, are donated to a local dog shelter who uses them to keep their dogs comfortable while they are waiting for adoption. In our most recent sewing day, sixty-nine dog beds were completed and donated. These are a fun and simple way to keep textile scraps out of the landfill while helping out a local shelter who otherwise wouldn't have the money to purchase beds for their dogs. A win-win for all involved! If your sewing group is interested in making dog beds, it's easy to get started. Here are the simple steps we use to create our "Beds for Barkers."



1. Cut fabric scraps into 2-inch (ish) pieces. Scraps may be batting, fabric scraps, or old yardage.
2. Use or create a pillow case. If you are making your pillow case, use one yard of fabric for larger bed or a half yard of fabric for a smaller dog bed. Turn

your fabric right sides together and sew along three sides leaving one side open for stuffing. Turn the pillow case right side out. Sew two lines from the closed side of the pillow case to the open side of the pillowcase, essentially creating three long tubes.

3. When your pillowcase is complete, stuff about 1/3 of the way up your pillow case tubes (all three of them evenly) and then sew a line across the bag in the opposite direction of your tubes to enclose the stuffing. Do this step again for another 1/3 of the pillow case making sure to sew the line after 1/3 of the way.
4. For the last 1/3 of your pillow case you will stuff the case almost to the end. At the end of the pillow case, turn your open seam under 1/4 of an inch, then turn under again from a 1/4 to 1/2 inch. Pin seam closed, then sew across the seam making sure to backstitch at the beginning and the end to ensure the seam does not come undone.
5. When your seam is closed, pick up your dog bed and shake to distribute all the stuffing.
6. Smile because you have helped the environment and a puppy!

Tips for success:

- Don't use white pillowcases or fabric for this project. It gets dirty really quickly and you can see the colorful scraps through the light color fabric.
- Sergers work well for creating your pillow case.
- Check with local hotels who change out their pillowcases often. They may donate their old ones to your cause (keeping the pillowcases out of the landfill). You will need to dye them if they are white, but that can be quickly done for a larger number of pillowcases at one time.
- Don't over stuff your beds. Dogs like to scratch and get their bed just right

before they lay down. If there is too much stuffing, the bed will be hard and uncomfortable.

- Create a pillowcase and keep it next to your sewing area. As you cut and trim fabric drop it straight into the pillowcase and you have a dog bed in the making as you sew. It helps to keep your sewing room organized and clean which is an added bonus.

✓ DOROTHY DO RIGHT ✓

Sewing for Toddlers and Children

Just like sewing for adults, when sewing for children, you first need an accurate set of measurements. There is a really cute measuring chart on the Oliver+S website that can be downloaded, printed and carried in your purse for quick reference.

[Measurement chart from Oliver + s](#)

Do you know the difference between toddler sizes and children's sizes?

Toddlers' patterns allow for diaper ease whereas Children's do not. Toddlers' and Children's sizes 2, 3, and 4 are based on the same chest and waist measurements, but differ in the diaper allowance, length, and width through the shoulder and back.

Fabric selection is equally important when sewing for children. Firmly woven and knitted fabrics are the most durable choices for active preschoolers. It must be easy to care for and withstand multiple washings. It must be soft and not itchy against the skin. Safety should also be considered, manufactured clothing must adhere to government standards for flammability. You may have noticed on fabric for sale that it states: "Not intended for children's sleepwear". This is because it hasn't been treated with a flame resistant finish and the manufacturer

cannot be held liable for fire related injuries.

What is the purpose of the children's sleepwear flammability standards?

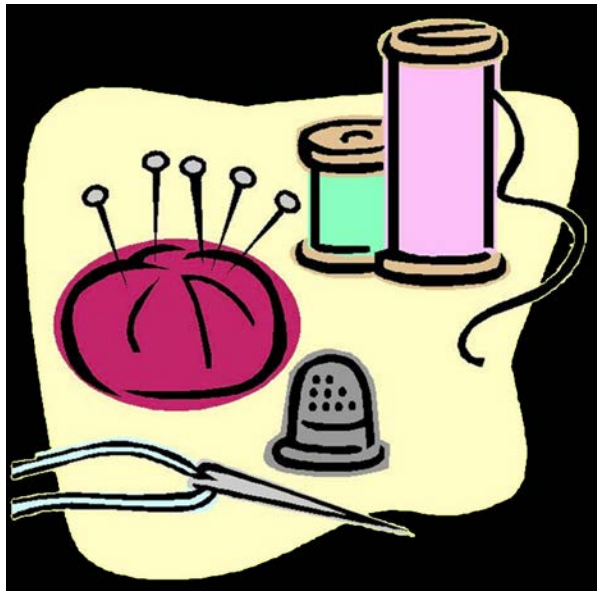
Designed to protect children from burns, the CPSC rules require that commercially manufactured children's sleepwear must be flame resistant and self-extinguish if a flame from a candle, match, lighter or similar item causes it to catch fire. It applies to all children's sleepwear above size 9 month and up to size 14. The rules are: (1) the fabric and garments must pass certain flammability tests; or (2) be "tight fitting" as defined by specific dimensions. For more information on this go to www.cpsc.gov

Pattern selection is the next thing to consider. Look for patterns that allow children good range of movement and to independently dress themselves. Patterns sized for knit fabrics will allow for longer wear as it can stretch as the body expands.

Add closures that are secure to prevent coming loose and posing a choking hazard. Snaps and especially, snap tapes are good choices.

If the item is made well, it will likely be handed down or passed along once it has been out grown. Adding size labels will help the next owner to identify when they can be worn and by whom.





WANTED: Sewing Expo Teachers

The It's Sew Fine for Home and Family Sewing Expo is now accepting class proposals for its 14th annual event to be held April 8-10, 2019. Next year's event will be held at the Boone County Extension Enrichment Center in Burlington. For more information and teacher application go to the Owen County Extension website at:

<http://owen.ca.uky.edu/content/its-sew-fine-sewing-expo>

Annual Statewide Training

Hopefully the fall training will have something for everyone. The steering committee put together a schedule offering classes to improve your garment sewing and fit, intermediate and advanced 4-H Quilting projects, projects to encourage teaching hand sewing skills, community service, and area sharing.

Tracks:

1. Bodice fitting – Susan Kipp and Loretta Haley will use the Sorbetto pattern

- from Colette patterns to teach upper body pattern fitting and alterations.
2. Advanced 4-H Quilting class – continuation from the 2017 training. Part I is a prerequisite. Taught by Jennifer Klee and Marilyn Shrader
3. Serger Classes – session one is the advanced class for class of 2016 taught by Mary Hixson and the Fort Harrod MCVs; session two is a creative advanced class taught by Sandy Davis to include cover stitch and decorative/heirloom serger applications. The project is a ruffled pillow.
4. Creative Jacket – Lightweight fashion jacket, incorporating ways to rethink fabric sources and refashionista adjustments to pattern instructions using Simplicity Pattern 8172. Taught by Angie York and Anita Cummins
5. Sewing Knits – This “Magic” knit top requires no pattern, allowing you be the designer. This fun and quick project will be taught by Brenda Pinkston

Calendar of Events



July 15 –Aug 10 On-line registration open for statewide training

August 16-26 Kentucky State Fair

September 1 Deadline for submitting class proposals for the It's Sew Fine Sewing Expo

October 22-25 Session I Statewide MCV Training, Lake Cumberland 4-H Educational Center

October 23-26 Session II Statewide and Class of 2018 Training, Lake Cumberland 4-H Educational Center



Sachet Pillow

This little project makes a sweet little gift you can stitch up quickly.

Finished size is 4 inches square.

Materials needed:

- One 6 1/2-inch square of fabric
- Two 3-inch squares of sheer organza
- Two tbsp. dried lavender
- Thread to match
- Sewing machine
- Rotary mat, ruler, and cutter



Instructions:

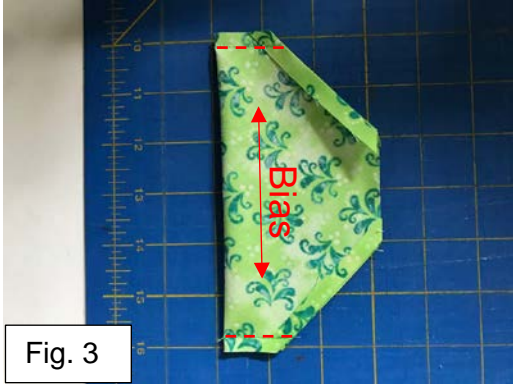
1. Press $\frac{1}{4}$ inch towards the underside on all four sides of the 5-inch fabric square (Fig.1).
2. Along the folded edges, mark points, $1\frac{1}{2}$ inches from each of the corner points. Using a rotary cutter, cut the four corners off diagonally at the markings. (Fig.2).
3. Miter the corners: Fold the fabric in half, on the diagonal/bias direction, right sides together and matching folded edges together. Using a $\frac{1}{4}$ inch seam allowance, sew the raw edges together (Fig.3).
4. Refold matching the other two folded edges together and sew the remaining two corners Fig. 4).
5. Flatten out and press the seams open (Fig. 5).
6. Turn right side out and press (Fig. 6).
7. Make a pouch for the lavender by stitching around three sides of the organza squares. Fill the pouch with lavender and sew the remaining side closed. Optional: Edges can be trimmed with pinking shears (Fig. 7).
8. Insert the lavender pouch inside the fabric "frame", pin to prevent shifting. Top stitch close to inside folded edges (Fig. 8).



Fig. 1



Fig. 2



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