



## **DARYL LANCASTER**

*FIBER ARTIST*

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## 2 Day Workshop

### JUMPSTART VEST



Dust off your sewing machine and jumpstart your skills. This simple lined vest is custom fit, guaranteed to look great, feel good, and teach you the basics of garment construction. Great for handweavers, felters and surface designers, this vest looks great in all fabrics.

ALL LEVELS ARE WELCOME

Daryl Lancaster, a hand-weaver and fiber artist known for her hand-woven, pieced garments, has been sewing for more than 40 years. She gives lectures and workshops to guilds, conferences, and craft centers all over the United States. The former Features Editor for Handwoven Magazine, she frequently contributes to various weaving and sewing publications.

**MAXIMUM ENROLLMENT: 15**

#### SUPPLY LISTS:

a. Each student including myself will need a table and chair (two students could share a large cafeteria type table). A few extra tables would be helpful for samples, storyboards, etc. An electrical outlet will be necessary for each student, myself, and for 2 or 3 irons. There needs to be adequate power as each iron could draw 1500 watts. Also, 2 or 3 irons and ironing boards will be necessary for a class that size. (Irons should be sturdy, heavy, steam types, which do not automatically shut off). A full-length mirror and garment rack for hanging samples will be needed and an electric pencil sharpener. The room should be large enough for students to comfortably move around. A sewing machine should be made available for any student who can't bring one

to class due to travel restrictions. Also, I will need a screen and extension cord/power strip for the Power Point presentation, I will provide the LCD projector.

b. Students should bring:

- A CARDBOARD CUTTING BOARD WITH PRINTED GRID IF POSSIBLE Usually available from [www.joann.com](http://www.joann.com) **Wrights Cardboard Pattern Cutting Board-36"X60"**, about \$15.00, (If one is not available, a large piece of corrugated cardboard can work, ideally 36" x 60".)
- A SMALL ROTARY CUTTING BOARD AND ROTARY CUTTER (OPTIONAL)
- 2 OR 3 GOOD QUALITY COLORED PENCILS (eg. Sanford Prismacolor)
- PUSH PINS
- SEE-THRU STRAIGHT EDGE RULER
- TAPE MEASURE
- PORTABLE SEWING MACHINE PREFERABLY WITH INSTRUCTION MANUAL, EXTRA NEEDLES, AND BOBBINS. TRY TO BECOME FAMILIAR WITH ITS OPERATION AND OIL IT IF YOU HAVEN'T IN A LONG TIME!
- EXTENSION CORD AND POWER STRIP
- 6" SEAM GAUGE (THE KIND WITH THE SLIDING MARKER)
- THREAD TO MATCH YOUR FABRIC (use long staple polyester thread like Gutterman)
- CONTRASTING THREAD FOR TAILOR'S TACKS
- BALL HEADED QUILTERS PINS
- GOOD SCISSORS OR DRESSMAKERS SHEARS (my favorite is Gingher Lightweights G-8F)
- EMBROIDERY SCISSORS (eg. Gingher 4")
- HAND SEWING NEEDLES AND THIMBLE IF YOU USE ONE
- CAKE OF BEESWAX
- NOTEBOOK AND PEN (a highlighter is helpful too)
- PRESS CLOTH (OLD MEN'S HANDKERCHIEF WORKS GREAT)
- BRING TWO YARDS OF LINING TO LINE THE VEST. (Lining fabrics and quilt cottons can work for this purpose) PRESHRINK FABRIC IN HOT WATER BEFORE CLASS. (Place in hot tap water for about 20 minutes, roll in towel, hang to dry.)
- A HANGER for the finished garment!

#### **FABRIC REQUIREMENTS:**

Participants will be constructing a simple lined vest from their own handwoven fabric during the two day workshop. Fabrics should have a consistent beat, a firm but drapeable hand and should be suitable for garment construction. Since the finished garment will be a vest, participants should choose a medium weight, close sett, firm fabric in a fiber content suitable for a vest.

**WHEN CHOOSING YOUR SETT, ALWAYS CHOOSE DENSER FOR GARMENT FABRICS. MOST STUDENTS BRING IN FABRICS THAT ARE TOO LOOSELY SETT FOR AN IDEAL GARMENT. THEY CAN BE USED, BUT THE END RESULT ISN'T OPTIMAL.**

Please **do not try intricate patterning, obvious even or uneven plaids, large floats, or weaves that tend to fray excessively. Keep it simple, it's not about the fabric.** Avoid heavy slubs that may jam in the sewing machine. Do not weave something heavier than your sewing machine can handle comfortably. The fewer difficulties you encounter when working with your fabric, the better the chance you will complete your vest.

For the largest size vest (54" bust), fabric should be approximately 4 ½ yards x 18" or 3 ½ yards x 24" wide or 2 yards x 36" wide **AFTER WASHING. Smaller sizes will need less fabric.** Remember fabric can shrink as much as 35% when washed.

Weft ends should be tucked back in at the selvages and trimmed close. Do not leave long tails of threads hanging out or overlap ends in the web of fabric.

Finishing is important. **ALL FABRICS MUST BE WASHED PRIOR TO CLASS!** No fabric should be sewn into a garment until it has been properly finished. Please machine wash your completed fabric on **GENTLE CYCLE** for 3 minutes in **COLD WATER** using a laundry detergent. This is important for removing excess yarn dyes and finishes. This is even suitable for wool and mohair. Many fabrics can be run through the washing machine at a normal cycle using warm water. You may want to take a small piece of the fabric and test it. Fabric should be hung to dry unless using the dryer, but do not pin to a clothesline. You will stretch out one edge, making it impossible to use your selvages. I prefer to drape fabric through large plastic hangers and pin the hangers to the clothesline. You may also experiment with the dryer, many fabrics firm up nicely when exposed to dryer heat. Test a small piece of the fabric first.

When fabric is completely dry, it should be steam pressed. You could even have the dry cleaner press it if your iron is inadequate. Fabric should then be rolled onto a cardboard tube or PVC pipe so it stays smooth and wrinkle free.

Incidentally, you may want to overcast the edges to prevent excess fraying of the fabric prior to washing. I usually don't as I find if I leave an inch of unwoven warp ends at either end of the yardage the weft rarely comes out more than 1/2" in the wash.

If you are unsure of your sewing or weaving skills or you do not have the time to finish your fabric, you may purchase a commercial fabric. Choose something similar to a handwoven such as a medium weight wool or rayon novelty fabric or a tweed. (NO PLAIDS, KNITS, OR NAPPED FABRICS PLEASE).

**MATERIALS FEE: \$20.00 INCLUDES INTERFACING, PATTERN PAPER AND HANDOUT**