

Textile Center Supply List

Sewing Stretchy Stuff: Performance Wear

Colleen Kahn

Please bring with you to class:

- Materials fee \$15, payable to the instructor (includes practice fabric, elastics, stones, glues, and templates).
- Sewing machine in good working order, with pedal. Machine needs to have at least one stretch stitch such as a broken zig-zag.
- Stretch needles (NOT ball point), in sizes 12-14
- Pattern for project from a knitwear specialist. Recommended brands are Jalie, Boo Designs (for kids), Kwik Sew, CKC Designs – most come multi-sized. Can print at home/tape together (this option is no fun) or have printed at The Sewing Lounge, Kinkos, or neighborhood print shop for about \$10-15. Print the entire size range.
- Test fabric **STRONGLY RECOMMENDED** – must have same stretch as real fabric.
- Fabric for project, including lining (most projects at least line the front; I like to fully line skating costumes for a tiny bit more warmth)
- Thread to match
- Usual sewing tools: tape measure, pins or clips, seam ripper, shears and little scissors, etc
- Tweezers or wax picking sticks for stoning
- Elastic varieties – to be discussed in class
- Stone varieties – to be discussed in class
- Glue options – to be discussed in class

Class outline

Week 1 – bring key measurements of wearer, pattern, pencils, tape, tape measure, paper scissors, and test fabric (if using)

- Measurements: Bust, waist, hip, full girth (all the way around body), leg elastic
- Making pattern adjustments
- Cutting test fabric, if time

Week 2

- Sewing mesh inserts
- Basic assembly

Week 3

- Edge finishes

- Elastic types
- Trial fitting, if time

Week 4

- Stoning – visit from Rhinestones Unlimited
- Testing with glues and heat

There will be time reserved at the end of each class meeting for clean-up. Please help this process go quickly by assisting the instructor.

Parking is available in the lot directly behind our building, as well as our newly purchased lot at 3018 University Ave SE. Look for the green signs!