

AoH Deep Dive Sewing Part 2

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SPEAKERS

Allison, Jan Lockhart



Allison 00:03

Hello, homemakers and welcome to The Art of home podcast, where we are exploring how homemakers cultivate a place to belong. I am your host Allison weeks. I'm a wife. I'm a mom to four grown kids. And I've been practicing my art of home for 30 years now. So today we are diving into sewing. Again, for our second part with longtime soloist, Jan Lockhart, if you are brand new to sewing, and you have not listened to part one, I would suggest that you go back and listen to that first, and then hop back on here and listen to part two. Because in part one, we cover all the basics, we go into the basic tools that you need essential tools and nice to have tools. We talked about. A little bit about what to look for in a sewing machine. We talked about fabric and patterns and organization and finding time to sew we talk about some of our sewing war stories. It's just a really good overview of the basics of sewing and more. So I highly recommend you go listen to that. But today, we're going to get a little bit more specific, we're going to spend some time talking about sewing clothes, and sewing for the home. And in both of those sections, we we will cover some suggested projects for a beginning level and intermediate level soloist and an advanced level. And then we go into understanding patterns for that type of sewing, how to pick fabric for clothing or home sewing. We'll talk about notions and supplies and alterations and customizations. And then we'll give you some tips for success for both of those areas. So after we get done talking about sewing clothing, and then sewing for the home, we spend some time talking about sewing as a business. Because this is something that Jan has a lot of experience in she for many years, she sewed as a business on the side to earn some extra income for her family. And so we get a little bit of her story there. And then she gives us some tips on you know, we'll just what kind of things you can do for sewing as a business and then how to get started and some of her tips for success. And we will end our time today talking about some of our favorite sewing resources. If you're new to the podcast, thank you so much for joining us today. Our deep dive episodes are a little branch off from what we would normally do what we normally do is we present a homemaker portrait, where we get the story of a woman's journey through homemaking from her very beginnings. And actually even before that, what who her influences were in childhood and beyond and who taught her how to keep a home or how she learned how to keep her home. And then her triumphs and her failures and her her challenges and all of the things we get those wonderful stories of home from debt from women from all different ages and walks of life. So if you haven't listened to any of those, go back and give those lists a listen, you can actually listen to

Jan's story of home. She was back featured back in season two, and we'll link that down in the show notes. But thank you for joining us. If you are a regular over here at the Art of home. Welcome back. We are so grateful for you and your support and your faithful listening and all of the wonderful feedback that you guys are giving us. So without further ado, here is deep dive sewing part two with Jan Lockhart. Welcome back to our deep dive into the art of sewing with Jan Lockhart. This is part two of our discussion. Back in part one, we covered all of the basics on everything from your supplies to fabric and patterns and expectations and sewing and some some tips and ideas for saving a little money with sewing and all of those things we talked about in detail in part one. So if you haven't heard that, I recommend that you go back and listen to that. But today we are going to dive into some discussions on sewing clothing, both for adults and children. Then we're going to talk a little bit about sewing for the home. And we're going to end our discussion today talking about sewing as a business. So hmm, see what I did there. So it's one of my crutch words,

J Jan Lockhart 04:15
I use it a lot.

A Allison 04:16
I'm trying to not use it so much, but it's actually kind of appropriate in this in this one. Okay. Let's talk about sewing clothing, Jan. All right, we're gonna start out our discussion with skill level, what would you consider to be? Let's get some examples of what we consider a beginning project, an intermediate project and an advanced project.

J Jan Lockhart 04:39
Beginning project would be a lady's skirt, girl's skirt with an elastic waist, okay, a line flared. Just a skirt with an elastic waist.

A Allison 04:51
Okay, that's a good beginner was simple. What would you consider intermediate?

J Jan Lockhart 04:55
A dress that has sleeve preferably a gathered sleep That's easier than a fitted sleeve. Okay, well it's get can hide a multitude of years, you know, a bunch of sins that would be set with a zipper. Zippers or to me zippers are easier than buttonholes. Really. When you're first learning your machine, especially I think they are. So that would be an intermediate. Okay. Advanced would be jacket. Me. I still look like making pants.

A Allison 05:29
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Yeah, pants are they can be really challenging. I would say probably anything lined yes is definitely an advanced advanced project, because you're basically not just making one garment, you're making two

J Jan Lockhart 05:43

and putting them together and turning them right side out. Yes, yes. Yeah.

A Allison 05:47

There's a lot of just spatial things you have to be able to visualize as you're putting that garment together if you're working with aligning. Okay, so let's move into what we want to consider with regard to sewing clothing. Let's talk about patterns. How do we choose the correct size on a pattern?

J Jan Lockhart 06:08

Oh, that is so hard. Because it's like, when you buy clothes, you can go into one store and your size eight, and you go into another store and you try on a size eight, and it will fit your four year old daughter. To me, that's the way patterns are. Yeah. So. So what I would say when you because you buy patterns now. And they're every every pattern size, every any size you could need is on one in

A Allison 06:36

fact one pattern, right?

J Jan Lockhart 06:39

If if you can take a tape measure, measure yourself your basic bust, waist hips, and then take the pattern pieces. Yes. And try to get a rough idea of like find the waist because every pattern if it has a waist, we'll have a little dotted line that says natural waist. Yes. And then just take that tape measure from where your seam to seam would be all the pieces. And you can kind of get a gauge by that what size to cut out. Yeah, that's a good tip. Other than that, it's just basically pick your normal size. And go with that. Maybe give yourself a little bit more seam allowance. Yeah, cut it a little bigger, maybe the next size up.

A Allison 07:20

Because you Yeah, you can always size down. You can't add fabric once it's been cut, right? Well, you can, maybe, but it's very hard to do that.

J Jan Lockhart 07:33

J Jan Lockhart 07:52

And you can make your seam allowances a little smaller, but then you don't have the gifts. So you run into problems, they're always easier to take in. And to let out. Yeah.

A Allison 07:41

So someone who is a novice soloist who's just getting started. On the back of a pattern, you have information regarding sizing and all of that, it's going to tell you, you know, here, it's kind of set up like a chart, and it'll have the size four to six, you know, eight to 10 12 14. And they'll list in the columns of each of those sizings. You know, for for the different if it's got like, you know, view A view B view, see have a different style have the same basic dress pattern, it just might have a different sleeve, or something's a little bit different about it. But it's basically the same pattern, it's going to tell you in that column under your sizing, how much fabric you need. Right? It is going to tell you how much fabric you need for a 45 inch wide fabric versus a 60s. Right. Okay, so that's something we actually didn't talk about in our previous episode that we might want to mention. Not all fabric is the same with

J Jan Lockhart 08:43

Yes, most fat most fabric for fashion sewing is going to be like 45 inches, there's some 50 for most of the 60 inch and wider is home home stuff. Right? But you still need to check, you still should, that will that also will be on the end of the bolt. Right? How wide that fabric is,

A Allison 09:04

right? So when you're looking at the back of your pattern, you want to make sure that you're looking under the correct sizing I think your tip to you have to know your measurements, or whoever it is you're sewing for. You need to know that person's measurements, their actual measurements and then compare them to what the pattern says. Even some patterns. Don't they have finished measurements? Yes. Some of them do. They don't necessarily give you a lot of detail, but they'll tell you if it's addressed. They'll tell you the finish length of the initial length. Yeah. What are some of the other finish measurements that you can think of back length?

J Jan Lockhart 09:38

Like like the length to the length to the bottom of the dress with the bottom of the skirt?

A Allison 09:43

So where would that the back length begins like at the bottom of your neck?

J Jan Lockhart 09:46

Good here at your neck? Yeah

Good done at your neck? Yeah.

A

Allison 09:48

And that would be what the length all the way down to wherever the garment drops in the back.

J

Jan Lockhart 09:52

Yes to what the pattern says is the bottom of the dress, okay?

A

Allison 09:57

Sometimes they'll even give you like if it's a top they'll give you the finished bus

J

Jan Lockhart 10:04

dimensions in the finish to the waist.

A

Allison 10:07

Okay, backlinks too. So if you know that say your bra size is a 36 and you're looking at a dress that has a bodice, that's a 38, unless it's if it's a very fitted dress, that would be fine. But you probably want to think about, okay, is that going to give me enough ease and movement, right? Based on those dimensions.

J

Jan Lockhart 10:29

Now, when you're buying fabric, going from size to size really doesn't change the amount of fabric that much. Like if you're sewing a dress, and it tells you you need if you're a size 10 to 12, you need two and a half. You know, for a five to six, it may be two and a quarter, it doesn't change that much. So, again, my advice would be err on the side of a little bit more,

A

Allison 10:54

just go ahead and get a little bit extra. Yeah, because it's it really is not that big of a difference price wise. And it's nice to have that extra in case you make a mistake. You might, you know, you might not need the extra for the sizing, but you might have accidentally cut something the wrong way or might

J

Jan Lockhart 11:08

need a second sleeve that you've put in wrong twice. Yeah. Yeah.

A

Allison 11:14

Yeah, you definitely you definitely want to err on the side of caution there. So now we've moved on to talking about fabric, let's talk a little bit more about picking the right fabric for the garment that you're sewing.

J

Jan Lockhart 11:24

Also, on the back of the pattern, they will give fabric suggestions. That's true. Yeah, like they will say because they have made this pattern and they know what they have in mind. So if it says you need to buy a stretchy knit, you cannot make this dress out of cotton, right? It's not going to happen. Or if it says, you know, use cotton or duck cloth or something, that means it needs a little more stability than a knit is going to give you so definitely go with their suggestions, or at least something closely related to

A

Allison 12:00

it. Yeah. Which is where we get back to in our previous discussion, they learned the importance of learning the properties of different kinds of fabrics, and understanding. What are the differences in this? Yeah, definitely don't disregard their suggestions on the back, because like you said, they design that pattern for a specific type of fabric. And usually you have a lot of options, they'll usually list at least five or six or more. Yep, of different types of fabrics that you can use. Yeah. So that's, that's a great tip. That's a great place to start. So let me talk a little bit with you about the importance of knowing when you're working with patterns. And what we would call a nap on a fabric. When you're sewing with those types of fabrics. Let's talk about why you need to understand the impact that that's going to make on your garment.

J

Jan Lockhart 12:46

If something has a nap, like velvet is a perfect example. If you take a square of velvet, and you hold it up one way, and then you flip it over, it's going to look entirely different. Yes. And that's only going when you have a dress that maybe a skirt that has a seam right down the middle. And you flip one and you flip it the other way, it's going to look like you have two different pieces of fabric, two different colors of fabric, right. And it's not just velvet, there's a lot of fabrics that have a nap. So you really need to pay attention when the pattern tells you, you know, to lay it this way, and you're thinking I could save so much fabric, I could just flip the piece over.

A

Allison 13:26

Don't do that.

-

J Jan Lockhart 13:27
Don't do that,

A Allison 13:29
right, because the NAP is the way that the fibers on the fabric are laying in a particular direction. That if you like you said, if you flip it around, or you turn it upside down or sideways or whatever, it will completely change the look of the fabric. What about patterns like say a plaid as she rolls her eyes,

J Jan Lockhart 13:50
it's tricky. You have you just have to be very careful when you're laying your pattern out and patterns will give you they give you notches in the pattern. So you can always line that that notch up because if you have and I'm hoping this makes sense if someone has never so they're like, I don't know what you're talking about. It's hard audio wise, but but if you're looking at something and you're going to put two pieces together, they will have a notch where those two pieces need to line up. Yes. So when you are laying your pattern out you need to pay very close attention to where those notches are on the fabric and the fabric when you lay it out on the plaid pattern or add path or whatever, whatever if it's a repeating pattern of sorts. Yeah. So I would say that if you are a novice, stay away from

A Allison 14:37
plaids

J Jan Lockhart 14:39
if it's a little bitty plaid gingham plaid, you're fine. Yeah, no big plaid inch or more plaid, you might want to stay away from that because that's

A Allison 14:47
that just adds a level of complexity that you really have to know what you're doing with dealing with us.

J Jan Lockhart 14:51
And there there are definitely beginner fabrics and non beginner fabrics. Like you said in you know the first show knits stretchy Don't Don't Don't do your first project with a stretchy knit

A Allison 15:02

right? You will be very frustrated. Very definitely, I would say stick with easier to work with fabrics. cotton's are great. Even, you know some of the blends some of the blue, I like a blend. Actually, it's something that's a blend of natural and synthetic fibers. Sometimes

J Jan Lockhart 15:17

you do want a little bit of a stretch when you're trying to work a curve. And you know, a cotton that it's so stiff, you can't then you also get frustrated. Yes. So, you know, yeah, blends are good.

A Allison 15:27

Yeah. What about notions and supplies? When we're dealing with clothing? What are some things that we need to remember?

J Jan Lockhart 15:37

And that's, again, where I say it's smart to take your pattern home and look at it. Because you definitely do want all of the notions that they call for, right? Like if it says you need bias tape, and you're like, oh, I'll just, I'll get that bias tape later. Well, then lo and behold, it's step one. Yeah. And so you're, you know, you've got the kids to bed at night, and you're sewing and you don't have that bias Tam. So get get all of the notions that they call for. But also, and I did kind of allude to this, keep an inventory of what you have sure, because if you buy bias tape or you know, half inch elastic, you're not going to use the whole package. So there's no need to buy another whole package of elastic if you know you have some at home. So keep track of what you have. Keep an inventory.

A Allison 16:24

And yeah, I would say another another tip about notions, when you're sewing clothing, particularly things like buttons, can be a way for you to individualize the pattern. As long as you stick with the same approximate measurement. Yeah, the button, they'll tell you, you know, you need a five eighths, a five eighths inch button for this, find a five eighths inch button. It doesn't have to be, you know, a plain white, you can really express your personality really can't with buttons and notions and clasps and closures and things like that. And so that's always fun. Yeah, I would say for sure, make sure that it's a good quality item. Okay, quality zipper don't get a cheap zipper, because it's a lot of work to put in a zipper.

J Jan Lockhart 17:12

And then if it breaks or separately, or something, it's very frustrating. So

A Allison 17:15

spend a little bit of extra money to get a good quality zipper. And while we're on the topic of good quality, I would say buy the more expensive thread.

J Jan Lockhart 17:24

Yes, I would 100% agree with that. We won't necessarily

A Allison 17:29

go into it here because we don't really have time. But with regards to thread, there is a difference between good quality thread and cheap thread. And it has to do with the way that the thread is woven. It's it's not woven, but it's like spun together, it's twisted together. It's multiple fibers twisted together. And sometimes you'll see a thread that's it says it's cotton, but it might not be 100% Cotton, it might be like a poly thread down the middle with cotton twisted around it. And you just need to know that and it's not that one, like sometimes you want a polyester thread. And sometimes you want a cotton thread, it just depends on what you're sewing. But definitely go for the highest quality that you can afford. Yeah, it's a place where you it's worth the splurge, it is worth it. Because that is literally what's holding your piece together.

J Jan Lockhart 18:15

And it's not like you're never going to use that spool of thread again. Exactly. Chances are if you buy a read spool of thread, you're going to use it several times. So it's not like it's a one and done thing. So exactly,

A Allison 18:26

yes, yeah, for sure investment and really the, it's cheaper if you buy the bigger spool. So if you can afford to buy the bigger spool of thread, per you know, I don't know how they unit price it down, but per inch of thread or whatever is a much better unit price if you can buy, you know, like 500 yards as opposed to 100 yards.

J Jan Lockhart 18:46

But something also to note is when you go like to Joanne's or Hobby Lobby, and you look at the thread stick to the general thread. If you find one that matches perfectly and you get it home, you realize you have buttonhole thread thread, which is really thick. Yeah. So just stick to all purpose thread. Yes, it's because there is a difference.

A Allison 19:06

There is a difference between the there's blue jean thread,

J Jan Lockhart 19:08

and you don't want to put that no, you don't want to you don't want to sell your whole dress with that. So

A Allison 19:12

there's a thread that's specific for quilting. Yeah, so and then there's upholstery. And then there's yeah, there's even like metal metallic metallic thread. You know, there's all and and there's special thread for when you're doing really stretchy things.

J Jan Lockhart 19:26

Yes, there is.

A Allison 19:27

I forgot what it's called. Yeah, but anyway, so just all that's a lot of information, but thread purposes, is important and stick with all purpose. Okay. Let's talk a little bit about altering and customizing. We touched on that with the buttons but you can get really custom with your clothing, whether it's your children's or your own clothing, whoever you're selling for. What are some ideas for that?

J Jan Lockhart 19:53

If and I would I would again say this is if you've been sewing for a while I don't think if you've you know if you're starting your third outfit that you might want to attempt to this, right, but you can do what's called you know Frankenstein patterns, where you take the top one and you add a different skirt to it, or a different color or a different waist or something like that, you can definitely put things together and really get what you want. Or you can also just with creative fabric, I mean, you can you can make a pattern, you know, and like I said, two people can buy the same pattern, and it will look totally different because of the things they did. Yeah, if you look at one pattern, and you've bought a pattern, and you really like it, but you really want a puffy sleeve, you can add a puffy sleeve from another, you know, pick another simplicity pattern. Yeah, I would, I would say stick to your same pattern make. Okay, that was going to be my question. I think you really should, okay, because they're not that different. But if you're just starting out doing it, yeah, find that sleeve. And you can put it in now also, my suggestion would maybe be you make a mock up of it in muslin or an old sheet first to make sure it's going to work.

A Allison 21:07

Okay, so a mock up would be like a model like a trial run.

J Jan Lockhart 21:12

And fabric oral sheath, and actually cut it out and sew it together.

A Allison 21:18

Which is what professional soloists and designers, that's what they do. In which is another thing you could do if you're not sure about the size, the fitting, I was gonna say bust is usually you make a shoulder so you make so you would make like a larger mock up that has a lot of ease and room and then try it on. And then do the fitting and pin it and figure out okay, I need to take it in here or put a dart here or do this make this seem a little bit more narrower. Or wider? Yes. Like I can't even get this on.

J Jan Lockhart 21:51

We have a problem.

A Allison 21:52

Yeah. Okay. Well, what are some of the favorite things that you've made? What are some like your top garment, sewing projects?

J Jan Lockhart 22:02

When I keep using my daughter as an example, but when she was little, and I would make her outfits and then I would make her American Girl doll. Oh, yeah. So we have all these pictures of her holding her little American Girl doll that matches. That's so cute. That was fun. I love doing that. And I love sewing little flower girl dresses. I have made some of the best. So cute. So precious. So those are fun. That's really, you know,

A Allison 22:30

those are really fun things. Yeah. Do you have any tips for sewing garments? From other garments? I know we talked a little bit about this in the first episode. But is that is that something that you've done before? Personally?

J Jan Lockhart 22:44

Have you? I have? I haven't Well, no, that's not true. I have not for myself. Okay, I did have a client one time that brought me an old coat. Okay, and wanted me to make a teddy bear out of it. Oh, really? So I did that, which is not really home. It's not clothing. But I myself have never,

I've never done that. Okay, that I was just wondering if that was something except when I bought I have gone to Goodwill. Okay, and bought a really weird skirt and made it into another

A

Allison 23:12

and you made it into something else. Okay. All right, cool. Another thing you can do is you can make clothing items into so like you could take your husband shirt and make it into an apron. Oh, yeah, I've seen that done before, which is really cool. So I think it's probably more common to take adult clothing and make it into children's clothing or take adult clothing and make it into like you said a teddy bear or a memory quilt or something like that. Something for that. I've

J

Jan Lockhart 23:38

also seen where you take the men's shirt with the buttons and you make it into a decorative pillow. Yeah. Yeah, it's got the cute buttons down the front then So yeah, that's fine. Yeah.

A

Allison 23:46

So what about tips for success for sewing clothing? What are some things that you would want to make sure that people think about when sewing clothing?

J

Jan Lockhart 23:58

Don't take shortcuts? Okay. If, and I have I've tried to do this all the years I've been sewing, because there's certain things that you're doing and you're like, oh, do I really have to stay stitch this? I don't want to stay stitch, stay stitch it, you know, just do what the pattern says don't take shortcuts. Okay. If the pattern says press press, if the pattern says, you know, put in two rows of gathering stitches put into rows or gathering stitches, because they do know what they're talking about. Yes. And that's, you know, there's usually a good reason there's a good reason for it. Yeah. And you're you're saving.

A

Allison 24:32

If you skip it, you'll find out the reason Yes, you will. Yeah, because that same will fail or something will happen.

J

Jan Lockhart 24:38

And something else that I have learned after years of sewing is if you have a fabric that rattles a lot, and you want to make sure that it doesn't like when it's washed use Zagat, you know, that keeps the stitches from raveling or you can use a pinking shears but a lot of people don't have pinking shears. So you just take that zigzag stitch down that side, if you're going to be

doing A lot of that feel to bobbins before you even get started with your sewing project, because there's nothing more frustrating than your sewing along and all sudden you've run out of a bobbin. So just fill to bobbins. And then you're done with it.

A Allison 25:11

That was Yeah, that's a really great tip. Because even if you don't use the second bobbin, then you can store it away with the spool of thread. And you'll have it for your next project. Yeah,

J Jan Lockhart 25:20

yeah.

A Allison 25:21

What about finishing the insides of a carpet? Mm hmm. Let's talk about that for a little bit. Because that can make the difference. Like you were saying, it's important to do some kind of finish on the insides of the seams, because otherwise they're going to unravel when you wash it. Yeah. There are certain fabrics that might not but let's talk about finishing why it's important to do some sort of finishing

J Jan Lockhart 25:40

for that very reason. Yeah, is because if you wash it, and you've got all these threads everywhere, so there's really two, well, there's three schools of thought you can do a pinking shears, which is just it's just a little zigzag, it's a little, it's a

A Allison 25:54

scissor that has a zigzag edge, that when you cut, it doesn't cut just a straight line, it cuts a zigzag line.

J Jan Lockhart 26:03

And that helps, but your fabric will still still rattle. Yeah. So I don't do that. If you're lucky enough to have a machine that surges, you can do a surge edge, which if you purchase any kind of a garment, flip it over, that's what that edging is Yes. Got the whole thread. Most people don't have that. So you just can zigzag it. Before you sew your piece together. Take that pattern piece and sew all the way around it in a zigzag. And then you're not going to have any loose. Yeah, gravelly edges.

A Allison 26:31

You can get really fancy with like some fine finishing fresh themes. You can do French themes you can do. Oh, what's the same? Were you? Oh, it's a flat fell. See? Yes. Oh, yeah. Yeah. So a lot of times, you'll see that on jeans, I think the seam you typically see on lodging is a flat felled seam. And then you can also bind, you can put binding on your seams, which is it's an extra step. But if you were doing something like a coat, oh, yeah, I would definitely lean on what you're doing, do some binding. If it was not aligned coat, I would do some binding on the seams, because that's something that's getting a lot of, on and off wear and tear. And those seams would quickly become become a mess. Yeah. And you and you can see it, you can see it, it just it switches it off. Yeah, it gives it a nice finished edge. A good tip would be if you have a garment, like Dan was saying, Turn, you know, look on the inside of the garment. And if it's a really fine garment, if it's something you paid a lot of money for, look and see how they did the finishing. And it might give you some inspiration and some ideas for finishing that you can do in your own sewing. Particularly when you're sewing kids garments. Absolutely. You finish your scenes,

J Jan Lockhart 27:44
because you're going to be washing that thing a lot. Yes. And they they're rough with it. So if

A Allison 27:48
you can do some sort of encased seem like you were talking about with the is that a French theme? Is

J Jan Lockhart 27:53
it encased? Yeah, for instance, do that isn't where the to you, like you turn it

A Allison 27:57
in on itself. And it's basically it encases the the raw edge of the seam on the inside so that it's not exposed, and it doesn't get a beautiful look. But it does step it is an extra step. We're just we're making the point that it's worth it, it's worth the extra time.

J Jan Lockhart 28:13
And something to notice that the pattern probably will not tell you it will do any of that that's true. So just know you probably need to do it. And if you want to take the extra step and do the flat fell or the French

A Allison 28:26
YouTube it Yeah. Yeah, absolutely. That's a great, that's a great suggestion, because there may be tips and tricks that somebody who's doing a specific tutorial on that they might tell you, you

might want to do the same finishing at a certain step before you actually construct a part. Like, if you're doing a pant leg or something, it might make more sense to mine finish that almost all before I do any sewing before you construct. Yeah, that's really smart. Okay. Any other tips for success with regard to garment? So

J Jan Lockhart 28:54

if you're sowing and you're making a lot of mistakes, just walk away? Walk away and start over. It's like with anything your brains done?

A Allison 29:02

Yeah. Give yourself a break and come back to it later. Yeah, that's a really good, that's a good word.

J Jan Lockhart 29:07

And don't be afraid to ask for help. Like you said earlier.

A Allison 29:11

Ask for help. So we're going to talk now about sewing for the home. What would you say would be a good beginner project when it comes to home sewing?

J Jan Lockhart 29:25

pillowcases or pillow coverings? Okay, decorative pillows or regular pillowcases. Very easy.

A Allison 29:31

Straight lines, only three lines

J Jan Lockhart 29:33

and there are some window treatments that are very simple.

A Allison 29:37

Yeah, start with that. I think even if you're really intimidated, start with something like a napkin. Oh, yeah. Where's Matt where all you have to do is roll over the edge and finish off the edge. Very, very simple. Just to get yourself familiar with literally with cutting out cutting

straight lines and sewing straight line and pressing in a sewing a straight line. Yeah, Okay, what about an intermediate home sewing project?

J Jan Lockhart 30:03

Boy, that's hard. I think something like a bed skirt. It's a lot of fabric it is, but it's not hard. And the same thing with like a duvet cover. They're not hard if you just have a basic one. It's just a lot of facts to manipulate. That's true. That can be intimidating. Yeah. I know clouds are easy.

A Allison 30:23

They are again, a lot of fabric. Now around a tablecloth is going to be more challenging. Yes, because of the hitting the hem and then also like I have a I have a little table over there. It's a I think it's about 70 inches across diameter. I don't know it's not very big. It's like a side round table. And I have hits the floor, the tablecloth hits the floor. So I didn't make that one. But I looked into making them and what that would require would be these bizarre, like, yeah, rounded half circle seems on the edges. Yeah, to make it fit the right way. Yeah, so just know that when you get into curves and round things, that's going to be more challenging. But I have a tip on sewing a duvet, I mean sewing a dust ruffle, okay, this is really a tip for any ruffle, especially if it's a long one like a dust ruffle, because that is a lot of fabric. And if you're sewing Traditionally, when you make a ruffle on something, you sew two to three lines, all parallel, right in a row spaced a little bit apart a very long what they would call a basting stitch. And then so that you can grab the ends of that basting stitch, and then you just pull them and it gathers and it makes the ruffles. Well, if you're talking about I don't even know how many hundreds of inches on a dust ruffle, that's a lot. Then what happens if you break a stitch and then you lose the whole ruffle. It's very frustrating. So I saw this hack years and years and years ago, take a piece of twine or thread or dental floss floss. And you lay it across kind of in the middle of the seam allowance of where it's going to be joined. And you zigzag a big wide zigzag over not huge, but bigger than the width of the dental floss over the top of it. So basically you're making a channel that dental floss is in the middle of that channel. And then you can just pull it, it works amazingly well,

J Jan Lockhart 32:23

being sure you tack the end of dental floss. So yeah, you know, so

A Allison 32:27

before you pull on one end, make sure you secure the other end so that when you go pull in the other shaves it does it saves you a lot of time. And I know this doesn't translate well over audio. So what I'm telling you to do listener is, before you do a ruffle, go YouTube that go look for somebody who is doing a dust ruffle with a zigzag stitch and a piece of dental floss or a piece of thread or something. And it will make more sense when you see it visually. But to me that is I never do the traditional way of doing a ruffle with the knot for some not that much fabric with

the basting stitches. If I'm just doing a little previously where I need like maybe two or three inches of gathering. Yeah, I'll do that. But anyway, so throw that out there. Okay, so intermediate, what about advanced home? sewing projects,

J Jan Lockhart 33:13

curtains, okay, window treatments, those can be really complicated. And if you're just doing panels, yeah, that's another thing that could be intermediates, just a lot of fabric. But anything that's, you know, a true window treatment. That's complicated, something

A Allison 33:27

that's going to have a lot of swagging. And draping and that sort of thing

J Jan Lockhart 33:33

that is very complicated, because they're usually lined and a lot of stuff

A Allison 33:38

I mentioned on on Episode One that one of my proudest achievements was making a Roman shed. And because it's just there's just a lot of steps and parts and literally moving parts and sewing all the little thing on there. You have to sew these little rings on for the

J Jan Lockhart 33:54

spacing correctly. Yeah, get it right.

A Allison 33:57

Yeah, so I would say those are those are definitely advanced home projects. I would also put upholstery, most upholstery into the category whole different animal. It really is. I mean, it falls under the umbrella of sewing. But it really is its own art form. But it can be really fun. You can really take a lot of you can create a lot of fun things for your home, upholstery and give life new life to old items because you may have a really well built chair that you inherited or you find that has really great bones but has terrible fabric. And if you know how to make a slip cover or how to actually re upholster the thing that that can be a really fun thing to do. It's pretty simple to replace a chair cover, like a seat cover on a chair,

J Jan Lockhart 34:45

but doing like stapling, stapling it on that's easy.

A

Allison 34:49

Yeah. Okay, so that's, that's your range of skill level required. Let's talk a little bit about patterns with home decor because there are lots The patterns for pretty much anything you would want to do. But sometimes you might not need a pattern. When we're talking about sewing a napkin, or even maybe a panel for to put on the side of your window

J

Jan Lockhart 35:10

or industrial or desperate for that skirt, you don't need that.

A

Allison 35:13

What are some? What are some things to consider, if either you're going to buy a pattern, or you're going to kind of make your own pattern?

J

Jan Lockhart 35:20

If you're gonna make your own pattern, you need to be really careful about how much fabric you need, because you're gonna have to calculate that all on your own. Yeah, if you buy the pattern, you know, it was already there. Yeah, it will tell you. And usually if you're if you're making like, curtains, like panels, window panels, you know, it will give you what's your length, it will give you a calculator in there. Yes, figure out how much you need. And so you could do it on your own, too. I'm sure you can Google, you know, you can find anything. So

A

Allison 35:49

I personally think that the internet, to me, the internet is a better resource when it comes to sewing for the home. Oh, much than when it comes to sewing for clothing. Because we talked about this before. I think in the last episode that we neither one of us were super comfortable with like internet patterns some people are when it comes to sewing clothing. And it's really hard to watch somebody make a dress on YouTube, and then figure that out yourself and make your own pattern. It's pretty easy to watch someone make a placemat or even make a duvet cover. And learn how to do that on your own. It's just a matter of doing the math doing the measurements because you're mostly dealing with rectangles, squares, pretty standard shapes.

J

Jan Lockhart 36:32

Pinterest is also a good resource for that because they will they will tell you, you know, you'll you'll get pictures of if you want to make a comfort for king size bed. This is the finish what you need. This is the finished size. There's a lot

A Allison 36:44
that is really helpful. What about fabric, when we're talking about sewing for the home,

J Jan Lockhart 36:48
most of the time, you need to stick to home fabrics. Okay. And there's there will be its own section. They're usually on the long rolls. They're not on a bolt, they're on the long rolls in the back. And you can see that they're heavier, they're more what's the word I'm looking for? Stable?

A Allison 37:07
Yeah, they just have a different weight to them than fabrics that you would use for quilting or garments or anything like that. Yeah.

J Jan Lockhart 37:15
And I think you really do need to stick to that because there's a reason that they are that it gives it looks nicer when the when the project is finished.

A Allison 37:25
They've been they've been made for this specific. For specifically for home decor projects for drapery, they're going to hang correctly as a drape. They're going to be sturdy enough to withstand the wear and tear. You know, like throw pillows and duvet covers and things like that they need to be able to withstand that. I mean, you can make those things out of cotton's you absolutely can they just probably won't have as long life.

J Jan Lockhart 37:49
Something you're you also need to remember when you're sewing things like long panels is the repeat of the pattern. And it's kind of like the plaids. Yes. So you definitely need to take that into consideration when you're, you know, when you're measuring out your fabric if your panels or you're making a comforter and two pieces are together. And the pattern only repeats itself every yard. Yeah, you just need to take that into consideration. And again, maybe a little more information than they need. But it's just something to stick in the back of your head.

A Allison 38:17
No, that's it. That's a really good point. One of the things too, I wanted to let people know a lot of people don't know this. But I know I know, at Hobby Lobby, they do this. And most fabric stores will probably allow this as well, those big long rolls of fabric in the home decor section, you can ask for a sample, they will cut you off a little piece. If you're looking maybe to do a

project. Maybe you're doing some drapes in a bedroom or whatever your project is. And you're like deciding between three or four different fabrics. And you really want to take them home and put them in the space and look at them in that lighting. They'll give you a little square a good size square usually like a four inch swatch of fabric to take home with you. So don't be afraid to ask for that. And they don't charge for

J Jan Lockhart 38:59

it. And if you're buying online, a lot of times you can order purchase a swatch of fabric and that will be bigger. And that's I've had to do that before too. So you really know what you're getting. But it's absolutely

A Allison 39:08

worth it. If you're talking about investing in yards and yards and yards to do drapery. You want to make sure that's exactly what you want. And it's going to look good and it's going to hang right

J Jan Lockhart 39:19

because you are not going to save money. No when you do your own home decor you are not

A Allison 39:25

You're not going to save that's a good point. Okay, you're not going to save money compared to going to target and buying drapes off of the rack or wherever you know even home goods or any of those kinds of places. You will save money though it's it's cheaper to do it yourself than hire someone to come in and do custom draperies. Very expensive

J Jan Lockhart 39:44

and you can get it to be exactly what you want. It can match exactly your pattern, your whatever I mean, every curtain in my house I've sewn. So

A Allison 39:54

I like it. And you just need to know Like we've said this before, don't be in a hurry. Be patient with the process and take the time to think about it as an investment. It's an investment monetarily in the fabrics and the supplies. And it's an investment of your time. And if you do a good job and you use quality fabrics and materials, those curtains or whatever that item is, it's going to last a long time.

J Jan Lockhart 40:10

J Jan Lockhart 40:16

And a lot of times, I mean, Hobby Lobby, and Joanne's both have 40% off of their home decor fabric all the time. So watch for that. Yeah,

A Allison 40:25

then go buy it. Let's talk a little bit about the difference between indoor home decor fabric and outdoor or you know, indoor outdoor fabric is usually how it's labeled.

J Jan Lockhart 40:33

The indoor outdoor has a finish on it, or the outdoor has a finish on it that makes it weather resistant, Sun resistant, water resistant, it's going to almost feel like not plastic. But to me, it

A Allison 40:47

reminds me of like duck cloth, yes. But even stiffer, it's even more stiffer than that. Usually it has some sort of coating in the fibers that helps it to be not waterproof. It's not fade proof, but it's resistant to those things, it's going to withstand the elements outside a lot better than, you know, regular fabric

J Jan Lockhart 41:07

wood, you can use it my daughter picked it out for her son's nursery, and we made curtains and a bed skirt and a pillow with it. So you can use it, it's just a little bit more difficult to sew with. Right? You need a bigger needle, bigger thread. But

A Allison 41:20

yes, yes, that's an important thing that we didn't mention earlier when we were talking about clothing. And it applies here as well. Make sure you're matching your needle and thread to the type of fabric that you're using, especially your needle, especially your needle, do not try to sew through blue jeans with a fine point needle.

J Jan Lockhart 41:39

Or don't try to sew through silk or wool with blue jeans. That's not gonna work.

A Allison 41:47

Yeah, there are specific needles for specific types of fabrics and jobs. And they're usually labeled. Yes, for most projects, you're gonna use what would be called a universal needle. They're just there. They're kind of all purpose. But if you're dealing with any kind of specialty

fabric, if you're dealing with denim, anything heavy duty, you want to make sure you have the right kind of needle or make that investment. You're going to break the needle. Yeah, otherwise. So

J Jan Lockhart 42:11

always have and that's another tip always have extra needles on here, because you always break them. You always break them, you will break a needle.

A Allison 42:18

And really, you're supposed to change your needle, probably more often than you think I'm bad at that. I think there's a statistic out there about how often you should check, okay, go Google it. There's like a rule about how often based on how many hours of sewing or it's kind of like your oil change, change your oil by this many miles or six months, whichever comes first. If there's a rule like that, for changing

J Jan Lockhart 42:43

the tip of the needle dolls, it dolls and bends and then so then it doesn't go in as smoothly and it'll snag fabric and

A Allison 42:50

go and could possibly mess up your machine too. So it's really really important. Yeah, needles. They're not, they're not that expensive. If you consider the cost of your machine, and the cost of the fabric that you're working with, it's worth it to make sure you're using a good needle

J Jan Lockhart 43:04

and you can get a pack that has like three different kinds. Yes, you know, then knits are purpose gene

A Allison 43:10

right and look for sales. On notion on that a lot of times the fabric stores will like their whole notion wall will be on sale. And that includes needles. You can also check thrift stores. A lot of times I have found unopened packages of needles.

J Jan Lockhart 43:26

I've never even thought about going there. I always always, always check

A

Allison 43:30

the craft section of thrift stores and goodwill, because you just find the most random things and I might get a pack of needles for 50 cents. There you go. It's amazing. Okay, so we talked about fabric, and we did actually just kind of touch on notions and supplies but let's talk a little bit about all of the amazing trends.

J

Jan Lockhart 43:49

Oh my word

A

Allison 43:50

that you can do with home decor.

J

Jan Lockhart 43:53

Oh, they have ah, that's my favorite part of the fabric store is my favorite part to it is because you can get these braids and not fringe isn't the right word.

A

Allison 44:06

But like the ball friends you know with the cute little pom pom pom pom balls all along the edge

J

Jan Lockhart 44:11

they have they have fabulous trip I do I just love to run my hands. Yeah, I love it. I love that section. That's great. And that's where you can really customize your yes you can also buy your Walmart panels and dial them up. Yes, you know you run it don't run the pom poms down the down the side and it's you know, then you've customized it. You've made it your own. you've added your color scheme. That is

A

Allison 44:35

a really great tip to take something that readymade that you bought off the rack and add some trends to it to make it custom fabulous suggestion. Okay, so with other ideas for customization and alteration alterations in home sewing, is there anything we need to consider with that? I mean, I feel like home sewing is almost it's pretty much custom It is compared to, you know, garment sewing is custom and that you're making it for your specific measurements, home sewing, you're making it for the actual dimensions of the window, the actual decor that you're trying to match it with all the furnishings in your home and things. So, I don't know if there's anything else we need to say about that. Really?

J Jan Lockhart 45:18
I can't really think of anything else.

A Allison 45:19
Okay? Do we have any specific tips for success? When it comes to sewing for the home,

J Jan Lockhart 45:27
measure twice, cut once, because your measure more than twice, measure, measure a lot and maybe have somebody else measure in addition to you, because if because you're a lot of times for home fabrics, you're you're doing big panels of things, whether it's a duvet cover, or a comforter or panels for a window. And if you measure and then you cut and it's six inches too short, you got to start all over because you can't put a seam in the middle of it. Right? Unless, you know, like you said you put a ruffle at the bottom and not really in style. So. So definitely measure a lot. Yeah,

A Allison 46:03
it's heartbreaking to do a mis measurement, you've already cut it and you're like, Ah,

J Jan Lockhart 46:08
now what do I do? Oh, that's just terrible. Yeah.

A Allison 46:12
So I'd like to talk just a little bit about under to me under this category of sewing for the home kind of includes sewing gifts for people. Not just because we've talked a lot about draperies and, and duvet covers and pillows and all that kind of thing. But there's a whole other world of sewing that includes things like quilts and stuffed toys, and oh my gosh, I mean, you could just, there's just a lot. Do you have any thoughts? Or what are some of the things that you've made? That you've given us gifts? Wow.

J Jan Lockhart 46:47
I'm trying to think Christmas ornaments. Those are fun. Yeah, you can do little Christmas ornaments.



A Allison 46:52

I have a whole collection actually, that my mom made. I mean, it wasn't this. It was in the late 70s. Probably early 80s. Wow. And I still have them. They're these little stuffed fabric ornaments. I mean, there's a ton of them. And she must have had like a summer where she didn't have a lot going on or so I don't know if this was a labor of love. Because so like, you know, there's there's angels, so there's Santa faces, there's angels, there's little miniature stockings. There's horses, okay, like a hobby horse. You know, like, there's a horse head stick coming out that little children ride on. There's those like a miniature version of those. And she did all of this zigzag edging like beautiful finishing on the angel's wings, you know, the angel stuff. But the angel's wings are flat, and they have like a zigzag, tight, tight zigzag finish edge. It's just it's such a treasure. And so I take those out every year and I just enjoy them so much. Wow. So there you go.

J Jan Lockhart 47:53

That's nice. And that's using extra fabric it is using leftover.

A Allison 47:57

Yeah. So I know some of the things that I've made. I've made a lot of placemats for people. I love to make aprons and give those as gifts. Those are fun, because you can do some really fun things with aprons and make them custom customized to the person.

J Jan Lockhart 48:11

Yes, you can also take regular towels and you know add things at the bottom and embellish towels, kitchen towels, you know, I mean that yeah, people put out hangover. Yeah, absolutely. Lots of stuff. Lots of stuff.

A Allison 48:22

So tell me a little bit about I know you've recently really gotten into quilting. Okay, so tell me about that.

J Jan Lockhart 48:28

Love it. My friend got me into it. Had you quilted before I quilted Okay, now when I say quilt I am just piecing the quilt top together. I don't actually do the quilt, okay, hand stitching is not my thing. Okay. And I know you can do it on machine but I just like to pick the top together. Okay, so I had pieced when I when I first moved on my own and I moved down to Texas, I pieced a quilt. And then I sent it back to my mom who does the hand quilting. And then when I was married, I did another pieced quilt and it's just squares. I was just doing squares of fabric, nothing fancy. So that was it. Yeah. And so then my friend introduced me to quilting and I'm

telling you it is so much fun. I've done quilt alongs to quilt alongs and I have these great quilts. So I would like to make a quilt so that every one of my grandchildren quilt when they're married or on their own, you know, they get to pick a quilt.

A Allison 49:22
I love that I

J Jan Lockhart 49:23
love it so much. And there are Oh my word. There are so many creative people out there making quilts.

A Allison 49:28
It's it can really be an art form. It really is an art form.

J Jan Lockhart 49:33
We were looking at a there was a modern quilt show. And we had looked at the link there were quilts are selling for \$15,000 and they're pieces of art that people have on their walls like tapestries. Yes. Just beautiful.

A Allison 49:48
Amazing. That's really cool. All right, I want to talk about sewing as a business. Okay, this is something that you have experience with. All right. So what types of things can you do when it comes to selling as a business? Anything? Okay?

J Jan Lockhart 50:05
You can do clothing, you can do bridal you can do home, you can do alterations, upholstery, anything, anything that you would sell for yourself, you can sell for other people. So what did you do? All of that? Except for upholstery. I never did upholstery for Okay, cool. But yeah, all of that.

A Allison 50:23
How did you get started in sewing

J Jan Lockhart 50:24

when we were first married? We'd been married a couple years and my husband decided he wanted to go get his engineering degree. So he quit his job because he wanted to go full time so that we could finish it. And I was working full time, but we needed more money. Yeah. So I said I can so I can sell for people. Okay? So I put my name end up, you know, I don't know, Joanne's Hancock's whatever it was at the time and, you know, said if anybody needs a seamstress calm, we were seamstresses back then a colony and I got a lot of a lot of business.

A Allison 50:51

Awesome. And what sorts of things did you do in the beginning? Did you start out with more simple

J Jan Lockhart 50:56

things, or my very first my very first thing was somebody needed a poodle skirt for their daughter's, you know, 50s dance, I ate a poodle skirt. And I did mostly I did. I did wedding stuff. Okay, did bridesmaids dresses.

A Allison 51:10

And I do have to remind the audience because we talked about this in the first episode, you have been sewing, like since birth.

J Jan Lockhart 51:16

I've been sewing for over 50 years, a long time.

A Allison 51:19

So you already had a lot of knowledge and a lot of experience under your belt to help you, you know, tackle some of these really difficult things like bridal sewing is not easy. So what would you recommend for someone who's thinking about starting and growing a home sewing business? What are some of the, you know, recommendations of ways to go about that?

J Jan Lockhart 51:42

You mean as far as getting clients? Yeah,

A Allison 51:44

just what are some of the things that you would recommend that people do?

J Jan Lockhart 51:49

You can't really put your name in store you can't really give your name to stores anymore. So it's really just word of mouth. Yeah. If you see somebody on, you know, on Facebook, join, join these groups, join join sewing groups, or in your neighborhood, you know, put if you have a neighborhood page, say, hey, if anybody needs any sewing, I'm doing sewing from my home. And you really do get a lot of word of mouth.

A Allison 52:12

Okay, I probably even just starting as offering alteration services, because that's something that everybody needs.

J Jan Lockhart 52:18

Yes, but alterations are hard. Yeah,

A Allison 52:21

you could do basic alteration do basic things you hemming handling,

J Jan Lockhart 52:24

because so many people need bridesmaids dresses, Hamed?

A Allison 52:30

Not necessarily majorly alter. No, they just need

J Jan Lockhart 52:32

to hit him and yeah, absolutely. Yeah, start there.

A Allison 52:35

And then once people get to know that you're there, then you can branch out to start doing other things. Yeah. You do you have any tips for success when it comes to having a business and balancing a family and all of those things? When did you do this?

J Jan Lockhart 52:52

We did not have kids. Okay. I started with that. I did it all the way through my tennie. Yeah. I

we did not have kids. Okay, I started with that. I did it all the way through my teens. Yeah, I did it for I did it. Okay, I started when my husband was in school. And then I did it all the way through to we moved to San Antonio, which was my daughter was in the seventh grade. So I did it then my kids got very used to fabric being everywhere. Even our dog knew to walk around the fabric. He did and then my youngest son was always my model. Oh, we still laugh about that. He tried on so many bridesmaids dresses. How old was he? Well, that took no that's not true. He he tried on the little girls clothes that I made for people. So yeah, he was he was elementary school. That's so funny. Yeah.

A

Allison 53:34

I hope you don't have any pictures of that. I

J

Jan Lockhart 53:36

do not. Poor guy. I do not. That's hilarious. Yeah.

A

Allison 53:40

So you found space for it. I found space for it even within your family life. Yeah. You just have to make the time in the space. Yeah.

J

Jan Lockhart 53:48

And I think something also that you need to realize and that I did learn the hard way is that you you have to be willing to pay for your mistakes. If you you know, if use are sewing something someone gives you you know, four yards of fabric to make a bridesmaid's dress and you cut it out wrong, you can't go to them and say, um, you need to buy for more yards. You need to be you need to be willing to pay for your mistakes and you need to think about that before you take on a project. What would this cost me if I needed to buy more fabric? That's a

A

Allison 54:18

good point. Yeah. How do you know what to charge people for your services

J

Jan Lockhart 54:21

that is so hard and that is actually my second tip is to have a price sheet on hand before you even talk to somebody you can call around call to alterations look up said in the yellow pages look up you know alterations people in call and say what do you charge for a simple and then decide? Well, that's really expensive. I could do it for faster than that. Yeah, figure out what what you're worth per hour or how long you think it will take. Come up with your price sheet because I'm telling you people are going to come and they're going to go well I can really only spend \$20 in labor in your life. So happen did

A Allison 54:59
you charge charge then. But you didn't charge by the hour you charged by the project by

J Jan Lockhart 55:04
the project, okay? Like a basic project, like you say, this is a basic project and anything you want to add on, we need to talk about, okay, depending on fabric, because you know, especially if you're doing custom stuff, people are wanting it a little bit nicer. Like, you know, flower girl dresses, it's not going to be cotton, right? And so then you need to say, well, this fabric is very difficult to work with. So I'm gonna have to add another \$20. Right? You just need to make a price list and you need to stick to it. Okay. All right, that really is my number one piece of advice.

A Allison 55:34
Okay, that's good advice. Let's talk just a minute. Before we close about favorite sewing resources. Like where's your favorite place to buy fabric? What are your favorite kinds of patterns to work with? What's your favorite brand?

J Jan Lockhart 55:52
Butterick

A Allison 55:53
Okay. Butterick

J Jan Lockhart 55:54
I really liked Butterick

A Allison 55:55
Is there a particular reason? Are you just,

J Jan Lockhart 55:58
um, I think Vogue tries so hard.

A Allison 56:03
That they're trying too hard.

J Jan Lockhart 56:05
Well, and I can't see past their art. Oh, yeah. I can't see past the pattern art. I'm like, I know. This should be a cute dress, but I can't see past it. Yeah. So and simplicity really is very simple. And it's your basic stuff and it's great. But really the the McCall's and the Butterick I think would probably be my favorite.

A Allison 56:25
Okay, that's what I liked the best. Where do you typically like to get fabric from?

J Jan Lockhart 56:29
Well, unfortunately, there are very few fabric stores anymore. Now. I know. So I really make the schlep down to Joanne's or over in New Braunfels. Because, you know, Hobby Lobby has a lot, but not really not as much as Joanne's and I'm really finding more and more I'm shopping online.

A Allison 56:48
Yes. Yeah. We'll link some, some sources for

 56:52
fabrics online.

A Allison 56:53
I have some good online sources. Okay. Yeah. Okay, cool. Just remember, like we mentioned in the last episode, if you're going to buy fabric online, it's important to know, you need to understand the quality, the qualities and the characteristics of that fabric, which it might be worth the investment to order a sample it might be and make sure, especially if you're sewing a garment, I would think,

J Jan Lockhart 57:14
but also a lot of times, if you go to Hancocks and you find this line of fabric that you like, look at the end, you know, take a picture of the end, and then you can go online and you can say, Oh, it's a it's a Robert Kaufman, and I love Robert Kaufman. It's got a good feel. And then you go

Google robert kaufman fabric and then you know, okay, this is, yeah, so just doing a little investigating before you can shop online.

A

Allison 57:39

That's a good, that's a really good point, too, that there are fabric design names. That's something that we hadn't touched on to recognize there's you know, I know, gosh, now, it's not going to come to me, but I know like a popular cutesy quilting. One was the Debbie mom line. I don't remember her.

J

Jan Lockhart 58:00

There's a lot of home and quilting lines. Now. Regular clothing, not as much. It's not that many. But now you're doing home stuff. There's a lot. Yeah, a lot of different ones.

A

Allison 58:08

Okay, that's good to know. So I know you learned a lot of your sewing a four h when you were a kid growing up at school. Were there any other sewing resources books that you learned from anybody? I learned a lot personally from Sewing with Nancy. She had like a PBS show back in the day. Nancy, she might still still show. I think she's still on there. Yeah, she has a bunch of books that are really helpful. Lots of like tips and tricks, type books, but then she also has a lot of basic, basic books. She was the one who taught me to be okay with sewing in small increments of time. Actually, I have a book that's called like 1020 30 minutes to sew or something like that by her. And she goes through and she shows you here's what you can do in 10 minutes. here's things you can do in 30 minutes. 20 minutes. Yeah, it's really helpful. Did Was there anybody like that? Or my mom or your mom? My mom

J

Jan Lockhart 58:57

sewed? Yeah, so I grew up with her sewing. She sewed all of our clothes. She sewed our Barbie doll clothes. Oh, yeah, she sewed a lot. And then I did homework in high school. Right. And actually, our homeroom teacher was the for each person. So you know, she taught me how to sew. Yeah, the way through high school. That's awesome. And then by the time I was out of high school, I really knew what I was doing.

A

Allison 59:20

What's your favorite brand of thread to use?

J

Jan Lockhart 59:24

Oh, boy. That really depends on what I'm doing. That's true. Yes. Because like I've just discovered, which I did not know about until I started quilting. It's called Aurifil. Is that what's

called au are something out. Okay. So that's a good one for quilting. It's

A Allison 59:40
a quilting thread. Yeah,

J Jan Lockhart 59:41
it's a quilting thread. Yeah.

A Allison 59:43
I'm accoutrements.

J Jan Lockhart 59:44
I was gonna say, I liked them.

A Allison 59:46
I love kudamon thread. Yeah, I use that. It's very tough. It's it's,

J Jan Lockhart 59:50
I'm finding that a lot of the news we talked about quality, you know, a lot of the cheaper threads they break, they break so you're, you're doing your gathering thread, and all of a sudden there it goes. Yeah, good omens, a good one. Yeah, to good quality and a lot of colors every any color you could want

A Allison 1:00:03
to have. Absolutely, yeah, I have a few of my favorite resources, I'll link to there's an old, they probably have republished it. There's probably newer editions, but there's an old Singer Sewing reference library that they published. Gosh, I don't even know when the original ones came out the ones that I have, I think were published in the 90s. Wow. And there's one on sewing for the home. There's one on sewing for children, but it's cool. There's one on like basic sewing, there's a whole library of them. And I have a few of those books. And those were really helpful. Another thing to do would be to check your goodwill, check your thrift store, go to the book section and see a lot of times you'll find those kinds of books. Yeah, like I know, there's several Vogue has one and probably simplicity and all of the major pattern. Houses have like the big book of sewing, you know, sort of like a sewing Bible.

J Jan Lockhart 1:00:58

Yeah, typing with all the terms because a lot of times when you're sewing and they tell you to stitch in the ditch, you're like, what is that what in the world is stitch in the ditch? So yeah, a good sewing. Yeah, dictionary, if

A Allison 1:01:10

you will. And of course, you can pull out your phone, and you can Google that. And that's great. But sometimes it's nice to have like a hard copy of something that you can reference because, you know, I don't know what if your power's out or whatever. If you don't have access to the internet, if you can, and you can usually get them for really cheap. At a used bookstore or at a goodwill look for some kind of like all purpose sewing Bible type book, it'd be really helpful. Well, anything else you want to say about sewing?

J Jan Lockhart 1:01:42

It's, I love it. I've always loved sewing. I love the feeling you get. I love the pride you get when you have something done. So give it a whirl. Try it.

A Allison 1:01:53

Don't be afraid. Don't be afraid. It's just fabric. Start with inexpensive, buy some sheets, buy some cheap will buy some shirts. Yeah, and use that that's a great place to get a lot of fabric for very cheap. And do some mock ups or make some little girl dresses or something and just get in there and try it and it's just fabric. It's really not that scary. You know, it's so it's fine. Okay, well, thank you very much for sharing all your knowledge. It's been fun. Thank

J Jan Lockhart 1:02:20

you for letting me be here.

A Allison 1:02:22

All right. We hope you have enjoyed this two part deep dive into the art of sewing with Jan Lockhart. It's been a full two episodes, lots and lots of information covered. And especially if you're brand new to sewing, it might have seemed a little bit overwhelming. So we created a free resource for you. It's the art of home sewing handbook. And in that handbook, we cover the basic supplies that Jan and I talked about in episode one, we have a little description and a cute some cute little graphics of all the necessary supplies. And then we have a list below that of the nice to have supplies. We also have a page actually, we have two pages of sewing terms for you. Sewing sort of has its own language. And if you're unfamiliar with that, it can be confusing and overwhelming. And oftentimes, the pattern companies and some of the YouTube tutorials that are out there, they assume that you know what these terms mean. So we just compiled a list of the most common sewing terms and a really simple definition, just as a little

cheat sheet for you just to help you as you navigate your way through the wonderful world of sewing and all of its terms. And then in addition to that, the handbook also has a little cheat sheet guide on different kinds of fabrics. What the most common uses for those fabrics are just to help you sort that out as well. And then there's a little diagram in there to help you understand all the parts of your sewing machine. It covers just the most basic parts that you would find on any sewing machine. So we hope that'll be a handy reference for you as well. And then finally, there's a couple of pages in there that are reusable, you can print out as many copies as you want. It's a sewing journal, it's a place for you to record the projects that you're currently working on. So you can keep track of all the information you need to have on hand such as the size, the measurements, the alterations, you want to make the notions you need the fabric, there's a place to pin on your fabric swatch, and then some notes for next time or some observations about what you did or didn't like about that particular project. It's a really great practice to have a sewing journal because it helps keep a record of all of your creative endeavors in the sewing room. But it also is a good reference to refer back to if you want to do that project again at another time. This is a free resource for you. It's a downloadable PDF, and it's available on our website. Just go to the art of homepage [A gas.com/sewing](https://www.theartofhome.com/sewing) That's the art of home [podcast.com/sewing](https://www.theartofhome.com/sewing). And we'll link it in the show notes below as well. If you have found some value in this episode of The Art of home, or really any of our episodes, would you consider giving the show some love in one of the following ways. First of all, you can leave us a rating and a review on your listening app of choice. It is so so encouraging to us to hear how the show is impacting you and how it's helping you and your practice of the art of home. We read every single one. And it just makes our day when we get one of those reviews. And then I share them with all of the guests. If you call out a specific guest, I will make sure that guest gets to hear that review from you. Secondly, you can share with a friend that you know who could use some encouragement in her practice of the art of home, maybe you know someone who's interested in taking up sewing, this would be a great series to share with them. Or if you have a friend who's just struggling with her art of home practice, send her some of these and help her to be encouraged in the work that she's doing, knowing that it's good and important and valuable work. And lastly, you can partner with us financially by leaving us a tip and our virtual tip jar. Buy me a coffee. One time gifts given to buy me a coffee help offset some of the cost of production for this podcast. So we thank you in advance for your support. Well, that wraps up this series on sewing. We'll have another deep dive next season. But for the rest of season six, we're going to be doing some more homemaker portraits, and next week we will be back with a seasoned homemaker portrait. Until that time, keep practicing your art of making a home