

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Subject	Type	Topics	Video Date
Alterations		Charge at least \$10 to hem a pair of pants	October 2, 2018
Alterations	Tip	If asked to hem pants or sew on a button, show the person who asked how	October 2, 2018
Alterations		Learn how to do alterations for any figure "flaws" and make it a priority for one's sewing education	April 9, 2019
Alterations		One can just say no to requests for alterations. Give the person who asks for alterations a high price; the individual will accept or say no. If one accepts alterations, do it under your conditions	October 2, 2018
Batting	Tip	Use two layers of Insulbrite or similar batting with a silver backing, not one layer. Temporarily adhere fabric to back, quilt top, and then put on the binding	December 18, 2018
Bias Tape Maker	Demo	Make bias tape strip twice as wide as needed using iron and Simplicity Bias Tape Maker	July 10, 2018
Books & DVDs		Connie Crawford's <i>Patternmaking Made Easy</i> is a textbook, but filled with good information	3/27/18 & 11/13/2018
Books & DVDs		Easy Zipper class is available online or on DVD and includes five different zipper techniques. The class is also on SewBetter.com	4/24/18 & 8/28/2018
Books & DVDs		<i>Fitting and Pattern Alteration</i> by Elizabeth Leichty and Judith Rasband is an excellent resource, or take a class from Lorraine Henry	5/15/2018 & 5/30/18
Books & DVDs		Gail Yellen's <i>It's All About Embellishments</i> is a good resource for decorative serger techniques. Her company is gailpatricdesigns.com. She teaches serger classes on Craftsy/Blueprint and has YouTube videos	April 24, 2018
Books & DVDs		If one owns <i>Pants, Etc.</i> , one can purchase the new chapter separately	July 24, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Books & DVDs		Julie Parker's <i>All About Silk, All About Cotton, All About Wool</i> and Sandra Betzina's <i>Fabric Savvy</i> and <i>Fabric Savvy 2</i> are books that describe the various types of fabrics	11/7/2017 & 11/21/17
Books & DVDs		The revised <i>Pants, Etc!</i> pant book includes a chapter on how to use a sloper and includes three different bodies. The book will help everyone understand why pants don't fit; the revised and reorganized book has more information about making a muslin and uses three styles of pants; the sloper chapter will be downloadable but won't do any good on its own; the Measurement Chart is a free download and if one uses it, be sure to put the person's name and date when completing the chart; the updated book will help asymmetrical bodies, including bodies with tilted waists; if one has lost 10-20 pounds, just alter the side seams; if more, then redo the sloper. It will show how to take a commercial pattern and superimpose it over a sloper and change it to fit a body	9/18/18 & 10/2/2018 & 10/9/18 & 10/16/18
Books & DVDs		The videos on the Islander's Sewing Systems second web site, SewBetter.com, include most of Margaret Islander's classes	7/17/18 & 8/7/2018
Books and DVDs		Connie Crawford has three DVDs, each over one hour: 1) custom fitting and trueing, 2) custom bodice, and 3) custom pant	March 26, 2019
Books and DVDs		The Easy Zipper DVD includes demos on how to install five types: invisible, lapped, slot, fly, and mock fly, They are also includes on SewBetter.com	March 19, 2019
Books/DVDs		Palmer Pletsch's Melissa Watson has a Full IBust Adjustment (FBA) tutorial on YouTube	5/15/18 & 8/7/2018
Buttonholes		Buttonhole should be not much larger than the button - test on the stitch sample; a little snug is ok, but too loose is not good	March 5, 2019
Buttonholes		Cam buttonholers are preferred to make buttonholes using the sewing machine settings	October 31, 2017

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Buttonholes	Demo	Display of special buttonhole attachments including Greist and Singer. Some can set the width of the buttonhole. Janet's favorite is Greist	March 13, 2018
Buttonholes	Tip	If purchasing a buttonholer online make sure it has all of the cams	March 13, 2018
Buttonholes		Keyhole buttonhole is used on coats	March 13, 2018
Buttonholes	Tip	Lay a bead or two of FrayCheck down the center of the buttonhold, let set, and then cut the buttonhole open; the FrayCheck stops fraying	12/19/2017 & 3/13/18
Buttonholes	Demo	Make a buttonhole using Greist buttonholer	March 13, 2018
Buttonholes	Tip	Make really long lines when marking the ends of the buttonholes	March 13, 2018
Buttonholes	Tip	Make the first buttonhole at the bottom of the shirt and work up	March 13, 2018
Buttonholes	Demo	Mark first buttonhole 3.5" below the finished top of the shirt and mark all the rest 3" apart	March 5, 2019
Buttonholes		Mark horizontal lines nice and long so the lines can be seen under the buttonholer	March 5, 2019
Buttonholes	Tip	Put the buttonhole on the Jacket Express flap before putting the flap into the jacket	September 11, 2018
Buttonholes	Tip	Use a button spacer to sew buttons by machine or by hand	March 13, 2018
Buttonholes		Use the fabric's stripe or plaid to align buttonholes and buttons	February 26, 2019
Buttonholes		Vertical buttonholes are marked on the center front line, not how far from the edge	March 5, 2019
Buttonholes	Tip	When making a buttonhole, go around twice	March 13, 2018
Coverstitch		Coverstitch machines (or coverhem machines) are usually used on knits, and sometimes on draperies	April 17, 2018
Coverstitch		Coverstitch the sleeve hems before sewing the side seams of knit tops	June 11, 2019
Coverstitch		Don't start the coverhem at a sideseam but a couple of inches away; when going over the hem, put the needle down, lift the presserfoot, and sew slowly or manually handwalk over the seam	June 11, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Coverstitch		The coverstitch hem is often seen on Ready-to-Wear as the double row of stitches at the bottom hem of knits. Inside it looks like it has been serged. Can do a coverstitch hem on the armscye and neck. It is the best way to do the hem on knit fabrics	April 24, 2018
Coverstitch	Tip	To determine where to stitch, put the garment upside down, slide under the foot and position the fabric so the left needle hits just to the left of fabric or just on edge, mark the seam guide or use painter's tape, and turn to right side and stitch	4/24/2018 & 7/31/18
Coverstitch		To prevent tunneling on the coverstitch, adjust the tension and/or stitch length	June 11, 2019
Coverstitch	Demo	Use the Coverstitch machine to sew a full circle hem	June 11, 2019
Coverstitch		When reached the start of the coverstitches, pull the threads to each side, take several stitches over the previous stitches, raise the needle and lift the foot, pull the threads forward or to the side and clip, pull the fabric to the side and cut the underthread, and clip the threads or pull them to the wrong side and trim	June 11, 2019
Cutting	Demo	Change a pattern to cut out flat	February 6, 2018
Cutting	Demo	Cut a pocket so the pocket matches the print or stripe exactly, just like Hawaiian shirts	February 13, 2018
Cutting		Cut cuffs and other rectangular pieces using the grid of quilter's rulers	May 20, 2019
Cutting		Cut one shirt facing on the straight-of-grain and one on the bias so the yoke can have the stability of the straight-of-grain	2/12/2019 & 4/2/19
Cutting	Tip	Cut yoke facing on grain if the public side of the yoke is on the bias	December 19, 2017
Cutting		Cutting pattern pieces on the fold is more cost effective for commercial pattern makers, as is the 5/8" seam on all areas	February 6, 2018
Cutting	Demo	Determine the grainline, crossgrain, and bias, and measuring straight of grain	June 19, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Cutting		For collars, be sure each corner aligns at the same place on a plaid or stripe	March 12, 2019
Cutting	Tip	For striped or plaid woven fabrics put the grainline on a lengthwise stripe	June 19, 2018
Cutting		For the front placket, align the vertical lines, don't worry about matching the side seams	February 5, 2019
Cutting		Industry cuts out flat, not on the fold, especially collars	2/6/2018 & 9/11/18
Cutting		Janet likes to cut with the wrong sides together so she can see where the motif hits on the pattern. Can cut with right or wrong sides together - whatever is most beneficial to the project	April 2, 2019
Cutting		Janet prefers a rotary cutter as the scissors picks up the fabric and may bend or move it	March 12, 2019
Cutting	Demo	Lay down a piece of brown kraft paper, align the folded edge of the fabric to the edge of the paper, line up the pattern pieces, cut through the paper. Slide the paper around to cut at the most convenient angle. The brown pattern pieces can be used as a second copy of the pattern pieces	12/18/18 3/12/2019
Cutting	Tip	Seam allowance - neckline, collar, cuffs and other enclosed seams are 1/4"; 5/8" are used for seams that are pressed open, zipper seams, etc, and other seams are 1/2" depending on where they are on the garment	10/30/2018 & 4/2/19
Cutting Mats		Check the lines on cutting mats to see if they are accurate	October 2, 2018
Cutting Mats		Have the mat cover the entire cutting table if at all possible, long enough to lay out an entire project	10/17/17 & 9/18/2018 & 9/25/18
Cutting Mats	Tip	If ordering a custom mat from cuttingmats.net , order the closest size and put the exact size in the comments, ask for the scraps, which may be useful to cover a small sewing table or used to cut open buttonholes	10/2/2018 & 5/20/19

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Cutting Mats		Rhino mat from cuttingmats.net comes in two types: 1) a silk-screened mat with 1" grid; 2) a separate grid goes under the cutting mat, Janet used a Sharpie pen to mark inches, half-yards, and yards	8/21/2018 & 9/18/18 & 9/25/18 & 10/2/18
Cutting Mats	Tip	Rotate the cutting mat so one don't cut in the same spot and wear out the grid lines	August 21, 2018
Cutting Mats	Demo	Rub over the mat with a pink gum eraser or brush to remove the tiny fabrics on the cutting mat	8/21/2018 & 10/2/18 & 10/30/18 & 11/27/18
Cutting Tables	Tip	Buy a table already put together as it will be more sturdy	9/25/2018 & 10/9/18
Cutting Tables	Tip	Cutting table should be sturdy about waist-height or just below waist, basically counter-height (35-39"), depending on one's height, and completely covered with a mat so a rotary cutter can be used	September 25, 2018
Cutting Tables	Tip	Foam board for cutting table – or can use for design board (prefer 1 ½" depth). Cover it in Contact paper for a cutting surface	10/17/2017 & 9/25/18
Cutting Tables	Tip	Ideal cutting table – 60" wide and 108" length; height is ergonomic, depends on height of person	October 17, 2017
Cutting Tables		It is most important to cut and sew well, the type of cutting table is less important	September 25, 2018
Cutting Tables	Tip	Raise a cutting table: use cinder blocks , #10 coffee cans filled with hollow rods and fast-drying concrete, PVC pipes	September 25, 2018
Cutting Tools	Demo	Cutting tools: rotary cutter, blunt-nose scissors, pinking sheers, spring scissors, tailor's scissors, regular 8" scissors, thread nips, titanium blade, electric scissors, power cutters, buttonhold chisel	October 30, 2018
Dress Form		Connie Crawford has a dress form arm pattern which is available on the Islander web site	March 12, 2019
Dress Form		Do not make a dress form as it 1) takes a long time; 2) needs to be cut off the person and filled; 3) it needs something to stand or hang it on; and 4) can't pin it	March 12, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Dress Form		Joe Vecchiarelli's French European dress forms are good; Dritz dress forms or the duct tape version are not pinable, which is a must if purchasing a quality dress form; the 3D scanner to produce a dress form of one's body sounds promising, but do research	September 18, 2018
Dress Form		Purchase a pinable dress form with a stand as close to one's shape but not bigger; add padding in needed areas, and put another stretch cloth over it	March 12, 2019
Dress Form		When padding a dress form, measure front from side seam to side seam, and repeat for the back measurement which will reflect different front and back measurements	March 12, 2019
Dress Form		Wolf and PGM dress form companies went out of business	September 18, 2018
Education		Certification course to teach Islander Sewing System will be offered as soon as the company that had hosted the online course finalizes the details; the course includes learning a technique, repeating it, taking a photo of the technique, and having Janet grade it (got it, or not)	May 14, 2019
Education		Check the Internet for tutorials on how to make continuous bias	July 10, 2018
Education		For couture techniques Kenneth King and Susan Khaljie are excellent; if a specific technique or type of sewing is needed, take a class from an instructor who specializes in that area	January 23, 2018
Education		Information about Janet's Craftsy [now Blueprint] classes	October 3, 2017
Education		Janet talked about her fabric shopping trip to New York	January 22, 2019
Education		Look for blogs, including magazine blogs; in-person events; Facebook events; Sewcial retreat, etc.	January 23, 2018
Education		Qualify the educator/teacher/resource; look for experience and reviews	January 23, 2018
Education	Tip	Recommend Craftsy [now Blueprint] as they vet the instructors	January 23, 2018
Education		SewBetter.com has 8 or 9 classes and Janet has 5 classes on Craftsy [now Blueprint]	August 21, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Education		Some instructions have Sewing Directions; Google the term or technique; <i>Threads</i> magazine has some of the best information but the technical information is comensurate with the quality of the author	August 7, 2018
Education		Summarized last week's shirtmaking webinar; will have another webinar at the end of May	April 30, 2019
Education		Teachers certified in the Islander Sewing Systems method are listed on the Islander web site	April 16, 2019
Fabric	Tip	45 degree is best for bias	July 10, 2018
Fabric		5% spandex is necessary for recovery in knits; spandex is the fiber type and Lycra is a trade name	May 1, 2018
Fabric	Tip	6 oz flannel means that one square yard of flannel weighs 6 oz.	November 28, 2017
Fabric		Anything with glitter, make sure that the side that touches the body is not itchy	June 25, 2019
Fabric		Bamboo fabric wicks and is anti-bacterial	May 1, 2018
Fabric		Bamboo knit is like jersey knit; US Govt may call it "rayon from bamboo;" bamboo doesn't need pesticides and takes only 2-3 years to harvest	5/1/2018 & 7/24/18
Fabric		Bamboo knit is not new to garments; it was used in the 1800s for bustles and corsets	May 1, 2018
Fabric		Bamboo knits have a luster like a pearl is more cottony and drapes very softly and breaths beautifully; Banboo is more upscale than ITY knits which are very bouncy	7/24/18 & 10/9/2018 & 6/11/19
Fabric		Bamboo rayon fabric does not need to be pre-washed; garments can be dried flat or put in dryer; the fabric is not clingy and has nice drape and feel	1/8/2019 & 6/11/19
Fabric		Bamboo rayon is truly organic because no chemicals are used and the plant has no natural pests; bamboo fabric doesn't grow or stretch, it stretches more on the crossgrain	12/4/2018 & 6/11/19

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Fabric	Demo	Burn test of ten different fabrics to determine fiber content	January 8, 2019
Fabric	Tip	Buy an even plaid; uneven plaids require more attention to matching	March 6, 2018
Fabric		Coconut shell button is traditional for the Islander Shirt #208	February 26, 2019
Fabric		Cotton, rayon, bamboo, silk, and linen can be made into a knit	May 1, 2018
Fabric	Tip	Cut 3x3" or 4x4" piece of fabric, wet with hot water and run through complete dryer cycle, and then measure to see if the fabric shrunk	December 5, 2017
Fabric		Cut out two or three pockets, practice, and use the best one on the shirt	February 12, 2019
Fabric		Differences between fabric and fiber content	November 7, 2017
Fabric		Do not cut knits with the most stretch going lengthwise as the garment will stretch out	April 2, 2019
Fabric		Do not stack cut print or striped fabrics	December 18, 2018
Fabric		Do not use poly organza because it doesn't breath	May 20, 2019
Fabric		Do not wash silk organza before using as it may shrink and will fray	May 20, 2019
Fabric		Don't use muslin to make a sample shirt as the muslin is too soft; use a shirting fabric	June 18, 2019
Fabric		Easy V Express #229 is better in bamboo fabric than ITY	May 8, 2018
Fabric		Echino or Kokka fabrics are Japanese fabrics and are available from Busy Bee in Calif	9/11/2018 & 5/20/19
Fabric	Tip	Emma One Sock, Marci Tilton, and The Sewing Place are good sources for silk fabric	November 7, 2017
Fabric		Eventually everyone will be buying fabric by Pantone number; some manufacturers are starting to include the Pantone number	December 4, 2018
Fabric	Tip	Eyeball the grainline on knits; not as critical to get the knit perfectly on grain	June 19, 2018
Fabric		Fabric Grains	6/19/2018 & 6/26/18
Fabric		Fabrics with poly or synthetics don't take the needle as well	April 10, 2018
Fabric		Feel fabrics to get a sense of the hand of different fabrics	January 8, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Fabric		Fine weave and lots of detail is the sign on a good shirt; go to Nordstrom or other better stores to look at details, stitching, fabrics, etc. on Ready-to-Wear garments	April 16, 2019
Fabric		First reveal of shirting fabric from Janet's shopping trip	January 29, 2019
Fabric	Tip	For border prints, most wovens are fine if cut on the crossgrain	June 19, 2018
Fabric	Tip	Generally need 1.5 yards for a tee shirt with sleeves for sizes up to XL	July 24, 2018
Fabric	Tip	Good quality shirting has a woven pattern so there is no obvious wrong side; take Chakoner and mark the wrong sides, especially for sleeve pieces	April 10, 2018
Fabric	Tip	Greatest stretch of fabric should go around the body	January 8, 2019
Fabric		GSM is Grams per Square Meter (or OSY - Ounces per Square Yard) and indicates the weight of the fabric, not necessarily the opacity of the fabric. For example, if the fabric is labeled 6 oz, then the a 36"x36" piece of fabric weights 6 ounces	May 8, 2018
Fabric	Tip	Hancock's of Paducah sells good quality flannel	November 28, 2017
Fabric	Demo	Hand of the cloth	6/19/2018 & 7/10/2018
Fabric		How Janet tests the fabric by preshrinking	January 29, 2019
Fabric	Demo	How to mark pocket with plaid lines and align pocket tissue to fabric to cut out pocket fabric to match shirt	February 5, 2019
Fabric		If a border print is down the side, cut the pattern on the crossgrain, but determine how it might stretch	March 5, 2019
Fabric		If both ends of a knit fabric are crooked it is because it was stretched when rolled onto tubes (ROT)	December 4, 2018
Fabric		If cutting a circle skirt, hang the skirt for several days to a week, and then true the hem	April 2, 2019
Fabric		If fabric is a print, trace the pattern on a copy of the pocket tissue and match to shirt pattern; cut out several copies of pocket tissue to match to future fabrics	February 5, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Fabric	Tip	If fabric printed slightly off grain, still cut the fabric on grain	June 19, 2018
Fabric	Tip	If new to shirtmaking, use crisper fabric	April 10, 2018
Fabric	Tip	If one finds a fabric one must have, but doesn't have a specific pattern in mind, how much fabric should one purchase? Three yards for a jacket or pants, or two yards for a short sleeve top. For a long sleeve top, three lengths, or for any garment, just figure out the number of lengths	April 24, 2018
Fabric		If one wants to put the garment in the dryer, then dry the fabric after prewashing	May 1, 2018
Fabric		If the fabric only gives a little and the fabric is more pleasing, then cut the fabric on the crossgrain	April 2, 2019
Fabric		In England, what the Americans call bias, the Brits call crossgrain; there is no British term for the American term of crossgrain	April 2, 2019
Fabric		Islander now carries black silk organza	June 11, 2019
Fabric		Islander's shirting fabric does not need to be preshrink; it is easier to handle the fabric with the sizing in the non-washed fabric as it is firmer and crisper	4/19/18 & 4/16/2019
Fabric		It is not bad to have a little blend - many fibers now have 5% spandex	January 8, 2019
Fabric		ITY knits are 100% polyester and great weight for fall	May 1, 2018
Fabric		Jacket Express #218 makes up well in cotton-linen or cotton canvas	September 11, 2018
Fabric		Janet prefers the primary fabric to be natural, but that could include up to 5% spandex; some fabrics may require a bit of a blend, such wool melton	5/1/18 & 9/11/2018 & 1/8/19
Fabric		Janet's jacket with the numbers in the fabric is unlined, rolled hem on edges, and big pockets on front	March 13, 2018
Fabric	Demo	Jessica's jeans were cut off grain as the inside seam twists to the front of the leg	April 2, 2019
Fabric		Knits shouldn't need to be preshrunk, but test	April 10, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Fabric		Linen comes in different weights; 6-8 oz linen is coarser and the fibers closer together than a 4 oz linen; linen may be itchy because of how it was processed	May 14, 2019
Fabric		Linen does not stretch on the crossgrain	April 2, 2019
Fabric		Live fabric sale	June 4, 2019
Fabric		Look elsewhere than chain stores for quality fabric	February 12, 2019
Fabric	Tip	Make Mobius scarf out of chiffon or sheer, using different scale of prints, and a plethora of colors	December 5, 2017
Fabric	Tip	Match plaids in specific areas such as side seams and center back	4/19/17 & 1/16/2018
Fabric		Natural fibers, now called sustainable fibers, include linen, cotton, wool, silk, rayon, hemp, and tencel (a form of rayon)	May 14, 2019
Fabric		Natural/sustainable vs synthetic fabrics	November 7, 2017
Fabric	Tip	On woven plaids, the stripe is the grainline	February 6, 2018
Fabric		Origin of Polar Fleece	November 7, 2017
Fabric		Pilling is caused by short fibers; prewashing may help	May 1, 2018
Fabric		Pinpoint Oxford cloth has higher thread count and lighter, finer weave than Oxford cloth	April 10, 2018
Fabric		Polyester doesn't take to the needle; the needle doesn't go up and down with ease and is not as smooth; the stitching isn't as pretty	September 11, 2018
Fabric		Ponte knit is heavier, more stable and good for dresses, slacks, and jackets; less so for tee shirts	May 1, 2018
Fabric		Prewash linen in warm water and put in the dryer	May 14, 2019
Fabric		PUL is a really light fabric and has stretch, and not as heavy a loft	March 13, 2018
Fabric	Tip	Pull a thread on a woven fabric and it will run, which is the grainline	June 19, 2018
Fabric	Tip	Put bias tape on fabric edges on before sewing side seams	July 10, 2018
Fabric		Quilter's cotton can't be softened with Coke because it is a heavier yarn and Coke may damage the surface	June 19, 2018
Fabric		Rayon is generally made from wood pulp	May 1, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Fabric	Tip	Shirting fabric s(Lawn and pima) have no wrong side and are great for ruffles or for pretty, soft garments	11/21/17 & 6/19/2018
Fabric	Demo	Showed a variety of fabrics made from silk	November 7, 2017
Fabric	Demo	Showed fabrics on sale	January 15, 2019
Fabric		Showed fabrics that would work for the Top It! Express	May 14, 2019
Fabric	Tip	Silk organza comes in different grades; \$7/yard is an average price for silk organza for interlining. Thai Silks provide good quality. It is not necessary to use the highest quality for interlining	11/28/2017 & 5/20/19
Fabric	Tip	Silk rips nicely on the grain	June 19, 2018
Fabric	Tip	Take chalk and mark wrong side of fabric, especially for woven plaids	February 6, 2018
Fabric		Take picture of the end of the bolt and record it with the fabric	January 8, 2019
Fabric	Tip	Tea dying is not as likely to work on synthetics as the dye doesn't adhere as well; when wet, the color of the tea-dyed fabric will appear darker	June 18, 2019
Fabric	Demo	Tea dying stripe fabric to tone down the white in the stripe. Boil water, use English tea, get a dark color in the water, dip the fabric in and stir around for 2-5 minutes. When the color is right, lay the fabric in terrycloth and roll up, then press. Rinse before making potholder or garment	June 18, 2019
Fabric		The majority of bias cut fabrics are for couture sewers	April 2, 2019
Fabric	Tip	Tips for using fleece fabric for Baja jacket	January 22, 2019
Fabric	Demo	To Match Plaids or Not to Match?	4/19/17 & 2/6/2018
Fabric		To test fabric, cut a 3- or 4-inch piece, mark, wet, let dry, and put back to see if the fabric shrunk	April 10, 2018
Fabric		Use a stripe on the bias for trim of the potholder pattern and other patterns	June 18, 2019
Fabric	Tip	Use Clorox bleach pen to write on denim; indigo and black take the bleach the best; rinse, soak for 5 minutes in 3 to 1 water-to-vinegar	December 12, 2017

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Fabric		Use whatever stripe pleases the eye as the center front	February 5, 2019
Fabric		Warm Weather Apparel - fabric type and fiber content make a huge difference; natural fibers breath; ITY is great for fall and winter; Bamboo is great for summer; linen is also good (just get over the wrinkles!); linen gives a garment a more upscale look; underline a linen jacket with silk organza	May 14, 2019
Fabric		Wash linen before cutting out	May 20, 2019
Fabric		When selecting fabrics, consider the same colorway, not a perfect match	April 10, 2018
Fabric		When sewing for a child, use a casual fabric, not muslin fabric so it becomes a "wearable muslin"	March 26, 2019
Fabric		Width of fabric is not the way to tell quilter's cotton from sewer's cotton; the hand and fabric type will tell the difference	July 24, 2018
Fabric		With knits, one way stretches more than the other, and that is generally the crossgrain; the most amount of stretch goes around the body; the least goes up and down	April 2, 2019
Fabric		Wool melton has a sheen and nap (thus cut all pieces in same direction) whereas boiled wool has more texture	October 23, 2018
Facebook	Tip	Best place to post questions is in Facebook Messenger or email; better than posting in the Comments section of Facebook	March 20, 2018
Facebook		Click on the triple dots (...) in the upper right corner of the Facebook page to save the video	April 9, 2019
Facebook		First Tuesdays at Two	September 5, 2017
Facebook	Tip	If questions aren't answered during the Facebook chat, email questions to islandersewing@comcast.net	2/6/2018 & 7/24/18
Facebook	Demo	Post a picture of a completed garment on the Facebook page and how to find other projects posted on the View Visitor Posts	8/28/2018 & 9/4/2018 & 11/20/2018
Fitting	Demo	Adjust the sleeve and shoulder seam if too loose	May 1, 2018
Fitting	Demo	Confirm bust point is in correct location	May 30, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Fitting	Demo	Enlarge a too small neck when the rest of the shirt fits (just go one size up, not more)	February 13, 2018
Fitting	Demo	Full Bust Adjustment (FBA)	5/30/2018 & 8/7/18
Fitting		Get used to fitting with a sloper	March 26, 2019
Fitting		If making a two-piece sleeve, made a muslin and check the fit	March 26, 2019
Fitting	Tip	If no fitting buddy, search for a tailor or seamstress locally; don't have a friend or hubby do the fitting	July 17, 2018
Fitting	Tip	Make a muslin to figure out how far to raise the underarm	June 26, 2018
Fitting		Make a tee muslin and drape on one's own body	August 7, 2018
Fitting		Make the bodice and pin the sleeve tissue on to check the fit	March 26, 2019
Fitting		Mark up the basic pattern, such as pocket placement, draw details on, make one sleeve to test fit	August 7, 2018
Fitting		Shape and length of the crotch is 90% of pant fitting	October 23, 2018
Fitting		Shorten pants from the waist only if the crotch is too long	March 27, 2018
Fitting		Sleeves do not need a lot of fitting once the armscye fits, just measure the length from the shoulder seam to the wrist with the arm bent	March 26, 2019
Fitting		To make a tunic out of a shirt pattern, need to make muslin to determine the amount of ease around the hips	May 15, 2018
Interfacing		Always test interfacing with a 4 to 6 inch square of interfaced fabric included in a full wash and dry cycle with other clothes	February 12, 2019
Interfacing	Demo	Apply interfacing	February 5, 2019
Interfacing		ArmoWeft fusible interfacing (AKA hair canvas – Fusible Arc) for wool coats	10/24/2017 & 10/23/18
Interfacing	Tip	Block fuse fabric, which means fusing a length of fabric that will fit the pieces that need to be interfaced, and then cut out cuffs from interfaced fabric. Do not block interface collars as the points of the intefacing need to be trimmed off; otherwise interface to the edge	11/28/17 & 2/20/2018 & 2/5/19

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Interfacing		Chain-store interfacing is generally 20" wide, whereas quality interfacings sold by Janet and others are 45" to 60" wide (and for about \$9 a yard and many garments use 1/8 to 1/4 yard, so the cost of interfacing should not be a concern)	February 12, 2019
Interfacing		Don't interface the back yoke if on the bias but the yoke facing should be on the straight of grain	March 6, 2018
Interfacing		For curved hems, cut snips half way down the fusible every 1/4" or so and then finish	April 24, 2018
Interfacing	Tip	For the pieces to be cut on the bias, either interface the fabric before cutting out or make the interfacing align with the fashion fabric after applying it	March 6, 2018
Interfacing		Garment industry does not preshrink interfacing or fabric	February 12, 2019
Interfacing		Glue on the interfacing does not generally have a shelf life	February 12, 2019
Interfacing		If the interfacing extends beyond the fabric, trim the interfacing so it is flush with the fabric so the eye has a straight line to stitch	February 5, 2019
Interfacing		Interface both collar pieces and put a mark on the one that faces the public; cut out the interfacing at the collar point	March 5, 2019
Interfacing	Tip	Interface both pieces of collars and cuffs to they stay compatible, but use different weights of interfacing	February 20, 2018
Interfacing		Interface both sides of collar using Light and Stable (lightweight) interfacing	February 5, 2019
Interfacing		Interface both sides of shirt front, then fold; interface hem of pocket and press	February 5, 2019
Interfacing		Interface pieces the day before to ensure that the interfacing is adhered; otherwise let cool a good five minutes	April 16, 2019
Interfacing	Tip	Interface the entire bias placket or bias cuffs, not just half; test the weight of the interfacing	May 7, 2019
Interfacing		Interface the same for the two types of plackets - medium and soft or all soft	April 30, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Interfacing		Interfacing and fabric do not shrink; the issue is not getting good adherence of the interfacing. Once applied, the interfacing must cool and cure, so that is why Janet applies the interfacing to the appropriate pieces the day before sewing	2/20/18 & 2/12/2019
Interfacing		Interfacing is the structure of the garment; use the best quality possible	February 12, 2019
Interfacing		Interfacing now is 99% fusible; adds stability to certain areas of garment; makes fabric stand up; and makes fabric smooth	February 5, 2019
Interfacing		Islander Sewing sells three types of interfacing: 1) firm, which is used in high-end Italian shirts; 2) medium, and 3) Light and Stable, which is best cut with scissors. All are 54 - 60" wide for less than \$10/yard. Sample packets are available for purchase	February 26, 2019
Interfacing		Islander Sewing's Light and Stable Interfacing can be cut with a rotary cutter, but there will be snags and pulls and the nylon may dull blades; use a scissors to cut that interfacing	February 12, 2019
Interfacing		Islander's Firm and Medium interfacing is 100% cotton woven and is direct from the manufacturers of Italian shirts and can be used in collars and cuffs	April 16, 2019
Interfacing		Light and Stable is a favorite; Shirtmaker's Choice is 100% cotton for collars and cuffs	February 20, 2018
Interfacing	Demo	Make samples of fashion fabric using different weights of interfacing to test drape	2/20/18 & 4/23/2019
Interfacing		Need interfacing any place where buttons or buttonholes will be; firmer for buttonhole side and lighter for the other side	February 20, 2018
Interfacing	Tip	No need to preshrink interfacing	February 20, 2018
Interfacing	Tip	No need to trim interfacing away from seam allowances	November 28, 2017
Interfacing		Proper interfacing prevents the color points from flipping up	February 26, 2019
Interfacing		Quality interfacing does not shrink; if using inferior interfacing it might bubble, not stick properly, or the glue is not effective	February 12, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Interfacing	Tip	Read directions with interfacing, for example, how long to press	February 20, 2018
Interfacing	Tip	Reasons to interfacing. Prefers 100% cotton interfacing for shirts	April 23, 2019
Interfacing		Shirt interfacing - use in almost all cases; today's interfacing is 90% fusible	February 20, 2018
Interfacing		Stay away from inexpensive or generic interfacing that are not woven as it is not possible to make them work	February 12, 2019
Interfacing	Tip	Use a lightweight interfacing on the under collar and a medium or firm weight for the top collar (the size that faces the public). Use firm only for collars and cuffs	April 23, 2019
Interfacing		Use a one inch wide piece of interfacing and a bit longer than the zipper on the 5/8" seam allowance under the zipper	4/24/18 & 3/19/2019
Interfacing		Use lightweight interfacing on both sides of the placket	April 16, 2019
Interfacing		Where to adhere interfacing - firmest interfacing for pieces that face the public (collar and cuffs); if in facing or undercollar or inside cuffs can use lighter interfacing	February 20, 2018
Irons	Tip	Best iron is a steam generating or gravity feed iron. A steam-generating iron has the water housed separately from the iron, and the gravity feed iron has the water tank hanging from the ceiling	3/27/18 & 6/5/2018 & 12/11/18
Irons		Get quality, heavy iron that delivers good steam such as a Reliable which Janet endorses and carries on the Islander website	12/12/17 & 2/20/2018 & 6/5/18 & 6/12/18
Irons		Iron Off/Ease Off are two products to clean the glue on the soleplate; squirt some on a terrycloth or cloth thicker than muslin and rub iron over the product	October 9, 2018
Irons		Janet uses the Big Board which sits on top of an ironing board. It is hardwood and just a little padding	June 5, 2018
Irons		Reliable irons are a good quality and have weight to apply needed pressure on the interfacing and the first not to fail after one year	3/5/19 & 4/16/2019 & 4/23/19
Irons		The iron isn't friendly to all fabrics. Use pressing cloth, typically muslin or silk organza	June 5, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Irons		The low heat of inexpensive irons might contribute to interfacing not adhering	April 16, 2019
Irons		Use an iron two pounds or heavier to get a strong press or to adhere interfacing	June 5, 2018
Irons		Use cotton setting on iron and press from the wrong side or use a press cloth	May 1, 2018
Irons		Use regular cotton canvas ironing board cover which Janet purchased at Golden Hands in Georgia	June 5, 2018
Islander Sewing		All of Connie Crawford's patterns, books, and DVDs are now on the Islander web site	1/15/19 & 1/22/2019
Islander Sewing		Connie Crawford's sloper patterns have been added to the Islander web site	September 18, 2018
Islander Sewing		Connie Crawford's slopers include a bicep adjustment	April 9, 2019
Islander Sewing	Demo	Displayed decorated pumpkins	October 31, 2017
Islander Sewing		How to invite Janet to give a workshop to a local guild or at a	January 8, 2019
Islander Sewing		If one needs to reach Janet, send an email to islandersewing@comcast.net	September 4, 2018
Islander Sewing	Tip	Islander Express Method means as much sewing at one time, then ironing those pieces, then go back to sewing; maintains quality and cuts down on time. For example, put in the zipper, then the shoulder, then the sleeves	9/19/17 & 11/21/17 & 3/6/18 & 6/5/18 & 9/4/2018 & 9/11/18
Islander Sewing		Islander makes samples of every design and size before releasing a pattern	June 11, 2019
Islander Sewing		Islander Sewing patterns are drafted for a B cup. The Women's Shirt Maker's Express #227 includes directions of how to do a full bust adjustment (FBA). There is also a FBA video on May 30, 2018 and August 7, 2018. The pattern has darts in front, fewer pieces, 1-piece sleeve	3/27/18 & 4/9/2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Islander Sewing	Tip	Islander Sewing ships orders Monday through Wednesday; if one has an emergency, send a private email, not a Facebook message	October 9, 2018
Islander Sewing		Islander Sewing techniques include how to sew straight seams, curves, pockets, zippers, and waistbands using the thumb under and finger on top. Sewing on a flat surface is a requirement, how to hold the fabric and understand how the feed dog works and how to counter the feed dog	2/26/2019 & 3/12/19
Islander Sewing		Islander Sewing uses Connie Crawford's system for grading Islander patterns	3/27/18 & 8/28/2018
Islander Sewing		Islander Sewing wants to do their homework regarding copyright before changing from DVD format to download to computers	March 26, 2019
Islander Sewing		Janet is in New York at the fabric show	January 15, 2019
Islander Sewing		Jessica's 7 month-old son joined the program	November 14, 2017
Islander Sewing		Just Janet – Jessica was on jury duty	October 17, 2017
Islander Sewing	Tip	On the Islander web site, click on Title to get more details of the pattern	10/24/2017 & 3/6/18
Islander Sewing		On the Islander web site, enlarge picture to get a closer view of the fabric weave	3/6/18 & 4/10/2018
Islander Sewing		Once purchased and downloaded, Islander patterns can be printed on 8 1/2x11" or A4 paper. The pattern guide is included in the download	June 12, 2018
Islander Sewing		PDF patterns - instant option, no shipping fees, and less expensive	June 12, 2018
Islander Sewing		The shirtmaking class at the ASG convention is all about the construction, with just a few fitting tips included	June 18, 2019
Islander Sewing	Tip	To subscribe to the newsletter go to IslanderSewing.com, scroll to the bottom of the home page, and enter the email address in the Subscribe to our Newsletter box	10/10/17 & 9/25/2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Islander Sewing		When Islander Sewing tests patterns, they have someone read the directions to see if they are correct and make sense; they also make garments in different sizes to test the grading	March 26, 2019
Marking	Tip	Chalk 4-5 horizontal lines to be sure placket matches shirt	May 7, 2019
Marking		If the seam lines are traced, then it is possible to cut way beyond the cutting line. This is done by custom sewers. It is possible to cut off the amount to make the needed seam allowances	April 2, 2019
Marking		Mark darts by taking a tiny snip (1/4") at each leg of the dart, put a pin through the end of the dart, peel back the top layer, and mark the other fabric	April 2, 2019
Marking	Demo	Pin marking the pocket on the shirt	February 5, 2019
Marking		Use a tracing wheel to trace the seam lines that have been drawn on the pattern pieces	April 2, 2019
Marking	Tip	When marking knits, make very short clips - or less than half of the 3/8 seam	July 31, 2018
Marking Tools	Demo	1) Carbon paper and tracing wheel; 2) sewing machine needle pushed through the point of a dart or pocket placement on a cotton (not knit) fabric; 3) tailor's chalk which may be waxy and will leave grease on certain fabrics; and 4) Pilot Frixion Erasable Gel Pen - the clickable version comes in 7 colors and may leave a ghost mark on certain fabrics so use on the wrong side or in the seam allowance; 5) Chakoner to mark welt pocket	April 9, 2019
Marking Tools	Tip	Always test tailor's chalk and gel pen as some might leave a mark	1/30/2018 & 4/9/19
Marking Tools		Chakoner has a very fine wheel that produces a fine line of chalk. Gel pen is not always recommended. Do not use tailor's chalk on silk because it leaves a soapy mark. Soap slivers may leave a residue, so test. Thread tracing using big basting stitches is another marking option	March 13, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Marking Tools		Marking - Chakoner, Pilot clickable erasable gel pen (be sure to test on scrap of fabric), painter's tape (for straight line on sewing machine), Dritz Iron Off or Ez-Off (takes off interfacing on iron sole plate), spring-type thread clippers, small quality tailor's point scissors, Optivisor	January 30, 2018
Measurements		Arm measurement is the same for a suit jacket	March 27, 2018
Measurements		Be true and accurate about numbers/measurements	October 23, 2018
Measurements	Demo	Bust Measurement - Put tape measure over the breast apex (at the nipple)	March 27, 2018
Measurements	Tip	Bust size (measured across the apex) is not the bra size (measured under the bust). Janet does not use the high bust measurement to determine pattern size	3/27/18 & 5/15/18 & 8/7/18 & 11/13/2018
Measurements		Center Back Measurement - The back waist length	March 27, 2018
Measurements		Compare measuring tools with one another and against a gridded cutting mat	January 30, 2018
Measurements	Tip	Compare one's measurements and the finished garment measurements to determine ease or measure a garment that fits well and compare	April 3, 2018
Measurements	Demo	Confirming the accuracy of tape measures	January 30, 2018
Measurements		Hip Measurement - 6 - 8" below waist and typically measures the widest part of the hip when looking sideways; then go to the tissue and compare; if the pattern says 4" but one's widest is 7", then mark the hip at 7"	3/27/2018 & 5/15/18
Measurements	Demo	How to measure a man's shirt sleeve	November 28, 2017
Measurements	Tip	How to measure and press a curved hem	September 12, 2017
Measurements	Tip	If using a tape measure consider start measuring at 1, rather than 0, for a more accurate measurement. Remember to subtract the one inch from the final measurement	January 30, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Measurements		Man's Neck Measurement - put tape measure over the Adam's apple and around neck, but stick a finger between the neck and the tape before recording the measurement	2/13/18 & 3/27/2018
Measurements	Demo	Man's Sleeve Length - Measure from center back, over and across the shoulder, over arm bent at 90 degree angle, and to wrist, not beyond. The 2-3" cuff will add the needed ease	2/6/18 & 3/27/2018
Measurements		Mark the seam allowance (SA) on the pattern - measure from SA to the bust point. The bust point may need to be raised or lowered, which means that the dart needs to be moved accordingly; the dart point generally ends 3/4 - 1" below or on the side of the bust point. For example, if the bust point needs to be moved down 1/2" then the end of the dart needs to be moved down 1/2". The bust point can be anywhere from 8 - 12" from the shoulder seam	May 15, 2018
Measurements		Measure a garment that fits and compare those measurements to a pattern; put those measurements on a wall in the sewing room and compare them when considering new patterns	August 7, 2018
Measurements	Demo	Measure a man's neck size by putting the tape measure around the neck at the Adam's apple, have a finger between the tape measure and neck, and overlap	April 2, 2019
Measurements		Measure back measurement and compare to pattern before cutting out	March 27, 2018
Measurements		Measure each quarter of the hip because the front or back measurement is not always one-half of the circumference	January 8, 2019
Measurements	Tip	Measure top to bottom of armscye - the back should be larger than the front	June 26, 2018
Measurements		Measure twice, draft once	October 23, 2018
Measurements	Demo	Pants Crotch Measurement - is most elusive; center tape at the "water release valve" (where the seams will meet) and then measure front waist to center of crotch, and crotch to waist back. Take separate measurements, not just around the crotch	March 27, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Measurements	Demo	Take body measurements	May 15, 2018
Measurements		Waist Length Measurement - measure the bust point to the waist. Lengthen pattern on lengthen/shorten line or look on pattern for best place. If no lengthen/shorten line, make a line perpendicular to the grain line and cut there	May 15, 2018
Measurements		Waist Measurement - Put tape measurement over the natural waist, the narrowest part of the body, even if the pattern has a dropped or raised waist	3/27/2018 & 5/15/18
Misc.	Tip	"Snoop shop" in upscale stores to look at fabrics, construction, details	July 24, 2018
Misc.	Demo	Cover a "birthday chair" for a First Grade classroom	October 2, 2018
Misc.	Tip	Cut cheesecloth about 18" (or longer than one thinks) and sew into a sack, put the sack into the turkey cavity and then add the stuffing and tie, makes removing the stuffing easy	November 27, 2018
Misc.	Tip	Fold up cape and use as a cushion if one is seated behind a tall person at an event	October 23, 2018
Myth Buster		#1 - Press as one sews - no need to press flat the sewn seams and then press open. This is an overpressing step	June 5, 2018
Myth Buster		#10 - PDF Patterns Take Too Much Time and Money	June 12, 2018
Myth Buster		#8 - Quilters' cotton for clothing?	November 21, 2017
Myth Buster		Names of pieces in garments (i.e., waistband vs waist, arm vs sleeve)	November 28, 2017
Myth Buster		Notcher should not be used to mark fabric or pattern tissue, but to mark tag board	7/24/2018 & 10/30/2018
Myth Busters		#11 - Free-arm sewing machines: fabulous or not or sewing inside the curve?	11/14/17 & 3/19/2019
Myth Busters		#12 - Make your own dress form for the best fit?	March 12, 2019
Myth Busters		#3 - Don't touch my sewing scissors. Sewing scissors can cut paper, but don't tell the family	10/31/17 & 3/12/2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Myth Busters		#7 - Sewing Curved Seams	March 12, 2019
Myth Busters		The PDF of the 14 myth busters includes some that just cause extra work, some are counterproductive, and some that produce less quality work. If a technique listed as a myth buster works for one's sewing, feel free to continue to use it	March 19, 2019
Needles	Tip	Change needle for each new project or after 8 hours of sewing. Use ballpoint, jersey, or stretch needle if sewing knits	9/12/2017 & 1/9/18 & 5/1/18
Needles	Tip	Dual Duty - gold shade, needle 14 or topstitching needle to sew denim	December 12, 2017
Needles		Must use a top stitch needle with top stitch thread	September 11, 2018
Needles	Tip	Schmetz needles are now color coded	January 9, 2018
Needles		Schmetz Super Needle is non stick and can be used immediately after spraying	March 20, 2018
Needles	Tip	Schmetzneedles.com/LearningCenter has good information	9/5/2017 & 1/9/18
Needles		Use ballpoint or stretch needles when serging knits	April 17, 2018
Needles		Use Schmetz chrome size 11 on the Italian shirting fabric	April 23, 2019
Notions		Best Press spray can be used if the fabric has been prewashed and one wants to put some sizing back in	April 10, 2018
Notions		Chakoner is from Japan and is a nicely made tool that produces a very fine line	April 2, 2019
Notions		Clear elastic, double-sided fusible for hems, straight fusible staytape, Chakoner, 6" ruler are needed to make Five Easy Tees #231	July 31, 2018
Notions		FrayCheck, point turner (some can be used as a spacer for sewing buttons) or chop sticks, latch hook (for spaghetti straps or pulling a snag through)	January 30, 2018
Notions	Demo	How to apply snaps using the Snap Setter from snapsource.com or fabric stores	December 19, 2017

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Notions	Tip	If a seam is crossed by another seam, do not use FrayCheck, weave in thread tails	March 13, 2018
Notions		Janet now prefers Gell erasable markers, but use on the wrong side or in the seam allowance	April 2, 2019
Notions	Demo	Janet's packages of carbon paper were purchased in 1969 or thereabouts; some of the newer carbon paper may not be made as well. Janet showed the tracing wheel used with the tracing paper which is put between the two layers of fabric (if wrong sides are together) and then the dart or other marking is traced	April 2, 2019
Notions	Demo	Optivisor, which functions like a magnifier	10/24/17 & 3/19/2019
Notions	Demo	Tape measures are not always accurate - they are good for general use	January 30, 2018
Notions	Tip	Use double-sided fusible tape everywhere there is a seam; while the paper is still on, turn on the hard edge and iron; pull off the paper and press in place	July 31, 2018
Notions		Use the dotted paper for pattern making, but don't use the dots as a measurement tool but just as a straight of grain	April 30, 2019
Notions	Tip	Use weighted tape holder or a scrapbook tape dispenser. Do not use glue stick to put pattern pieces together	June 12, 2018
Organization	Tip	Cut and interface all necessary pieces day before sewing; collect notions, buttons, fabric scraps, into plastic bin so whole kit is neatly together	2/5/2019 & 2/20/18
Organization		Drawers - a place for everything, and everything in its place	January 16, 2018
Organization		Make time to organize	January 16, 2018
Organization		New Year, New Sewing: Make Sure You Have the Supplies You Need	January 30, 2018
Organization		New Year, New Sewing: Organization	January 16, 2018
Organization	Demo	Store needles in segmented plastic cases which are available at hardware or big box stores	1/16/2018 & 3/19/19

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Organization		Storing fabric is a personal preference. Some store by color, fabric type, type of project, etc.	January 16, 2018
Organization		Three ways to prepare for 2018 Sewing Adventure	January 9, 2018
Pattern Tools	Tip	Don't make an oak tag board pattern unless one plans to make many versions	July 24, 2018
Pattern Tools		If one makes just one or two slopers consider purchasing pattern paper in small quantities	June 12, 2018
Pattern Tools	Demo	Notching a tagboard pattern pieces	July 24, 2018
Pattern Tools		Oak tag pattern paper or oak tag board is available from AmericanSewingSupply.net and is under patternmaking supplies. Buy the length needed	June 12, 2018
Pattern Tools	Demo	Tag board is more durable than posterboard; use notches, not a triangle (the notch is in the center of the triangle), trace around it and then cut out	July 24, 2018
Pattern Tools	Tip	Trace pattern with Swedish tracing paper, doctor's exam table paper (glazed not crepe), or regular dotted pattern paper available at Nancy's Notions, doctors' offices, and medical supply stores	12/18/2018 & 4/30/19
Patterns	Demo	Iron pattern pieces to put them back into envelope	9/12/17 & 1/16/2018
Patterns		12x18 placemats in three steps	November 14, 2017
Patterns		All Five Easy Tees #231 have rouching, but it can be eliminated	5/14/2019 & 6/18/19
Patterns		All Islander shirts have the cut-on placket except Hangin' Out Express #232 and Classic Dress Shirt #203	March 5, 2019
Patterns		All patterns are graded on seam line	March 27, 2018
Patterns		All patterns use their own measurements; some include the finished garment measurements on the pattern tissue, and some don't	5/15/2018 & 8/7/18
Patterns	Tip	Always extend the grainline to each end of the pattern piece so it can be used to match the grainline on stripes or plaids	May 20, 2019
Patterns		Always qualify the finished garment measurements	March 26, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Patterns	Tip	Always use a pattern drafted and designed for knits	May 1, 2018
Patterns		Apron Chic Express #225	November 21, 2017
Patterns	Tip	Armhole of a sleeveless pattern should be 1 - 1.5" higher than a sleeved pattern; if a pattern features sleeved and sleeveless, check to see if two bodice pieces are included	May 14, 2019
Patterns		Baja #214 has five pieces and great for newer sewers	April 3, 2018
Patterns		Baja Shirt #214 describes pattern ease and body measurements vs. finished garment measurements. Can be made in polar fleece, lux fleece, flannel, poncho fabric, etc.	9/26/2017 & 4/3/18
Patterns	Demo	Baja Shirt #214 made in digitally printed linen and how to apply facing	May 14, 2019
Patterns		Baja Shirt #214 without the hood and pocket needs 1/4 to 1/2 yard less fabric	May 14, 2019
Patterns		Beginning sewing students should start with a simple pattern with very few details such as pockets or collars	August 7, 2018
Patterns		Burda patterns are usually well drafted and have good styles, but generally do not include seam allowances	April 2, 2019
Patterns		Call the pattern company if the pattern has errors or problems (notches not matching, no ease in two-piece sleeve, etc.)	March 26, 2019
Patterns		Cape Super Express #224 makes excellent raincoat; use light weight houndstooth or rainwear material; Pocket in seam, fully lined, with big hood. Includes in-seam pockets, lining, and is not as full as the EZ Cape can make out of rainwear fabric such as Ripstop or even some home dec fabrics (but check for drapability and fiber content)	3/13/2018 & 10/16/18
Patterns		Clarification from last week - if the gap between the Center Front pieces is 1", then add 1" on left and front pattern pieces. If more than 1" is needed then use a different technique from what was demoed	June 5, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Patterns		Classic Sport Shirt #202 has been discontinued as it was a very large fitting shirt designed 20 years ago	August 28, 2018
Patterns		Commercial patterns are professionally drafted with good directions, include all the needed information, and may include new techniques, but may have limited illustrations	August 7, 2018
Patterns		Connie Crawford did not have a download option for her patterns, but Janet hopes to make Connie's patterns downloadable	September 18, 2018
Patterns		Connie Crawford has produced two childrens' sloper patterns - shirt/blouse, and pants/skirt	September 18, 2018
Patterns		Connie Crawford's Butterick patterns follow Connie's sizing, but have Butterick directions	May 14, 2019
Patterns		Connie Crawford's CS1201 Designer Blouse Block/sloper includes directions on troubleshooting areas and suggestions on how to turn sloper into designs	November 13, 2018
Patterns		Connie's fitting, grading, and balance are stellar compared with anyone else's on the market, including commercial patterns, and that includes Connie's plus-sized patterns	6/26/18 & 9/18/2018
Patterns	Tip	Copying ready-to-wear (RTW) is cumbersome and likely not to be successful if one is not a pattern drafter	March 19, 2019
Patterns		Darts point at the widest part of the body (bust or hips); point at it, but do not reach it or go past it	October 16, 2018
Patterns		Details Express #221 (features the Express Method which is a different order of sewing from traditional sewing)	February 20, 2018
Patterns		Details Express #221, Cape Express #224, and Every Bodies Shirt #223 are now available in paper and downloadable versions	April 10, 2018
Patterns		Discussion of which Islander shirt pattern viewers want to have used in Shirt month	January 29, 2019
Patterns		Don't draft a pattern for a child who will outgrow the pattern in months	March 26, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Patterns	Tip	Don't line the Renaissance Cape #204, wool melton works well, fold rather than hang	December 5, 2017
Patterns		Don't use Heavyweight paper in the printer as the ink doesn't soak in and is less flexible to store	June 12, 2018
Patterns	Demo	Double Green Shopping Bag in many variations	December 12, 2017
Patterns		Double Green Shopping Bag needs two or three pair of jeans to make	December 12, 2017
Patterns	Tip	Double Green Shopping Bags can be underlined with quilter's cotton or Kona cotton	December 12, 2017
Patterns	Demo	Downloading patterns	December 18, 2018
Patterns		Drafting for jeans is no different from other pants	October 16, 2018
Patterns	Tip	Easier to adjust a pattern than to draft one	June 26, 2018
Patterns	Demo	Easy Shirt #213 and Youth Shirt #220	February 6, 2018
Patterns	Demo	Easy Shirt #213; flannel was purchased at Hancock's of Paducah	December 12, 2017
Patterns		Easy V Express #229 and Five Easy Tees #231 are both recommended for bamboo knits	10/10/17 & 7/24/2018
Patterns		Easy V Express #229 is available in a kit with the appropriate amount of fabric and staytape to do the sleeves and hem	June 11, 2019
Patterns		Easy V Express #229 is more sophisticated than Five Easy Tees #231. Five Easy Tees includes a peekaboo sleeve	May 1, 2018
Patterns		Every Bodies Shirt #223 has more seams, more pieces, 2-piece sleeve, darts in front, 3-piece back yoke, more female shaping, different sleeve placket, and comes in tunic length	March 27, 2018
Patterns	Demo	EZ Cape #226 trunk show	October 16, 2018
Patterns		EZ Cape #226 works well with Lux fleece, which is exclusive to Joann, because it is thicker and doesn't pill	December 4, 2018
Patterns		EZCape #226 one-size pattern includes one with a hood and one without and has a one button closure; recommend Lux fabric or a no-pill fabric; cuttle firm makes great trim	9/12/17 & 10/16/2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Patterns	Demo	Fast and Fabulous #230	July 5, 2017
Patterns		Fast and Fabulous #230 includes two versions and Janet's favorite welt pocket; had split tail or hi-lo back and features a raglan sleeve	March 20, 2018
Patterns		Find a pattern as close to the dsired design as possible, compare the measurements of both, and then add the design elements	March 19, 2019
Patterns		Finished Garment Measurements	March 27, 2018
Patterns		First draft of a new top pattern	4/2/2019 & 5/7/19
Patterns		Five Easy Tees #231 and Easy V Express #229 can be made with a shirttail hem and may be lengthened by 2 inches	July 24, 2018
Patterns	Demo	Five Easy Tees #231 has two bodice patterns. When making sleeveless move the armscye up 3/4 - 1" and blend the seam and do the same for the facing	6/26/2018 & 7/31/18
Patterns		Five Easy Tees #231 needs to have a knit binding, which is cut on the crossgrain and needs to be a bit shorter than the neckline	June 25, 2019
Patterns		Five Easy Tees #231 used Connie Crawford's knit sloper patter, CS1207, as the basis	September 18, 2018
Patterns	Demo	Five Easy Tees #231 was the basis for a nightgown based on a Vera Wang nightgown	August 21, 2018
Patterns		Five Easy Tees #231 was the choice of viewers last week for the demo. The negative ease is about 1 inch, but it depends on the knit fabric	9/5/17 & 5/1/18 & 7/31/2018
Patterns		For Islander downloadable patterns, the S-XL and Plus sizes are split up so one can indicate which range to print	September 18, 2018
Patterns		Free potholder pattern made with Echino (cotton and linen) fabric and lined with two layers of Thinsulate	June 18, 2019
Patterns	Demo	Full Bust Adjustment (FBA). Commercial patterns are drafted for B cup. Janet prefers to make a muslin rather than pin fitting the tissue pieces	May 30, 2018
Patterns		Get the size right and then change the length	March 27, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Patterns		Hangin' Out Express #232 includes how to lengthen or shorten the pattern, finished garment measurements, and the center front measurement; pattern includes the sewn-on placket; pattern pieces include the bias grain lines or turn the pattern to crossgrain if that grain is desired; includes wider seams if a French seam on armhole or flat-felled seam is preferred	3/6/18 & 8/7/2018
Patterns		How a pattern is born	September 5, 2017
Patterns		How and where to finish raw edges in Islander Shirt #208	February 12, 2019
Patterns	Demo	How to change a neckline and facing	May 7, 2019
Patterns	Demo	How to change pattern to sleeveless (raising the armhole)	October 17, 2017
Patterns	Tip	How to determine if an independent pattern is a good one - read about the person's background; look at what the patterns looks like; buy one pattern and check if balanced; read how well the directions are written; look at samples at sewing shows; look for reviews, longevity, photos on the web site; determine how long they have been producing patterns; and investigate whether the company head has pattern drafting expertise or credibility in the industry	6/26/2018 & 8/7/18
Patterns	Demo	How to get pattern pieces back into the envelope	September 12, 2017
Patterns		If a seam is lengthened and it is on an angle, gently smooth the seam line	May 15, 2018
Patterns		If need to add for large tummy, grade out on sides or cut out and slide over and true up the side	May 15, 2018
Patterns		If one has a 36" bust and the finished garment measurement is 39" the garment will be fine; Janet likes 4" ease but not as much for knit garments	May 15, 2018
Patterns		If using lace, look for pattern with the fewest number of seams and use French seams to finish	May 14, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Patterns	Demo	Irish Coat #207 - no sleeves, need 60" fabric; foolproof, illustrations for every step of the welt pockets, statement button, great in wool melton	10/24/17 & 10/23/2018
Patterns		Irish Coat #207 - no sleeves, need 60" fabric; foolproof, illustrations for every step of the welt pockets, statement button, great in wool melton	5/30/18 & 8/7/2018
Patterns		Islander Sewing pattern directions are color-coded	March 13, 2018
Patterns		Islander Sewing aspires to match ready-to-wear sizing	March 26, 2019
Patterns		Islander Sewing doesn't produce a printshop version of their patterns but can order through Pattern Review	6/12/2018 & 8/21/18
Patterns		Islander Sewing is not getting rid of paper patterns; just trying to catch up and have all patterns in paper and downloadable formats	4/17/2018 & 6/12/18
Patterns		Islander Sewing makes samples of all new patterns in multiple sizes	September 4, 2018
Patterns		Islander Sewing pattern guides include color illustrations for each step and a Tecchnical Glossary	August 7, 2018
Patterns		Islander Sewing PDF patterns have sectioned the plus sizes from the regular sizes and one can determine which to print off to eliminate wastes paper printing unneeded sizes	8/21/2018 & 8/28/18
Patterns		Islander Shirt #208 will be used in Shirt Month; view A has convertible collar and view B has collar stand and placket	February 5, 2019
Patterns	Demo	Islander Shirt #208, Easy Shirt #213, Youth Easy Shirt #220	November 28, 2017
Patterns		Islander Shirt #208, includes directions of how to change bottom placket for a woman's shirt; comes with Shirt Production Method (now called Express Method)	February 13, 2018
Patterns		Islander Shirt #208, views A and B, shirt rivals Tommy Bahama shirts, including the shape of the hem	February 5, 2019
Patterns		Jacket Express #218 includes detailed directions on how to make welt pockets; pattern also includes three-piece back and yoke	September 11, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Patterns		Jacket Express #218 is featured in the Blueprint class. If one purchases the Blueprint class the pattern is free; if one subscribes to Blueprint, the pattern must be purchased	April 9, 2019
Patterns		Jacket Express #218 is the first Express pattern, which means that the construction order is more efficient - sew all of the pieces ones can sew, press all of the pieces, then sew the next steps; eliminates the ups and downs. Pattern comes in XXS - 4X	September 11, 2018
Patterns	Demo	Jacket Express #218 trunk show	September 11, 2018
Patterns		Knits have about a 2" bust ease whereas wovens have 4-5"	May 1, 2018
Patterns	Tip	Let the kids know that the pattern can be made in any fabric, not just the fabric on the pattern cover; show them the line drawings	June 26, 2018
Patterns	Demo	Make an accordion pleated cowl collar	May 15, 2018
Patterns		Make the pattern the first time according to the directions; then the second time one can adjust	August 7, 2018
Patterns		Man's shirttail should hit mid-fly front	March 6, 2018
Patterns		Many patterns for knits have a stretch guide on the envelope; stick with suggested fabrics	August 7, 2018
Patterns		Men's Classic Dress Shirt #203 and Hangin' Out Express #232 have classic, sewn-on plackets	4/30/2019 & 5/14/19
Patterns	Demo	Mobius scarf	December 5, 2017
Patterns		Most important is to confirm that the pattern pieces are balanced, or that the back and front side seams are identical in shape and length. Make sure that the side seam is straight; balancing is also covered in Connie Crawford's books	3/27/18 & 5/15/2018
Patterns	Demo	Motor City Express #222 which is the featured jacket on Blueprint's Sew Better, Sew Faster, Smart Construction	March 12, 2019
Patterns		Motor City Express Jacket #222 describes difference between interlining and underlining, how to shorten a zipper and where to purchase, and how to bag the lining	10/3/2017 & 9/4/18

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Patterns	Demo	Motor City Express jackets #222 and discussed types of fabric and lining for the seven jackets	October 3, 2017
Patterns	Demo	MotorCity Express #222 trunk show	September 4, 2018
Patterns		Old commercial patterns had seam lines on the pattern pieces, but seam lines were eliminated when multiple sizes were included in one envelope	April 2, 2019
Patterns		Pattern companies generally draft for a woman 5'6" tall with a B cup, or a size 6 or 8	May 15, 2018
Patterns		Pattern cover should have a photo of a sewn version, not just line drawings	June 26, 2018
Patterns		Pattern for man's tee shirt must be drafted for seam allowances (SA) they will use; 1/4" SA is fine. Use a ruler or marking tool to take 3/8" off of a SA drafted as 5/8"	February 26, 2019
Patterns		Patterns are drafted to the seam line, and then the seam allowance is added	April 2, 2019
Patterns		Pot holder pattern	November 21, 2017
Patterns	Demo	Pot holders, placemats and napkins, and Roll and Snap Market bag	December 18, 2018
Patterns	Tip	Proof the pattern pieces the first time making changes, then proof in muslin or same type of fabric	4/30/2019 & 5/7/19
Patterns	Tip	Quality knit patterns do not need a FBA and do not need a dart. Instead the side seam is curved out. Connie Crawford's patterns are drafted this way	5/30/2018 & 8/7/18
Patterns	Tip	Renaissance Cape #204 - one simple piece with or without hood and in several lengths, hacks include a petite length which is good for individuals in wheelchairs	12/5/17 & 10/23/2018
Patterns		Roll 'n Snap Market Bag is now a paper pattern	October 17, 2017
Patterns		Several commercial pattern companies make patterns with different cup sizes	August 7, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Patterns		sewn-on placket can be made in different fabric or the direction of the strip or plaid can be changed or put on bias	April 30, 2019
Patterns		Shirt Maker's Express #228 (woman's and man's) can be made in about 2.5 hours as the armscye, side seam, and underarm seam have a faux flat-felled seam, which is the fastest way to do it	August 7, 2018
Patterns		Shirt Month	2/13/18 & 2/20/18 & 3/6/18 & 2/5/19 & 2/12/19 & 2/26/19 & 3/5/19
Patterns		Shoulders don't get any larger in Connie Crawford's patterns	September 18, 2018
Patterns		Sizing of Connie Crawford's slopers and how Connie graded from size 8 to 6X	January 29, 2019
Patterns		Sleeve length and neck is critical for fit of man's shirt	May 14, 2019
Patterns		Stay away from the pattern books with children; pull up two or three patterns online and have the child pick one	June 25, 2019
Patterns	Demo	Three capes	October 24, 2017
Patterns		Tissue pattern pieces often include waist and hip marks	March 27, 2018
Patterns		To Infinity and Beyond scarf kit (not a pattern)	December 5, 2017
Patterns	Demo	Top It! Express #233 is a download pattern in four lengths and would make a great beach coverup	4/3/18 & 1/8/2019 & 5/14/19
Patterns		Top It! Express #233 is only a download pattern for a sweater knit fabric which was finished with double sided tape and a coverhem, not a rolled hem. If no serger, then double turn a very narrow hem. Always test	December 18, 2018
Patterns		Top It! Express #233 caftan requires 2 to 2.5 yards of fabric at least 48" wide, preferably 54-60"; it comes in four different lengths and takes less than an hour to make	December 11, 2018
Patterns		Traditional sleeve placket has a triangle at the top	April 16, 2019
Patterns	Demo	Turn a V-neck into a cowl collar	May 8, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Patterns		Ultimate Kinsale Cape #205 - has shoulder slope, capelet works as a hood and is detachable, lined, buttons, no slits for arms, pockets in side seams, and reflects the traditional Celtic or Irish origin	October 23, 2018
Patterns	Demo	Use the pattern tiles to put together the PDF pattern	June 12, 2018
Patterns		When independent pattern companies release patterns right after one another, be sure to look for feedback, check reviews of the patterns, and, if possible, see how detailed the directions are	April 9, 2019
Patterns	Tip	When printing PDF patterns do not let the printer make changes to the margins; print the page of the Islander pattern with the 3"x3" box and compare with a ruler; trim pattern with ruler and rotary cutter; keep tape within the pattern	December 18, 2018
Patterns	Demo	Woman's Classic Sport Shirt #201 is being discontinued; Everybody's Shirt #223 comes in two size ranges, can be made into a tunic-style top, has two piece sleeve, long placket	March 5, 2019
Pressing		Big Board fits over the top of the ironing board (with a lip so it doesn't fall off) and is approximately 45" by 20"; Google for instructions on how to make one	March 5, 2019
Pressing		Do not press vinyl or leather (stitch down the seam) and don't press polar fleece as it could melt	June 5, 2018
Pressing		Follow the instructions of the interfacing, press, and don't touch for 5 minutes to let cool and help inferior interfacing adhere	April 23, 2019
Pressing	Demo	For any piece that will be folded in half, press in half before sewing	April 16, 2019
Pressing		Fusing - press the fabric with a pressing cloth (1/2 yard muslin or piece of silk organza)	April 23, 2019
Pressing		Need heat, steam, and pressure	February 20, 2018
Pressing		On a knit shirt press the sleeve seam toward the body of the shirt. Top stitching looks nice	June 5, 2018
Pressing		Once the pocket is crimped, take to the iron station, ease the raw edge over, and press	February 12, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Pressing		Overpressing - if a 1/4" hem is desired, stitch it on the right side; do not try to press the hem as it might stretch	6/5/2018 & 3/19/19
Pressing	Demo	Press collars with a point presser and a clapper	March 5, 2019
Pressing		Press hem at fold; attach double-sided ultrasoft fusible to bottom edge; peel off paper, turn up the hem, and hit with an iron	April 24, 2018
Pressing	Tip	Press with cloth on fabric inside and leave to cool	October 24, 2017
Pressing		Steam affects fibers. Fibers can stretch if heated with steam so that is why quilters often prefer a dry iron. Wool is moldable so let wool cool before moving	June 5, 2018
Pressing		Use a clapper on the top stitching and to flatten the top of the placket	9/11/2018 & 4/16/19
Pressing Tools	Demo	1) Point presser (or point presser/clapper combo); 2) point turner - move the fabric over the point turner rather than pushing the fabric to the point, 3) clapper - hold firmly and put pressure to absorb the head, 4) seam stick/seam presser - typically 24" long half dowel used for sleeves and pant legs	12/14/16 & 6/5/2018 & 12/11/18 & 12/12/18 & 3/5/19
Pressing Tools	Demo	Pressing matters	June 6, 2018
Pressing Tools	Demo	Tailor's ham should be wool and cotton; if one side is poly rather than wool, be sure to test so that it doesn't melt into the garment being constructed; if poly on one side, use the cotton side if high heat is needed> tailor's hams come in two shapes: ham and a sausage	April 9, 2019
Pressing Tools	Tip	Use short steam stick with needle board (like the rough side of Velcro)	December 11, 2018
Pressing Tools		Wood absorbs moisture and use a batiste pressing cloth	December 11, 2018
Rotary Cutter	Tip	Always have the rotary cutter guard up - Janet prefers the kind that opens when the handle is squeezed	10/17/17 & 10/30/2018
Rotary Cutter	Demo	Cutting garments with a rotary cutter	February 24, 2017

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Rotary Cutter		Get more accurate cutting with a rotary cutter; it produces smooth edges and doesn't have jags	September 18, 2018
Rotary Cutter		Uses rotary cutter exclusively. Prefers 60 (and then 45) size blade	10/17/2017 & 10/30/18
Rulers		Bendable ruler is great for measuring curves	January 30, 2018
Rulers		Firmer rulers, such as the 6 inch Omnigrd ruler or the 6 inch ruler with a slider, are used for seam allowances	January 30, 2018
Rulers	Tip	Quilter's rulers are more accurate and produce cleaner cuts with a rotary cutter	July 10, 2018
Rulers		Use 45" long ruler - AmericanSewingSupply.net carries the long length	June 12, 2018
Rulers		Use Omnigrd quilting rulers to cut small rectangular pieces - straighter lines, 90 degree corners	October 2, 2018
Scissors		Blunt-nose scissors are great for cutting leather	October 30, 2018
Scissors		Clip curves very close to the stitching with tailor's point sheers; basic sheers are not sharp all the way to the tip	November 13, 2018
Scissors		Do not try to sharpen rotary blades; sometimes the cutting mat makes the blades dull. Get a new mat, hydrate the green mat, or rub a gum eraser to remove imbedded fibers	March 12, 2019
Scissors		Kai 8" dressmaker scissors have an ergonomic handle and are lightweight titanium	November 13, 2018
Sergers	Tip	3-thread sergers are used make a clean finish; 4-thread sergers are used to construct the garment. When constructing with a serger, use 4-thread. May use a straight stitch on a sewing machine to test fit before serging	4/10/2018 & 5/1/18
Sergers		Adjusting the differential (not on older sergers) retards stretching of fabric	April 17, 2018
Sergers		April is National Serger Month	4/10/2018 & 4/24/18
Sergers	Demo	Babylock Ovation serger	April 24, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Sergers		Bees wax - keep near serger to stiffen the ends of the serger threads	January 30, 2018
Sergers	Tip	Before purchasing a serger, test drive a variety, just like test driving potential cars	April 17, 2018
Sergers		Can use regular and embroidery thread in sergers; depending on the fabric, may need to adjust the tension	4/10/18 & 4/17/2018
Sergers	Demo	Different stitches and hems including rolled hem with two or three threads and the cover hem	4/10/2018 & 4/17/18
Sergers		Everyone needs a flat surface for a serger, just like the sewing machine; Sew Steady makes an extension table for sergers	April 17, 2018
Sergers		Giant eye needle or loop turner weaves the serger tails back into the stitching	July 31, 2018
Sergers		How to use sergers for finishing edges or construction	September 19, 2017
Sergers		Janet uses BabyLock's Imagine and Ovation sergers	4/10/18 & 4/17/2018
Sergers		New sergers have automatic tension which is a "must" in any serger Janet would purchase	April 17, 2018
Sergers		Put the differential down all the way to get the lettuce edge which is cute on cuffs or around collars	April 17, 2018
Sergers	Demo	Sewing curves on a serger; key is to use an extension table or have the serger flush in a cabinet to be able to honor the curve; do not straighten out the curve as it will stretch out the fabric	March 12, 2019
Sergers		Talked about sergers and how the new sergers are so much easier to use	February 12, 2019
Sergers		Wooly nylon can be used in the lower looper; keep a sock on the spool; wooly nylon can be used on silk	April 17, 2018
Sewing	Tip	Avoid zigzag or stretch stitches on sewing machines when sewing knits; let the fabric stretch slightly; Ready-made garments have straight stitches	5/1/2018 & 7/31/18
Sewing	Demo	Back yoke on a shirt	February 12, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Sewing		Children need to have some investment in the project; the project needs to fit the child's aesthetic; find out what the child is into, favorite color, look at current styles in stores, and ask the child's favorite cartoon or book characters	11/21/17 & 3/26/19 & 6/25/2019
Sewing	Demo	Collar and two techniques to get a sharp point	March 5, 2019
Sewing	Demo	Convert cut-on placket to a sewn-on placket (the extra piece) using the Easy Shirt #213 [& May 7, 2019 for updated demo]	4/30/2019 & 5/7/19
Sewing	Demo	Convertible collar on the Islander Shirt #208	February 26, 2019
Sewing	Tip	Create stitch sampler using leftover fabric; use same amount of fabric and interfacing as garment (usually two layers of interfacing); use to test different stitch lengths, buttonholes, thread color	12/19/17 & 2/6/18 & 2/5/2019
Sewing	Demo	Crimp a pocket to manage excess fabric on the curves of the pocket	February 12, 2019
Sewing		Crimping creates tiny little pleats which do not show on the right side of the fabric	February 12, 2019
Sewing		Crimping is not permanent; can remove thread if not needed; useful when something got stretched out; good for sewing two- or three-piece sleeves, and for princess seams	February 12, 2019
Sewing		Do not force your love of sewing onto children; establish trust with a child, then one can do something a bit different	June 25, 2019
Sewing		Do not sew to save money, however it is possible to recreate a \$3,000 jacket for less than \$500	February 12, 2019
Sewing	Tip	Do not use twin needle for top stitching because 1) both threads use only one bobbin and the bobbin tension would need to be loosened, and 2) the zigzag bobbin thread would be seen on certain parts of the shirt, such as the open neckline	February 12, 2019
Sewing		Double top stitch the pocket on the shirt front	February 12, 2019
Sewing	Demo	Emoji pillow project with the grandkids	November 28, 2017

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Sewing	Demo	Flat Felled Seam - Especially for jean seams, shirt side seams, Western look. Take two 4" pieces of fabric and make a flat felled seam. Basic denim will take up the 1/4" turn. Other fabrics might need more or less of the 1/4". Test, test, test	3/6/18 & 3/13/2018
Sewing	Tip	Flat Felled Seam - use a 5/8" seam in most pieces where a flat felled or French seam is needed	January 23, 2018
Sewing		For sewing flannels, use a 12/80 or 14/90 needle and regular thread	February 6, 2018
Sewing	Demo	Front placket that folds over on itself and is topstitched so it looks like a sewn on placket	March 5, 2019
Sewing	Tip	Hong Kong finish	3/20/18 & 7/10/2018 & 9/11/18
Sewing		If it is the first time changing the placket, make a muslin of the top half of the shirt	April 30, 2019
Sewing	Tip	If making Renaissance Cape #204 with sweater knit, use rolled hem	December 5, 2017
Sewing	Tip	If stuck on a sewing project, do a quick project one has done before	January 16, 2018
Sewing	Demo	Inside the circle of a hem	March 19, 2019
Sewing		It is acceptable to blend the Islander Sewing Systems and the Bishop Method because the most important is what works for your sewing; the only "magic sauce" is how to hold the fabric	February 5, 2019
Sewing		Knit garment hems should be no more than 1" deep	April 24, 2018
Sewing	Demo	Line a hood using two techniques	April 3, 2018
Sewing		Loosest, slipperiest, most bias, and softest against the feed dog. Sleeve fabric, not the placket, goes against the feed dog because the sleeve has no interfacing, but if it helps align the corners, one could sew with the sleeve fabric on the top. When sewing a cowl neck, put the cowl on top so one can watch the stitching.	5/8/18 & 3/12/19 & 4/16/2019 & 5/7/19
Sewing	Demo	Make a heat pack with deer corn	November 27, 2018
Sewing	Demo	Make a muslin	4/12/2017 & 3/19/18 & 3/21/18 & 8/7/18

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Sewing	Tip	Make chalk lines to top stitch accurately	May 7, 2019
Sewing	Demo	Make cloth boxes to fit drawers to organize supplies	January 16, 2018
Sewing		Make muslin for children's clothes and compare child's measurements to pattern measurements, even if the child is not nearby	11/7/2017 & 3/26/19
Sewing	Demo	Mark button and snap placement	December 19, 2017
Sewing	Tip	On a sleeveless blouse, use bias tape around armhole rather than a facing	June 26, 2018
Sewing		On knits use a stitch length of 3; may need to release the tension on the top and bottom	May 1, 2018
Sewing	Tip	Ready-To-Wear garments with a V neck have the band stitched at the bottom of the V	July 31, 2018
Sewing	Demo	Ruching	July 31, 2018
Sewing	Demo	Set a shirt sleeve	August 23, 2017
Sewing		Sew the hem before the side seams on the Islander Shirt #208 because of the vents	February 26, 2019
Sewing	Demo	Sewing a facing on Islander Shirt #208; technique also works on the horseshoe curve on the back facing. Cut off 3/8", turn under 1/4" as one stitches; stitch as close to the edge as possible; stitch a bit and then turn under more; the feed dogs pull the excess; finally press flat and clean	February 26, 2019
Sewing	Demo	Shirttail hem and why the hem is sewn before the side seams	January 23, 2018
Sewing	Demo	Sleeve placket and top stitch the placket	April 16, 2019
Sewing		Stitch as close to the folded edge as possible so the edge doesn't curl up and the piece lays flatter	2/26/19 & 3/19/2019
Sewing	Tip	Stitch length for denim at least 4 so stitches sit on the top of the fabric	December 12, 2017

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Sewing	Demo	Stretch 'n Sew method, developed by Ann Pearson. Hold the fabric with the thumb under and fingers on top. As the fabric is fed through the machine, hold it a bit to stretch a little. Don't use zigzag stitch	5/1/18 & 5/8/2018
Sewing		The more narrow the sewing machine foot, the easier it is to use; the perfect foot is on the Singer Featherweight or the Babylock Jane machine as both have the narrow feed	February 12, 2019
Sewing	Tip	The placket is folded to the back and the back of the sleeve at the placket is the shortest	April 16, 2019
Sewing		The way NOT to sew a neckline is to start at the middle and sew out to one side, and then repeat on the other side	March 12, 2019
Sewing	Tip	To finish raw edge, stitch with double needle on right side to give the look of a coverstitch, but may need to adjust sewing machine bobbin tension	April 17, 2018
Sewing	Tip	Top Stitching Tips: 1) don't look at the needle, use the foot to guide the fabric; 2) align second row of top stitching with the first row, at 1/4" - that is why the 3/8" seam is used so both rows of stitching will have the same number of layers of fabric and to help the stitches stay on top; 3) if not confident top stitching, mark the stitch line with Chakoner and a small ruler	1/23/18 & /11/2018 & 2/12/19
Sewing		Topstitch a collar around the three sides and be sure to mark the top collar	March 5, 2019
Sewing	Demo	Understitching	November 22, 2016
Sewing	Demo	Unicorn rainbow shirt made for Janet's 7-year old granddaughter and how to change the colors of the ribbons and how to attach the glitter elastic waistband	June 25, 2019
Sewing		Use 2.5 to 3 stitch length when top stitching a pocket and 1/4" from edge	2/12/2019 & 3/5/19
Sewing	Tip	Use 3.5 to 4.5 stitch length and size 14 needle on wool melton and practice stitching	October 24, 2017

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Sewing		Use a teflon foot to slide across raincoat fabric when making Cape Super Express #224	March 13, 2018
Sewing	Tip	Use hump jumper for jeans seams or roll several times the fabric cut off and place it behind the foot when sewing over thick seams	12/12/2017 & 1/30/18
Sewing		Use leather needle and glue or vertical stitch seams flat in leather garments	March 20, 2018
Sewing	Tip	Use size 14 jeans needle & Jean-A-Ma-Jig to make the Double Green Shopping Bag; use Plastic Cord on bottom	December 12, 2017
Sewing		Using the Islander Sewing techniques one doesn't have to pin; cut back on the pins, just like riding a bike with training wheels and then taking the training wheels off	February 5, 2019
Sewing		View 2/13/18 FB video for matching prints and measuring neck; view 2/16/18 video for how to measure sleeve length; view 4/19/19 video for cutting out plaid shirts (match side seams and center front and use one of the woven plaid lines for the straight of grain); view 4/12/17 video on how and why to make a muslin	February 5, 2019
Sewing		What to purchase first – pattern or fabric	October 3, 2017
Sewing		When changing threads on a sewing machine tie a square knot and pull the new thread through the needle	March 5, 2019
Sewing		When clipping the collar, the distance of the clips is commensurate with the severity of the curve	February 26, 2019
Sewing		Why need a shoulder dart	January 22, 2019
Sewing		Work with the machine, not against it; the bottom layer of fabric is eased to the top, even with pins	February 5, 2019
Sewing Machine	Tip	Check needle, clean and oil sewing machine using designated oil for the machine and check the owner's manual to find out where to oil the machine	January 9, 2018
Sewing Machine	Demo	Clean bobbin case and area around it	January 9, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Sewing Machine		Every sewing machine has a different concept with buttonholes. Most count stitches and some count the distance it stitches	March 13, 2018
Sewing Machine		How to buy a sewing machine	October 31, 2017
Sewing Machine	Tip	How to determine if bobbin case tension is correct	January 9, 2018
Sewing Machine	Tip	How to make a faux coverhem stitch	September 12, 2017
Sewing Machine	Tip	If the sewing machine is not sunk in a table or has an extension table around the sewing machine, one is sewing inefficiently. Knees and arms should be at a 90 degree angle for the most ergonomically correct position	March 6, 2018
Sewing Machine		New Year, New Sewing: Sewing Machine	January 9, 2018
Sewing Machine		Some machines don't like top stitch thread	September 11, 2018
Sewing Machines		Buy the largest extension table that fits in the budget or area; plexiglass table enables the table to be used as an inexpensive light box	March 12, 2019
Sewing Machines		Janet prefers a light industrial like the Babylock Jane. It only has a straight stitch, stitches up to 1,500 stitches per minute, has all metal parts, has a knee lift, accepts all types of industrial feet which are a fraction of the cost of feet for home sewing machines, and the machine is less than \$1,000. Babylock, Brother and other companies make such machines	March 5, 2019
Sewing Machines		Many new sewing machine have wide zipper feet; ask the dealer if a single toe, skinny foot is available or check Amazon	March 19, 2019
Sewing Machines		Use a separating foot if working with a lot of velvet; the foot prevents the fabric from shifting	March 5, 2019
Sewing Room	Tip	Clean the casters on sewing chairs regularly	July 10, 2018
Sewing Room	Tip	Cutting tables can come from Ikea, Salvation Army, or old drafting tables; need to have "counter" height, not table height, but the actual height depends on one's height	September 18, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Sewing Room	Demo	Fabric storage under the new cutting table; uses concret forms to store tubes of fabric and big wire baskets for other fabrics. Janet also stores fabric in open bins in a closet and uses nametags for type of fabric (linen, cotton, silk, rayon, etc.) Others may store fabric by color	February 5, 2019
Sewing Room		Ideally a cutting mat should cover the entire table with a grid underneath. Custom orders are available from cuttingmats.com. The whiteish mats last longer than the flat green mats	April 2, 2019
Sewing Room		Islander Sewing recommends functionality, not a specific brand of a sewing table (but she likes Koala!)	February 26, 2019
Sewing Room		Janet has a long, narrow Daylight Company sewing light attached to the table. Use daylight bulbs as close to natural lighting as possible. Keep the sewing room walls light	11/14/17 & 3/12/2019
Sewing Room	Demo	Janet showed her Koala cabinet with the several side extensions	March 19, 2019
Sewing Room		Janet's Babylock Ovation coverlock machine is in a Koala cabinet	June 11, 2019
Sewing Room		Janet's sewing machine is in a Koala cabinet. It is a top-of-the-line (TOL) cabinet, but she sewed professionally for over 25 years without a TOL cabinet	February 26, 2019
Sewing Room		Look for cabinets at garage sales, Ikea, Internet hacks; a flat surface will make sewing so much easier and be sure to sit at a comfortable level	February 26, 2019
Sewing Room	Tip	Look on Pinterest for ideas for Ikea craft/sewing tables	September 25, 2018
Sewing Room	Demo	New-to-Janet cutting table; peg board on wall holds many rulers, quilters templates, and drafting tools, including a brush to remove dust and fibers on the cutting mat	September 25, 2018
Sewing Room		Use a Sew Steady extension table or a flexible extension table (designed by Brenda at Islander Sewing) which fits multiple machines, including sergers	June 19, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Sewing Table		Sew-Brite table is on lockable casters, portable, includes shelves with bins and trays, and has extended leaves. Marjorie Peters is the designer	9/18/2018 & 9/25/18
Sloper		A personal sloper is a draft of pants (or other garment) according to one's measurements	September 18, 2018
Sloper		Biggest mystery is the shape of the crotch, but once the shape is finalized, the crotch shape stays the same regardless of the type of pant	January 8, 2019
Sloper		Don't make slopers for cuffs or collars; the sloper just covers the trunk of the body	August 7, 2018
Sloper		Make a muslin, make changes, transfer changes to pattern tissue, then it is a sloper	August 7, 2018
Sloper		Make sloper from the measurements, do not add seam allowances	March 27, 2018
Sloper		Moulage is the French version of a sloper, like second skin, and then ease and seam allowances are added	September 18, 2018
Sloper		Once a sloper has been finalized it isn't as imperative to make a muslin	July 24, 2018
Sloper		Pants Etc. Personal Sloper. Make out of muslin and once it fits, it is the sloper that can be compared against any other pattern, keeping grainlines parallel and noting design variations	3/27/2018 & 9/25/18 & 11/13/2018 & 11/20/18
Sloper		Pants webinar will show how to measure to get a sloper and then lay the sloper on top of a commercial pattern to get design details that fit	May 20, 2019
Sloper		<i>Pants, Etc!</i> DVD, done by Margaret Islander, makes a perfect sloper for jeans. Doesn't work for men's pants, but Connie Crawford has a man's sloper	March 27, 2018
Sloper		Put the tissue paper on top of the sloper to see what changes in the commercial pattern are needed; different patterns may require different changes	January 8, 2019

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Sloper	Tip	Sloper and block are the same	November 13, 2018
Sloper		Sloper is created using dotted paper, then test the measurements by making a muslin	May 20, 2019
Sloper		The last step in making a sloper is to put an elastic band around the waist, mark, and then transfer the markings to the waistline of the sloper	January 8, 2019
Slopers		Connie Crawford's slopers for adults include a knit tee, woven top (with several cup sizes), and two princess line bodices, skirt, woven pants, and knit leggings. Connie also has slopers for children's shirt/blouse and pants/skirt in two sizes	1/22/19 & 3/26/2019
Slopers		Connie's slopers can be translated directly into garments and are the basis to create different styles. Connie has used the tried-and-true professional methods in developing slopers	March 26, 2019
Slopers		Use a sloper to make a muslin to use for fitting a child; not as detailed as making a sloper for an adult	June 25, 2019
Stay Tape	Demo	Applying Design Plus fusible stay tape to the shoulder seam (and the stitching line goes through the very bottom of the tape) and hem	10/10/2017 & 10/9/18
Stay Tape		Design Plus, a 3/8" straight fusible staytape, can be adhered to one edge and pressed over. Then serge the edge to prevent thread bits from showing. If serging a curved edge, use a bias fusible tape	4/17/2018 & 4/24/18 & 7/31/18
Stay Tape	Demo	Install stay tape and double-sided tape, which is good for knit hems that curl up	October 9, 2018
Stay Tape		Tombow double-sided tape	June 12, 2018
Thread		40 weight is basic construction thread, but the weight is almost never included on a spool label	September 11, 2018
Thread		A&E (American & Efrid) makes YKK zippers, Intressa thread for fashion sewing, MaxiLock thread for sergers, and Signature thread for quilting	November 20, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Thread	Tip	Coats and Clark Secura heat-activated buttonhole thread fuses the thread to itself with a hit of steam. View Coats and Clark's YouTube video on April 11, 2016	March 13, 2018
Thread	Tip	Dual Duty Plus variegated thread includes almost every shade of denim	December 12, 2017
Thread		For sergers, Janet uses Mettler thread but it is okay to use regular thread, which is a bit heavier	April 2, 2019
Thread		Garment factories just use neutral threads in their sergers - check ready-to-wear garments	April 2, 2019
Thread		Guterman Top Stitch thread is 30 weight; the smaller the number, the heavier the weight	September 11, 2018
Thread		Stick with the major thread brands; do not buy el-cheapo or non-brand thread. A&E's Intressa is now Janet's go-to thread but she also uses Coats and Guterman. Janet likes a poly thread	5/1/18 & 4/2/2019
Thread		Try 40 weight in the bobbin and 30 weight in the needle, or try two threads through the needle for a heavier topstitch thread	September 11, 2018
Thread		Use basic poly construction thread; if making activewear, can use Eloflex, but test on a scrap of fabric; might need to change tension or pressure	May 1, 2018
Thread	Tip	Use variegated denim thread on the top and in the bottom; generally topstitching thread will be too thick for the bobbin, so use regular garment thread in a matching color to the topstitch thread	December 19, 2017
Tip	Tip	When making bias tape, line up the stripes and the seam allowance will be at the intersection of the fabrics; trim seam if necessary	June 18, 2019
Topstitching	Demo	Topstitching tips	December 7, 2016
Underlining		Attach two layers (fashion fabric and underlining) using a light coat of spray and let dry overnight and then cut with a rotary cutter	March 20, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Underlining	Tip	Fuse the two layers of fabric before cutting out; for big pieces, align at bottom, and work up using yardstick and smooth forward against surface	March 20, 2018
Underlining		Lining or underlining	October 3, 2017
Underlining	Tip	Underline linen with silk organza using 3M Spray Mount or Sullivan's which will wash out and is available at office supply or fabric stores. In early days the fabrics were basted together. Underlining linen with silk organza is less necessary if fabric is only 20% linen, but more-so if it is 50/50. Finish the garment and then wash; the organza is now floating and not stiff and will help avoid wrinkles, etc.	11/28/2017 & 1/16/18 & 3/20/18 & 5/14/19 & 5/20/19
Underlining	Tip	Underlined fabric may be a little stiff while sewing; once the garment is washed and dried the stiffness will go away	May 20, 2019
Underlining		Underlining - adding a second layer of fabric to most pattern pieces to: 1) give more body; 2) for warmth (use preshrunk flannel; 3) avoid wrinkles in linen (use silk organza); and 4) make less sheer (use silk organza)	3/20/2018 & 5/20/19
Underlining	Demo	Underlining using a temporary spray adhesive	May 20, 2019
Underlining	Tip	Use a cardboard spray box; do not spray on the cutting table, spray outside if possible, wait at least 20 minutes or preferably overnight before handling the fabric	May 20, 2019
Underlining	Tip	Use the same fiber content for the underlining as the fashion fabric	March 20, 2018
Underlining		When underlining, cut each piece of fashion fabric and underlining individually and spray on the wrong side of the fabric, do not spray a big piece of fabric as it will be difficult to handle	May 20, 2019
Zippers		Chalk the zipper stitching line with a Chalkoner	March 19, 2019
Zippers		Friday is National Zipper Day - and there is a drink called the Zipper	April 24, 2018
Zippers		If the fabric is wavy after installing the zipper, a softer zipper is needed	April 24, 2018

**Islander Sewing Systems: Tuesdays at Two
With Janet Pray and Jessica Johnson
Index Through June 2019**

Zippers	Demo	Install a zipper	5/11/17 & 4/3/18 & 4/27/2018 & 3/19/19
Zippers	Tip	Mark 3/8" below the 1/4" seam for the top of the zipper stop; mark the bottom of the zipper; sew up the seam, which is 5/8" and press	March 19, 2019
Zippers		On the outside, mark 3/8" from the top, mark the stitching line between 1/4" and 3/8" from the folded edge; if heavier fabric such as denim the loft will want the full 3/8"	March 19, 2019
Zippers		Practice the technique with 3 zippers from the stash or purchased inexpensively	March 19, 2019
Zippers		RIRI zippers are a favorite; can use YKK for a sportier look	September 4, 2018
Zippers		Use a normal stitch length of 3 but the length may depend on the fabric; if the stitches sink down, increase the length by 1/2. Practice on the stitch sample	March 19, 2019
Zippers		Use a regular zipper foot when putting in an invisible zipper	March 19, 2019
Zippers		Use a single toe, narrow foot zipper foot for the best installation	April 24, 2018
Zippers		ZipperStop.com or Pacific Trimming are good sources for a wide variety of zippers	April 24, 2018