



Nancys Embroidery Shop
NancysTM
www.nancys.co.nz

your dedicated
BERNINA⁺
SEWING CENTRE
 passionate about sewing

Create with us

In our shop at 241 Thorndon Quay or on our websites:
www.nancys.co.nz - unique embroidery & patchwork kits
www.theyarnstudio.co.nz - gorgeous knitting yarns, patterns & needles
www.jenniferpudney.com - fun needlepoint, felt kits & fabrics
www.strandnz.com - for crewel yarn & kitsets

(04) 473 4047
 0800 783 639

PO Box 245, Wellington 6140
nancys@nancys.co.nz

FON Newsletter No 102, July 2013

This newsletter is a celebration of the value of women's work. In the textile arts, by providing woollen singlets to our own

babies, blankets to women in Ethiopia and making clothes for special events. And in literature with the works of Jane Austen.

The snippets and illustrations of Georgian stitching were posted on the internet by Laura Boyle. I hope you enjoy them. *Mary*

JANE AUSTEN

(December 16, 1775 - July 18, 1817)

A clergyman's daughter, Austen led a most uneventful life, yet she wrote six novels of remarkable wit, irony and craftsmanship. None of the books published in her lifetime had her name on them -- they were written 'By a Lady.'

This year marks the 200th publication anniversary of Jane Austen's *Pride and Prejudice*. The story, which satirizes early 19th century English society, is highly beloved -- even by those who are not huge fans of classic British literature...or novels in general. So beloved, in fact, that Jane Austen may be replacing Charles Darwin on the new ten pound note.

All over the world people are dressing up and going to balls. You could spend a Jane Austen Weekend in Character at Hyde Park, Vermont, August 9-11, where you'll feel like you're back in early 19th-century rural England in no time. Boasting its status as a literary retreat, The Governor's House encourages you to "Take afternoon tea. Listen to Mozart. Bring your needlework. Share your thoughts at a book discussion..." and enjoy various other luxuries of Regency England. The Special Jane Austen Weekend in Character gives you the rare opportunity to assume the identity of your favorite Austen character for a weekend and engage in all of the activities one might come upon in the English countryside.



Most people don't speak as elegantly in everyday conversation today as the characters in Austen's novels seem to have spoken in the early 1800's. While you may succeed in raising a few eyebrows with your impeccable diction and brilliant articulation, take part in celebrating Talk Like Jane Austen Day on October 30th! Save the date, inform your friends, and enjoy assuming the vernacular of Regency England.

Whether you've seen so many period dramas that you can pinpoint the year the story takes place based on fashions alone, or you don't know the difference between a corset and a bustle, there is a game on the internet that will allow you to customize a Regency era woman's fashion to your heart's desire. A handy diagram that pops up when you hover over your model explains the names of different clothing pieces and accessories, so you may even learn a thing or two about early 19th-century women's fashions. <http://www.janeaugustengames.com/games/dressup/>

In honour of this event we have designed cushions with two of my favorite Jane Austen quotes. These are a more literary take on the more common "Home Sweet Home" and "Love" quotes often found in Embroidery.

The background for the quotes are Regency stripes of course. Kit sets come with printed canvas, Strand yarn, a needle and instructions. \$157



"There is nothing like staying home for real comfort"



"To be fond of dancing was a certain step towards falling in love"

PROJECT

Dress Making Weights

A customer asked me if we stocked pattern weights. They are used as an alternative to pins to hold pattern pieces down as you cut your pattern pieces out.

Alana uses them at Design School, they are especially useful for the thicker pattern pieces that they use.

I then went and looked online and found videos on Youtube with lots of different options. The ones that appealed were.

Pyramids or Squares

You can just make a simple shape with scrap fabric and fill with garnet pellets (\$9.95) rice or lentils.

Jars or Tins

However, I think that a little glass jar or tin filled with buttons would be quite effective. I did see a tin of sardines being used!

Stones

Cover a stone with fabric, crochet around it, or like we have wind Strand Yarn around and wet felt it with Lux Flakes and hot water and lots of rubbing.

This could be perfect little gifts for any dress maker you know... They will also act as paper weights, or to hold the pages of your book down as you read.

Washers

Obtain heavy metal washers from a hardware store and cover them, I think a Suffolk Puff would be the easiest.

Cut the a circle of fabric twice the diameter of your washer.

Run a gathering thread around the edge, place washer inside and pull up.

Decorate with a button

You could also wrap them with yarn or stripes of left over material, stretchy fabrics would work particularly well.



Graduate collection



I'm about to embark on the final semester of my fashion degree at Massey University, and amongst the excitement/nervousness about what's ahead, the main focus for my collection is the current craft revival.

I am mainly looking at challenging the preconceptions of craft as a 'domestic hobby'. I am also investigating how crafting can be used as a way to personalise belongings and slow down for a second, in this fast paced and mass market world.

To do this I'm using all second hand materials and textile pieces (from op shops, donations and nana's attic so far) to highlight how much unwanted clothing and materials there are.

So I'm calling for any donations of unloved, unwanted or unfinished embroidery, cross-stitch, tapestry pieces, or any wool jerseys, blankets or yarns that you wish to be given a second life as a new fashion garment similar to the skirt pictured.

You can drop any pieces into Nancy's, and if you wish to leave your name you will be acknowledged as a donor.

Anna



Laminated Fabric

Many of you have taken advantage of our free pattern for a baby bib made out of our gorgeous laminated fabric.

For a real challenge take a look at this free downloadable tutorial from Mod Kid Blog to recover umbrellas <http://modkidboutique.com/blog/MODKID-Umbrella-Redux.pdf>

Stitching Club for FONs

All Friends of Nancys members are invited to join us for Stitching Club, held on the last Wednesday of the month at 12.30pm. Come along for a social stitch with any type of embroidery or patchwork. It's also a good time to get help with any stitching problems you may have.

Next dates: Wednesday 31 July and 28 August

HOME SEWN



The book has accessible patterns for a whole range of garments. Anna has made a skirt from the pattern in the book. There is a very useful “how to do” section with instructions on how to measure. \$45

Spotted at the Dunedin Art Gallery was the Home Sewn exhibition which can be seen at the Dowse Art Gallery 10 August – 24 November 2013. It looks like a lovely nostalgic walk down memory lane, a time of pouring over Simplicity and Butterick pattern books and buying lengths of fabric. Curated by Doris de Pont, New Zealand fashion designer and patron, Home Sewn is a retrospective of the home sewing revolution in New Zealand. At a time when off-the-peg fashion was scarce and expensive, home sewing provided many generations of women with a stylish wardrobe that reflected the current couture of the fashion capitals. Home Sewn is a touring exhibition from the New Zealand Fashion Museum.

“It is a defining characteristic of mid century New Zealand that most women could sew and large numbers did so very skillfully,” Douglas Lloyd-Jenkins. The exhibition showcases an art form that is gaining renewed interest. It touches on the machines, the techniques, the patterns and the fabrics used to create beautiful clothes. Fashion illustrations, photographs, newspaper and magazine articles also feature in Home Sewn.

Home Sewn was launched in conjunction with the book, HOME SEWN, which profiles 10 leading New Zealand designers, each of whom share a pattern from one of their stunning collections and provides an overview of our home sewing history by curator Doris de Pont. The design careers of Kiwi designer luminaries as Annie Bonza, Marilyn Sainty (Scotties); Liz Findlay (Zambesi) and Fashion Museum founder Doris de Pont are based on home sewing - it was their early sewing skills which started them on the fashion path.

Jane Austen’s Women and Their Creative Skills

In a world where most western women engage in sewing and other crafty activities for enjoyment, it is very easy to forget the importance of sewing to Jane Austen and her Regency women. It really was very much “women’s work” – both plain and fancy work formed such a large part of any Georgian woman’s duties that she was said to “be at work” when sewing.

“My dear Catherine.... your head runs too much upon Bath, but there is a time for everything – a time for balls and plays, and a time for work.”

Northanger Abbey
Women provided a highly valuable economic service for their families with their sewing skills. With plain sewing they provided much needed clothing for their family in an age without sewing machines and large quantities of mass produced clothing. In rural areas away from a wide selection of shops, such as the areas where many of Jane Austen’s characters lived, it was also more practical.



While dresses and coats were often made by a dress maker, Regency women of Jane Austen’s class at least made the men’s shirts and cravats, nightdresses for all the family and some children’s clothing. In 1799 Jane Austen is staying at her brother Edward’s house when she comments about her running stitch:

“We are very busy making Edward’s shirts and I am proud to say I am the neatest worker of the Party”.

Examples of men’s shirts, cravats and waistcoats from that time show the ability of women to make that small, neat running stitch. These pieces also show their skill in pattern making and cutting. A new shirt or dress was often traced or copied from another, and then adapted for the fashion.

KNITTING

Happy Hats



Size: Head Circumference

9-12 mths 2 yrs 4yrs
35cm 40cm 45cm

Materials

1 x 25 gm balls of Strand Wool in Main Colour (MC)
1 x 10m Skein of Strand in Colour B (black)
1 x 10m Skein of Strand in Colour W (white)
1 (2,2) 10m Skeins of Strand in Colour C
1 (2,2) 10m Skeins of Strand in Colour D
Size 2.75mm needles

Strand colours used for samples

	Blue	Pink
Main colour	424	382
Black	601	601
White	505	505
Colour C	312	363
Colour D	423	384

To Make: Cast on 92 (104, 116) sts in MC

St St 18 (26, 30) rows

Check row 1: *K 2 B, K2 W, repeat from * to end of row

Check row 2: *P 2 W, P2 B, repeat from * to end of row

With Colour C St St 8 (10, !2) rows
Repeat Check rows 1 and 2

With Colour D St St 8 (10, !2) rows
Repeat Check rows 1 and 2

With MC St St 10 (16, 30) rows
Next row: K 6 (5, 4), sl k2tog pssso *k 10 (12, 14), sl k2tog pssso, repeat from * until 6 sts rem, knit 6
Next row and every alt row purl



Next row: K 5 (4, 3), sl k2tog pssso *k 8 (10, 12), sl k2tog pssso, repeat from * until 5 sts rem, knit 5

Next row: K 4 (3, 2), sl k2tog pssso *k 6 (8, 10), sl k2tog pssso, repeat from * until 4 sts rem, knit 4

Next row: K 3 (2, 1), sl k2tog pssso *k 4 (6, 8), sl k2tog pssso, repeat from * until 3 sts rem, knit 3

Next row: K 2 (1, 0), sl k2tog pssso *k 2 (4, 6), sl k2tog pssso, repeat from * until 2 sts rem, knit 2

Next row: K 1 (0, 0), sl k2tog pssso *k 0 (2, 4), sl k2tog pssso, repeat from * until 1 (0, 3) sts rem, knit 1 (0, sl k2tog pssso)

For larger 2 sizes; sl k2tog pssso *k (0, 2), sl k2tog pssso, repeat from *

For all sizes purl 1 row

Knit 1 row

Break off yarn and thread through stitches, pull up tight and fasten off

To Make up: sew up side seam with MC

Creative Fibre: Royal Commemorative Baby Singlet Project

Parliament's Bowen House Exhibition Space, hosted by Rt Hon John Key:

Open from Wednesday 10 July until Friday 9 August; open to the public every Wed-Fri, 10am to 3pm.

Creative Fibre groups around New Zealand have set about knitting woollen singlets for NZ babies to commemorate the birth of the royal baby.

The project is part of a wider promotion of New Zealand wool, and a selection of singlets will form part of the exhibition at the Bowen House Gallery.

Singlets knitted will be distributed to Plunket and midwives to give to new mothers.

We have a free knitted singlet pattern for 3 ply wool to give away with the purchase of wool.



Baby Brushed Alpaca

This soft as a cloud 14 ply yarn is perfect for a scarf, my daughter saw the sample that I was knitting in the Peacock pattern and requested one too. Free Peacock Scarf pattern with the purchase of wool. \$14.95/ball

How to capture a soldier



WHAT'S NEW

NZ Made Rug Wool

I am very excited that after a long delay, the pre-cut plugs of New Zealand Rug wool are now back in production. Nancy's was very involved with rug making in the 1970's and 1980's. Mrs Robb helped develop the colour range and had a book on rugs published. We only have a small colour range as yet but I couldn't resist hooking a few squares in a checker board pattern. It is interesting that many people when they see it ,have a story to tell about the making of a hooked rug. Sara remembered making one with her Mother and Grandmother, all doing it at the same time. Someone even remembered a flat project where all the flatmates participated. I have 30 year old rugs that are hardly worn at all. I wash them in the washing machine and dry them flat. We have the plain canvas if you want to get started with your own design, or make a checked one like my sample. There are 9 colours so far and more coming through each week.

\$4.20/Plug

Raimon "Tall Box" Thread Organiser



This is the perfect storage container for your longer spools than normal machine threads like the Maderia Polyneon and Wondferful. The "Tall Box" Thread Organiser holds 30 mini cones for machine embroidery or large quantity of sewing thread spools. \$26.95

Aleene's Adhesives

Aleene's® Crafting Adhesives are the most recognized and trusted crafting adhesives.



Aleene's® Fabric

Fusion® Pen offers a unique clear, water-based, nontoxic urethane adhesive that provides a permanent fabric bond with an easy-to-use pen. This new package design makes application a snap. The fine tip provides precise placement everytime. \$9.95

Permanent Fabric Tape and Permanent Adhesive Sheets are so quick and easy to use, you can fix a hole on the spot before anyone even notices. Both \$20.95

100% wool felt

At last a pure wool felt with a lovely feel. A good range of colours, 30cm squares \$5.95 and \$48.95/metre



Decorative Pieces

Charles Bingley and his sister Caroline in *Pride and Prejudice* start a conversation about an accomplished woman's decorative creative skills, understood to be 'fancy work'.

"All young ladies accomplished! My dear Charles, what do you mean?"

"Yes, all of them I think. They all paint tables, cover screens and net purses..... I am sure I never heard of a young lady spoken of for the first time, without being informed that she was very accomplished."

In this area of decorative fancy work, many Regency gentlewomen were highly skilled in painting, drawing, decoupage, embroidery, netting and design. Being able to produce a decent drawing was evidence of education and accomplishment; as was making presents such as a netted purse for a brother, or covering screens to be used by the fire as Elinor Dashwood paints in *Sense and Sensibility*.

Embroidery was a very popular creative skill of the era, it was an easily transportable skill – when visiting friends or family a workbag of embroidery could be taken along. By the Regency era, embroidery designs had moved away from religious symbols to floral designs.

Floral designs were often worked in crewel work, woollen thread on a heavier linen for bedding and in tambour using the crochet hook like needle to work a fast colourful chain stitch across the top of the fabric. There were also a wide range of other types of embroidery. Whitework was particularly popular amongst the gentry to work an imitation lace – white work stitches on a fine muslin or cotton could give the appearance of lace, which was far too expensive for most of Jane Austen's characters to buy. Such whitework pieces were then turned into caps, cuffs or handkerchiefs.



BLANKETS FOR ETHIOPIAN WOMEN



In a sheltered compound near the centre of Addis Ababa, the sprawling capital of Ethiopia, there is a haven for women who have suffered the trauma of a stillbirth exacerbated by the physical and social problems created by a fistula, the tearing of bladder and/or bowel. Without medical intervention, the ensuing incontinence makes her an outcast from her social and family group, condemned to ostracism and isolation for the rest of her life. 38 women a day are coming to the clinic.

The Hamlin Fistula Hospital (set up in Addis Ababa in 1974 by Doctors Reginald (NZ) and Catherine (Australia) Hamlin), and 5 clinics in regional centres, treat and care for these women for free. Often they are then able to return to their homes and even to have another, safe pregnancy, thanks to monitoring by the midwives, trained at the Hamlin College of Midwives.

All the patients are poor and many walk or are carried, sometimes on donkeys, and may have no personal possessions. On arrival, the women receive a hand knitted blanket together with their hospital gown, and shoes if they arrive barefoot. This knitted blanket becomes a treasured possession. It both comforts and warms her and shows her that someone cares about her. These blankets are treasured by the women who keep them for decades. In January this year (2013) I visited the hospital in Addis Ababa and was privileged to meet Dr Catherine Hamlin, a truly remarkable woman of 89 who still operates, and who oversees the work of this vital institution. I was impressed by her passion and philosophy, and the tranquil and respectful atmosphere in which these women, who have known the worst despair, are treated and nursed back to physical and emotional health. And I did not see any woman, in bed or ambulant, who was without her blanket!

KNIT A BLANKET

You can make a colourful hand-made ACRYLIC blanket to send to fistula patients in Ethiopia.

A good finished blanket will measure 40 inches x 70 inches (102cm x 178cm). The blankets can be knitted, machine knitted, crocheted.

Ambitious knitters can knit up to 180cm x 200cm.

To knit a blanket:

- The blankets are made up of 28 squares – 4 squares across, 7 squares down 10 inches x 10 inches (25cm x 25cm)
- Instead of individual squares, you may prefer to knit 4 strips, each strip comprising 7 squares. This reduces the number of ends which can come undone.
- Please keep joins on the same side and flat and please – no knots – they can unravel leaving an ugly hole in the rug.
- Use size 8 (4mm) needles and 8 ply acrylic yarn. Acrylic yarn is needed so that the blankets can be frequently washed.
- Cast on 50-55 stitches, depending on your tension, and knit each row plain (i.e. garter stitch)
- Baby blankets 90cm x 60cm are also welcomed and used by the midwives
- Only completed blankets can be accepted.

The fistula patients love colour, so don't be afraid to use strong colours – the brighter the better!

If you QUILT, the young trainee midwives value the single bed quilts they are given during their training and then take back to their home towns when they finish their training and begin their work, saving lives. A colourful simple quilt is a practical and treasured souvenir of her important training.

New Zealand Contact: Alison Kember alison.kember@gmail.com

My husband, James Kember, is presently the NZ Ambassador (non-resident) to Ethiopia and the African Union. We live in Wellington and if you send the finished blankets and quilts to me, we will organise their delivery to the Hamlin Fistula Hospital in Addis Ababa.

Some useful and interesting links: <http://www.hamlinfistula.org/> <http://www.hamlinfistula.org.nz/>

Alison

Stop Press: James has just delivered the first shipment from New Zealand 2 days ago.

We're open Monday - Friday 9.30am-5.30pm

Saturday 10.00am-4.00pm & Sunday 1.00-4.00pm

All prices quoted in this newsletter are current at the time of going to print but may be subject to change at a later date.

Taupo Symposium Specials

The countdown to the Taupo Symposium 2013 Fabric Art Festival is now on!

It's the 'must see' event for fabric lovers with 250 workshops, 30+ stalls, quilt exhibitions and challenges, lectures, classes with talented international and kiwi tutors, plus of course, the chance to mix and mingle with like-minded quilters.

Best of all though, as official event sponsor Bernina New Zealand will have a limited quantity of demo machines available for sale at hugely discounted prices!

BERNINA 750 QE

Built for the quilter

Sew longer and faster with fewer interruptions



SAVE \$1200
Now only \$5,799*

BERNINA 550 QE

Both creative and clever

Easy handling, absolute stitch control, optimum results



SAVE \$1000
Now only \$3,699*

BERNINA 350 PE

Smart and versatile

Simply stylish sewing and quilting



SAVE \$500
Now only \$1,999*

*Machines will be available from 1st August 2013 but you can order yours now. Stock is strictly limited to ex Taupo Symposium models and once they're gone... they're gone. So be quick.

PS to get the children sewing these holidays we also have bernette sewing machines from just \$299

Bobbin Thread

Some teach that we should always use the same thread in the top and in the bobbin. I think the reason they recommend this is to keep things simple and also thinking there will be fewer tension problems. However, it is perfectly fine to use a different thread in the bobbin and, in most cases, it is actually preferred. Here's why:

Quilting

- A fine bobbin thread reduces the bulk in the seam.
- You can wind more fine thread on the bobbin than a medium weight thread.
- Tension can be easily adjusted to accommodate different threads.
- A finer thread blends well.
- A finer thread is usually less expensive.

Embroidering

- A fine bobbin thread leaves a softer, more pliable embroidered design.
- You can wind more fine thread on the bobbin than a medium weight thread.
- A finer thread is usually less expensive.

Threads that I use regularly on the bobbin are Mettler SERALENE and SERACOR. These are usually sold as overlocker threads.

SERACOR is a 120 weight thread that can be used for all the overlock threads and has outstanding seam elasticity, combined with a filigree look. SERACOR has a strong core, around which the smooth fibers are spun. \$10.95 for 1000m

SERALENE is perfect for creating fine, almost invisible seams on lightweight fabrics. Thanks to its fine qualities, it can also be used as an underthread. \$15.95 for 2000m

Both SERALENE and SERACOR come on the snap-lock Miniking spool that provides a safe, clean, practical storage place. The thread can be locked in place when not in use.

MonoPoly invisible polyester monofilament thread is available in Clear and Smoke colors. Commonly used as a bobbin thread for quilting and thread painting when using many different colors on top. Recommended to set iron to low or medium heat. If you like monofilament thread, make sure you use polyester monofilament and not nylon because nylon tends to go brittle, discolor, and has a lower heat tolerance. Some brands of monofilament invisible threads are labeled "polyamide" which is the chemical name for nylon. MonoPoly invisible thread is 100% polyester and the preferred type. \$19.95 for 2000m

NOTICES

Days our staff work

Alana	Friday & Saturday	Mary	Sunday - Thursday
Anna	Wednesday, Saturday and Sunday	Rebecca	Tuesday - Friday
Denise	Monday - Friday	Sara	Monday - Tuesday
Marilyn	Monday - Tuesday, Friday - Saturday	Tess	Wednesday
Marjorie	Wednesday & Friday		

FON Subscriptions

The subscription of \$25 per annum offers newsletter, FON monthly Stitching Club, 10% discount off stock and class enrolment fees, and other special discounts. Discounts do not apply to framing, cushion, bellpull and wallhanging construction, sewing machines and overlockers.

Note: Membership is limited.

If your Friends of Nancys subscription is due for renewal the newsletter will have a highlighted 'R' by your name on the address label and a renewal form enclosed. Please pay promptly as FONs with unpaid subs are removed from the list and their number reallocated.

Nancys Embroidery Shop
241 Thorndon Quay
PO Box 245
WELLINGTON 6140
Tel: 04 473 4047