

JULY 2025

In-Stitches Newsletter

Volume 2025-07



HELLO FROM FCS AGENT, DEBBIE SHEPHERD

Our next class has been scheduled for Friday, July 18, 2025, at 10:00 a.m. ET. The project for this class is "Seasonal Placemats." Please let us know if you will be attending by contacting the Extension Office at 606-348-8453. You can also email Joy, Vicki, or me.

Happy Stitching!

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Cooperative Extension Service

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July's Class ~ "Seasonal Placemats"

Friday, July 18, 2025 @ 10:00 a.m.

Wayne County Extension Office

Downstairs Meeting Room



Please arrive by 9:30 a.m. to start setting up your sewing station. Class will begin at 10:00 a.m. prompt!

Please register so we can be prepared for you.

Don't forget your items for Show & Tell!

These fun and easy to make placemats will have you all set for the year! Cute seasonal designs! Easy beginner machine applique and basic sewing techniques make this a quick fun project. You will receive patterns for all four designs. You will only make one in class.

Fabric Requirements:

- 1 fat quarter for background behind applique
- 12 – 2 ½ inch squares for patch work
- 1 – 6 ½ inch X 16 inch rectangle for pocket
- 1 fat quarter for backing (includes enough for binding)
- Various scraps for applique (Larger scrap pieces for snowman & pumpkin)
- 1 – fat quarter size batting (Pellon plus recommended)
- 1 – fat quarter size fusible interfacing (will be provided in class for one placemat)

Supplies needed:

- Coordinating thread for stitching
- Black or your choice for applique
- Machine that has blanket or decorative stitch of your choice option
- Machine applique foot (if you have one)
- Sewing machine & basic sewing supplies

As always, if this isn't the class for you, bring any project to work on and come join the fun & fellowship!

Lunch - We will be providing BBQ & drinks. Please bring: Sides & Desserts

If you have had the safe food handling class, please feel free to bring a dish to share. If you haven't, please feel free to bring something pre-packaged/prepared! You are also welcome to bring your own lunch. Please share your recipe with us if you bring a homemade item so we can put it in the next newsletter.

Road Trip!!



KY/Tennessee Shop Hop Week Road Trip Adventures!

Space is Limited! Everyone will be responsible for their own shopping purchases and lunch.

Registration Required! We will visit as many shops as time allows for the day – tentative agenda.

*Indicates not a Shop Hop participating shop but still well worth the visit along the way!

July 14th – West Central Region

- The Cotton Mill*
- The KY Quilt Company
- Psycho Granny's
- Whittles*

July 15th - On your own.

July 16th - North Region - 1st Priority Given to Master Clothing Volunteers

- Old Time Fabrics
- Sew-a-Lot
- Thomas Sewing Center
- Bluegrass Stitches & Crafts

July 17th - East Central Region

- Linda's Quilt Shop
- The Quilt Shop*
- Fabric World
- Sexton's



FRISKY & LOU LOU'S FLOWER CLASS

July 24, 2025 (Part I)
August 5, 2025 (Part II)
10:00 am ET

Class fee per day: \$45
Kit fee: \$125

Bring your own lunch.
Drinks will be provided.

This beautiful, dramatic 66"x84" quilt is offered as an all-inclusive, Ready to Sew Kit. This class has been designed with all you need to sew and have fun!

Precut Kits & Quilt Samples will be on display at the Wayne County Extension Office.

Class size is limited, so register soon!

Kit includes:

- All Precut Fabric
- All Precut Applique Interfacing
- All Precut Fusible Web
- Fully Illustrated 28 Page Pattern
- Wooden iron, turning tool, glue stick, & other bonus items.

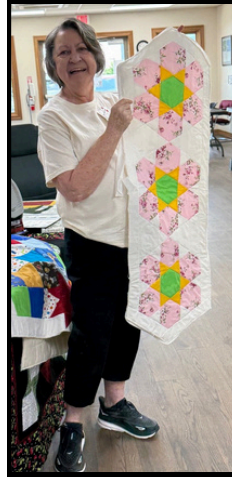
More info:

📍 Wayne County Extension Office
255 Rolling Hills Blvd.
Monticello, KY 42633

☎ 606-348-8453

Quilt & Kit Sample are on display at the Extension Office.

Show & Tell Photos




Feather Together ~ Featherweight Flock

July 31st & August 28th @ 10 AM

DOWNSTAIRS MEETING ROOM


If you love Featherweights, bring your Featherweight and something to sew on!
We will have fun & fellowship! We will discuss whether there is enough interest
to meet on a regular basis for sewing, fun, fellowship, information, and
adventure!





"SWEET DREAMS" QUILT CLASS

INSTRUCTOR: SHERYL BOWLING



Date

August 15, 2025



Start At

10:00 AM ~ Arrive by 9:30 AM to set up.



Address

**Wayne County Extension Office
255 Rolling Hills Blvd., Monticello
Downstairs Meeting Room**

Fabric Requirements & Cutting Instructions Enclosed
Lunch will be provided!

**CLASS FEE: \$25
(PREPAID)**

**REGISTRATION
REQUIRED!**

PHONE: 606-348-8453

*Quilt is on display
at the Wayne County
Extension Office.*

**Stop by the Wayne County Extension Office to view this quilt.
The quilt is even more beautiful when you see it in person!**



Sweet Dreams

Fabric requirements:

12 fat quarters

Background: 1 $\frac{3}{4}$ yards

Yellow plaid (or accent): 2 $\frac{1}{2}$ yards for blocks and border

Blue dot: 1 $\frac{1}{3}$ yards for inner border and binding

Sweet Dreams pattern by Heather Mulder Peterson

Cutting:

- From Fat Quarters cut:
 - 20 – 6 $\frac{1}{2}$ " squares for **Step 1**
 - 20 sets of 4 – 2 $\frac{1}{4}$ " squares (80 total) for **Step 1**
 - 20 sets of 4 – 2 $\frac{1}{4}$ " x 6 $\frac{1}{2}$ " rectangles (80 total) for **Step 1**
 - 12 sets of 4 – 2 $\frac{1}{4}$ " squares (48 total) for **Step 2**
 - 14 – 2 $\frac{1}{4}$ " squares for Step 3
- From Background/Cream cut:
 - 48 – 3 $\frac{7}{8}$ " squares and cut each in half once on the diagonal
 - 4 – 12 $\frac{1}{4}$ " squares and cut each in half diagonally twice
 - 2 – 7 $\frac{5}{8}$ " squares and cut each in half diagonally once
 - 4 – 2 $\frac{1}{4}$ " x WOF strips
 - and subcut into 14 – 2 $\frac{1}{4}$ " x 9" rectangles
- From Yellow Plaid (or accent) cut:
 - 11 – 7 $\frac{1}{4}$ " x WOF strips
 - Set 8 aside for borders
 - Subcut 3 into: 14 – 7 $\frac{1}{4}$ " squares

“Call Me Bag”

August 26, 2025 @ 10 a.m.

Downstairs Meeting Room

**Class Fee \$15
(Prepaid)
All Supplies
Provided.**

Beginner Level Class

This super cute bag is very versatile and easy to make! You can carry it cross-body like a purse, around your neck as a badge display and items for retreats or looped on your belt/waist. Once you make one, you will want to make lots more! They are FUN!

Please register so we can be prepared for you.

Kit includes: Pre-quilted fabric, zipper, vinyl, mesh, fold-over elastic, fabric for binding/strap and full printed instructions. A variety of fabric colors and styles to choose from.

Techniques participants will learn:

- Sewing zipper to quilted fabric
- Sewing with vinyl
- Sewing with mesh
- Sewing with fold-over elastic
- Making and sewing binding will all be demonstrated in detail during class.

“Call Me Bag”

Participants need to bring:

- Sewing machine in good working order
- Sewing supplies (scissors, seam ripper, etc.)
- Thread: neutrals, (light grey is a good neutral), black & white ~ bring your favorite color too. Thread is for sewing and top stitching.



Feather Weight Workshop!

Wednesday, August 27, 2025



10 a.m. or 6 p.m.

(Please indicate which time you are attending when you register.)

Wayne County Extension Office

Downstairs Meeting Room

Registration Required: \$25

Class size limited: Registration is held when payment is received.

Make checks payable to: Wayne County Extension Office

Memo: Feather Weight Workshop

Class will be approximately two hours long.

Dave & Sue Kinnaird of Dave's Feather Weights will be our instructors for this informative workshop!

They really enjoyed their time in Monticello during the Little Mountain Quilt Show and are excited to return to teach this class!

Participants will learn all about the workings of their Feather Weight machine. This is a hands-on learning skills class set at the pace of the individual participant.

Dave & Sue will have LED light bulbs, belts, etc. available for sale, for those who need items for their Feather Weight machines.

In addition, if there is a particular Feather Weight year or style you are looking for, please let us know and we will share it forward.

We are very excited to be offering this long-awaited workshop!

Register soon for your spot!



Joy McGinnis



FCS Program Assistant

A Stitch in Time: Antique Quilts



What to look for when buying an antique quilt.

First check the condition, then the pattern. Determine if the pattern is intricate or unusual. It's nice to have a representation of common patterns, such as Log Cabin, Dresden Plate, Star, and basic appliqué, but a collection needs more than just familiar designs. Be wary of buying a quilt without actually seeing it. Be sure you have the option of returning it if you feel it was misrepresented.

I look for quality, visual appeal, and rarity. Those are the characteristics that make a quilt valuable in the marketplace.

Quality: The piecing must be fairly accurate and the fabrics unfaded and sturdy. The quilt should be in the best condition expected for its age.

Visual Appeal: Buy quilts that speak to you, that appeal to you on emotional and visual levels. Are the color combinations interesting? Does the quilt make a statement? If displayed on a wall or bed, does the quilt grab your attention?

Rarity: Some quilt patterns are ubiquitous. Unusual or rare quilt patterns are more collectible. Also valuable are an unusual or excellent example of a common quilt, such as a Grandmother's Flower Garden made with tiny fussy-cut hexagons.

Should (or can) I wash antique quilts?

Only wash a quilt if it is cotton and then only if absolutely necessary. A gentle bath in a tub can do wonders but also can do damage. Make all repairs before washing. Use a gentle detergent (no soap) and dry flat, if possible, making sure that the weight of the quilt is supported. Because lifting a wet quilt puts huge stress on the fibers, lift it with a sheet or fiberglass screen under it. Squeeze out the water as you would a fine sweater; do not wring it. Never dry-clean a cotton quilt. Most silk/wool crazy quilts cannot tolerate the dry-cleaning process either.

Should (or can) I wash antique quilts? (Cont'd)

Only wash a quilt if it shows visible signs of soiling, is smelly, or the fabrics are stiff with starch. Reducing dirt, grime, body oils, and starch on the fabric will prolong the life of a quilt. If a quilt is of museum quality, then leave the cleaning for experts. Dry cleaning is not recommended. Before cleaning, repair any open seams, loose appliqué, or unstitched binding. Pretreat stains with a minimal amount of spot remover. (It's better to have a stain than a hole in your quilt.)

Some experts recommend washing a quilt in a bathtub, but I find this to be uncomfortable because a wet quilt is difficult to handle. I recommend soaking it in Biz, Oxiclean, or special quilt wash in your washing machine for several hours or overnight, depending on the soil level. Include a Shout Color Catcher to catch any errant dyes. After soaking, spin the quilt in the washing machine to remove excess water. Spinning a quilt in the washer does not damage the fabrics or thread, and it removes excess water quite well. Wash it with quilt wash on a gentle cycle in a front-loading machine, if possible. Rinse and spin twice to remove all residues.

To dry, lay the quilt flat on a sheet outdoors or on a bed. If drying it outdoors, cover the quilt with another sheet to protect it from passing birds. If drying it indoors on a bed, turn on a fan over the quilt to speed the drying time. Turn the quilt over after several hours. Leave the quilt out and unfolded for a few days to ensure it's dry all the way through. If necessary, fluff the quilt on air dry in the dryer for a short time.

What to do with antique orphan blocks?

The condition of the blocks may be the best answer. There is often a reason why tops or blocks never became quilts. Handling old tops and blocks can make matters worse. My personal preference is to leave both tops and blocks as you found them, as a collection. A really special block might deserve archival framing. If the assorted blocks are square and well-pieced, it's fun to make a sampler quilt. The fun comes in designing a setting that can include all of the various block sizes. This way you can use the blocks and preserve them at the same time.

Orphan blocks could be mounted and framed or made into decorative pillows. Or you could add borders (if needed) and create a small table mat or table runner. If the pieces in the block are small enough, perhaps a vintage doll quilt could be created.

OVERNIGHT VEGETABLE SALAD

Submitted by: **Bethe Bryant**

Ingredients:

Salad:

- $\frac{3}{4}$ c. celery, chopped small
- 11 oz. can sweet white corn, drained
- 14.5 oz can French Style green beans, drained
- 15 oz. can LeSueur peas, drained
- 1 Tbsp. pimientos, diced
- 1 red bell pepper, diced small
- $\frac{1}{2}$ large onion, diced small

Dressing:

- $\frac{1}{2}$ c. light olive oil or vegetable oil
- $\frac{1}{2}$ c. white wine vinegar
- $\frac{1}{2}$ c. sugar
- $\frac{1}{2}$ tsp. fine ground salt
- $\frac{1}{2}$ tsp. ground



Instructions:

1. Create dressing: In small saucepan add oil, vinegar, sugar, salt, and pepper. Heat over medium heat, whisking to dissolve sugar. Bring to a low boil and once sugar is dissolved, remove from heat and let cool.
2. Create salad: Add prepped veggies to a large bowl. Pour cooled dressing over veggies and mix well. Cover and store in fridge overnight or at least 5-6 hours.

MINISTER'S DELIGHT

Submitted by: **Bethe Bryant**

Ingredients:

- 1 box yellow cake mix
- 1 can (20 oz.) crushed pineapple in juice
- 1 can (21 oz.) cherry pie filling
- 1 cup chopped nuts (pecans or walnuts)
- $\frac{1}{2}$ cup unsalted butter, melted
- 1 cup sweetened coconut



Instructions:

- Grease 6 quart slow cooker with non-stick spray or butter.
- Spread crushed pineapple with its juice evenly in the bottom of slow cooker.
- Spoon cherry pie filling evenly over top of pineapple layer.
- Sprinkle dry cake mix evenly over the fruit layers, spreading it out with a spatula.
- Pour melted butter evenly over top of cake mix.
- Sprinkle chopped nuts and coconut evenly over buttered cake.
- Cover slow cooker and cook on high 2-3 hours or until top is golden brown and edges are bubbly.
- Serve warm straight from slow cooker.
- Note: Can add 1 tsp cinnamon to cake mix.

October 10th ~ 10 am-4:30 pm

- **“Amelia” Quilt by Sheryl Bowling**
 - **Details coming soon.**

December 12th ~ 10 am-4:30 pm

- **“Swoon” Quilt by Sheryl Bowling**
 - **Details coming soon.**



Debbie Shepherd

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DS/vm



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