

JUNE 2025

In-Stitches Newsletter

Volume 2025-06



HELLO FROM FCS AGENT, DEBBIE SHEPHERD

Our next class has been scheduled for Friday, June 20, 2025, at 10:00 a.m. ET. The project for this class is "Wish Upon a Star." 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!

Debbie.Shepherd@uky.edu
Joy.McGinnis@uky.edu
Vicki.McDonald@uky.edu

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Cooperative Extension Service

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Wish Upon a Star & Sweet Dreams
Instructions

FAMILY &
CONSUMER
SCIENCES



Creating Healthy & Sustainable Families



June's Class ~ "Wish Upon a Star"

Friday, June 20, 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!

Class Fee: \$5 (includes pattern)

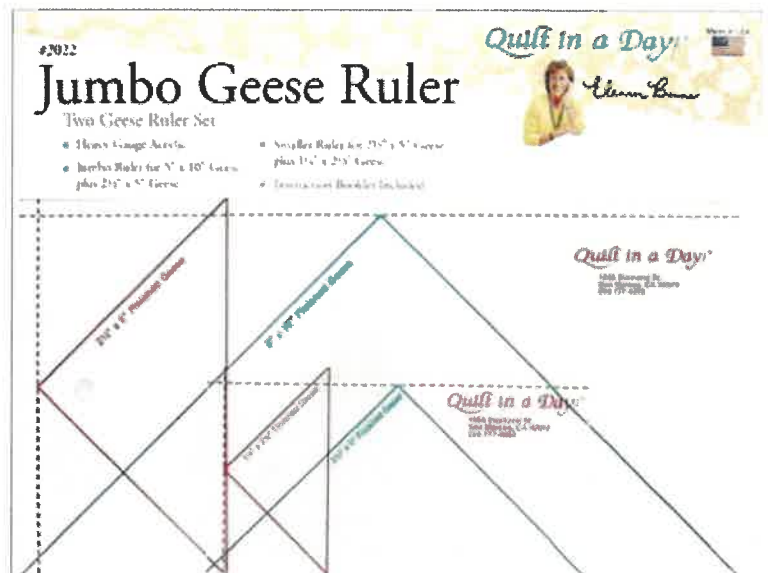
Also needed for this class is the JUMBO flying geese ruler. If you need the ruler, your class fee will be an additional \$11. When you call to register, please let us know if you need the pattern and/or ruler.

Please have your project pieces cut prior to class. See attached instructions for fabric cutting and cutting labels.

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.





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

In-Stitches Quilt Class

July 18, 2025 @ 10 a.m.

Seasonal Placemats

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





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.

Frisky & Lou Lou's Flower

2-Day Class

Skill Level: Confident Beginner to Advanced

Class Fee Per Day: \$45

Finished Quilt Size: Approximately 66" x 84"

Class Size: Minimum 12 Maximum: 25

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

PAY ATTENTION! THIS IS EXTRODINARY!!

This beautiful, dramatic 66" x 84" quilt is offered as an all-inclusive, **Ready to Sew Kit**. We have carefully designed this class with **ALL** you need to sew, have fun, and **get it done**. The class fee includes two experienced instructors, Laurie Lou Hood and Vickie L. Johnson.

This amazing Kit includes:

- **ALL** needed fabric pieces **PRECUT**, including
 - Background panel **PRECUT**
 - Applique fabric **PRECUT**
 - 156 charm squares (5" x 5") **PRECUT**
 - Border Strips **PRECUT**
 - Binding **PRECUT!**
- **ALL** Applique interfacing **PRECUT** with patterns traced and **READY to SEW**
- **ALL** fusible web needed **PRECUT**
- Your full color, fully illustrated **28 page pattern**
- Your own wooden iron, turning tool, glue stick, and other bonus items for a smooth in class sewing experience

You will choose from three (3) gorgeous color options (red, blue, lavender) for your flower, border, and binding preference. You will also choose from two panel fabrics colors, black or white.

Skills to Be Taught:

1. Creating smooth turned machine appliqué using fusible interfacing.
2. Exploring the blanket stitch and other decorative appliqué stitches.
3. Fitting your finished center panel into the quilt top.
4. Achieving accuracy with seams.
5. Adding decorative surprises, i.e., Butterflies!

Kit Fee: \$125

*Fabrics in kits may vary slightly. Kit **does not** include batting or backing but does include coordinated binding.

Basic Supplies Checklist for Class:

- ___ 1. **Scrap piece of fabric 9" x 14" for practice appliqué.**
- ___ 2. **Sewing machine with manual, power cord and foot pedal.**
- ___ 3. **Open-toe or appliqué foot if you prefer decorative stitching for appliqué.**
- ___ 4. **¼" presser foot with guide.**
- ___ 5. **Thread – To coordinate with fabrics:**
 - black or white thread for background panel color
 - your chosen flower petal – red, lavender, or blue
 - golden yellow for flower center
 - grassy green for stem and leaves
- ___ 6. **Extra loaded bobbins.**
- ___ 7. **Extension cord or power strip.**
- ___ 8. **Extra machine needles in different sizes.**
- ___ 9. **Rotary mat, rotary cutter, extra blades, and rulers.**
- ___ 10. **Sewing tape measure.**
- ___ 11. **Fabric scissors, thread clippers, seam ripper.**
- ___ 12. **Straight pins and pin cushion.**
- ___ 13. **Iron and pressing mat.**

NOTE: Prior to class, practice decorative stitching with your machine and threads.

The Wayne County Extension Office
will be closed on Thursday, June 19, 2025
in observance of Juneteenth Holiday.



FELLOWSHIP GATHERING FOR FEATHERWEIGHT FRIENDS

JULY 31, 2025 | 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!



FEATHERWEIGHT FRIDAY AUGUST 22, 2025 10:00 A.M.-4:00 P.M. KENTUCKY STATE FAIR

Featherweight Friday! FREE tickets for Featherweight Friday, entry to KY State Fair & Parking. Any purchases and food/meals would be on your own. Please register for FREE ticket by June 30th. Times for Featherweight Friday is 10 a.m.- 4 p.m. You take your Featherweight, and whether you sew for ten minutes, two hours or the entire allotted time, you get free parking and free entry to view all KY State Fair Exhibits!!

We will be taking vans - limited space! BUT we can still get you free tickets if you drive on your own!



PLEASE REGISTER FOR FREE TICKET BY JUNE 30TH.



“Sweet Dreams” Quilt Class

August 15, 2025 @ 10 a.m.

Please arrive by 9:30 a.m. to set up.

Downstairs Meeting Room

Class Fee: \$25

Special Feature Teacher - Sheryl Bowling

Registration is required.

Lunch will be provided.

Quilt will be on display at the Extension Office.

See attached instructions for fabric requirements and cutting.



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

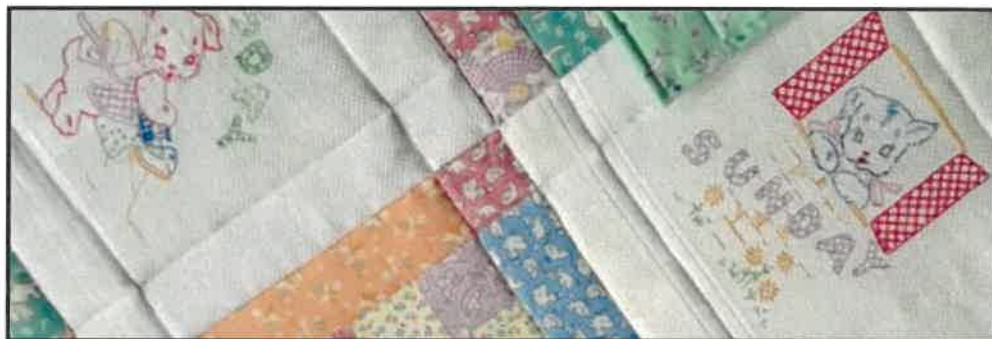
A Stitch in Time



As a collector of vintage doilies, vintage embroidery and needlework, vintage handkerchiefs, and vintage linen calendars, I am always looking for ideas on how to create a beautiful quilt from them.

I am always in search of vintage needlework, even if only a very small area is useable. I just cannot pass up these items at a yard sale, flea market, etc.

Pinterest, YouTube tutorials, blogs, quilting, and crafting magazines are wonderful sources for ideas.



Dave Kinnaird and Sue McGhee shared a very educational session on basic maintenance and cleaning of Singer Featherweights.



Photos from the 2025 Jabez Quilt Seminar.



Debbie Shepherd

Debbie Shepherd
Wayne County Extension Agent
for Family & Consumer Sciences
DS/vm

We Grow Families.
www.ca.uky.edu

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 Disabilities
accommodated
with prior notification.

Wish Upon a Star!

This cool project works up so quickly because, as always, Eleanor Burns shows us how to get it done as efficiently as possible. You will receive your complete pattern in class, (it's included in your class fee), but I've attached some helpful worksheets for your pre-class preparation.

First, there are BLANK DRAWINGS OF OUR QUILT PROJECT. You may make as many copies as you wish to plan your fabric and color placement. You may choose to write descriptions, shade with color, or paste fabric swatches on the drawing to audition your ideas.

Secondly, there is a FABRIC CUTTING CHART taken directly from the pattern. You'll notice there will be slight differences in fabric cutting instructions between the **two border options**, a **Print Border option** as pictured on the cover of the pattern and a **Scallop Border (Appliqué) option**. I've added a column on the chart for you to track your fabric/color choices.

Then, (one of my favorites), I've included some FABRIC CUTTING LABELS just for you! **Pick the set that matches the border option you've chosen.** While cutting your fabric in preparation for class, pin or clip the labels to each piece. No matter how long in between cutting and sewing time, you won't have to remember all those decisions you've already made! You'll be all organized and ready to sew!

Feel free to contact me if you have any questions during your prepping process. I'm looking forward to our class!

Laurie Lou Hood
859-339-2803
louhoodesigns@yahoo.com



Wish Upon a Star

Fabric Cutting Chart

Please have your project pieces cut prior to class.



Wallhanging with
Print Border
43" square

Wallhanging with
Scalloped Border
41" square

My Background	Background Flying Geese Triangle Pieced Squares Star Points Framing Border Applique Border	1 1/4 yd (1) 13" strip cut into (1) 13" square (1) 12" square (1) 6 1/2" x 17" --- (4) 2" strips	1 1/4 yds (1) 13" strip cut into (1) 13" square (1) 12" square (1) 6 1/2" x 17" --- (4) 6 1/2" strips	1 1/4 yds (1) 13" strip cut into (1) 13" square (1) 12" square (1) 6 1/2" x 17" --- (4) 6 1/2" strips
My Large-Scale Print	Large Scale Print Center Square Border	1 1/4 yds (1) 10 1/2" square (4) 6 1/2" strips	1 1/4 yds (1) 10 1/2" square (4) 6 1/2" strips	1 1/4 yds (1) 10 1/2" square (4) 6 1/2" strips remainder for applique
My Dark	Dark Star Points	1/4 yd (1) 6 1/4" strip cut into (4) 6 1/4" squares	1/4 yd (1) 6 1/4" strip cut into (4) 6 1/4" squares	1/4 yd (1) 6 1/4" strip cut into (4) 6 1/4" squares
My Medium	Medium Flying Geese Star Points	1/3 yd (1) 11 1/2" square (1) 4" x 17"	1/3 yd (1) 11 1/2" square (1) 4" x 17"	1/3 yd (1) 11 1/2" square (1) 4" x 17"
My Dark Medium	Dark Medium Triangle Pieced Squares	1/3 yd (1) 12" square	1/3 yd (1) 12" square	1/3 yd (1) 12" square
My Light	Light Corners	1/3 yd (2) 5 1/2" strips cut into (8) 5 1/2" squares	1/3 yd (2) 5 1/2" strips cut into (8) 5 1/2" squares	1/3 yd (2) 5 1/2" strips cut into (8) 5 1/2" squares
My Accent	Accent Folded Bowler Binding	3/4 yd (4) 1 1/4" strips (6) 3" strips	3/4 yd (4) 1 1/4" strips (6) 3" strips	3/4 yd --- Cut 2 1/4" bias strips

Bring a bit extra of all your fabrics to ease your angst. We all make mistakes, and we want you to continue to enjoy the creative experience even if there's an oops or two.

If you have any questions, feel free to contact me!
Laurie Lou Hood
859-339-2803
louhoodesigns@yahoo.com

Use this column to track your fabric selections. You may choose to write a description, shade with color or paste a small fabric swatch.

Strip = a strip cut the width of fabric or selvage to selvage (approx. 42")

Wish Upon A Star (with Print Border)

Cut apart labels and pin them to your fabric pieces to track their placement as you work.



Background
Flying Geese
(1) 13" square



Background
Triangle Pieced Squares
(1) 12" square



Background
Star Points
(1) 6 1/2" x 17" rectangle



Background
Framing Border
(4) 2" strips



Large Scale Print
Center Square
(1) 10 1/2" square



Large Scale Print
Border
(4) 6 1/2" strips



Dark
Star Points
(4) 6 1/4" squares



Medium
Flying Geese
(1) 11 1/2" square



Medium
Star Points
(1) 4" x 17" rectangle



Dark Medium
Triangle Pieced Squares
(1) 12" square



Light
Corners
(8) 5 1/2" squares



Accent
Folded Border
(4) 1 1/4" strips



Accent
Binding
(6) 3" strips

Wish Upon A Star (with Scallop/Applique Border)

Cut apart labels and pin them to your fabric pieces to track their placement as you work.



Background
Flying Geese
(1) 13" square



Background
Triangle Pieced Squares
(1) 12" square



Background
Star Points
(1) 6 1/2" x 17" rectangle



Background
Applique Border
(4) 6 1/2" strips



Large Scale Print
Center Square
(1) 10 1/2" square



Large Scale Print
For Applique



Dark
Star Points
(4) 6 1/4" squares



Medium
Flying Geese
(1) 11 1/2" square



Medium
Star Points
(1) 4" x 17" rectangle



Dark Medium
Triangle Pieced Squares
(1) 12" square



Light
Corners
(8) 5 1/2" squares

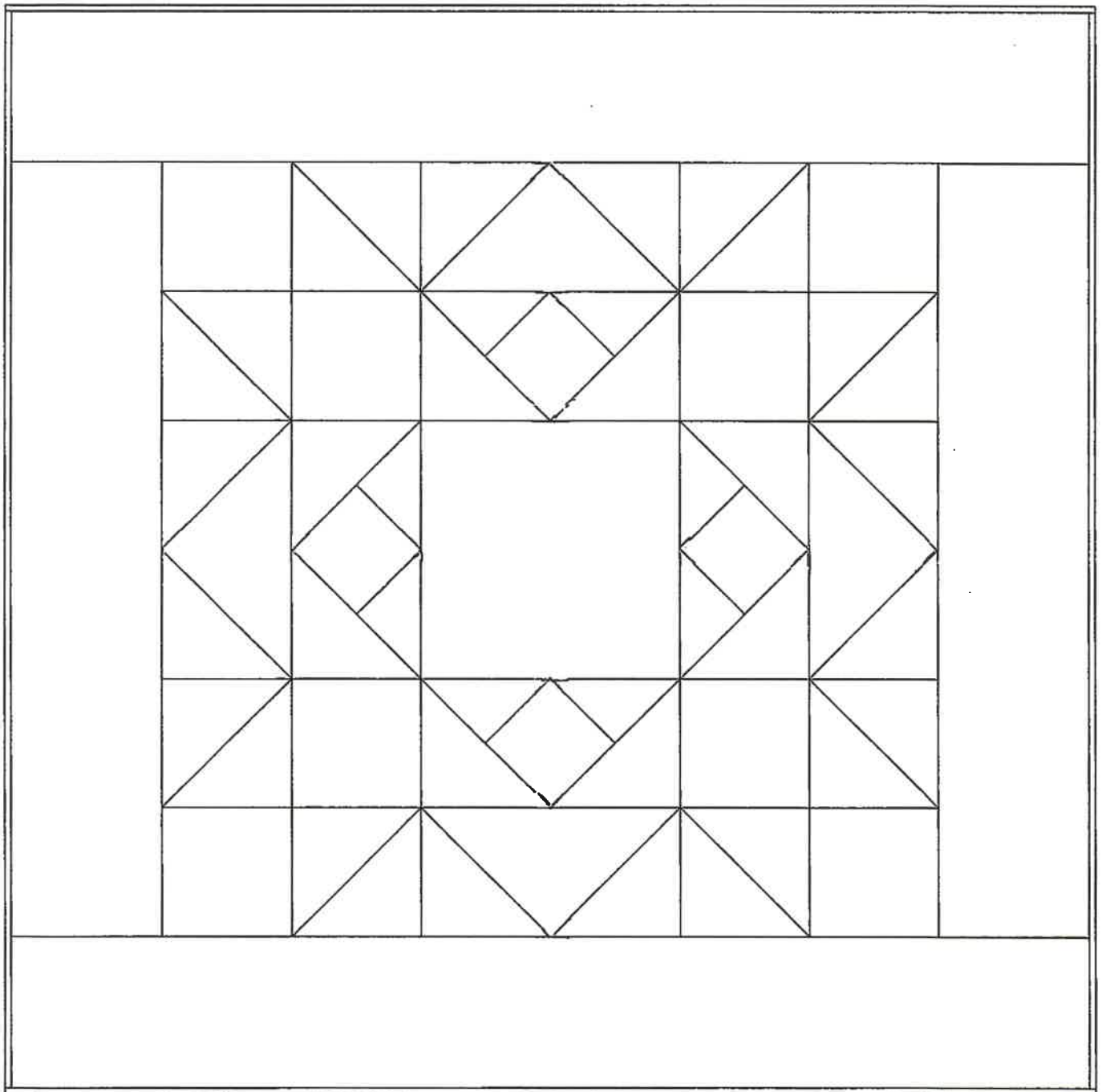


Accent
Binding
Cut 2 1/4" bias strips

Wish Upon a Star

Scallop (envision it?) /Applique Border Option

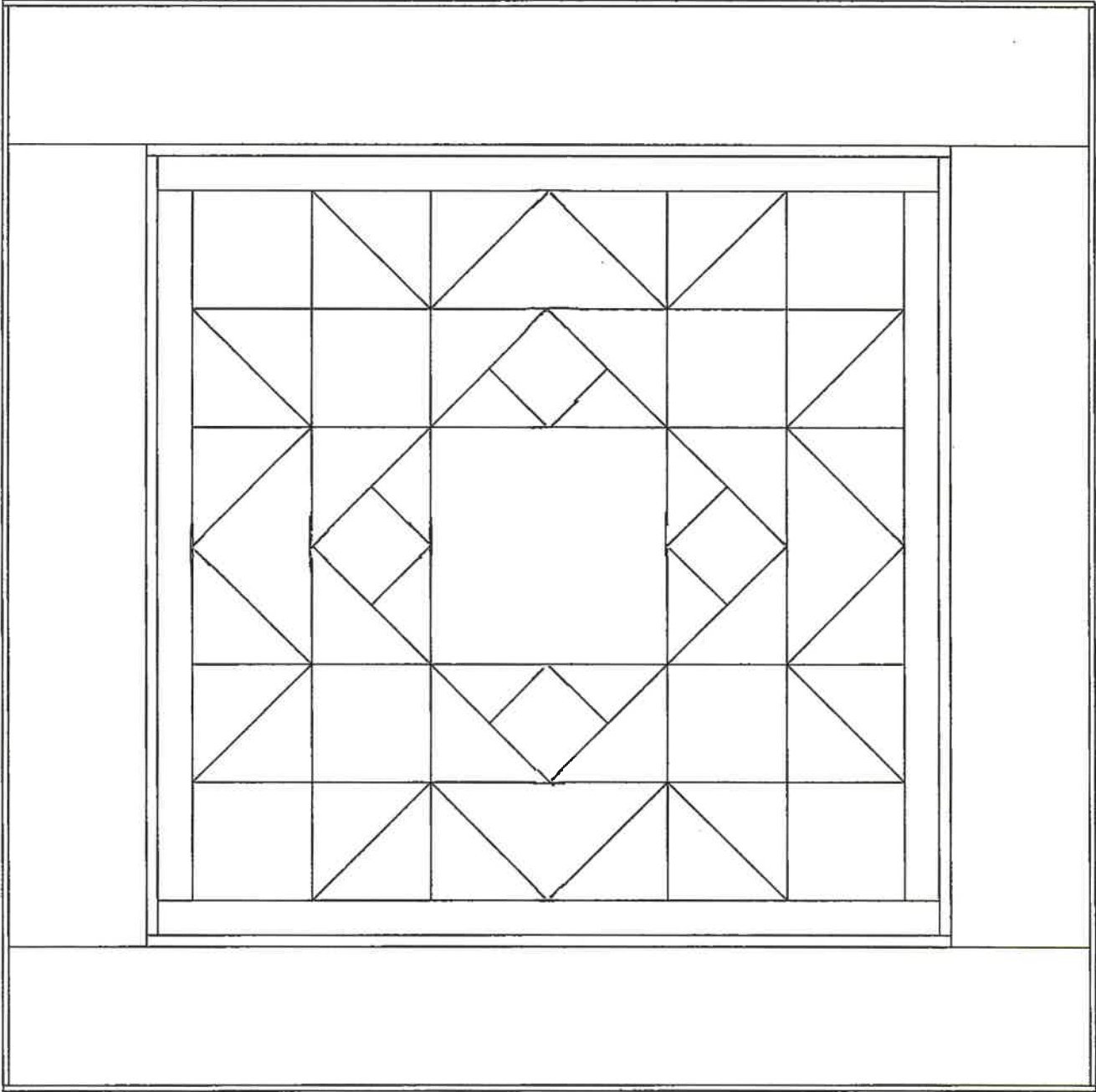
Design Planning Page



Wish Upon a Star

Print Border Option

Design Planning Page



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