

# MAY 2025

## In-Stitches Newsletter

Volume 2025-05



**HELLO FROM FCS AGENT,  
DEBBIE SHEPHERD**

### *Memorial Day - Honoring All Who Served*

Our next class has been scheduled for Friday, May 16, 2025, at 10:00 a.m. ET. In this class we will be making a "Honeycomb Table Runner." 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**

### Cooperative Extension Service

Wayne County

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Facebook: Wayne County Cooperative  
Extension Family and  
Consumer Sciences

### Newsletter Highlights

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## **May's Class ~ "Honeycomb Table Runner"**

**Friday, May 16, 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!***



**Get ready for spring with this fun HEXI Honeycomb Table Runner!**

**You can easily finish your top in a day! Pick out your favorite spring colors from your stash! Easy chain piecing makes this a quick one!**

**I added an extra border to the "pink" table runner. On both, I used the background color only and did not add the "Gray" Hexi. Keep in mind if you add borders or change something, it changes fabric requirements.**

**Please come to class with your strips cut.**

**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 Ham/Turkey/Pimento Cheese sandwiches & drinks.  
We will need: 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.**



**14" x 42" Honeycomb  
Table Runner –  
Eleanor Burns  
Signature Quilt In A Day**

# Friday, May 16th ~10am Honeycomb Table Runner!

**Class Fee: \$5 – Includes pattern & two acrylic templates  
Please come to class with strips cut and labeled.**

## Yardage & Cutting

**Pink 2/3 yard  
(3) 4 ½" strips  
Binding (3) 2 ½" strips**

**Gray ¼ yard  
(1) 4 ½" strip**

**Green ¼ yard  
(1) 4 ½" strip**

**Yellow 1/8 yard  
(1) 2 ½" strip**

**White 3/8 yard  
(2) 2 ½" strips**

**Border (3) 2" strips**

**Backing ½ yard  
Batting 20" x 48"**

***Please come to class with  
your strips cut.***





## 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

***Note: See pages 5 & 6 for detailed information.***



## 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.







Joy McGinnis

FCS Program Assistant

## Name That Quilt Block



### QUILT

NAME THAT QUILT BLOCK



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



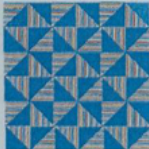
11.



12.



13.



14.



15.



16.

How well do you know your quilt blocks? Test your knowledge by answering this "Name That Quilt Block."

Answers are on page 10.



## ITALIAN GRINDER SALAD

**BY: BETHE BRYANT**

### Ingredients:

- 1 head of lettuce
- ½ red onion, sliced thin
- ⅓ cup banana peppers, chopped
- 1 c. grape tomatoes, halved
- ¼ lb. salami, sliced thin or chunked
- ¼ lb. turkey, sliced thin or chunked
- ¼ lb. pepperoni, sliced thin or chunked
- ¼ lb. provolone, sliced thin or chunked
- ¼ c. grated parmesan
- Chop all and put in large serving bowl.



### Dressing:

- ½ c. mayo
- 2 T. red wine vinegar
- 1 tsp. banana pepper juice
- 1 tsp. garlic powder
- 1 tsp. dried oregano
- ½ tsp. salt
- pepper to taste

### Instructions for Dressing:

- Mix in small jar and pour over salad.
- Toss to mix well.

# ENJOY!

## ORANGE JUICE BUNDT CAKE

**BY: BETHE BRYANT**

### Ingredients:

- 1 box yellow cake mix
- 1 (3.4 oz.) box instant vanilla pudding
- ½ c. oil
- 4 eggs
- 1 c. orange juice

### Glaze:

- ½ c. butter (1 stick)
- 1 c. sugar
- ¼ c. orange juice



### Instructions:

- Preheat oven 350 degrees.
- Add cake ingredients to large bowl and whisk until combined.
- Grease and flour Bundt pan. Pour in batter, spreading evenly.
- Bake 45 minutes or until tester comes out clean.
- While cake is baking, add glaze ingredients to medium saucepan and bring to a boil over medium heat. Pour glaze over cake while still hot, saving some for top of cake.
- Cool 15 minutes. Turn cake over onto serving dish. Glaze top with remaining glaze.



## APPLESAUCE CAKE

BY: PAT DILL

### Ingredients:

- 1 c. white sugar
- ½ c. butter, softened
- 1 c. applesauce
- 2 c. flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ¼ tsp. ground cloves
- ¼ tsp. salt
- ½ c. raisins
- ½ c. chopped walnuts, optional



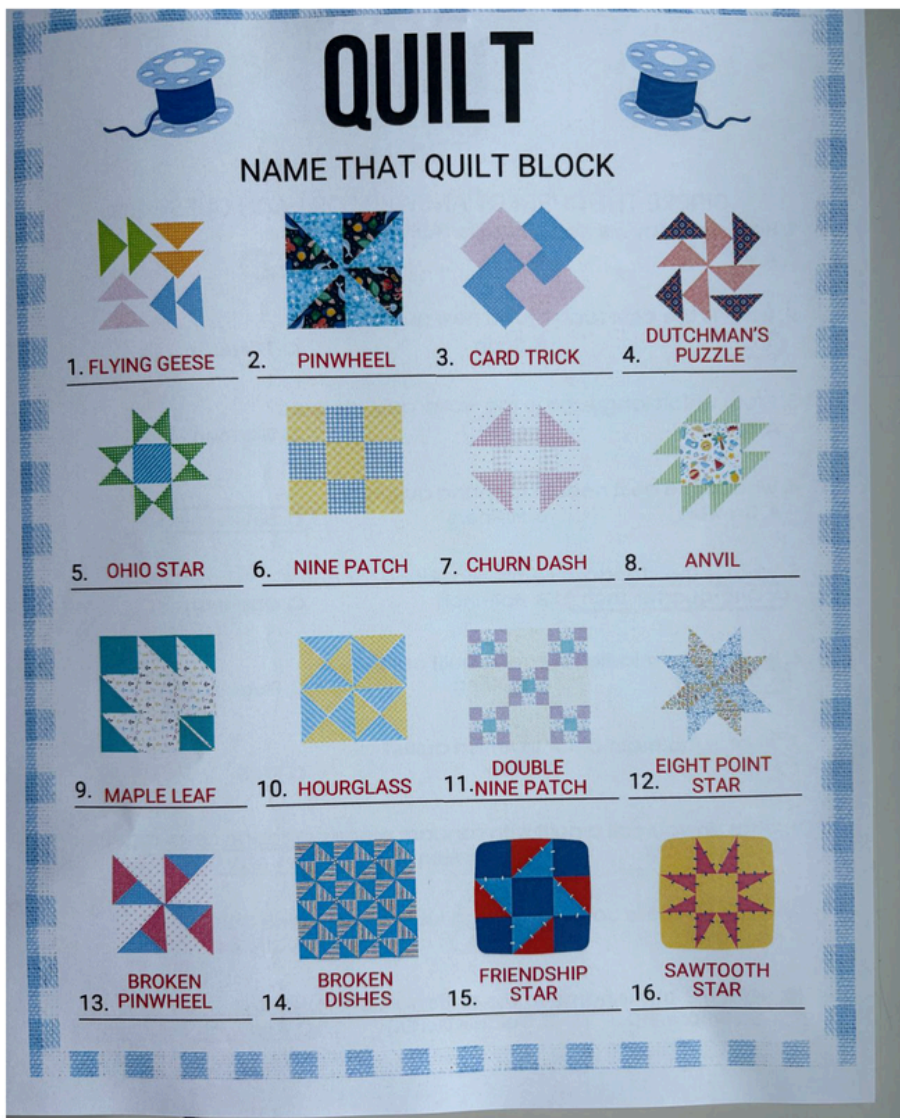
### Instructions:

- Beat butter and sugar until creamy.
- Add applesauce and mix.
- Combine dry ingredients including raisins. Add to butter mixture and combine just until mixed. Don't overmix.
- Bake 350 degrees for 40 minutes in a prepared pan (greased and floured) - 8" cake or 8x10 dish.
- Dust cooled cake with powdered sugar, glaze, or frosting.



**The Wayne County Extension Office  
will be closed on Monday, May 26<sup>th</sup>,  
in observance of Memorial Day.**





*I only quilt  
on days  
that end in  
“y.”*

Source:

<https://www.allpeoplequilt.com>

*Debbie Shepherd*

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

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with prior notification.