

SEPTEMBER 2024

In-Stitches Newsletter

Volume 2024-09



HELLO FROM FCS AGENT, DEBBIE SHEPHERD



We're Moving from Wednesday to Friday!! Beginning in September, In-Stitches will be meeting on the **3rd Friday** of each month. Our September In-Stitches Quilt Class has been scheduled for Friday, September 20, 2024, at 10:00 a.m. ET. In this class we will be doing Part II of the Metro Rings Quilt. 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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FAMILY &
CONSUMER
SCIENCES



Creating Healthy & Sustainable Families



Metro Rings (Part II)

Friday, September 20, 2024 @ 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!

METRO RINGS IS AN INTERMEDIATE PIECING CLASS

- Supplies needed for class: (Pattern & ruler can be found on Amazon and other quilt supply sites.)
 - 10 inch or larger square up ruler (if you have one)
 - 1 jelly roll or 35 ~ 2 ½ inch WOF assorted prints
 - 5 yards background fabric
 - ½ yard EACH of 2 coordinating fabrics for setting triangles
 - 4 ¾ yard backing fabric (this is for the back of your quilt and not necessary for class)
 - ½ yard for binding (this is for finishing your quilt sandwich and not necessary for class)
 - Sewing machine in good working order
 - Standard sewing supplies; seam ripper, scissors, sewing machine thread, pins, etc.
 - Optional: Cutting mat, rotary cutter



- As always, if this is not the project for you, please bring a project to work on and come join us for the day!
- **Lunch - We will be providing Potato Soup & drinks.**
 - **We will need:**
 - **Shredded sharp cheddar cheese**
 - **Chopped green onions**
 - **Real Bacon Bits**
 - **Any other 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 or prepared. You are also very welcome to bring your own lunch. We will provide drinks. If you have the recipe for what you bring, please bring it and give it to Vicki so we can share it in the next newsletter.





Holiday Sewing Class

Pictures & more details next newsletter.

This is a machine applique class.

Tuesday, November 12th

10am – 3pm

Downstairs Meeting Room

Registration: \$ 10

(Homemakers receive \$5 discount.)

MUST REGISTER!

Skill level – All (beginners can do this!)

Participants need to bring:

- Sewing machine in good working order (machine needs to be able to do blanket stitch or zig-zag or any other decorative stitch of your choice).
- Applique sewing machine foot for your machine and a regular stitch foot.
- Basic sewing supplies: thread, scissors, pins, etc.

Fabrics and fusible web will be provided.

Please bring your own lunch (refrigerator & microwave available) or plan to utilize one of Monticello’s many restaurants.



Bee Confident Bags

The Busy Bees Homemaker Club is collecting hygiene items for “Bee Confident Bags” for the Wayne County Middle School. They need travel size donations of deodorant, body wash, lotion, hand sanitizers, chapstick, shampoo, and conditioner.



Drop-off Location:

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

♥ Thank you for supporting us with your donation!



WAYNE COUNTY HIGH SCHOOL FCCLA STUDENT SPONSORSHIP

FCCLA STUDENTS ARE OUR FUTURE FCS AGENTS, TEACHERS, & OTHER FCS CAREER RELATED INDIVIDUALS. PLEASE HELP SUPPORT A STUDENT WITH A \$30 SPONSORSHIP DONATION TO HELP PAY THEIR ASSOCIATION DUES. PLEASE DROP OFF YOUR DONATION AT THE WAYNE COUNTY EXTENSION OFFICE.

More information



Wayne County Extension Office
255 Rolling Hills Blvd., Monticello, KY 42633
606-348-8453

An Equal Opportunity Organization



Debbie Flanagan

Extension Master
Clothing Volunteer
Russell Springs
Class of 2018

Homemade Reusable Dryer Sheets

Material and Supplies

- 2 12"x12" squares of flannel fabric OR 1 thin washcloth & 1 square of flannel, cut to match the size of the washcloth
- Equal parts distilled water and white vinegar
- Optional: a few drops of scented oil
- Wide mouth canning jar (12-16 ounces)
- Sewing machine

Directions

Cut fabric/washcloth into 4 squares (approximately 6"x6")

*Option One: for a finished edge. Sew the two flannel squares (right sides together) along the outside edge with $\frac{1}{4}$ " seam allowance, leaving an opening on one side. Turn inside out, topstitch around the outside edge and stitch across the center (corner to corner or side to side). Repeat to make three more.

*Option Two: has a raw edge. Place one square of flannel, right side up, on top of one square of washcloth. Sew around all edges, $\frac{1}{4}$ " – $\frac{3}{8}$ " seam allowance, leaving a raw edge. Stitch across the center (corner to corner or side to side). Make three more.

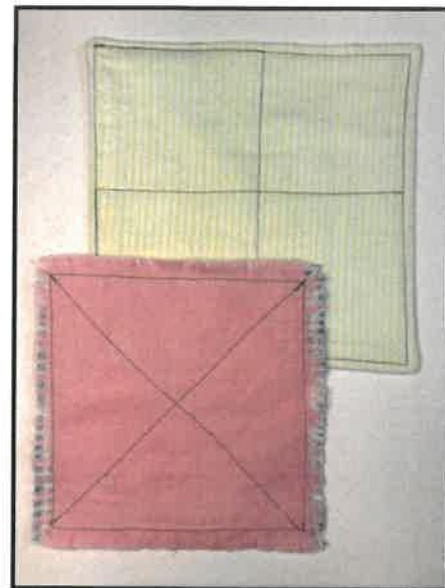
For a 12 oz. jar, in a large measuring cup, mix $\frac{3}{4}$ " cup of each: vinegar and distilled water, stir.

For a 16 oz. jar, in a large measuring cup, mix 1 cup of each, stir.

Roll or fold up each square and place in the jar. Fill jar with vinegar/water mixture.

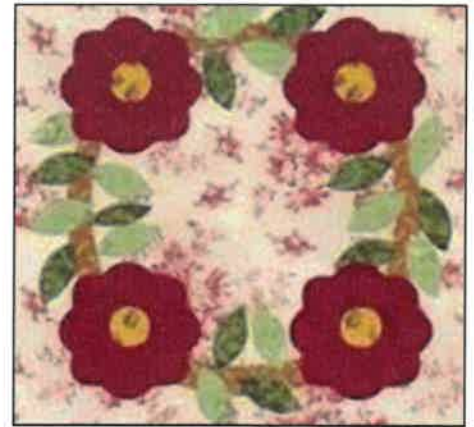
When drying clothes, gentle squeeze square so that it is not dripping.

Add one or two squares (depending on items to be dried) into the dryer.





A Stitch in Time: History of Vintage Quilt Blocks Rose of Sharon



Joy McGinnis



FCS Program Assistant

One of the oldest applique quilt patterns is the Rose of Sharon. The Rose of Sharon, mentioned in the Bible, might actually refer to a wild tulip that grows today on the plains of Sharon in Palestine. When the Bible was translated into English, the word rose was used in place of the word tulip.

During the 1800s, there was a custom for a young girl to make a baker's dozen of quilt tops before she became engaged. This collection consisted of 12 utility quilts, and one great quilt, which was pieced or appliqued, as a show piece for a bed. The Rose of Sharon was often used for the great quilt. Many young women traveled West as brides; their great quilt folded safely in a trunk.

The Whig Rose is another name for this pattern. It is thought the name came from the 1828 Presidential election. The newly formed Whig party hoped to beat out Democrat, Andrew Jackson. The Whig party dissolved in the mid 1800's, but the pattern name lived on.

**Wayne County
Extension Office will
be closed on Monday,
September 2, 2024 for
Labor Day Holiday.**





Joy McGinnis

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FCS Program Assistant



BOM = Block of the Month
BSK = Basic Sewing Kit
DSM = Domestic Sewing Machine
FART = Fabric Acquisition Road Trip
FMQ = Free Motion Quilting
FPP = Foundation Paper Piecing
FQ = Fat Quarter
FW = Featherweight
HIPS = Hundreds of Ideas Piling Skyward
HST = Half-Square Triangle
LAQ= Long Arm Quilter
LQS = Local Quilt Shop
NESTY = Not Even Started Yet
OBW = One Block Wonder
PFC = Professional Fabric Collector
PhD = Projects half Done
PIGS = Projects in Grocery Sacks
PIPS = Projects in Pizza Boxes
PP = Paper Piecing
QAL = Quilt Along
QAYG = Quilt as You Go
QST = Quarter Square Triangle

RR = Round Robin
RST = Right Sides Together
SA = Seam Allowance
SABLE = Stash Accumulation Beyond Life Expectancy
SEX = Stash Enhancing eXperience (or eXcursion)
SID = Stitch in the Ditch
SnW = Stack n Whack
SOG = Straight of Grain
Squishy = envelopes full of fabric sent by mail
STASH = Special Treasures All Secretly Hidden
TAG = Touch and Go
TGIF = Thank God It's Finished!
TOT = Tone-on-Tone
TUS = The Usual Suspects – (see below)
UFO = UnFinished Object
WHIMM = Works Hidden In My Mind
WIP = Work In Progress
WISP = Work In Slow Progress
WIWMI = Wish it would make itself
WOF = Width of Fabric
WOMBAT = Waste of Money, Batting, and Time
WOW = White On White
WWIT = What was I thinking?

WHITE CHOCOLATE RASPBERRY CHEESECAKE COOKIES

BY: SHARON MCFALL

Ingredients:

- 4 oz. cream cheese, softened
- 1/2 c. butter + 2 T., softened
- 1/2 c. brown sugar
- 2 eggs
- 2 (7 oz.) boxes Jiffy Raspberry muffin mix
- 3/4 c. All-Purpose flour
- 1-1/2 c. white chocolate chips



Photo: jiffymix.com

Instructions:

1. Beat cream cheese, butter, and brown sugar in mixing bowl.
2. Add eggs, beating well.
3. Mix in muffin mixes and flour.
4. Stir in white chocolate chips.
5. Chill dough for at least 30 minutes.
6. Bake 10-12 minutes @ 350 degrees.

PUB CHEESE

BY: BETHE BRYANT

Ingredients:

- 12.9-14 oz. jar sharp cheddar spreadable cheese, softened
- 8 oz. cream cheese softened
- chopped chives



Instructions:

1. In a bowl, combine the softened cheeses with hand mixer until smooth.
2. Garnish with chives. Chill for 2 hours in airtight container.
3. Serve with pretzels or crackers.

HONEY BUN CAKE

BY: BETHE BRYANT

Ingredients:

- 1 yellow cake mix
- 3/4 c. vegetable oil
- 4 eggs
- 8 oz. sour cream
- 1 c. brown sugar
- 1 Tbsp. ground cinnamon
- 2 c. powdered sugar
- 4 Tbsp. milk
- 1 Tbsp. vanilla extract



Photo: spicysouthernkitchen.com

Instructions:

- Preheat oven to 350 degrees. Grease 9x13 pan.
- In large bowl, combine cake mix, oil, eggs, and sour cream. Mix well until all ingredients are combined.
- Pour 1/2 batter into baking dish.
- Mix together brown sugar and cinnamon and sprinkle evenly over entire cake. Pour rest of batter on top.
- Place baking dish in preheated oven. Bake according to instructions on the cake box for 9x13 or until tested comes out clean.
- Once cake is baked, remove from oven and let cool in pan a few minutes. Carefully remove cake from pan onto serving dish.
- Mix together milk, powdered sugar, and vanilla. Pour glaze over warm cake. Let cool completely before serving.

SOURDOUGH DISCARD CRACKERS

BY: BETHE BRYANT

Ingredients:

- 1 cup AP flour (125 g)
- 1/3 c. Parmesan cheese, grated (33 g)
- 2 Tbsp. dried rosemary
- 1 Tbsp. Kosher salt + extra for sprinkling
- 1 c. sourdough discard (220 g)
- 1/4 c. EVOO (53 g)



Instructions:

- Combine dry ingredients: In large bowl, whisk together flour, cheese, rosemary, and salt until evenly mixed.
- Knead: Add sourdough discard and olive oil into mixing bowl. Knead until dough is formed.
- Chill: Divide dough into 2 halves. Wrap each half in plastic wrap and chill in freezer 15 minutes or fridge 1 hour. Chilling makes dough easier to roll out.
- Preheat oven to 350 degrees.
- Shape: Once dough has chilled, place one dough on parchment paper. Using rolling pin, roll out dough to 1/8th inch.
- Cut & Salt: Sprinkle dough with salt. Use pizza cutter or sharp knife to cut flattened dough into squares (1" square). Repeat with 2nd dough ball.
- Poke Holes: With toothpick or fork, poke a hole in each cracker. This helps them not puff up.
- Bake: Bake 20 minutes until golden brown, rotating tray halfway through.

INGREDIENTS

NOTE: Recipe for large crockpot full ~ easy to half for smaller recipe.

- 4 large boneless skinless chicken breast
- 2 large jars chunky mild salsa (medium or hot if you like it spicier)
- Use small amount of water to rinse all the bits of salsa out of the jar (about 1 cup of water)
- 4 cans black beans
- 4 cans white corn (yellow can be used), drained
- Garnish: Shredded sharp cheddar cheese, sour cream, chopped green onions
- Serve with tortilla chips.

DEBBIE'S MEXICAN CHICKEN



DIRECTIONS

- Spray crockpot with cooking spray.
- Layer: Salsa, black beans, corn, add chicken breast, layer salsa, black beans, & corn.
- Cover and cook on high until chicken falls apart tender (about 4 to 6 hours).
- Remove chicken breast & shred. Place shredded chicken back in crockpot & stir until well mixed.
- Cook on high another 30 minutes. Turn to low until ready to serve.

“Anyone who works on a quilt, who devotes her time, energy, creativity, and passion to that art, learns to value the work of her hands. And as any quilter will tell you, a quilter’s quilting friends are some of the dearest, most generous, and most supportive people she knows.” – Jennifer Chiaverini (americanpatch.com)

Debbie Shepherd

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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.