

SEPTEMBER 2025

In-Stitches Newsletter

Volume 2025-09



HELLO FROM FCS AGENT, DEBBIE SHEPHERD

Our next class has been scheduled for Friday, September 19, 2025, at 10:00 a.m. ET. In this class, you will be making a “Seasonal Placemat.”. Please let us know if you will be attending by contacting the Wayne County Extension Office at 606-348-8453. You can also email Joy, Vicki, or me.

Happy Stitching!

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Consumer Sciences

Newsletter Highlights

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“Seasonal Placemats”

Friday, September 19, 2025
10:00 a.m. - Downstairs Meeting Room

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:

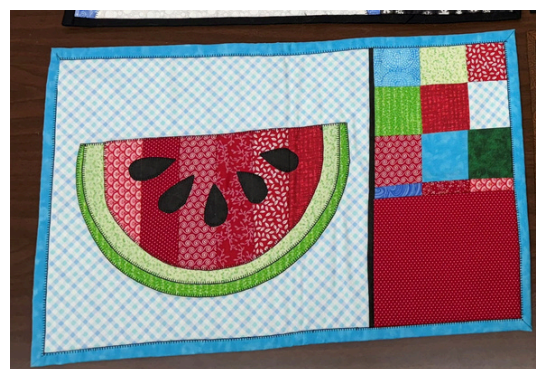
Coordinating thread for stitching

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



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!

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 and/or 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.



“Call Me Bag”

September 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.



*Quilt on
display at the
Extension
Office.*

Emelia

Friday, October 10, 2025
10 a.m. - Downstairs Meeting Room
Instructor: Sheryl Bowling
Class Fee: \$30.00

Emelia is a Layer Cake pattern that groups large triangles with smaller triangle blocks in color groups. Tell a color story or make it scrappy! Have fun with the triangle play of sizes. The rows of Half Square Triangles also extend their lacy reach out into the borders, making the edging part of the overall design.



*The photo
doesn't do this
quilt justice.
See it in person!*

Fabric Requirements:

1 Layer Cake

Background for HSTs (black in my quilt): 2 ¼ yards

Sashing and Border triangles: 1 ½ yards

Border: 2 yards

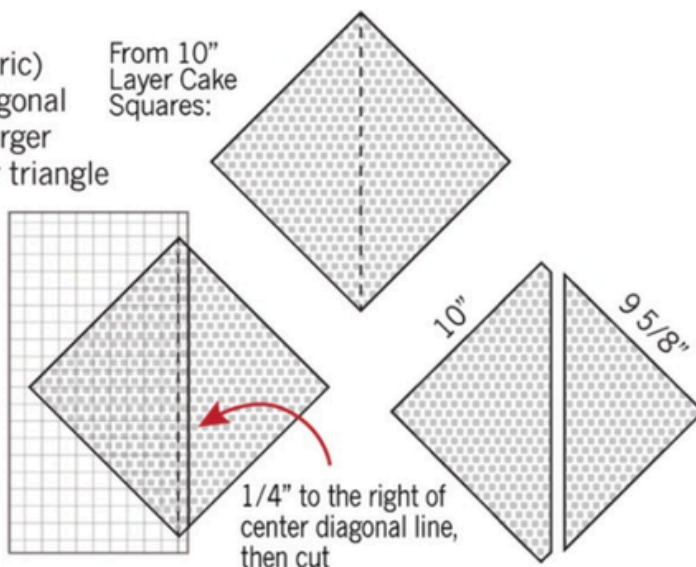
Backing: 5 yards

Binding: ¾ yard

CUT LAYER CAKE FABRICS

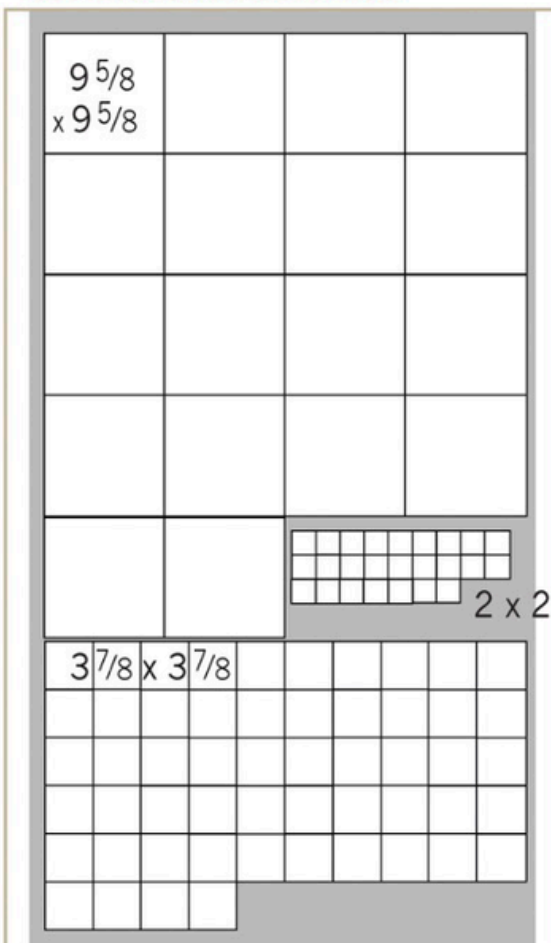
From your **Layer Cake** (or 10" squares of fabric) line up your ruler 1/4" to one side of the diagonal points. Cut diagonally to make one slightly larger and one slightly smaller triangle. The smaller triangle will measure 9 5/8" along two of the sides. This piece will be used to make the smaller HST. The larger triangle, measuring 10" on two of the sides, will be used for the large triangle side. Cutting this way gives you extra fabric for easier trimming of your block later. It also helps keep track of which pieces are for large or small triangle sewing.

From 10"
Layer Cake
Squares:



Emelia

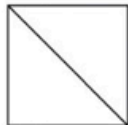
CUTTING FOR LARGE 76" x 76"



Background fabric for Small Triangles in Center Body of Quilt:

Cut (5) WOF $9\frac{5}{8}$ " strips. From these cut:
 (18) $9\frac{5}{8}$ " x $9\frac{5}{8}$ " squares
 (25) 2" x 2" squares

Cut (6) WOF $3\frac{7}{8}$ " strips. From these cut:
 (54) $3\frac{7}{8}$ " x $3\frac{7}{8}$ " squares



After cutting squares from background fabric, cut the $9\frac{5}{8}$ " and $3\frac{7}{8}$ " squares diagonally, corner to corner.

$9\frac{5}{8}$ " squares = (36) triangles and

$3\frac{7}{8}$ " squares = (108) triangles

Do **NOT** cut the 2" squares on an angle.

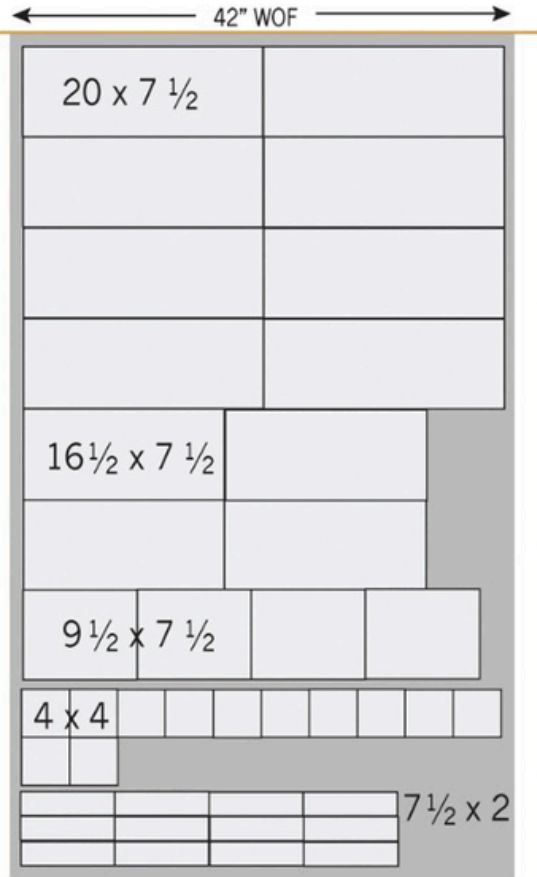
Sashing and Border Accent Triangles:

Cut (2) WOF 4" strips. From these cut:
 (12) 4" x 4" squares

Cut (3) WOF $3\frac{7}{8}$ " strips. From these cut:
 (24) $3\frac{7}{8}$ " x $3\frac{7}{8}$ " squares

Cut (15) WOF 2" strips. From these cut:
 (60) $9\frac{1}{2}$ " x 2" rectangles

After cutting $3\frac{7}{8}$ " squares from sashing fabric, cut diagonally, corner to corner, to make (48) $3\frac{7}{8}$ " triangles. Do **NOT** cut 4" squares diagonally.

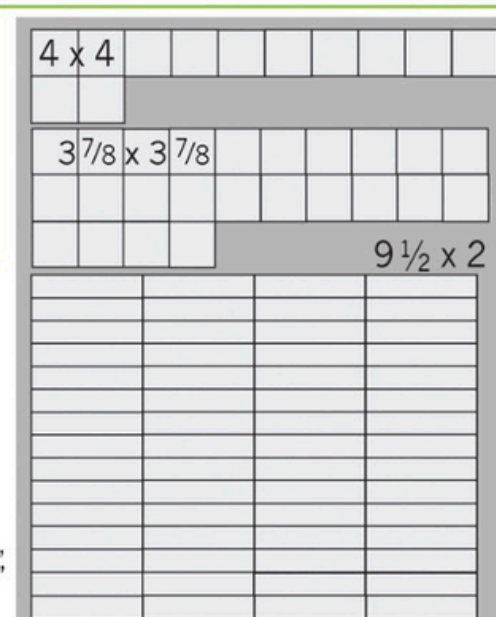


Border fabric (Rectangles and HST):

Cut (7) WOF $7\frac{1}{2}$ " strips. From these cut:
 (8) 20" x $7\frac{1}{2}$ " rectangles
 (4) $16\frac{1}{2}$ " x $7\frac{1}{2}$ " rectangles
 (4) $9\frac{1}{2}$ " x $7\frac{1}{2}$ " rectangles

Cut (2) WOF 4" strips. From these cut:
 (12) 4" x 4" squares

From remaining fabric cut:
 (12) $7\frac{1}{2}$ " x 2" rectangles



Quilt in a Day's Geese in the Garden

1-Day/6-hour Class

Friday, October 17, 2025



Skill Level: Confident Beginner to Advanced

Finished Quilt Size: 46" x 58"

Teacher: Laurie Lou Hood, Certified Quilt in a Day Teacher

Class Description:

The flying geese are in straight formation alongside beautiful blooming vines on this attractive quilt! Imagine geese flying over a spring garden! The tried-and-true *Quilt in a Day*[®] method for making quick and easy Flying Geese patches starts our journey. Fusible web and decorative stitching yield the flowers' bloom. The scalloped border, accomplished with the *Quilt in a Day*[®] Scallops, Vines & Waves Template, provides the perfect finishing touch.



***The quilt is
even more
beautiful up
close!***

***This quilt is on
display at the
Wayne County
Extension Office.***

Basic Supplies List to bring for Class:

- ___ 1. Sewing machine with manual, power cord and foot pedal
- ___ 2. ¼" presser foot (or what you typically use to achieve an accurate ¼" seam)
- ___ 3. Open toe/appliqué presser foot
- ___ 3. Thread to coordinate with your chosen fabrics
- ___ 4. Extra loaded bobbins
- ___ 5. Extension cord or power strip
- ___ 6. Extra machine needles
- ___ 7. Rotary mat, rotary cutter and extra blades
- ___ 8. 6" x 24" acrylic ruler
- ___ 9. 6" x 12" or 4" x 14" acrylic ruler
- ___ 10. Fabric scissors, thread clippers, seam ripper
- ___ 11. Straight pins and pin cushion
- ___ 12. Iron and pressing mat
- ___ 13. Fabric marking pen or quilter's pencil
- ___ 14. **The following items that you wish to bring instead of purchasing.**

Options:

A: Our required pattern, *Quilt in a Day*® Geese in the Garden Quilt \$5



Students may bring their own pattern book. They are required to have one in class for their own reference and to honor the *Quilt in a Day*® copyright. It can be found at quiltinaday.com (SKU 1297), regular retail \$9.50.

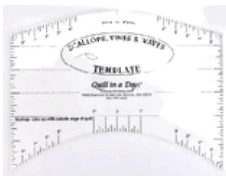
B: *Quilt in a Day*® Small Flying Geese Ruler \$7



Students may bring their own. This ruler is essential for the *Quilt in a Day*® flying geese piecing method. It can be found at quiltinaday.com (SKU 2006), regular retail \$12.95.

Large Flying Geese Ruler \$8

C: *Quilt in a Day*® Scallops, Vines & Waves Template \$13



Students may bring their own. This ruler is essential if you choose to do a scallop border. This ruler will be made available by the teacher for students in-class use, however, sharing may be necessary. It can be found at quiltinaday.com (SKU 2004), regular retail \$24.95.

Fabrics Required:

- ___ Coordinating Prints – (14) 7 ½" squares for Geese and (7) 10" squares for Flowers
- ___ Background – 2 ¾ yards
- ___ Green – 1 yard for vine and leaves

Please bring extra of all fabric needs. This will allow you a wider range of options in class when determining your fabric placement and making design choices. It also allows you to have the opportunity to relax and continue working if you have a slight "oops" when cutting.



Fellowship Gathering for Featherweight Friends

September 30th @ 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!



Only 2 Spots Available - Register Soon!

Feather Together Retreat

November 13-15, 2025

Cost \$225 - Includes cabin and meals at the cabin.

Meals that are not at the cabin are on your own.

Registration is due by October 15th.

Bring any projects you want to work and your feather weight machine. We will relax in a beautiful villa at Barren River State Park. There will be 2 people per bedroom (2 queen beds) and bathrooms (2 people per bathroom), working fireplace, fully equipped kitchen, and walking trails.

SAVE THE DATE

November 11th - Rolling Stones - Instructor: Vickie (Frisky) Johnson

November 21st - In-Stitches Class - Trip Around the World

December 12th - Swoon - Instructor: Sheryl Bowling

January 16th - In-Stitches Class - TBA

January 28th - Dream Weaver - Instruction: Vickie (Frisky) Johnson



Joy McGinnis

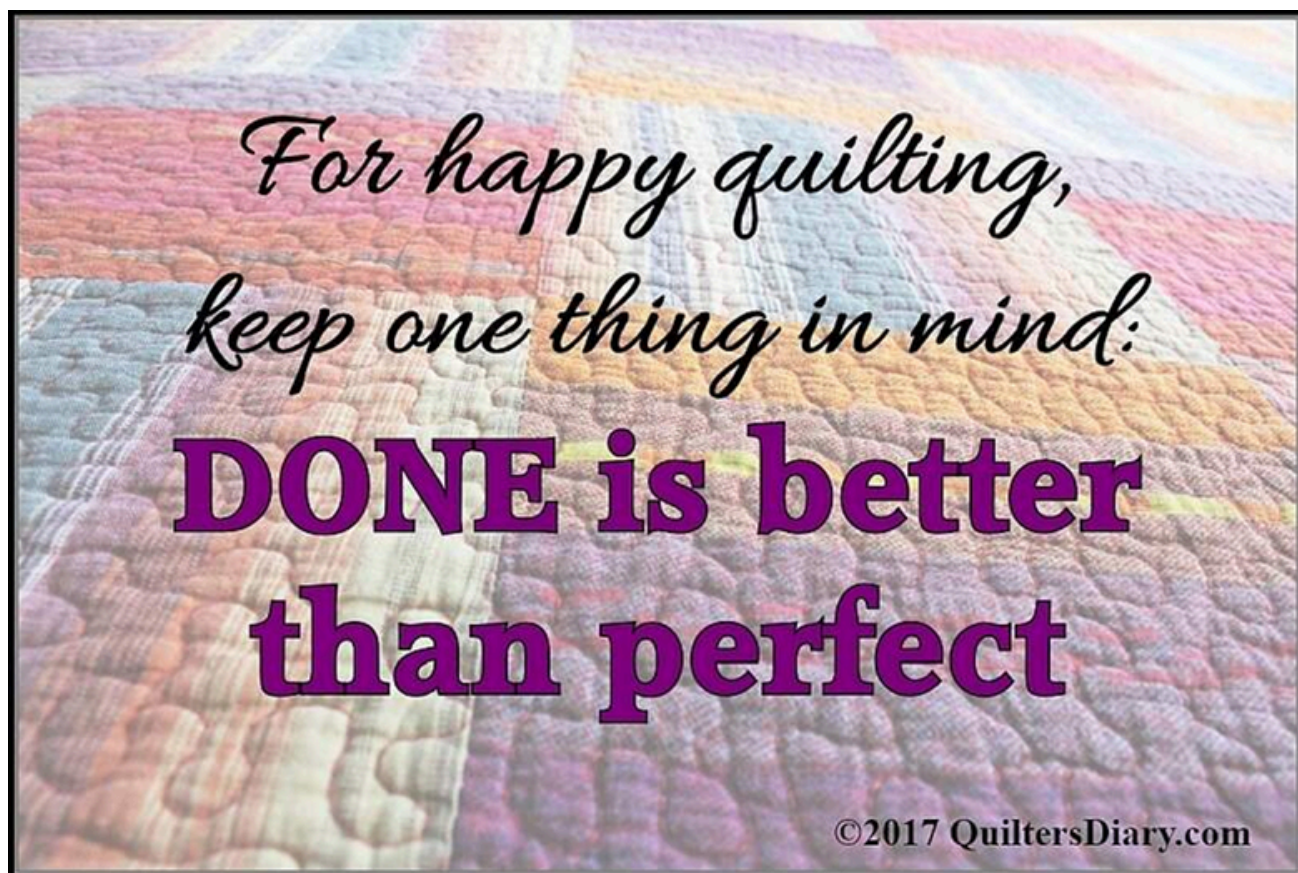


FCS Program Assistant



What to write when gifting a quilt?

Make sure you include who the quilt was gifted to, the date it was gifted, and don't forget to add the maker (that would be you, clever quilter). You can also add other details like what the quilt was gifted for (example: wedding, birth, anniversary etc.) plus the pattern name or maybe the fabric line.



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HEARTLAND OF KENTUCKY QUILT SHOW

Hardin County Extension Office
Elizabethtown, KY

Quilts,
Refreshments,
Door Prizes

September 19, 2025 9:00 to 4:00
September 20, 2025 9:00 to 4:00
Admission: \$6.00

For Info:
Deb Hancock
276-206-5199

Heartland of Kentucky Quilt Show Presented by the Stitchers Quilt Guild

Hardin County Extension office
111 Opportunity Way
Elizabethtown, KY 42701

For Info email
Deb Hancock at htonamie@gmail.com

ROOT BEER FLOAT CAKE

SUBMITTED BY: BETHE BRYANT

INGREDIENTS:

- Yellow Cake Mix
- 12 fluid oz. Root Beer
- ¼ cup vegetable oil
- 3 eggs

INSTRUCTIONS:

- Preheat oven to 350 degrees.
- Grease and flour 10" Bundt pan.
- In medium bowl, stir together cake mix, 12 oz. Root Beer, oil, and eggs until smooth. Pour batter into prepared pan.
- Bake 35-40 minutes until tester inserted comes out clean. Cool cake in pan 15 minutes before inverting onto a wire rack to cool completely.
- Poke holes in the cake with a skewer at 2" intervals.
- Pour glaze evenly over cake.

GLAZE:

- ½ cup Confectioner's Sugar
- 3 tablespoons Root Beer
- Combine Confectioner's Sugar and 3 tablespoons Root Beer in small bowl. Beat until smooth.



Enjoy!

BETTER THAN SEX SALAD

SUBMITTED BY: BETHE BRYANT

INGREDIENTS:

- 1 (15 oz.) can fruit cocktail, drained (chunky style recommended)
- 8 oz. can crushed pineapple, drained
- 21 oz. can cherry pie filling
- 2 large bananas, sliced
- 14 oz. can sweetened condensed milk
- 8 oz. sour cream
- 8 oz. Cool Whip, thawed
- 1 cup sliced strawberries
- 1 cup fresh blueberries
- Maraschino cherries, optional

INSTRUCTIONS:

- Mix creamy base. - In large bowl, combine Cool Whip, sweetened condensed milk, and sour cream. Stir until the mixture is smooth and well blended.
- Add the fruits. - Drain fruit cocktail and crushed pineapple well. Add them to the creamy mixture, along with the cherry pie filling. Gently stir to combine, being careful not to break up the fruit too much.
- Mix in the fresh fruit. - Gently fold in, ensuring even distribution.
- Chill salad. - Cover with plastic wrap. Refrigerate at least 4 hours. Gently stir before serving.



Enjoy!

BLUEBERRY POUND CAKE

SUBMITTED BY: BILLYE WATSON

INGREDIENTS:

- ½ cup canola oil
- 1 (8 oz.) pkg. cream cheese (fat free does not work well)
- 1 (5 oz.) vanilla instant pudding mix
- 1 (48 oz.) Duncan Hines yellow butter cake mix (Pillsbury has pudding mix already and does not work well)
- 4 eggs (2 lg. whole eggs & 2 lg. egg whites)
- 2 tsp. vanilla extract
- 2 cups blueberries

INSTRUCTIONS:

- Preheat oven to 325 degrees.
- Best made with stand mixer...very heavy dough.
- Combine cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
- Add cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
- Fold in blueberries
- Spoon batter into prepare pan.
- Bake 60 minutes or until wooden toothpick inserted in center comes out clean.
- Cool cake in pan for 20 minutes. Remove from pan and cool completely.



Enjoy!

Debbie Shepherd

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



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Families.
www.ca.uky.edu



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services offered.



Website:
wayne.ca.uky.edu

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