

# DECEMBER 2024

## In-Stitches Newsletter

Volume 2024-12



**HELLO FROM FCS AGENT,  
DEBBIE SHEPHERD**

**We will not be having class in December.** Our next class has been scheduled for Friday, January 17, 2025, at 10:00 a.m. ET. In this class we will be working on a fun project “Love Spools (Part 1).” 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](mailto:Debbie.Shepherd@uky.edu)

[Joy.McGinnis@uky.edu](mailto:Joy.McGinnis@uky.edu)

[Vicki.McDonald@uky.edu](mailto:Vicki.McDonald@uky.edu)

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**COOPERATIVE EXTENSION**

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

**Cooperative Extension Service**

Wayne County

Debbie Shepherd, CEA FCS

255 Rolling Hills Blvd.

Monticello, KY 42633

Phone: (606) 348-8453

Fax: (606) 348-8460

[wayne.ca.uky.edu](http://wayne.ca.uky.edu)

[debbie.shepherd@uky.edu](mailto:debbie.shepherd@uky.edu)

Facebook: Wayne County Cooperative

Extension Family and

Consumer Sciences

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Disabilities  
accommodated  
with prior notification.

**FAMILY &  
CONSUMER  
SCIENCES**



*Creating Healthy & Sustainable Families*



67" x 78" quilt

This is a FUN project. It is jelly roll friendly or use your own 2-1/2 inch strips. You can select any color way that is your favorite!

Registration fee: \$5 (if you need the pattern).

#### Materials Needed:

- \* 1 Jelly Roll or 42 ~2 ½ inch WOF coordinating strips
  - \* 3/4 yard gray dot fabric for spool ends or fabric of your choice
  - \* 3/4 yard gray floral fabric for spool ends or fabric of your choice
  - \* 1 red fat quarter for heart block or fabric of your choice
  - \* 3-1/4 yards white background fabric or fabric of your choice
- (Borders of your choosing can be added if you wish your quilt to be larger.)

#### Not needed for class but for finishing quilt:

(If you add borders, remember to increase the amount needed below.)

- \* 3/4 yard binding fabric
- \* 4-1/4 yards backing fabric
- \* 73" x 84" cotton batting

**\*\*Note:** Be aware of contrast, i.e., if you have a white or light background, make sure your spool strips and heart fabric are all medium and dark, etc. Otherwise, your pattern will not stand out but will blend into the background.

Rulers that will be helpful if you have them, but if you don't, it's okay. We will have some available to use in class:

- 9 1/2 inch square up ruler
- Rectangular ruler that is smaller than the big 6x24. Such as a 6x12 or 4x14. You will be doing some smaller cutting and the big ruler will just get in your way.

## **Class Preparation:**

**Note:** wof = width of fabric from selvage to selvage or approx. 42"

**Putting each pile of cut pieces in its own small zippy bag with its label is STRONGLY suggested.**

From the 3 ¼ yards white background fabric, cut the following:

- 6 strips – 1 ¼" x wof. Subcut (32) 1 ¼" squares per strip until you have 164 – 1 ¼" squares. Label this pile A.
- 14 strips – 1 ¼" x wof. Subcut (6) 1 ¼" x 6 ½" pieces per strip until you have 82 pieces. Label this pile B.
- 21 strips – 1 ½" x wof. Subcut (4) 1 ½" x 9 ½" pieces per strip until you have 84 pieces. Label this pile C.
- 15 strips – 1 ½" x wof. Cut 5 of the strips in half, making (10) 21" strips. Bring these **and the rest of the strips** to class. Label this pile SASH.
- 8 strips – 2 ½" x wof. Label this pile BORDER.
- From the remaining white fabric, cut
  - 4 – 2" squares – Label D.
  - 2 – 5" squares – Label E.
  - 10 – 1" x 2 ½" pieces – Label F.

From the fat quarter of red fabric for the heart – Cut 2 pieces 8 ½" x 5". Label HEART.

From BOTH of the ¾ yard cuts of gray fabric for the spool ends, cut the following:

- 9 strips – 2" x wof. Subcut (5) 7 ½" x 2" pieces per strip until you have 42 pieces of each print. Label SPOOL ENDS.

## **Jelly Roll – DO NOT do anything to Jelly Roll before class.**

**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 for January's Class - We will be providing Mega Salad Greens & Drinks**

**We will need:**

- **Pickles, olives, salad crackers, & dressings**
- **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.**



We would like to say “thank you” to Casey County Extension Homemakers A-Team for their generous donations to The Quilt Shoppe and In-Stitches Quilt Class. The donations were very much appreciated!

*Left to right: Ruby McFarland, The Quilt Shoppe, Billye Watson presenting the donations from Casey County, & Debbie Shepherd, In-Stitches Quilt Class.*





**Joy McGinnis**

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*FCS Program Assistant*

# The Quilting Bee



**The Quilting Bee: The origin of “bee” comes from dialectal 'been' or 'bean' (meaning "help given by neighbors") and a Quilting Bee started out as an important means of socializing for colonial and pioneer women (and men). Through the winter months, the women would piece their quilt tops. Since there was no central heating in these homes, there was usually only one main heated room that was too crowded during the winter months for a quilt frame to be assembled. When the weather became warmer, an invitation was sent to the surrounding neighbors for the quilting bee.**

**On the day of the quilting bee, the quilters would arrive early and begin marking the quilt top which had been put into the quilt frame by the hostess. Very often, plates, thimbles and teacups were used to mark the quilting patterns.**

**The quilters would then begin to quilt the top while exchanging conversation. The quilt had to be finished before the husbands and beaux showed up in the late afternoon when dinner was served to all, the hostess being given a chance to show off her cooking skills.**

**After dinner, there was very often a square dance or country dance with fiddles accompanying the dancers. The quilting bee was an important part of the social life of these people surpassed only by religious gatherings.**

***Source: Appalachian Americas Facebook Page***

**Now quilters often have a “Sit and Sew” for social gatherings. We are blessed with local quilt guild that still gathers around a quilting frame to hand quilt.**

# **The Quilting Bee**

***Author: Unknown***

***Submitted by: Joy McGinnis***

**When Grandma made a patchwork quilt  
'Twas something to behold...  
She gathered remnants here and there,  
Some new and some quite old.  
The patches were of many shapes,  
Each piece unlike the rest.  
She knew just how to fit them in  
To make them look the best.**

**For days she treadled that machine  
While sewing up the squares.  
Sometimes the clock struck midnight  
Ere she got to bed upstairs.  
But when the sewing was complete  
And everything was fine  
The neighbor women all came in  
To spend happy time.**

**They pulled the dining table out  
As far as it would go,  
Then spread some outing flannel  
And smoothed it out just so.  
Some batts of woolen padding were  
Unrolled and spread around,  
Before the patchwork was stretched,  
Then neatly tied and bound.**

**They'd put a wooden quilt frame  
Atop four kitchen chairs,  
And with their needles strung with yarn,  
Began to tie the squares,  
They featheredstitched along the seams,  
Bound edges smooth and neat...  
Some of the ladies baked a cake  
And fixed a bite to eat.**

**The quilting bee would last until  
The "masterpiece" was done,  
The laughter and hilarity  
Was always so much fun.  
I've slept beneath that work of art,  
It felt so warm to me.  
I'd love to spend one day again  
At Grandma's quilting bee.**

# MERRY CHRISTMAS

*May your holiday season be filled with love, laughter, and joy,  
and may the New Year bring you peace and happiness.*



**The Wayne County Extension Office will be closed  
December 25, 2024 through January 1, 2025.  
We will reopen on January 2, 2025.**

*Debbie Shepherd*

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



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