

OCTOBER 2024

In-Stitches Newsletter

Volume 2024-10



HELLO FROM FCS AGENT, DEBBIE SHEPHERD



We're Moving from Wednesday to Friday!!
We will be meeting on the **3rd Friday** of each month. Our October In-Stitches Quilt Class has been scheduled for Friday, October 18, 2024, at 10:00 a.m. ET. In this class we will continue with Metro Rings (Part III). 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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Newsletter Highlights

Hello from Debbie Shepherd -
Page 1

November's Class
"In the Pines" - Page 2-3

Holiday Sewing Class &
Class Photos - Page 4

How to Create a Cute Towel -
Page 5-6

A Stitch in Time:
Vintage Feed Sack Quilts -
Page 7-8

Quilting Quote - Page 9



November's Class ~ "In the Pines"

Friday, November 15, 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!

Let's get ready for the Holidays with this fun and easy project! So many options for different colorways to fit your personal style.

This project also lets your creative side soar. You can "decorate" your tree with bobbles, ribbons, bow, buttons, and more. Let's get your Holiday creative jolly on! This project measures approximately 27"x32" ~ perfect Holiday wall hanging size.

First Background	¼ yd
Tree Green	¼ yd
Second Background	½ yd
First Border	¼ yd
Second Border and Binding	⅞ yd
Backing	1 yd
Batting	34" x 40"
Embellishments	
Star	(1) 2¾" purchased appliqué or (1) 3½" square red fabric
Paper Backed Fusible Web	(1) 3½" square for fabric star only
Ribbons for Gifts	(2) ¼" ribbon 8" in length
Gifts	Scraps of Red, Blue, Light Green and Dark Green

27" x 32"

***Note: bring as many embellishments as you'd like your tree to have!**

Other needed supplies:

Sewing Machine in good working order

Hand sewing needle and thread for embellishments

Basic Sewing notions: sewing machine thread, scissors, pins, etc..

Small to medium cutting mat if you have one

Rotary cutter if you have one

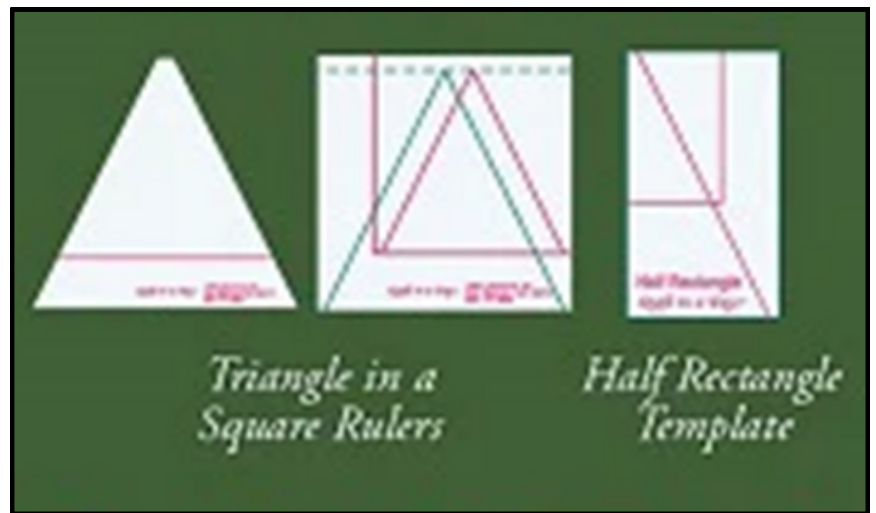
****Extension Office will provide the fusible web.**

**IF ~ you need the pattern
and/or rulers class registration
will be:**

Pattern: \$ 4.50

**Triangle in a square ruler set:
\$10.50 (most of you may
already have this one from
previous classes)**

Half Rectangle Template: \$ 4.50



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 October's Class - We will be providing Beef Veggie Soup & Veggie (No Meat) Soup & Drinks

We will need:

- **Crackers, biscuits, or cornbread**
- **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

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. All other supplies are provided. You are welcome to bring your own specialty fabric if you would like.

Please see options available. Select your option when you register. Some fabrics may vary depending on availability. Additional kits are available upon request. Please request additional kits at registration. Additional registration fee will apply.

Options:

- Pumpkin
- Turkey
- Snowman
- Santa

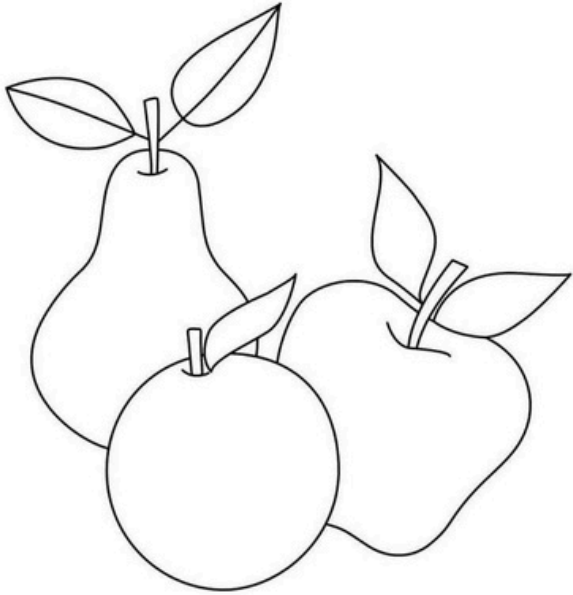
Please bring your own lunch (refrigerator & microwave available) or plan to utilize one of Monticello's many restaurants.



How to Create a Cute Towel!

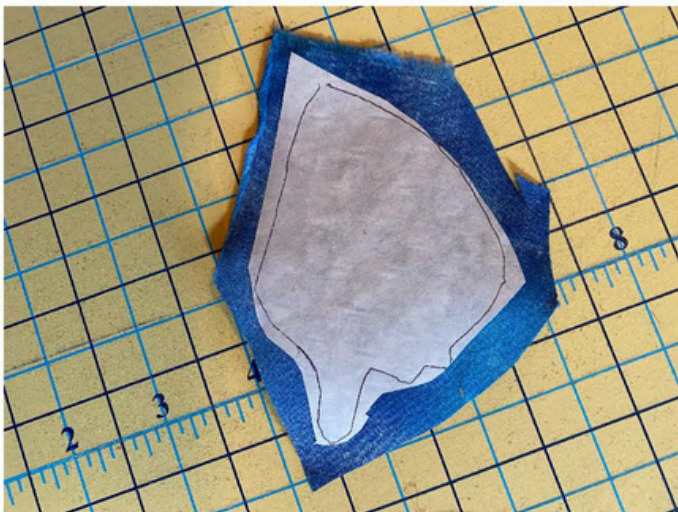
Kris Fixari
Extension Master
Clothing Volunteer
Taylor County

First off take the card stock image and cut it out as perfectly as you can. Trace each piece onto the smooth side of the Heat & Bond product. Heat & Bond is smooth on one side and pebbly on the other side. Cut out each Heat and Bond piece over size. Lay the cutout onto BACK SIDE of the fabric of your choice. **NOW THIS** is the very tricky part.... Iron the cutout onto the fabric. Do this very quickly. Less than 10 seconds!!!! The iron can over melt the glue on the Heat and Bond. Which means it won't stick. Using a teflon ironing sheet or parchment paper to protect the surface of the iron and the ironing board, sandwich the fabric & the Heat & Bond between the sheet when you iron.



Cut out each piece now on the line drawn. After you have all the pieces cutout and ironed onto their fabrics, take a sturdy pin, like a hat pin, and score the back of the paper of the Heat & Bond. This helps to peel the paper off each of the pieces.

Reassemble the fabric cutout images based on the picture on the copy paper. Now be aware that your image is the reverse to the picture on the copy paper. IF you want your finished image to be exactly the same as the one on the copy paper, you need to turn each card stock cutout up side down to trace on the Heat & Bond. Otherwise your finished piece will be the reverse.



Move your towel & all the fabric cutouts to the ironing board and rearrange back to the picture. Arrange the pieces on the towel where you'd like. Using an iron teflon sheet, to cover the fabric & towel,

QUICKLY iron the pieces down. Again remember ironing too long will over melt the glue and the fabric wont stick.

The Teflon sheet is used to protect the iron & ironing board from the Heat & Bond glue. IF your fabric doesn't stick on a corner... You can take some of the scrap Heat & Bond and iron it into place. You'll need to peel off the paper again to iron the piece to the towel.

At this point you can embellish your image, by using a sewing machine or by hand stitching around the edges of each element. The Blanket Stitch is the most common stitch used.



Or choose a stitch of your choice. Pick a thread colour to match OR contrast... Slowly stitch around each element. Being particularly concerned with any points or dips.

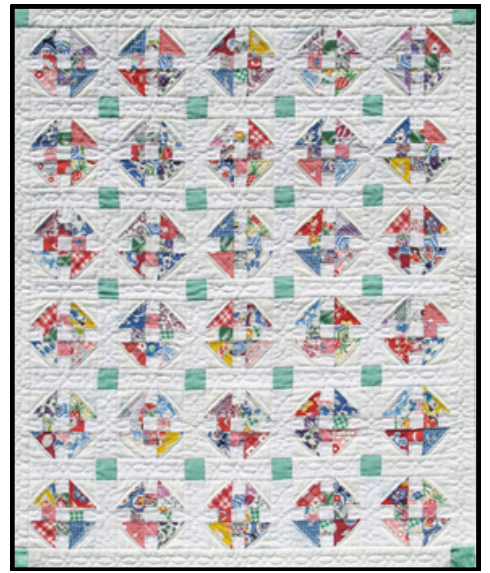
I've used images from Pinterest. Some I've manipulated others I've used as is. You can also embellish the appliqué with buttons, ribbons, or what ever suites your fancy.



Joy McGinnis

FCS Program Assistant

A Stitch in Time: Vintage Feed Sack Quilts



**Beautiful Churn Dash
Quilt (from Feed Sacks)**

The homesteader's life and their daily activities contributed names to many quilt blocks. Nineteenth century quilts reflect what women saw around them, and what was important in their lives, such as the churn, a common household item.

A quilt historian says that quilts had characteristics so localized that they could be classified geographically almost as easily as the Yankee twang or the southern drawl. But as the homesteaders traveled West, blending together on the trail and in the new territories, the patterns became intermingled and renamed.

The Churn Dash pattern, for example, has 21 different variations and names. But, whatever the name, one can be certain it was meaningful to the maker, for even the simplest quilt represented a considerable investment of time and energy. And when the cold winter winds blew snow through the chinked cracks of the log cabin, a quilt was a welcome cover, whatever its name.

Check out these links for more great information on feed sacks.

<https://www.appalachianhistory.net/2017/07/feedsack-mania.html>

<https://heritagehousequilts.com/blogs/hhq-patches-pieces/a-short-feed-sack-history?>

Source:

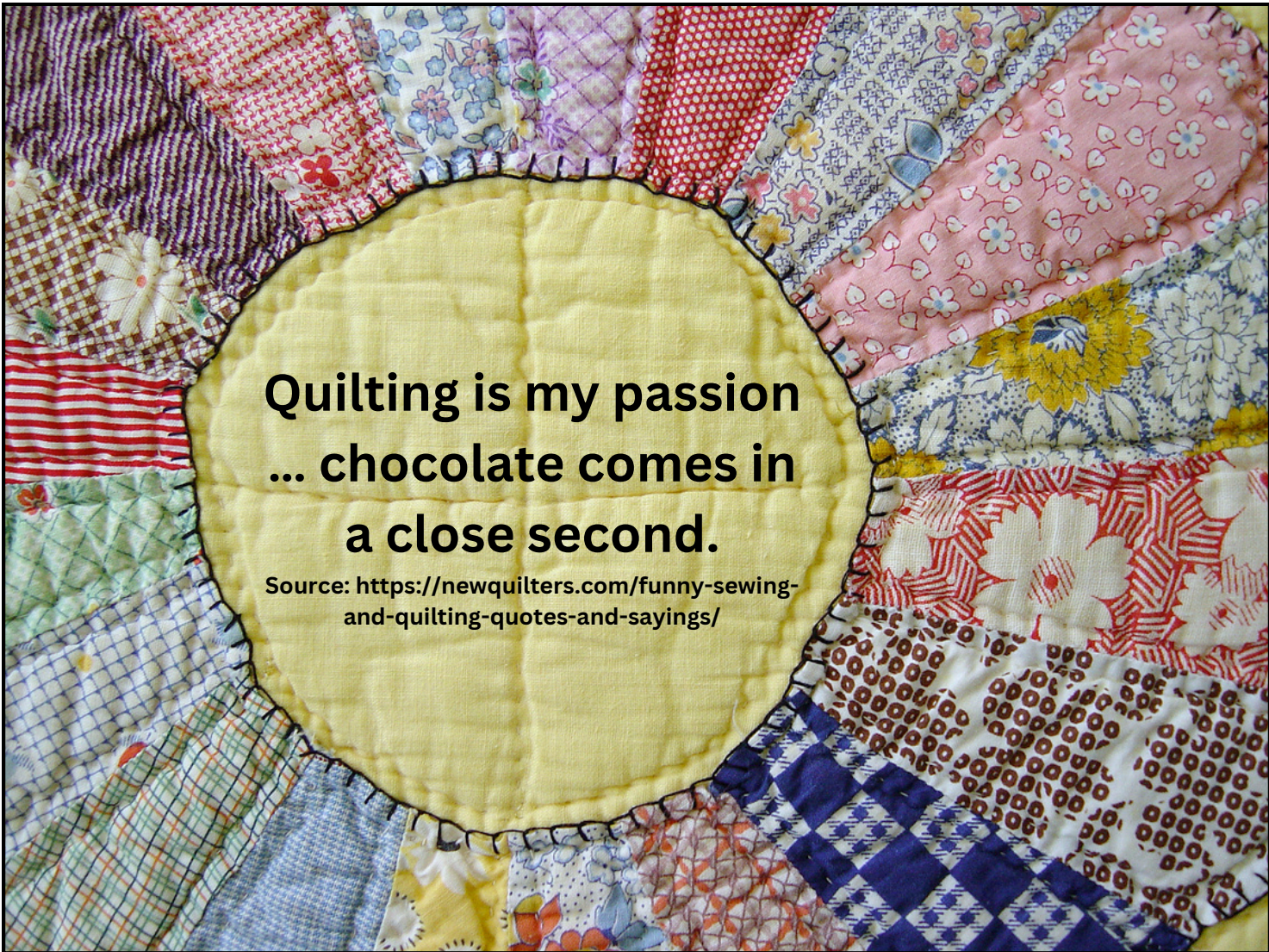
National Park Service Discovery Quilt Program-Appalachianhistory.com-Heritagehousequilts.com



I am so thankful that I can remember Feed Sacks, even if it was at the end of their era. As a young girl, in the 1960's, I remember my dad taking me to Wintford Gregory's Store in Coopersville. If the items, we needed were in fabric sacks he would let me choose fabric flour or feed sacks that I liked. Then my mom would turn those sacks into a beautiful dress or my very own pillowcase. This was my first experience of choosing fabric! I remember it being hard for me to choose because I liked SO many.

A week or so ago you can only imagine my surprise when I got a package in the mail from my dearest friend Lorrie Stringham from Iowa. It was a beautiful quilt "Millie's Dresses", with each dress made from Wayne County feed sacks! Each time I see this quilt it will bring back feed sack memories and I will treasure it forever.

~ Joy McGinnis



**Quilting is my passion
... chocolate comes in
a close second.**

Source: <https://newquilters.com/funny-sewing-and-quilting-quotes-and-sayings/>

Debbie Shepherd

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



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learn more about our
services offered.**



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