

DECEMBER 2025

In-Stitches Newsletter

Volume 2025-12



HELLO FROM FCS AGENT, DEBBIE SHEPHERD

For the month of December, we will not be having our regular In-Stitches Quilt Class. We do have a couple of specialty quilt classes scheduled for December. 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.



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Newsletter Highlights

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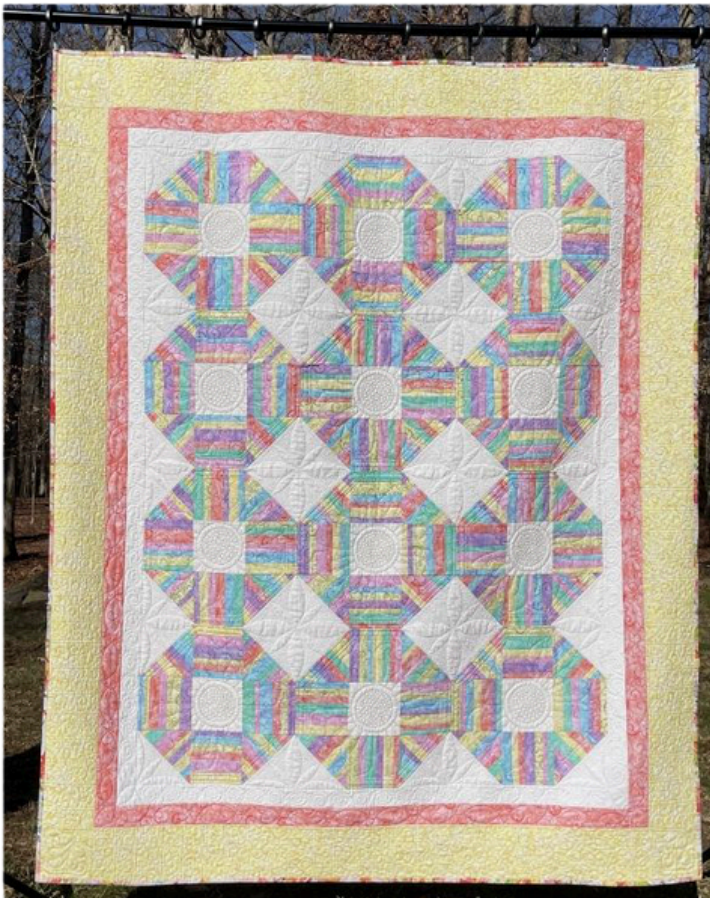
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**FAMILY &
CONSUMER
SCIENCES** 
Creating Healthy & Sustainable Families

Rolling Stones Quilt Class
December 8, 2025 @ 10 a.m.
Instructor: Vickie Johnson
Class Fee: \$65.00

No need to get “all strung out” when making a quilt. Join us in making a one-of-a-kind String Quilt. You will learn how to make 3 types of string blocks to assemble and make this beautiful quilt. Note: Lunch will be on your own.



Rolling Stones String Quilt Class

December 8, 2025

Vickie Johnson (Frisky) friskyvic@gmail.com 606-802-1715

Skill Level: Confident Beginner to Advanced

Instructor's Fee: \$35

Finished Quilt Size: Approximately 63" x 78"

Class Size: Minimum 8 Maximum: 15

Skills to be Taught:

1. marking stabilizer squares for string placement
2. making solid string blocks with diagonal strings
3. making half-square triangle blocks with diagonal strings
4. making solid string blocks with straight strings
5. squaring completed string blocks

Kit Fee: \$30 (includes Spiral Bound Pattern & Packet of Stabilizer – 75+ count 6 ½" x 6 ½")

Basic Supplies List for Class:

- | | |
|---|---|
| -sewing machine, foot pedal, & power supply | -container for storing strings/strips |
| -extra sewing machine needles | -6 ½" x 6 ½" square-up ruler |
| -thread & extra wound bobbins | -5 ½" x 5 ½" square-up ruler |
| -rotary cutter & blades | -straight pins |
| - <u>ultra fine tip</u> permanent marker...red or black | -extension cord(s) |
| -washable glue stick | -rotating cutting mat if you have one |
| -fabric scissors | -seam ripper |
| -¼" foot <u>with guide</u> | -6" x 18" ruler or larger |
| -heat erasing ink pen (black, blue, or red) | -white marking pencil & sharpener if using dark background fabric |

Fabrics Required: **Background and inner border fabrics are the same color in the quilt shown on the of the pattern.*

Background Fabric	1 ¼ yds*	Binding	2/3 yds
Inner Border	½ yd*	Backing	5 yds (Width of Fabric 42")
Middle Border	½ yd	Batting	TWIN
Outer Border	1 1/3 yds		

Fat Quarters **or** **Cut 21 to 23 Fat Quarter** into strings/strips (approximately 5 ½ to 6 yds).

¼ yds **or** This number of Fat Quarter's **or** ¼ yds allows for an **ample variety** of

Yardage **or** fabric strings/strips for your quilt blocks.

Scraps

There will be leftover strings/strips after piecing your quilt.

Preparing for Class:

1. Have a variety of your strings cut. Not all will need to be cut for class.

From your chosen fabrics cut strings/strips 1", 1¼", 1½", 1¾", and 2" wide. The length of each strip will vary depending on whether you are using FQ's, ¼ yds., or scraps. Keep your 2" strings/strips separated from your other strips/strips. You will use the 2" strings/strips to make the solid string blocks with vertical strings later in the pattern. Place all strings/strips in your storage container.



2. Cut (24) 6 ½" x 6 ½" squares from your Background Fabric.

3. Cut (12) 5 ½" x 5 ½" squares from your Background Fabric.

**Fellowship Gathering for
Featherweight Friends
December 9, 2025 @ 10 a.m.
Small Upstairs Meeting Room**



If you love Featherweights, bring your Featherweight and something to sew on! Please let us know if you are attending, so we can be prepared for you. ***Lunch is on your own!***

**Hometown Henhouse Quilt Class
Instructor: Teresa Slagle
December 18 & 19, 2025 @ 10 a.m.
Intermediate Skill Level Class
Class Fee \$10 - Must Register!
Lunch is on your own!**

This is an adorable quilt! We will have lots of fun making this one!

Once you are registered, you will be given fabric requirements and instructions.

DO NOT CUT YOUR FABRICS!

We will be cutting and prepping our quilt on Day 1 of the class as there are hints, tricks, and tips that will make this process easier to understand.

Day 1 - Cutting & Prep

Day 2 - Sewing

***Quilt is on display at the Wayne
County Extension Office.***



SAVE THE DATE

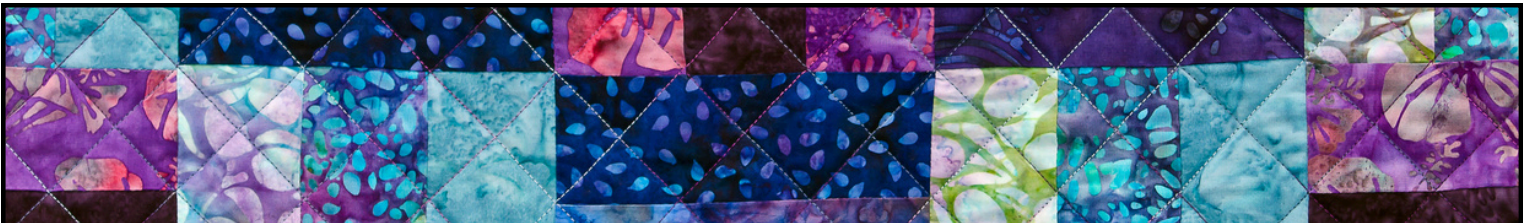
January 16th @ 10 a.m. - In-Stitches Quilt Class -Downstairs Meeting Room - Introduction to “Working with Flannels” - First 30 minutes or so of class will be about flannels in preparation for February’s class. The rest of the class will be Sit & Sew. Bring your unfinished projects or whatever you would like to work on for fun and fellowship.

January 27th @ 10 a.m. - Feather Together - Small Upstairs Meeting Room

January 28th @ 10 a.m. - Dream Weaver Quilt Class - Downstairs Meeting Room - Instructor: Vickie (Frisky) Johnson

February 20th @ 10 a.m. - In-Stitches Quilt Class - Warm & Fuzzy Flannels - Twice as Nice Pattern - Downstairs Meeting Room

February 24th @ 10 a.m. - Feather Together - Small Upstairs Meeting Room



**Jabez Quilt Seminar
Cave City, Ky.**

JQS 2026 - March 2nd to March 5th, 2026

Registration is open now!

Registration Closes - January 7th, 2026

(or when capacity is reached)

Registration Link: <https://laurel.mgcafe.uky.edu/JQS>

Laurel County Extension Office

Dream Weaver Quilt Class
January 28, 2026 @ 10:00 a.m.
Instructor: Vickie (Frisky) Johnson
Cost \$75.00

Join us to learn how to make this beautiful one-block string quilt. You are guaranteed to have a great day with other string quilt enthusiasts and have a jumpstart towards finishing this one-of-a-kind quilt.



Quilt on display
at the Extension
Office

Dream Weaver String Quilt Class

Vickie Johnson (Frisky) friskyvic@gmail.com 606-802-1715

Skill Level: Confident Beginner to Advanced

Instructor's Fee: \$35

Finished Quilt Size: Approximately 66" x 84"

Class Size: Minimum 08 Maximum: 20

Skills to be Taught:

1. understanding terminology used in making the string blocks
2. marking stabilizer squares for string placement
3. sewing the strings onto the marked stabilizer squares
4. adjusting for strings not parallel to the drawn reference lines
5. squaring the completed string blocks
6. using the Dream Weaver Ruler to cut off opposing corner triangles
7. adding solid fabric triangles to the trimmed string block
8. squaring the string blocks with the added fabric triangles
9. assembling the squares to make the quilt
10. adding borders

Kit Fee: \$40 includes Spiral Bound Pattern (\$15), Stabilizer Packet 50 count (\$12), & Dream Weaver Ruler (\$13)

Basic Supplies Needed for Class:

- sewing machine, foot pedal, & power cord
- extra sewing machine needles
- thread and extra loaded bobbins
- rotary cutter & blades
- ultra fine tip black or red permanent marker
- washable glue stick
- scissors
- 1/4" presser foot with guide
- 9 1/2" x 9 1/2" square-up ruler
- container for storing strings/strips
- **Dream Weaver String Quilt Ruler**
- straight pins
- extension cord
- iron & ironing pad
- rotating cutting mat if you have one
- seam ripper
- 6" x 18" quilting ruler

Fabrics Required: * *Background and outer border are the same color in the quilt shown on the front of the pattern.*

Background Fabric – 1 1/2 yds.*

Inner Border Fabric – 1/2 yd.

Outer Border Fabric – 1 1/4 yds.*

Fat Quarters, 1/4 yds., Yardage, **or** scraps – **24 to 26 FQ's** (approximately 6 to 6 1/2 yds)

Backing – 5 1/2 yds.

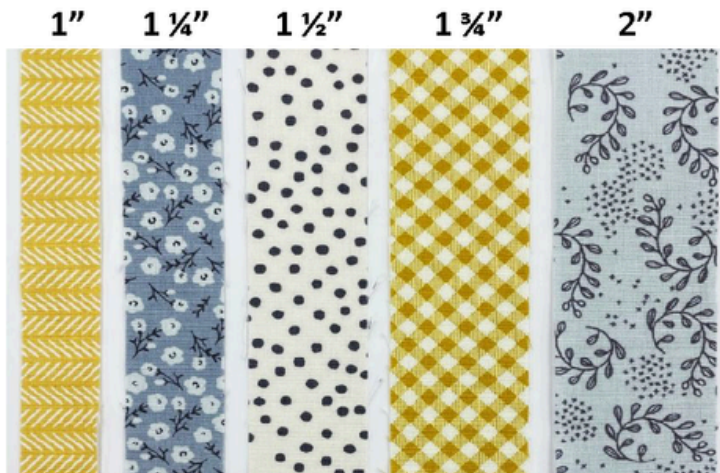
Batting – twin size

Binding – 2/3 yd.

Preparing for Class:

1. Have a variety of strings cut. **NOT all strings will need to be cut for class.**

From your chosen fabrics cut strings/strips 1", 1 ¼", 1 ½", 1 ¾", and 2" in width. The Strings can then be sub cut into 10 ½" lengths. Place the cut strings/strips into your storage container.



2. Cut (8) 6 ½" Width of Fabric (WOF) strips from your 1 ½ yds. of background fabric.



3. Sub cut each of those (8) 6 ½" strips into (6) 6 ½" squares. You should have (48) 6 ½" squares of background fabric. Sub cut each of the (48) 6 ½" x 6 ½" squares into (2) triangles as shown below. There will be a total of (96) triangles.





Joy McGinnis

FCS Program Assistant



On July 4, 2026, America will celebrate 250 years! Let's celebrate in 2026 through our stitches! Just be creative whether it is quilting, counted cross stitch, needlepoint, applique, or just any kind needlework. I am sure you could use a beautiful quilt, a table topper, wall hanging, a pretty patriotic apron, table runner, potholders, etc. Stitch and document your work for future generations.

Themes for the celebration: Reflecting on America's history, honoring diverse individuals and looking ahead to the nation's future.

Remember, in 2026 there will be traveling exhibits, one day wonders (pop-up exhibits) on local, state, and national levels. Plan trips with your family, quilting besties, and friends.

There are several beautiful FREE patriotic quilt patterns online. Search for them.



Free pattern
from
Diary of a
Quilter

BABY QUILT

For a "Baby Quilt" measuring 36" x 36", you would typically need around 140–160 inches of binding.

This translates to approximately 1.3 to 1.5 yards of fabric for the binding, assuming you're using standard 2.5-inch-wide binding strips.

THROW QUILT

For a "Throw Quilt" measuring 60" x 72", you would typically need around 240–270 inches of binding. This translates to approximately 2.2 to 2.5 yards of fabric for the binding, assuming you're using standard 2.5-inch-wide binding strips.

TWIN QUILT

For a "Twin Quilt" measuring 70" x 90", you would typically need around 320–350 inches of binding. This translates to approximately 2.9 to 3.2 yards of fabric for the binding, assuming you're using standard 2.5-inch-wide binding strips.

BINDING

FULL /DOUBLE

For a "Full/Double Quilt" measuring 85" x 108", you would typically need around 388–420 inches of binding.

This translates to approximately 3.5 to 3.8 yards of fabric for the binding, assuming you're using standard 2.5-inch-wide binding strips.

QUEEN QUILT

For a "Queen Quilt" measuring 90" x 90", you would typically need around 360–380 inches of binding. This translates to approximately 3.3 to 3.5 yards of fabric for the binding, assuming you're using standard 2.5-inch-wide binding strips.

KING QUILT

For a "King Quilt" measuring 108" x 108", you would typically need around 432–460 inches of binding. This translates to approximately 4 to 4.2 yards of fabric for the binding, assuming you're using standard 2.5-inch-wide binding strips.

Photos from Feather Together Retreat at Barren River Lake State Resort Park.





BRUSCHETTA DIP

Submitted by:
Bethe Bryant



INGREDIENTS

- For the Bruschetta
 - 4 Roma tomatoes - cored, seeded, & chopped small
 - ¼ c. fresh basil leaves - chopped
 - 1 clove garlic - minced
 - 1 Tbsp. EVOO
 - 1-2 tsp. Balsamic vinegar
 - pinch of salt
- For the Cheese Mixture
 - 8 oz. feta cheese block - crumbled
 - 4 oz. cream cheese - softened
 - ½ c. sour cream
 - 1 clove garlic - minced
 - 1 Tbsp. freshly squeezed lemon juice
 - 1 Tbsp. EVOO
 - pinch of salt

INSTRUCTIONS

1. Place cored, seeded, & chopped tomatoes in a medium bowl. Add chopped basil and minced garlic. Drizzle EVOO and balsamic vinegar, then sprinkle with pinch of salt. Toss gently to combine making sure tomatoes are evenly coated. Set aside.
2. In food processor, combine crumbled feta, cream cheese, sour cream, minced garlic, lemon juice, and EVOO. Puree 3-4 minutes until smooth & creamy, scraping down sides of bowl if needed.
3. Put cheese in shallow serving dish, spreading it evenly. With slotted spoon, top cheese mixture with tomatoes, covering the cheese. Garnish with fresh basil leaves, red pepper flakes, or freshly grated Parmesan.

Debbie Shepherd

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

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