

# NOVEMBER 2025

## In-Stitches Newsletter

Volume 2025-11



### HELLO FROM FCS AGENT, DEBBIE SHEPHERD

Our next class has been scheduled for Friday, November 21, 2025, at 10:00 a.m. ET. In this class, you will be making the “Trip Around the World Quilt.” 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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KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

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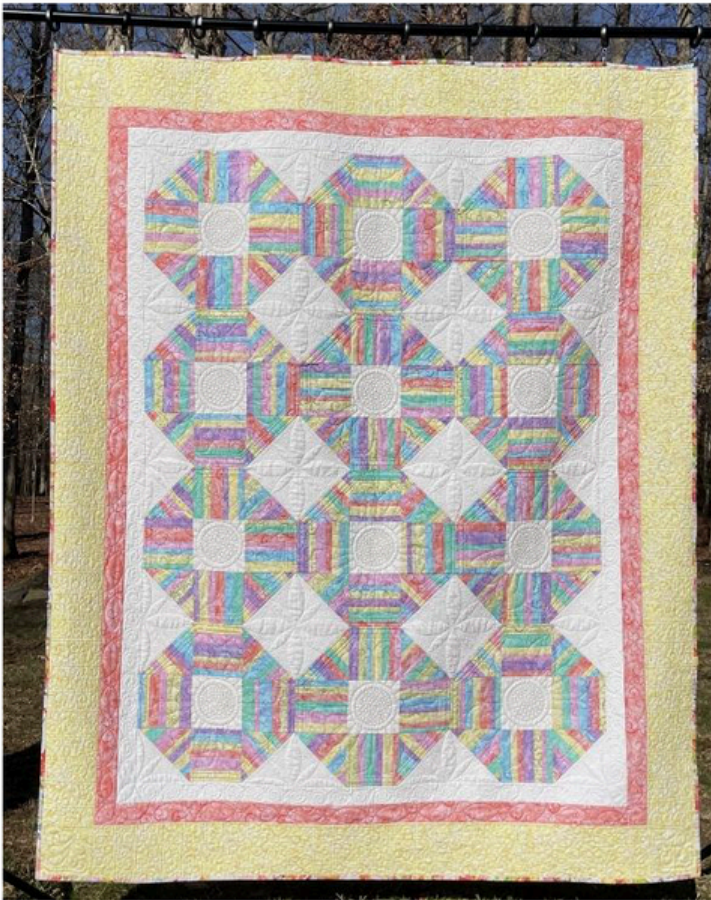
**FAMILY &  
CONSUMER  
SCIENCES**   
*Creating Healthy & Sustainable Families*



## Rolling Stones Quilt Class

November 11, 2025 @ 10 a.m.

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 beauty. Sign up and let’s enjoy this girls day out! Chocolate will be provided for any anxiety that arises!



# Rolling Stones String Quilt Class

## November 11, 2025

Vickie Johnson (Frisky) [friskyvic@gmail.com](mailto: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 <i>with guide</i>                              | -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

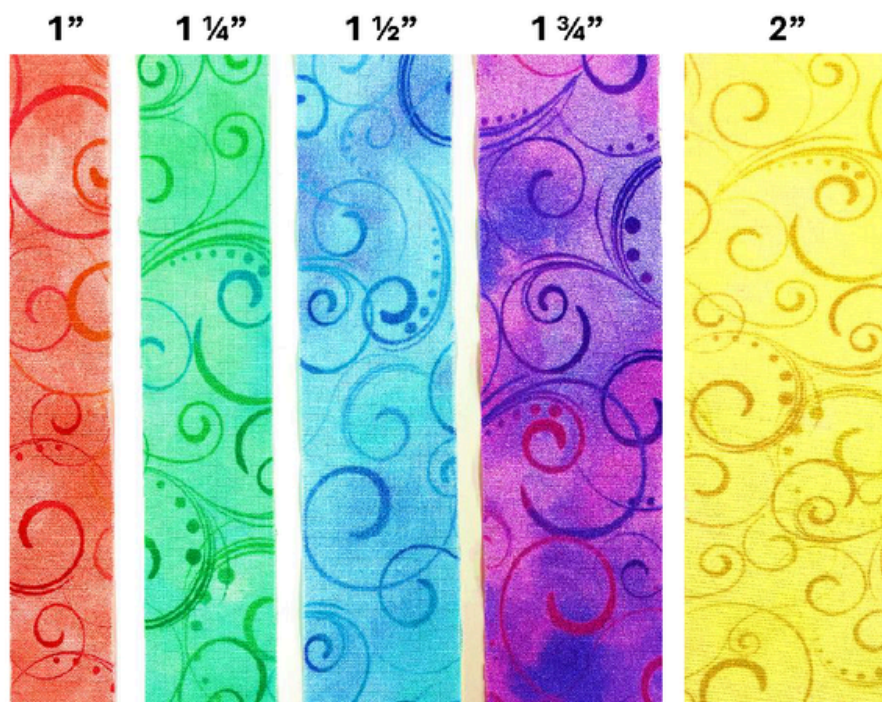
**There will be leftover strings/strips after piecing your quilt.**



### 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.**





**In Stitches - Trip Around The World  
Friday, November 21, 2025  
10am ~ Downstairs Meeting Room**

**Class fee ~ \$5.00 for Pattern**

**Lunch**

**We will be providing drinks & paper goods.**

**Our lunch theme will be foods from *"Around the World."***

**Everyone, please bring your favorite dish from *"Somewhere Around the World!"***

**Please bring a copy of your recipe and tell us *"Where"* your recipe is from!**





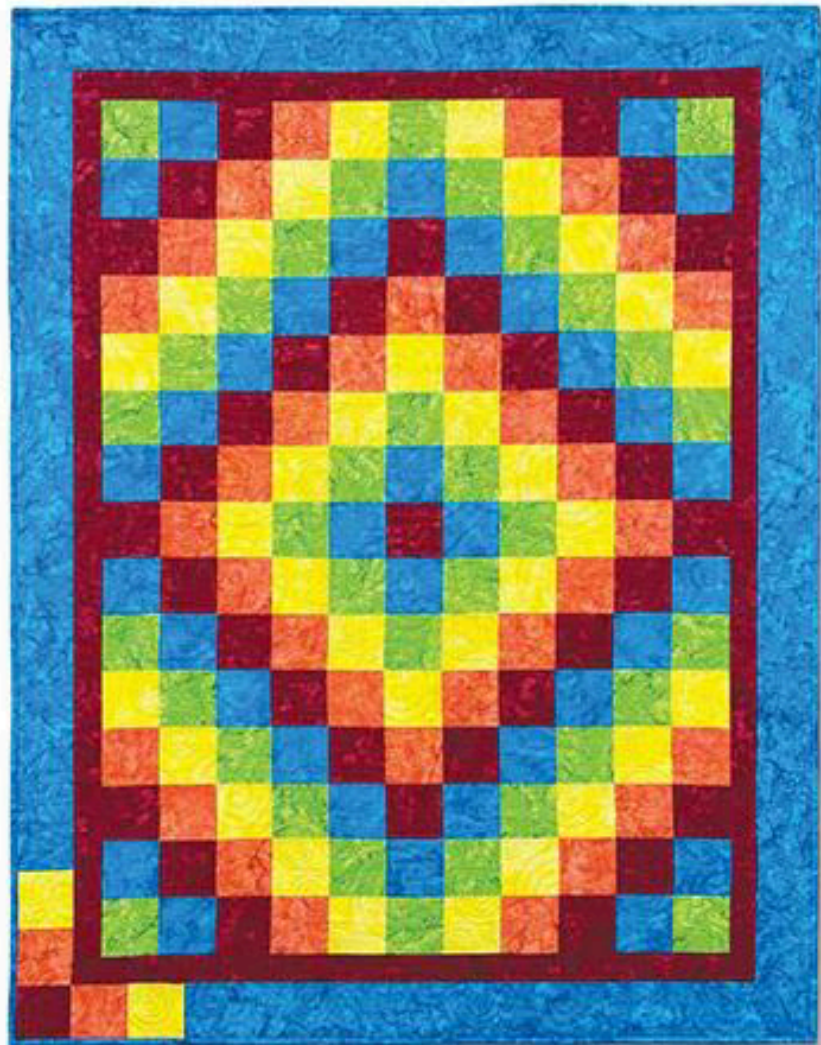
# Trip Around the World Quilt

The beautiful Trip Around the World Quilt is a great first quilt that can be truly made in a day! A 6" x 24" ruler and rotary cutter are all you need to cut strips and rows for your quilt. No other fancy rulers are needed!

## Supplies

Rotary Cutter  
18" x 24" cutting mat  
6½" Square Up Ruler  
6" x 24" Ruler  
Stiletto  
Optional:  
Wool Pressing Mat

For an added perk to corner, sew left-over squares to the Borders.

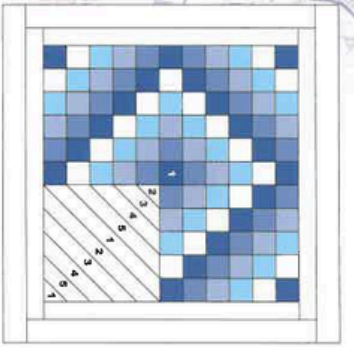


*Teresa Varnes*  
*Judy Jackson*

56" x 72"

	Baby/Wallhanging	Lap	Twin	Queen	King
Color Strips	½ yd each	¾ yd each	¾ yd each	¾ yd each	1 yd each
First Border	¼ yd	½ yd	1 yd	1¼ yds	1¼ yds
Second Border	¾ yd	¾ yd	1½ yd	1¾ yds	1¾ yds
Binding	½ yd	¾ yd	¾ yd	¾ yd	1 yd
Backing	3 yds	3½ yds	5½ yds	7½ yds	9 yds
Batting	56" x 56"	64" x 80"	78" x 102"	94" x 110"	110" x 126"

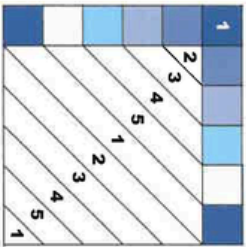
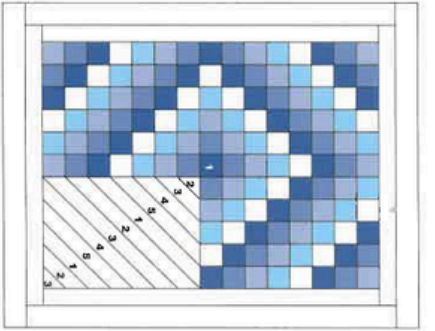
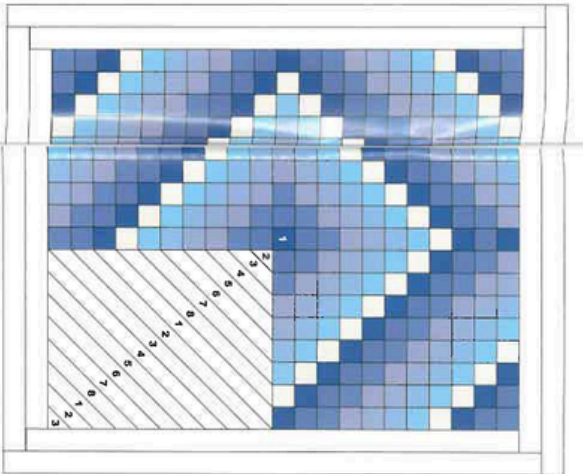
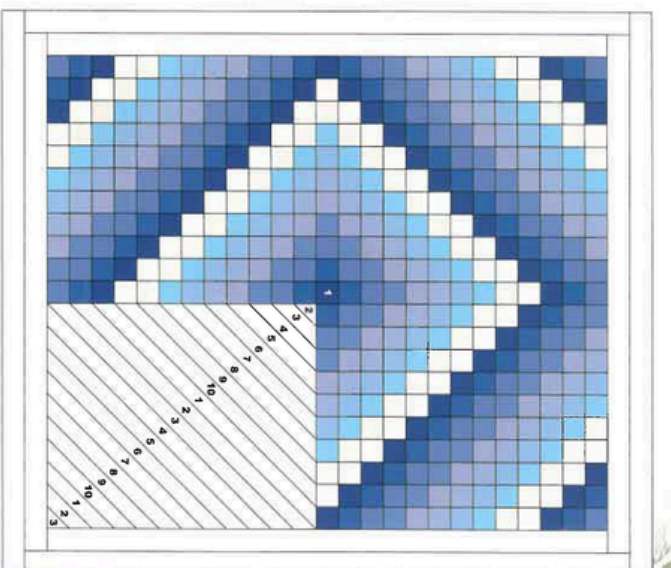


*Baby*

## Visualizing Fabrics

Make an enlarged copy of corner square. Cut narrow strips of fabric and paste in numbered place.

*Yardage Chart is based upon 42" wide fabric.*

*Lap**Queen**King*

	Baby/Wallhanging 49" x 49"	Lap 56" x 72"	Twin 70" x 94"	Queen 86" x 102"	King 102" x 118"
Color Strips	1/2 yd each of 5 different fabrics Cut each into (4) 4" strips	2/3 yd each of 5 different fabrics Cut each into (4) 4 1/2" strips	3/4 yd each of 6 different fabrics Cut each into (5) 4 1/2" strips	7/8 yd each of 8 different fabrics Cut each into (6) 4 1/2" strips	1 yd each of 10 different fabrics Cut each into (7) 4 1/2" strips
First Border	1/4 yd (4) 2" strips	1/2 yd (6) 2 1/2" strips	1 yd (7) 4 1/2" strips	1 1/4 yds (9) 4 1/2" strips	1 1/4 yds (9) 4 1/2" strips
Second Border	5/8 yd (5) 4" strips	7/8 yd (6) 4 1/2" strips	1 1/3 yds (8) 5 1/2" strips	1 3/4 yds (10) 5 1/2" strips	1 3/4 yds (11) 5 1/2" strips
Binding	1/2 yd (5) 3" strips	2/3 yd (7) 3" strips	7/8 yd (9) 3" strips	7/8 yd (10) 3" strips	1 yd (11) 3" strips
Backing	3 yds	3 1/2 yds	5 1/2 yds	7 1/2 yds	9 yds
Basting	56" x 56"	64" x 80"	78" x 102"	94" x 110"	110" x 126"



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!

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.

### *Photos from "Call Me Bag" class.*





## *Show & Tell Photos from October's Class*





**Feather Together Retreat  
November 13-15, 2025  
Retreat at Barren River**

**SAVE THE DATE**

**December 12<sup>th</sup> - Swoon - Instructor: Sheryl Bowling - CANCELED - We will reschedule after first of the year.**

**December 18<sup>th</sup> & 19<sup>th</sup> - Hometown Henhouse - Instructor: Teresa Slagle**

**January 16<sup>th</sup> - In-Stitches Class - TBA**

**January 28<sup>th</sup> - Dream Weaver - Instruction: Vickie (Frisky) Johnson**

**March - Emelia Class - Instructor: Sheryl Bowling - Will be taught at JABEZ in March.**

**Coming after the first of the year:**

- Warm & Fuzzy Fun Flannels
- Rag Quilts
- T-Shirt Quilts
- Flower Power

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

**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**

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







**Joy McGinnis**

*FCS Program Assistant*

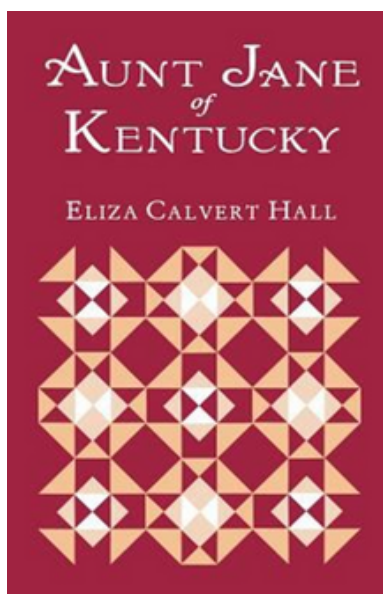
## A Stitch in Time: Quilting Projects



Like me, I'm sure you all have a ton of new winter quilting projects or UFOs to complete! This summer was busy and flew by. We had the opportunity to visit stores on the "All Kentucky and Tennessee Shop Hop" and attend a quilt retreat at MSQC in Hamilton, Missouri! I have patterns and fabric in project totes and can't wait for some cooler weekends to get started on my projects.

Everyone who attends our "Feather Together" featherweight gatherings seem to enjoy this time of fellowship and sewing. If you have a featherweight machine, bring it and join us!

### Books I have read and recommend!



A wonderful YouTube video  
and history of a treasured quilt  
now "resting" in our KHS  
archive in Frankfort.

<https://www.youtube.com/watch?v=ekOo-thkR2c>

<https://kyhistory.pastperfectonline.com/webobject/90C9CB5A-6327-42F0-8085-383648601656>

**Make plans now for an educational trip to Bowling Green to visit this exhibit with your quilting besties!**

QUILTS TELL THE STORY OF KENTUCKY FAMILIES, MANY OF WHOM HAVE CALLED THE REGION HOME FOR GENERATIONS.



# INHERITED THREADS



*INHERITED THREADS SHOWCASES SEVENTEEN SUCH FAMILIES, WHOSE MEMBERS CREATED QUILTS NOW IN THE KENTUCKY MUSEUM AT WKU'S PERMANENT COLLECTION.*

## **Inherited Threads: Generations of Kentucky Quilters**

**February 4, 2026 - November 30, 2027**

How do you learn to quilt? For many, quilt-making begins at home: learning from mothers and grandmothers who pass on this decorative and utilitarian art form. Quilts tell the story of Kentucky families, many of whom have called the region home for generations. Inherited Threads showcases seventeen such families, whose members created quilts now in our permanent collection. They include stories of grandmothers, mothers, daughters, aunts, and sisters - relationships that transcend time to showcase how quilting is taught and remembered among families, how quilters from different generations exhibit similarities or differences, and how these quilts become beloved family heirlooms.



## **PUMPKIN POKE CAKE**

Submitted by:  
Kim Crabtree



### **INGREDIENTS**

- 15.25 oz. Spice Cake Mix (I used Pumpkin Cake Mix)
- 1-1/2 cups pumpkin puree
- 2 eggs
- 1/2 cup melted butter
- 2 tsp. pumpkin pie spice
- 1/2 tsp. salt
- 1 cup caramel sauce (plus more for drizzle)
- 1 cup cream cheese frosting
- 1/2 cup chopped pecans

### **INSTRUCTIONS**

1. Preheat oven to 350 degrees.
2. Grease 9x13 pan.
3. In large bowl mix: cake mix, pumpkin puree, eggs, butter, spice, & salt.
4. Pour batter in prepped 9x13 pan. Bake 25-30 minutes. Cool slightly.
5. Poke holes in cake using spoon handle.
6. Pour caramel sauce over cake & chill for 30 minutes.
7. Spread cream cheese frosting over cake. Sprinkle with pecans. Drizzle more caramel. Chill again for 30 minutes before slicing.
8. Keep cake covered & refrigerated.

## **JENNY DOAN'S BIG BATCH COOKIES**

Submitted by:  
Bethe Bryant



### **INGREDIENTS**

- 2 cups shortening
- 2 cups (4 sticks) butter, softened
- 4 cups white sugar
- 4 cups brown sugar, firmly packed
- 8 eggs
- 4 tsp. vanilla
- 7-1/2 cups All-Purpose flour
- 4 tsp. salt
- 6 cups rolled oats
- 1 large pkg. chocolate chips
- 2 cups raisins (optional)
- 2 cups chopped nuts (optional)

### **INSTRUCTIONS**

1. Preheat oven to 350 degrees.
2. Grease cookie sheets.
3. In large bowl, cream together shortening, butter, sugars, eggs, & vanilla.
4. Add dry ingredients and mix well. If you wish, add chocolate chips, raisins, and/or nuts. Stir to combine.
5. Drop by spoonful or small scoop onto prepared cookie sheets.
6. Bake 8-10 minutes until golden brown.
7. Remove from oven. Let rest a few minutes & then take them off the sheet pan onto cooling rack.
8. No need to respray cookie sheets for next batch.

## **EARTHQUAKE CAKE**

Submitted by:  
Bethe Bryant



### **INGREDIENTS**

- 1 box German Chocolate Cake Mix - DO NOT prepare as directed on box. Prepare as directed below.
- 1/3 cup vegetable oil
- 3 large eggs
- 1-1/3 cup water
- 2/3 cup sweetened shredded coconut
- 2/3 cup semi-sweet chocolate chips
- 1/2 cup chopped pecans
- 1/2 cup unsalted butter
- 8 oz. cream cheese
- 1 lb. powdered sugar (3-3/4 cups)

### **INSTRUCTIONS**

1. Preheat oven to 350 degrees. Lightly spray 9x13 pan with PAM.
2. Sprinkle coconut, chocolate chips, & pecans on the bottom of pan.
3. Mix the cake mix with the oil, eggs, & water using spatula or hand mixer on low.
4. Pour cake mix on top of coconut, chocolate chips, & pecan layer.
5. In saucepan, melt the butter & cream cheese. Using spatula or hand mixer on low, beat in powdered sugar until smooth.
6. Spread this on top of uncooked cake mix in pan. Swirl into cake using a knife.
7. Bake 35-45 minutes. It is done when it doesn't wobble in the pan if you shake it. TOOTHPICK TEST WILL NOT WORK!
8. Store leftover cake in fridge.

## **CARAMEL APPLE SALAD**

Submitted by:  
Joyce Caskey



### **INGREDIENTS**

- 8 oz. cream cheese
- 1 cup brown sugar
- 1 (8 oz.) container Cool Whip
- 5 medium apples, chopped
- 4 chocolate caramel bars (Milky Way)
- 1-3 Tbsp. caramel topping

### **INSTRUCTIONS**

1. Beat cream cheese and brown sugar until blended.
2. Fold in Cool Whip.
3. Add apples and chopped candy bars.
4. Refrigerate.
5. Drizzle caramel topping before serving.





# QUILT SHOW

SATURDAY  
FEBRUARY 7TH, 2026  
12- 5 PM

FREE QUILT ENTRY  
\$5 ADMISSION

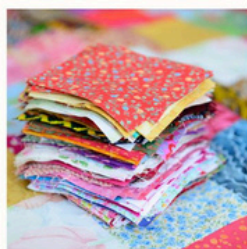
(CHILDREN 12 AND UNDER FREE)  
2590 RICHMOND STREET  
MOUNT VERNON, KY 40456

\$100  
CASH  
PRIZE

Apply at:

<https://www.surveymonkey.com/r/GLPHS8H>

For more information call (606) 256-1000



There is no fee to apply and each individual can enter up to two quilts or quilted items. Although there is no fee for applicants, there will be a \$5 admission fee for those who attend. Quilts and items will be displayed all throughout the museum, with a few vendors in the gift shop. Attendees will be able to vote for their favorite quilt or item with two categories Adult, and Youth with \$100 prize each. Link to apply: <https://www.surveymonkey.com/r/GLPHS8H>

If you have any questions.  
[allisonkmhof@gmail.com](mailto:allisonkmhof@gmail.com)

Debbie Shepherd

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

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Disabilities  
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