

# COOPERATIVE EXTENSION



## FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families

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### Cooperative Extension Service

Wayne County

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Extension Family and

Consumer Sciences

# November 2022

## In-Stitches Newsletter



### What's New

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AGENT, DEBBIE

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Hello - We are SO EXCITED about our 2022-2023 new program year. Our next In Stitches class has been scheduled for Wednesday, November 16th, at 10 a.m. Please let us know if you will be attending. We are still experiencing phone issues. DO NOT leave a message on the voice mail system because we probably won't get it. Keep calling back until you get a live person! You can also email Joy, Vicki, or me.

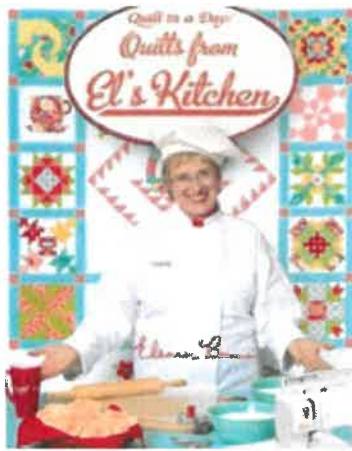
Happy Stitching! Debbie

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# Quilts from El's Kitchen!

Wednesday, November 16th @ 10:00 a.m.

Wayne County Extension Office

Downstairs Meeting Room

We will be doing the Pig's Tail and Broken Dishes Blocks.



Reminder: You can jump into this project at any time during the year! And as always, if this is not the project for you, please feel free to bring something you enjoy or are currently working on and spend the day with us!

We will also do a potluck lunch. 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. We will provide the drinks. You are also very welcome to bring your own lunch.

**Please register so we can be prepared for you. Thank you!**

*Don't forget to bring your items for Show & Tell!*





# Recipe Time

## Soft & Chewy Butter Pecan Cookies

Submitted By: Pat Dill

- 1 1/2 heaping cups pecan halves
- 1 cup unsalted butter, melted and cooled at least 10 minutes (see Notes)
- 1 1/4 cup dark brown sugar tightly packed
- 1/2 cup sugar
- 1 large egg + 1 egg yolk, room temperature preferred
- 1 1/2 teaspoons vanilla extract
- 3 cups all-purpose flour (see Notes)
- 1 teaspoon cornstarch
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 3/4 teaspoon salt
- 1/2 cup Heath Toffee bits



- Preheat oven to 350F and line a cookie sheet with parchment paper.
- Spread pecan halves evenly over cookie sheet and bake on 350F for 3-5 minutes.
- Remove from oven (do not turn off your oven) and set aside while you prepare your cookie dough.
- In a large bowl, combine melted butter and sugars. Stir well.
- Add eggs, egg yolk, and vanilla extract and stir until well-combined.
- In a separate, medium-sized bowl, whisk together flour, cornstarch, baking soda, baking powder, and salt.
- Gradually add flour mixture to wet ingredients until completely combined.
- Add chopped pecans and toffee bits and stir well.
- Line cookie sheets with parchment paper and drop cookie dough by heaping 1 1/2 tablespoons onto prepared cookie sheets, spacing at least 2" apart.
- Transfer to 350F oven and bake for 10-12 minutes. Cookies should still look soft/slightly under-done in the centers. Allow to cool completely on baking sheet and they will finish baking through as they cool but will stay nice and soft!
- Store any leftover, cooled cookies in an airtight container at room temperature for 3-5 days.

NOTES: If your butter is scorching hot, it will melt your sugars and your cookies will spread all over your baking pan. The butter can still be warm, but should not be hot. If you are using cups, the best way to measure out your flour is to stir it in its bag/container, then spoon it into your measuring cup and level off the measuring cup. Packing in your flour (over-measuring it) will leave you with a dry/crumbly cookie dough.

Source: Soft & Chewy Butter Pecan Cookies <https://sugarspunrun.com/soft-chewy-butter-pecan-cookies/> Find more great recipes at SugarSpunRun.com!

# Recipe Time

## Potato Soup Recipe

Submitted By: Debbie Shepherd

2 bags frozen diced potatoes, thawed  
2 pkgs. cream cheese  
2 large cans cream of chicken  
1 extra-large chicken broth  
1 large, sweet onion diced  
Black pepper to taste



- Put it all in a large crock pot on high stirring occasionally.
- Done in approximately 4 hours or when potatoes are tender.
- Serve with real bacon bits, shredded sharp cheddar, chopped green onions.

## Orangesicle Cake

### Cake:

1 box Orange cake mix (use 1 box for each layer)

- Mix and bake cake according to instructions on cake box.

### Frosting:

1 big or 2 small Cool Whip  
1 large can crushed pineapples  
2 boxes French Vanilla pudding

- Only use enough of the frosting ingredients to get the desired consistency. Mix well.
- If you are only making 1 layer, cut frosting ingredients in half.



Note: The cake turns out better if you use name brand ingredients.

## Rock the Clock Event

Several people attended the Rock the Clock event on October 15th and enjoyed working on various sewing projects.



**Upcoming Classes: TAKE A LOOK! Date changes for Holidays!**

- December 7th
- January 25th

**Mark your calendars now so you don't miss out!!**

**In February, we will return to our regular 3rd Wednesday of the month.**

## Project Helping Hands



**Comfort Caps** - We are looking for some helping hands to make some comfort caps for cancer patients. We have patterns for comfort caps if you need one. Please let us know if you can help us with this project. Thank you!





The Wayne County Extension Office will be closed on Thursday, November 24 and Friday, November 25 for the Thanksgiving Holiday. We wish you a Happy Thanksgiving!

### Jabez Quilt Seminar

Looking for an AMAZING sewing adventure? Take a look at the Jabez Quilt Seminar (JQS)! Dates are January 17-21, 2023 at the Cave City Convention Center in Cave City, KY. Great workshops and the featured teacher is Angela Huffman. Sign up quick to get the classes you want!

For registration, workshop information, convention schedule, and other information, go to [laurel.ca.uky.edu/JQS](http://laurel.ca.uky.edu/JQS)



*"Gather the threads of your life and stitch them into joy." - Jody Houghton Designs*



### Wayne County Cooperative Extension Family and Consumer Sciences



*Debbie Shepherd*

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



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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

# Production Sewing of Chemotherapy Turbans

by Maryen Rogers, Searcy, AR

Here's a turban so simple to make that 15 members of my sewing club completed 191 of them in a single day. Before gathering at our favorite store, I had cut out most of the turbans from leftover donated fabric pieces and from a bolt of baby-blue knit fabric donated by the dealer. We had a great day knowing that so many people would benefit from our efforts.

Afterwards, I packaged each turban in a plastic bag with a printed note tucked inside that stated the size (small, medium, or large) and that they were "Made for a special person". I distributed the turbans to radiation treatment centers and oncologists. We suggest that each chemotherapy patient receive three turbans—one to wear, one to wash, and a spare.

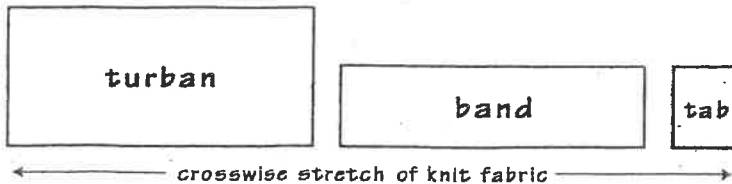
There are lots of turban patterns around but our experiments have streamlined this one so that it can be mass-produced. It doesn't take much fabric or much sewing skill, so encourage everyone you know to join together for this worthy cause.

## How-to:

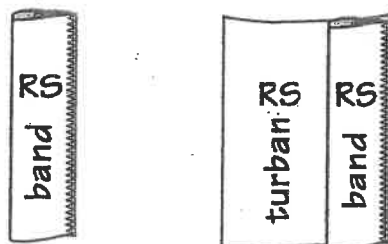
You'll need 3/8 – 1/2 yard of 60"-wide fabric for two turbans, depending on the size. Cut one each of the three pieces (turban, band, and tab) according to the chart. Note that all sizes use the same size tab. You must use stretch knit fabric and cut the pieces using the crosswise grain. You can use a sewing machine zigzag stitch but serging is simplest and quickest. The seam allowance is approximately 1/2".

Cut Size	Turban	Band	Tab
Small	20-1/2" x 8"	20-1/2" x 5"	5" x 4"
Medium	22" x 9"	22" x 5"	5" x 4"
Large	24" x 10"	24" x 5"	5" x 4"

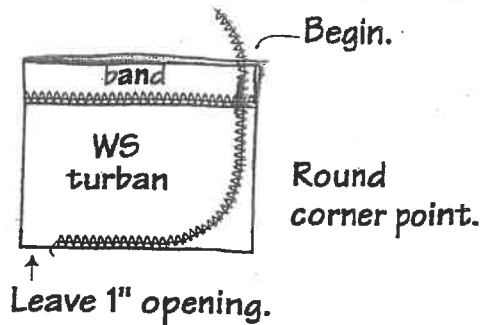
## cutting:



1. Fold the band in half lengthwise, wrong sides together. Serge it to one of the long sides of the turban piece, right sides together.

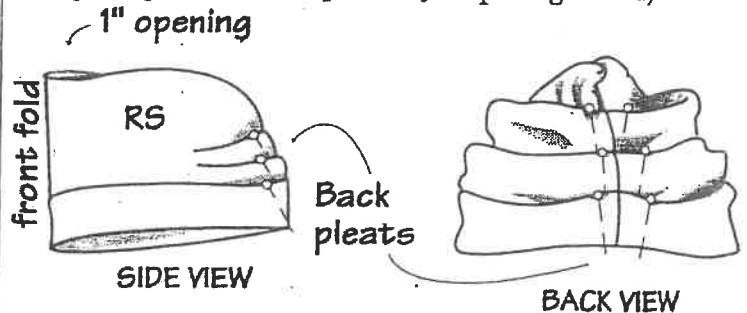


2. Fold the banded turban piece in half crosswise, right sides together. Serge, beginning at the banded edge, rounding off the back corner point, and stopping 1"

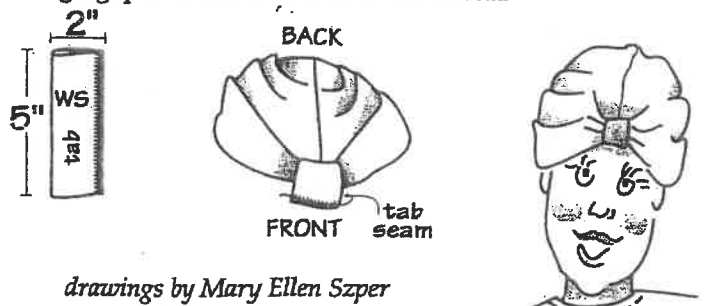


before reaching the front folded edge. The tab will be inserted through this opening later. Secure thread tails and turn the turban right sides out.

3. Perpendicular to the back seam allowance fold up and pin three tucks approximately 3/4" deep. Stitch in the ditch of the seam allowance to secure these tucks. (If the fabric is too thick to stitch on your machine, hand-sew along the seam using a large needle and upholstery or quilting thread.)



4. Fold the tab in half lengthwise, right sides together and serge the seam. Turn the tab right sides out and rotate it so that the seam is centered on the underside. Slip the tab through the opening in the turban seam. Fold up and stack tucks along the front seam from the lower band edge to the opening. (These tucks are similar to those at the back except they're stacked and *not* secured with stitching in the ditch.) Wrap the tab around the tucks and sew the tab ends by machine, right sides together. Rotate the tab seam allowance underneath the turban and tack it by machine to the center front seam allowance. This connection will prevent any see-through gap between the tab and the turban.



drawings by Mary Ellen Szper

Note: We make mostly the medium size; the small size would fit a young teen. Vary the style with a contrast color band, especially if you're short of fabric. The tab is a natural place for embellishment—fabric rose, pin, button, or bow.

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