

COOPERATIVE EXTENSION



FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families

VOL. 2022-10

Cooperative Extension Service

Wayne County

Debbie Shepherd, CEA FCS

255 Rolling Hills Blvd.

Monticello, KY 42633

Phone: (606) 348-8453

Fax: (606) 348-8460

extension.ca.uky.edu

debbie.shepherd@uky.edu

Facebook: Wayne County Cooperative

Extension Family and

Consumer Sciences



October 2022 In-Stitches Newsletter

What's New

HELLO FROM FCS
AGENT, DEBBIE
SHEPHERD - PAGE 1

.....

QUILTS FROM EL'S
KITCHEN! - PAGE 2

.....

RECIPES - PAGE 3 & 4

.....

ROCK THE CLOCK
EVENT - PAGE 5
TURBAN PATTERN ENCLOSED

Hello - We are SO EXCITED about our 2022-2023 new program year. Our next In Stitches class has been scheduled for Wednesday, October 19th, 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.

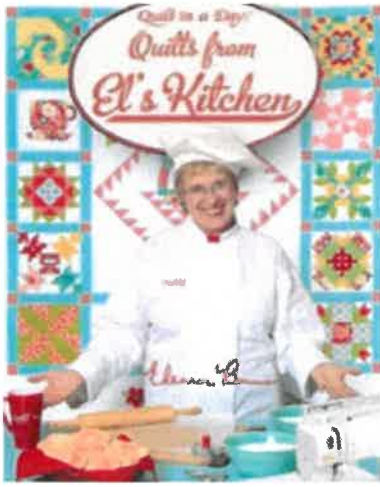
Happy Stitching! Debbie

Debbie.Shepherd@uky.edu

Joy.McGinnis@uky.edu

Vicki.McDonald@uky.edu





Quilts from El's Kitchen!

Wednesday, October 19th @ 10:00 a.m.
Wayne County Extension Office
Downstairs Meeting Room

We will be doing the Coffee Cup and Hearts & Gizzards 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.

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

We had a great turnout from our last In-Stitches class. Everyone seemed to enjoy working on their Apron and Pork & Beans blocks.

Several ladies brought in their aprons to share with the class. We enjoyed hearing their apron stories.



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

Recipe Time

Chicken & Rice Casserole Submitted By: Polly Sartin

2 c. chicken, cooked
1-1/2 c. rice, cooked
3 eggs, hard-boiled & chopped
1 c. celery, chopped
1 c. mayonnaise
1/4 c. onions, chopped
1 T. lemon juice
1/3 c. chicken broth
1 c. cheese, grated
1 can cream of chicken soup
Topping:
2/3 stick butter, melted
cracker crumbs

- Cut chicken into bite-size pieces.
- Mix with other ingredients.
- Place in a 9x13 or smaller casserole dish.
- Top with cracker crumbs mixture.
- Bake at 350 degrees F. for 30 minutes.



Cowboy Cookie Submitted By: Pat Dill

1 c. margarine
1 c. granulated sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla extract
2 c. all-purpose flour
1 tsp. baking soda
1/2 tsp. salt
1/2 tsp. baking powder
2 c. rolled oats
1/2 c. chopped pecans
1 (12 ounce) pkg. chocolate chips
1/2 c. shredded coconut

- Preheat oven to 350 degrees F.
- In a large bowl, with an electric mixer, cream the margarine, granulated sugar, and brown sugar.
- Add eggs and the vanilla and beat until well blended.
- Stir in the flour, baking soda, salt, and baking powder.
- Add oats, nuts, chocolate chips, and coconut and mix until combined.
- Spoon cookie mixture onto greased foil lined cookie sheet.
- Bake for 8 to 10 minutes.
- Transfer the cookies to a wire rack to cool.

Recipe Time

Paula Deen's Corn Salad
Submitted By: Diane Cushman

2 cans (15-ounce) whole kernel corn, drained
2 cups grated cheddar cheese
1 cup mayonnaise
1 cup green pepper chopped
1/2 cup red onion, chopped
1 bag (10-1/2 ounce) coarsely crushed Fritos
Chili Cheese corn chips (think they're down to 9.75 oz., but it still works)
(can substitute other corn chips, but it will affect the taste)

- Mix first five ingredients and chill.
- Stir in corn chips just before serving.
- Serve and enjoy!



Pumpkin Apple Muffins

1 ¼ cups all-purpose flour	½ teaspoon ground ginger	1 ½ cups fresh pureed pumpkin
1 ¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1 ¼ teaspoons baking soda	1 ¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1 ½ teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

<https://fcs-hes.ca.uky.edu/recipe/pumpkin-apple-muffins>

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition Students

September, 2013

Rock the Clock Event!

Sewing Palooza

Saturday, October 15th

9 a.m.-9 p.m.

Wayne County Extension Office
Downstairs Meeting Room



Please call to register so we can be prepared for you.

Bring your UFO's or a new project you have been wanting to work on. Bring your sewing machine & supplies or whatever you wish to work on. Scrapbooking, puzzles, painting - whatever you'd enjoy the most.

Everyone is Welcome! Come for the whole event or whatever time works for you.

You are welcome to bring your own sewing chair.

Remember to dress COMFY. Slippers are welcome! Bring a sweater or sweatshirt in case you get cold.

We will have coffee, hot chocolate, and hot water for hot tea.

We will also have bottled water, tea, and soda pop.

Hope you will join us at Rock the Clock Sewing Palooza!

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 make some comfort caps. Thank you!



Wayne County Cooperative Extension Family and Consumer Sciences



Debbie Shepherd

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



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
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.

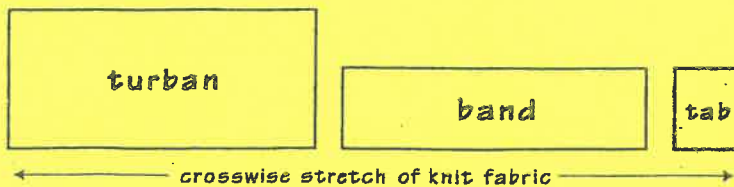
There are lots of turban patterns around but our experiments have streamlined this one so that it can be mass-produced. It doesn't take much fabric or much sewing skill, so encourage everyone you know to join together for this worthy cause.

How-to:

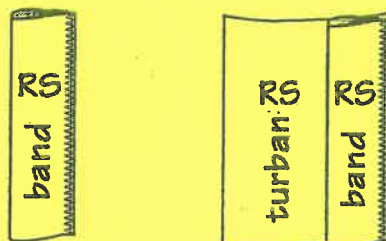
You'll need 3/8 - 1/2 yard of 60"-wide fabric for two turbans, depending on the size. Cut one each of the three pieces (turban, band, and tab) according to the chart. Note that all sizes use the same size tab. You must use stretch knit fabric and cut the pieces using the crosswise grain. You can use 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"

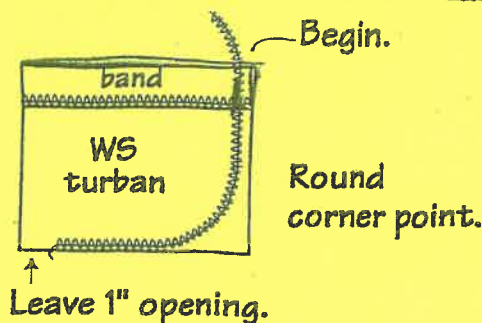
cutting:



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.

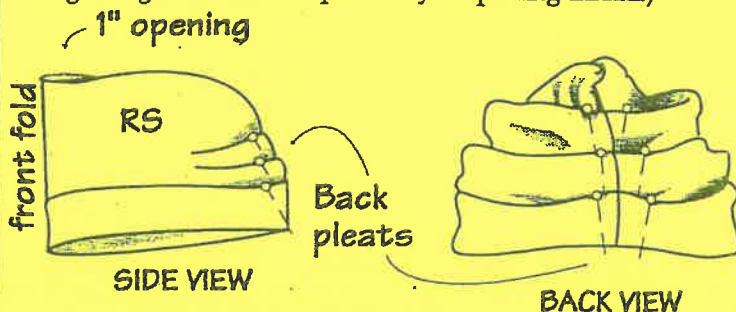


2. Fold the banded turban piece in half crosswise, right sides together. Serge, beginning at the banded edge, rounding off the back corner point, and stopping 1"

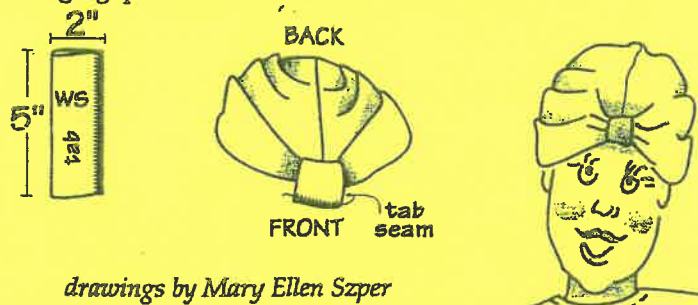


before reaching the front folded edge. The tab will be inserted through this opening later. Secure thread tails and turn the turban right sides out.

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.

You may reprint this page for your guild, church, friends, etc., as long as you run this credit line: "Reprinted with permission of The Creative Machine Newsletter, PO Box 2634-R, Menlo Park, CA 94026-2634, (650)366-4440, fax (650)366-4455."