



**VOL. 2023-09**

**Cooperative Extension Service**

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*September 2023  
 In-Stitches  
 Newsletter*

***What's New***

HELLO FROM FCS AGENT,  
 DEBBIE SHEPHERD - PAGE 1

.....

BLENDED BRAID - PAGE 2

.....

RECIPES - PAGE 3-5

.....

QUILTING TIPS - PAGE 6

.....

COMMUNITY SERVICE  
 PROJECT & LABOR DAY  
 HOLIDAY - PAGE 7

.....

BLENDED BRAID FABRIC &  
 CUTTING INSTRUCTIONS

*Hello - Our September In-Stitches Quilt Class has been scheduled for Wednesday, September 20th, at 10 a.m. Please let us know if you will be attending. We have a new phone system. You should be able to leave a message on our voicemail now. You can also email Joy, Vicki, or me.*

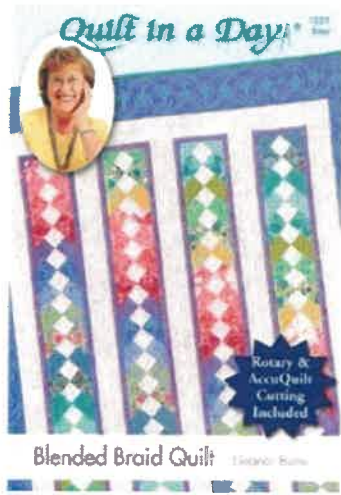
*Happy Stitching! Debbie*

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*Vicki.McDonald@uky.edu*





## Blended Braid (Part 1)

Wednesday, September 20th @ 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.**

**Blended Braid Part 1 – September 20, 2023**

**Blended Braid Part 2 – October 18, 2023**

**Pattern & wedge ruler will be \$10 (\$5 for pattern & \$5 for ruler).**

**Fabric requirements and cutting instructions are included in this newsletter.**

As always, if this is not the project for you, please bring something of your choice and join us for a fun day of sewing and 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 or prepared. You are also very welcome to bring your own lunch. We will provide drinks.



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



# Oreo Dump Cake

Submitted by: Beth Bryant



## Ingredients:

- 1 pkg. Oreo cookies
- 14 oz. can sweetened condensed milk
- 8 oz. Cool Whip
- 1 box chocolate fudge cake mix
- 1-1/2 stick butter

## Directions:

- Place a single layer of Oreos in bottom of baking pan.
- Pour sweetened condensed milk on top of cookies, then smear Cool Whip on top, covering entire surface.
- Sprinkle on the dry cake mix. **DO NOT MIX IN!**
- Thinly slice the butter and layer the slices on top of the cake mix.
- Bake at 350 degrees for 45 minutes.
- Once fully baked, use a spoon to dip out.

Enjoy!

# Olive Dip

Submitted by: Beth Bryant



## Ingredients:

- 10 oz. green olives with pimento
- 8 oz. cream cheese, softened
- 1 cup mayonnaise
- 1 cup shredded mozzarella cheese
- 1/2 cup sour cream
- 1 Tbsp. red wine vinegar
- 1 tsp. Italian seasoning
- 1 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1/2 tsp. smoked paprika
- 1/2 tsp. Kosher salt, to taste
- Garnish - whole or sliced olives, green onions, parsley

## Directions:

- Place olives, cream cheese, mayonnaise, mozzarella cheese, sour cream, red wine vinegar, Italian seasoning, onion powder, garlic powder, pepper, and smoked paprika into a food processor.
- Process until desired smoothness. Taste and add salt if needed. This can be smooth or chunky.
- Transfer dip to serving dish, cover, and refrigerate overnight.
- Serve with crackers, chips, or fresh veggies. Garnish with whole or sliced olives, green onions, and parsley.

Enjoy!



## Pineapple Cake

Submitted by: Bethe Bryant



### Ingredients:

- 1 box yellow cake mix
- 20 oz. can crushed pineapple
- 1 cup sugar
- 2 8-oz. pkgs. cream cheese, softened
- 1/4 cup whole milk
- 8 oz. Cool Whip

### Directions:

- Preheat oven to 350 degrees.
- Make cake according to recipe on box.
- Bake in a greased 9x13" glass dish. Be sure not to overbake.
- Leave cake in glass pan (do not turn out).
- While cake is hot, punch holes in cake with fork.
- Pour crushed pineapple with juice over top of cake while it is still warm.
- Mix together sugar, cream cheese, and milk. Gently mix in half of Cool Whip.
- Put mixture on top of cooled cake.
- Spread remaining Cool Whip on top of cake.
- Refrigerate overnight.

Enjoy!



## Garden Salad

Submitted by: Bethe Bryant



### Ingredients:

- 1 cup onion, diced small
- 1 cup celery, diced small
- 1 cup green pepper, diced small
- 1 can Mexicorn, drained
- 1 can kidney beans, drained & rinsed
- 1 can peas, drained
- 1 jar pimentos, drained

### Dressing:

- 1/2 cup sugar
- 1/2 cup vinegar
- 1/2 cup oil

### Directions:

- Combine vegetables.
- Boil dressing to dissolve sugar.
- Pour dressing over vegetables and chill until ready to serve.

Note: You may not need all the dressing.

Enjoy!



# Chocolate Chip Pie

Submitted by: Deanna Hammond



## Ingredients:

- 1 stick butter or margarine
- 2 eggs
- 1 cup white sugar
- 1 tsp. vanilla
- 1 cup chocolate chips (I used Hershey's zero sugar)
- 1 cup nuts, chopped
- 1 9-inch unbaked pie shell

## Directions:

- Preheat oven to 325 degrees.
- Melt margarine or butter in a small saucepan and set aside.
- Beat eggs, sugar, and vanilla in a bowl.
- Add chocolate chips and nuts.
- Add margarine and beat well.
- Put in unbaked pie crust.
- Bake for 50 minutes or until done.

Note: One pie will serve 6-8 people.

Enjoy!



# Lemon Sugar Cookies

Submitted by: Billye Watson  
Taken from: Lilluna.com



Enjoy!

## Ingredients: Cookies

- 3/4 cup butter, softened
- 1 cup sugar
- 2 eggs
- 1-1/2 tsp. fresh lemon juice
- 1 Tbsp. lemon zest
- 2-1/2 cups all-purpose flour
- 1/2 tsp. salt

## Lemon Frosting:

- 1/2 cup butter, softened
- 4 cups powdered sugar
- 1 dash salt
- 1 Tbsp. lemon zest
- 2 Tbsp. fresh lemon juice
- 1-2 Tbsp. milk, if needed

## Cookie Instructions:

- Preheat oven to 350 degrees.
- Cream butter and sugar in a large mixing bowl until light yellow. Beat in eggs, lemon juice, and lemon zest until well combined.
- Stir in flour, baking powder, and salt.
- Shape into tablespoon sized balls and place on cookie sheets. Flatten with a glass dipped in sugar. (I had to refrigerate the dough before I could flatten with a glass.)
- Bake at 350 degrees for 9-10 minutes or until barely light brown on the bottom. Remove from oven and let 3-4 minutes on pan, then remove to cooling racks.
- Cool cookies completely and then frost.

## Lemon Frosting Instructions:

- Beat together butter, powdered sugar, salt, lemon zest, and lemon juice until creamy, adding milk if needed.
- If you are piping the frosting, it needs to be thick. If you are just spreading it on, you can add more liquid. (I kept it thick.)



Joy McGinnis,  
FCS Program Assistant

# Quilting Tips

Tips that have been shared with me through the years that I found helpful.

- Watching a YouTube video or doing research is NOT enough. You learn by doing. It is great to know different ways of doing things so you can figure out what works best for you.
- Remember the more you quilt the better you will get at quilting.
- You WILL make mistakes, we all do. The key is to not get discouraged and not give up! It is part of learning.
- Accuracy matters if you want precise beautiful quilts.
- Cutting matters. You don't need every new tool out there, but you will need a sharp rotary cutter, a good cutting mat, and accurate quilting rulers.
- It is critical to press your seams. Always have your iron ready to go, sew and press your seams.
- When making a quilt, always make a test block. This is a great way to use scrap fabric, so you are not wasting your new fabric, OR if you find a great sale, buy several pieces of coordinating fabrics. Every time you start a new quilt or project, make your test block out of the same fabric. Eventually, you will have enough blocks for a sampler quilt!

**HAPPY QUILTING!**



## Community Service Opportunity

Our local National Guard Unit is being deployed in the very near future. We need your help sewing Soldier Pillow Buddies for children whose parents are being deployed. All the materials are provided, we just need some helping hands. We need volunteers willing to: Sew, stuff pillows, iron, pin, etc. You don't have to have sewing skills to help. Please let us know if you can help with this community service project. Our project day will be Wednesday, October 11, 2023 at 10:00 a.m. in the Downstairs Meeting Room.



The Wayne County Extension Office  
will be closed on  
Monday, September 4, 2023  
in observance of Labor Day!

*"Of course, I talk to myself when I sew. Sometimes I need expert advice." - Anonymous*

*Debbie Shepherd*

Debbie Shepherd  
Wayne County Extension Agent  
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DS/vm



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Wayne County Cooperative Extension  
Family and Consumer Sciences



### Cooperative Extension Service

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Disabilities  
accommodated  
with prior notification.





# Quilt in a Day's Blended Braid Quilt by Eleanor Burns

Taught by Laurie Lou Hood, a Certified *Quilt in a Day*® Teacher

This quilt is officially labeled “Easy”, and it is so true! You may coordinate and cut your own fabric strips or start with a precut 2 ½” roll to save time and minimize fabric waste. A bonus advantage, the Quilt in a Day Wedge ruler is the perfect template for cutting your wedge pieces and squares.



Each student will receive the required pattern and wedge ruler in class.

## Checklist of Basic Supplies Needed for Class:

- Sewing machine, power cord and foot pedal.
- ¼” seam foot or your preferred method for achieving an accurate ¼” seam.
- Thread – neutral or to coordinate with your fabrics.
- Rotary mat and sharp rotary cutter.
- Fabric scissors, thread clippers, seam ripper and stiletto.
- Straight pins and fabric clips.
- Iron and pressing mat.

## Fabrics Needed:

**NOTE:** Strips are approx. 42” wide or the width of fabric from the bolt from selvage-to-selvage edge.

A 2 ½” roll is a coordinated set of forty 2 ½” selvage to selvage strips.

Your choice of quilt size...

	Baby Quilt 45” x 50”	Lap Quilt 54” x 78”
2 ½” Roll or 2 ½” Strips	One 2 ½” Roll or (13) 2 ½” Strips	One 2 ½” Roll or (18) 2 ½” strips
Framing Border	½ yard Cut to (12) 1 ¼” strips	½ yard Cut to (12) 1 ¼” strips
2 ½” Squares Lattice	¾ yard Cut to (39) 2 ½” squares and (6) 2 ½” strips	1 1/8 yards Cut to (72) 2 ½” squares and (9) 3 ½” strips
Border	2/3 yard Cut to (5) 4 ½” strips	1 ¼ yards Cut to (6) 6” strips
Binding	½ yard Cut to 3” strips	2/3 yard Cut to (7) 3” strips
Backing	3 yards	4 yards
Batting	52” x 58”	68” x 86”



For Class time

For Completing your Quilt