

## **FREDERICK COUNTY HOMEMAKERS' CREED**

I believe in my home as a place where love, faith, trust and devotion are lived each day and where pleasures and responsibilities are graciously and fully shared. I believe in working together to develop high ideals and to build character worthy of citizenship.

I believe in my home as a place where with the Divine Guidance my family will find peace and contentment with strength and courage for the problems of the day; a place of friendliness and hospitality, rich in abundant living.

I believe as a homemaker I have a responsibility to be alert and diligent, passing on to others in my community any skills or knowledge acquired in my profession. I believe I also have a responsibility to promote good will and world brotherhood; to understand the background and problems of other nations, that peace may prevail upon the earth.

Mrs. Lloyd Church (Ray H) Smith

Jug Bridge Homemakers Club



# **Frederick County Homemakers**

## 2014 Program Book

EDUCATING PEOPLE  
TO  
HELP THEMSELVES

EQUAL OPPORTUNITY PROGRAMS

[dunade.com/fredmdhomemakers](http://dunade.com/fredmdhomemakers)

**TABLE OF CONTENTS**

Pennies for Friendship ----- 1  
Executive Summary/Welcome Letter----- 2  
Local Club Officers & Committees ----- 3  
County Officers ----- 4  
County Committees ----- 5  
Past Presidents ----- 6  
Club Lessons & Dates To Remember ---- 7-13  
Project Instructions ----- 14-15  
Homemakers' Club Roster ----- 16-17  
Frederick County Homemakers' Creed --- back

**SUGGESTED ORDER OF BUSINESS**

- CALL TO ORDER
- OPENING (Creed) (Pledge)
- LESSON OR SPECIAL PROGRAM
- BUSINESS MEETING
  - Roll Call – Introduction of Guests
  - Minutes
  - Treasurer’s Report
  - Committee Reports
  - Project Feature
  - Director’s Report
  - Old Business
  - New Business
- RECREATION

**GOOD MEETINGS:**

- Are planned
- Keep to business at hand
- Are orderly



**GOALS FOR THE HOMEMAKER**

1. To pool your judgment and experience for the progressive improvement of the home and community.
2. To spread information to all people of the community by sharing your experiences and what you have learned with your neighbors and friends.
3. To be conscious of your image and strive to improve it.
4. To become involved in membership building.

**CLUB GOALS**

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**JANUARY 1, 2014 -  
DECEMBER 31, 2014**

**PROGRAM OF  
FREDERICK COUNTY  
HOMEMAKERS' CLUBS**

NAME \_\_\_\_\_

CLUB \_\_\_\_\_

**PENNIES FOR FRIENDSHIP**

Pennies for Friendship is a principal source of income for the ACWW. Clubs desiring to support the ACWW should make checks payable to Frederick County Homemakers' Clubs marked: "PENNIES FOR FRIENDSHIP" and mail to the County Treasurer at the same time as dues are paid.

**Letter from the President**

Ladies,

I have noticed that some of us are more naturally welcoming. I do not include myself in that number. It's hard to remember to ask people to join organizations. I have seen this welcoming in action and I always ask myself why I don't think more often to spread the word about our clubs. All we have to do is tell the people we associate with in church, exercise class or any other class or organization to which we belong, about how much fun we have in our Homemaker Clubs. Describe some of the interesting things and projects we do and spread the word.

We all want our clubs to grow and thrive. So let's make that our goal for this year. One person I know always asks someone who has just retired from working to join us. Those women have proved to be wonderful assets to our clubs. Remember, let us do more inviting and let others know what we are doing.

*Starr Myklebust*, President.

**LOCAL CLUB OFFICERS & COMMITTEES**

PRESIDENT \_\_\_\_\_

VICE PRESIDENT \_\_\_\_\_

SECRETARY \_\_\_\_\_

TREASURER \_\_\_\_\_

PARLIAMENTARIAN \_\_\_\_\_

HISTORIAN \_\_\_\_\_

DIRECTOR \_\_\_\_\_

ANNUAL MEETING \_\_\_\_\_

CRAFTS \_\_\_\_\_

**EDUCATION:**

COMMUNITY PROJECTS \_\_\_\_\_

ENVIRONMENT/PROGRAM \_\_\_\_\_

FAMILY/PROGRAM \_\_\_\_\_

GLOBAL/PROGRAM \_\_\_\_\_

FREDERICK FAIR \_\_\_\_\_

HOLIDAY ACTIVITY \_\_\_\_\_

MEMBERSHIP \_\_\_\_\_

PUBLIC RELATIONS/NEWS COLUMN \_\_\_\_\_

**COUNTY OFFICERS 2014**

**PRESIDENT**

Starr Myklebust 301-898-9222  
10115 Harp Road Pleasant Walk  
Walkersville, MD 21793 [starrm@comcast.net](mailto:starrm@comcast.net)

**PRESIDENT-ELECT**

**1 year term for 2014**

Linda Parker 410-775-7550  
11528 Houck Road Johnsville  
Union Bridge, MD 21791 [ellecreek2003@yahoo.com](mailto:ellecreek2003@yahoo.com)

**VICE PRESIDENT / PROGRAM BOOK/FAIR**

Linda Parker 410-775-7550  
11528 Houck Road Johnsville  
Union Bridge, MD 21791 [ellecreek2003@yahoo.com](mailto:ellecreek2003@yahoo.com)

**PAST PRESIDENT**

**SECRETARY**

Donna Bowles 301-473-8452  
7229 Bowers Rd Gambrill Park  
Frederick, MD 21702 [donnabowles1@comcast.net](mailto:donnabowles1@comcast.net)

**TREASURER**

Joyce Gregory 301-416-7782  
147 Buttercup Drive Mid-Valley  
Hagerstown, MD 21740 [jelaineg70@hotmail.com](mailto:jelaineg70@hotmail.com)

**PARLIAMENTARIAN**

Kathryn Nicodemus 301-845-6622  
Box 335 Pleasant Walk  
Walkersville, MD 21793 [nicsnest52@yahoo.com](mailto:nicsnest52@yahoo.com)

**COUNTY COMMITTEES 2014**

**HISTORIAN**

Elaine Childs 301-834-8247  
3508 Petersville Road Gambrill Park  
Rosemont, MD 21758 [childsel@msn.com](mailto:childsel@msn.com)

**COORDINATOR FOR 4-H**

Jane Smith 301-473-8259  
P.O. Box 547 Jefferson  
Jefferson, MD 21755 [csmith2748@comcast.net](mailto:csmith2748@comcast.net)

**CRAFTS**

Cindy Fuss-Ruwet 410-775-2459  
10204 Fountain School Road Johnsville  
Union Bridge, MD 21791 [simplycindy1@yahoo.com](mailto:simplycindy1@yahoo.com)

**EDUCATION: COMMUNITY PROJECTS**

Sally Miller 410-775-2994  
1510 River Way Drive Pleasant Walk  
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15855 St Anthony Rd. Lewistown  
Thurmont, Md 21788 [rlediger@juno.com](mailto:rlediger@juno.com)

**FAMILY**

**GLOBAL & F.C.E. REPRESENTIVE**

Louise Ediger 301-898-9945  
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Frederick, MD 21701 [rlediger@juno.com](mailto:rlediger@juno.com)

**MEMBERSHIP**

Martha Moser 301-371-6132  
7436 Round Hill Road Gambrill Park  
Frederick, MD 21702 [mcatmoser@aol.com](mailto:mcatmoser@aol.com)

**EDITOR/PUBLIC RELATIONS**

Devra Boesch 301-371-6410  
2402 Station Road Mid-Valley  
Middletown, MD 21769 [fboesch@erols.com](mailto:fboesch@erols.com)

## **PAST & PRESENT COUNTY PRESIDENTS**

### **FREDERICK COUNTY FEDERATION OF RURAL WOMENS CLUBS**

Mrs. A. G. McKinney, Walkersville	1922-1925
Mrs. Maurice Coblentz, Middletown	1926-1928
Mrs. Harry L. Davis, New Market	1929-1932
Mrs. Thomas P. Culler, Ballenger	1933-1936
Mrs. E. Earl Remsberg, Buckeystown	1937-1938
Mrs. Elmer Michael, Adamstown	1939-1940
Mrs. J. Homer Remsberg, Middletown	1941-1942
Mrs. Roy Crum, Jug Bridge	1943-1944

### **RURAL HOMEMAKERS' OF FREDERICK COUNTY**

Mrs. Mehrl Ramsburg, Lewistown	1945-1946
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### **FREDERICK COUNTY COUNCIL OF HOMEMAKERS' CLUBS**

Mrs. Luther Remsberg, Jefferson	1947-1949
Mrs. J. Arthur Summers, Braddock	1950-1951
Mrs. Edward F. Holter, Middletown	1952-1953
Mrs. Ray Smith, Jug Bridge	1954-1955
Mrs. Paul Willard, Frederick City	1956-1957
Mrs. Millard Eiler, Johnsville	1958-1959
Mrs. Russell Dudrow, Ballenger	1960-1961
Mrs. J. Vernon Coblentz, Middletown	1962-1963
Mrs. Austin Kemp, Gambrill Park	1964-1965
Mrs. Kenneth Bullivant, Myersville	1966-1967

### **FREDERICK COUNTY COUNCIL OF EXTENSION HOMEMAKERS' CLUBS**

Mrs. George Chick, Merryland Tract	1968-1969
Mrs. Lewis Martz, Lewistown	1970-1972
Mrs. Charles Nicodemus, Walkersville	1973-1974
Mrs. C. Thomas Ford, Monocacy Village	1975-1976
Mrs. Rena Dorrell, (William), Frederick City	1977-1978
Mrs. Betty Thompson, (John), New Market	1979-1980
Mrs. Frances Ahalt, (Richard), Middletown	1981-1982
Mrs. Dorothy Dudrow, (Lester), Buckeystown	1983-1984
Mrs. Betty Falkenstein, (Robert), Myersville	1985-1986
Mrs. Shirley Zimmerman, (Trego), Walkersville	1987-1988
Mrs. Eurath Ann Selckman, (August), Urbana	1989-1990
Mrs. Barbara Lowery, (William), Mid-Valley	1991-1992
Mrs. Ruth Spurrier, (Paul), Johnsville	1993-1994
Mrs. Louise Ediger, (Raymond), Lewistown	1995-1996
Mrs. Eurath Ann Selckman, (August), Urbana	1997-1998

### **FREDERICK COUNTY HOMEMAKERS' CLUBS**

Mrs. Ellen Bartlett, (Roscoe), Buckeystown	1999-2000
Mrs. Helen Sheppard, (Bruce), Walkersville	2001-2002
Mrs. Johanna Stull, (Paul), Walkersville	2003-2004
Mrs. Martha Moser, (Austin), Gambrill Park	2005-2006
Mrs. Michelle Close, (Gerald), Urbana	2007-2008
Mrs. Elaine Childs, (Wm Philip), Gambrill Park	2009-2010
Mrs. Elizabeth (Libby) Wade, (Dennis), Urbana	2011-2012
Mrs. Starr Myklebust, (Robert), Pleasant Walk	2013-2014

## ***DATES TO REMEMBER 2014***

### **ANNUAL MEETING 2014**

**Hosted by:**

**Date:** April 2014

**Place:** TBA

**Program:** The ARC of Frederick County

### **SEPTEMBER BOARD MEETING**

**Date:** September 9, 2014 -- starting at 10:00 a.m.

**Place:** 4-H CAMP CENTER

**Program:** Community Foundation (What is it-What does it do?)

**Lunch:** Bring a dish and your place setting

**Kitchen:**

**Auction:** Bring an auction item

### **HOMEMAKER DEMONSTRATIONS AT THE GREAT FREDERICK FAIR**

**Date:** Monday, September 15 – Friday, September 19, 2014

### **HOLIDAY ACTIVITY 2014**

**Club:**

**Date:** To be determined

**Place:** To be determined

### **UNIVERSITY OF MARYLAND EXTENSION, FREDERICK COUNTY**

330 MONTEVUE LANE,  
FREDERICK, MD 21702

**OFFICE HOURS: 8:00 A.M. - 4:30 P.M., MONDAY - FRIDAY**  
Linda Smith, 301-600-1599, Administrative Assistant, Family &  
Consumer Sciences, Nancy Lewis, 301-600-1598, Faculty  
Extension Assistant, Deborah Rhoades, 301-600-3573, Faculty  
Extension Assistant

**CLUB MEETING SCHEDULE**

**JANUARY, 2014**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: CLUB CHOICE

**FEBRUARY, 2014**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: **What Kind of Vitamins Should I Take? Susan Hirsch, Common Market**

**MARCH, 2014**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: **Scams – Police**

**CLUB MEETING SCHEDULE**

**APRIL, 2014**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: **Can, Freeze, or Dry? What's Best!**

**MAY, 2014**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: **Working Together to Get Things Done, Martha Moser**

**JUNE, 2014**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: CLUB CHOICE

## CLUB MEETING SCHEDULE

**JULY, 2014**

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: CLUB CHOICE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## CLUB MEETING SCHEDULE

**OCTOBER, 2014**

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: **Cake Mix Magic, Helen Sheppard**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**AUGUST, 2014**

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: CLUB CHOICE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**NOVEMBER, 2014**

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: **What's Behind the Scenes at Wegman's**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**SEPTEMBER, 2014**

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: FALL BOARD MEETING AT 4H CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**DECEMBER, 2014**

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: CLUB CHOICE, **Annual Christmas Party**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## DATES TO REMEMBER

**I believe as a homemaker, I have a responsibility to pass on to others in my community any skills or knowledge acquired in my profession.**

**JAN. 1** – New Year’s Day Observed, Extension Office Closed

**JAN. 7** - Executive Committee Meeting, 9:30-10:00, Extension Office

**JAN. 7** - Board of Directors' Meeting, 10:00-Noon, Extension Office.

**JAN. 20**- Martin Luther King Day, Extension Office Closed

**FEB. 4** - **Lesson Training**, 1-3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **What Kind of Vitamins Should I Take?**

**Susan Hirsch, Common Market**

**FEB. 17** - Presidents' Day, Extension Office Closed

**MAR. 4**- Executive Committee Meeting, 9:30-10:00, Extension Office

**MAR. 4** - Board of Directors' Meeting, 10:00-Noon, Extension Office.

**MAR. 4** – **Lesson Training**, 1-3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **Scams – Police**

**MAR. 18** – Good Friday, Happy Easter! Extension Office Closed

**APR. 1** - **Lesson Training**, 1-3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **Can, Freeze, or Dry? What’s Best!**

**APR.** - ANNUAL MEETING 2014, 10 am -2pm

Hosted by:

Place: **TBA**

Program: The ARC of Frederick County

**MAY 6**- Executive Committee Meeting, 9:30 -10:00, Extension Office

**MAY 6**- Board of Directors' Meeting, 10:00-Noon, Extension Office

**MAY 6**- **Lesson Training**, 1 -3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **Working Together to Get Things Done, Martha Moser**

**MAY 26** - Memorial Day Observed, Extension Office Closed

**JUNE 14** - Flag Day

**JULY 4** - Independence Day Observed Extension Office Closed

## DATES TO REMEMBER

**JULY 17-20** – 2014 FCE National Conference, Tucson, Arizona

**SEPT 1** - Labor Day, Extension Office Closed

**SEPT 2** -Executive Committee Meeting, 10:00-Noon, Extension Office

**SEPT 9** -Board of Directors' Meeting 10:00 am-4H Camp Center

All members welcome! Covered Dish

Everyone bring a dish, your place setting & an auction item

Community Foundation, (What is it-What does it do?)

**SEPT 15-19** –Demonstrations at Frederick Fair, Monday – Friday.

**SEPT 25-27** - 74th General Meeting, Country Women’s Council

USA and ACWW USA Area Meeting, Holiday Inn Manitowoc,

Manitowoc, Wisconsin

**OCT 13-14** – Maryland FCE State Conference-

Carroll County, Westminster, MD

**OCT 12-18**–FCE Week –2nd full week in October

**OCT 7** - **Lesson Training**, 1 -3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **Cake Mix Magic, Helen Sheppard**

**OCT 13** - Columbus Day, Extension Office Closed

**NOV 4** - Executive Committee Meeting, 9:30-10:00, Extension Office

**NOV 4** - Board of Directors' Meeting, 10:00-Noon, Extension Office

**NOV 4**-**Lesson Training**, 1-3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **What’s Behind the Scenes at Wegman’s**

**NOV 11** - Veteran's Day Observed, Extension Office Closed

**NOV 27 - 28** - Thanksgiving, Extension Office Closed

**DEC** - HOLIDAY ACTIVITY 2014

Hosted by -

**DEC. 24 - 31** – Christmas Observed, Extension Office Closed



## CANCER CAP BY SHARON ROBINSON

**CROCHET** – G Hook if you crochet loosely

Ch4; sl st to form circle; ch 3

Rnd 1: 12 DC in cir; sl st to top of ch 3; ch 3

Rnd 2: 2 DC in each st; sl st to top of ch 3; ch 3

Rnd 3: \*2 DC in 1<sup>st</sup> st, 1 DC in next st (Repeat from \* around) sl st to top of ch 3; ch 3

Rnd 4: Repeat Round 3

Rnd 5: \*2 DC in 1<sup>st</sup> st; 1 DC in each of next 6 st; (Repeat around till the end) DC in last 4 st; sl st to top of ch 3; ch 3

Rnd 6-11: 1 DC in each st; sl st to top of ch 3; ch 3

Rnd 12: Front post in 1<sup>st</sup> st; Back post in 2<sup>nd</sup> st (Repeat around to form ribbing), sl st in top of ch 3; fasten off, weave to end.

**Acceptable colors:** Tans, Brown, pretty colors for women

## ADULT CAP

**KNIT** - 4 ply knitting worsted weight yarn, size 10 needles

Cast on 76 stitches LOOSELY

K2 P2 until piece measures 6 inches

Next Row – K2 together across Nest Row – Knit across

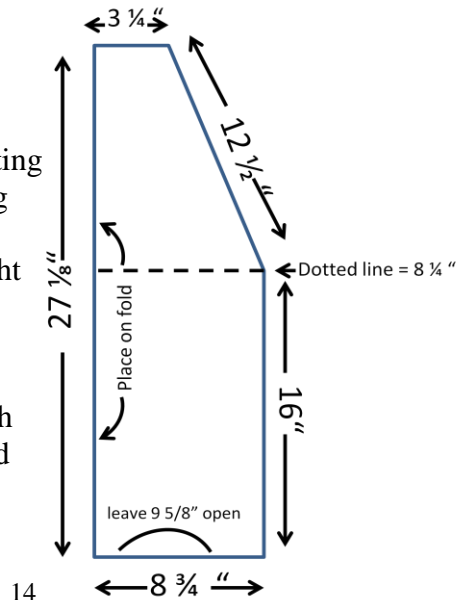
Nest Row – K2 together

Continue in this manner until 5 stitches remain

Thread yarn through remaining stitches and sew back seam

## Tuckable Napkin

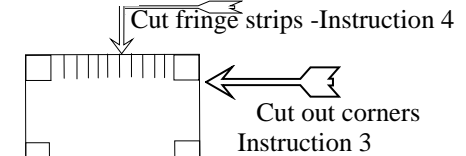
Cut out 2 of the same or coordinating fabrics, being careful to place long straight edge on the fold. Open up the pieces and lay right side to right side and stitch together leaving a 9 5/8" opening at the bottom for turning the sewn together pieces to right side. Press edges and stitch around finished edges with opened bottom shut and pressed. If you can, use prewashed fabric.



## ONGOING HOMEMAKERS PROJECTS

### No-Sew Fleece Throw (Lap Robe)

Cut 2 pieces of Fleece 48" x 60". Same color or coordinating fleece patterns. Place fleece layers wrong sides together. Cut 6" x 6" squares out of both pieces of fleece at each corner. (cut both layers at same time. To make fringe, cut 6" into fleece at 1 1/2" intervals around all 4 sides of both layers. Knot fringe pieces together, using 1 strand from top layer & one strand from bottom. You can buy the fleece by the yard or Joann Fabric sells kits for the "No Sew Fleece Throw." Be sure to use their Coupons.



### Walker Caddie

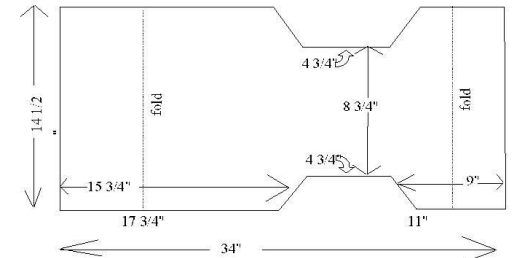
Material: Medium to heavy, reversible and washable fabrics are work best. Ex. Denims, drapery fabrics, etc. If using lightweight fabric, cut two pieces and sew together like a pillowcase.

Cutting: Half inch (1/2) seam allowance is used.

Cut 14 1/2" x 34" on the crosswise or lengthwise grain of the fabric. DO NOT CUT ON BIAS.

Cut an indentation as shown in diagram. (This area goes over the hand bar of the walker)

Sewing: If using a single layer of fabric, hem the ends (becomes the edge of the pockets) or cover them with seam binding. There are two ways to complete the caddie. One; fold the pockets to the right side and bind all of the raw edges with seam tape. Two; fold pocket to wrong side, stitch only the sides of the pockets and turn the pocket to the right side (raw seam will be inside the pocket). Then bind the indentation or turn the edges in and overcast stitch. Divide the pocket sections by stitching halfway across from the bottom of the pocket to the top edge of the pocket. The sides of the pocket may need to be top-stitched. The pocket could be divided into thirds if the recipients have small hands. Finish by sewing Velcro in the area at the base of the indentation. Delivering: Enjoy lighting up life of users. Tuck a small pack of Kleenex in pocket if you are personally delivering to individual.



### EASY KNITTED BABY CAP

Use size 6 or 7 needles. Cast on 48 Stitches. Knit 5 Rows.

Knit 1 Row, Purl 1 Row for 4 inches. End with a Purl Row.

Knit 2 together next Row. Purl 2 together next Row.

Knit 2 together next 2 Rows, leaving 3 or 4 stitches. Using a large needle, pull yarn through last stitches. Sew seam together with yarn

### BABY BLANKETS

18" x 18" – crocheted, knitted, or made with material. Must be Washable.

<b><u>CLUB</u></b>	<b><u>PRESIDENT</u></b>
GAMBRILL PARK 4th Tuesday, 11:30 AM	MARTHA MOSER 7436 Round Hill Rd Frederick, MD 21702 301-371-6132 <a href="mailto:mcatmoser@aol.com">mcatmoser@aol.com</a>
GATHLAND 2 <sup>nd</sup> Thursday, 11:00 AM	JANE LIEBERMAN 3895 Shadywood Drive Jefferson, MD 21755 301-473-7895 <a href="mailto:jane.lieberman@comcast.net">jane.lieberman@comcast.net</a>
GLADE VALLEY 2 <sup>nd</sup> Thursday, 7:30 PM	CHERYL HICKLE 208 N Main Street Woodsboro, MD 21798 240 422-5230 - Cell phone <a href="mailto:cah12ret@gmail.com">cah12ret@gmail.com</a>
JEFFERSON 2nd Thursday, 1:00 PM	SAMMIE HAYAS 2392 Broadrun Ct Jefferson, MD 21755 301-371-7785 <a href="mailto:sjbhayas@comcast.net">sjbhayas@comcast.net</a>
JOHNSVILLE 3rd Monday, 1:00 PM	CINDY RUWET 10204 Fountain School Rd Union Bridge, MD 21791 410-775-2459 <a href="mailto:simplycindy1@yahoo.com">simplycindy1@yahoo.com</a>
LEWISTOWN 3rd Wednesday, 7:30 PM	CASSANDRA CORRIDON (Sandy) 116 East Third Street Frederick, MD 21701 301-694-6801 <a href="mailto:Corridon@umd.edu">Corridon@umd.edu</a>

<b><u>CLUB</u></b>	<b><u>PRESIDENT</u></b>
MERRYLAND TRACT 3rd Thursday, 12:00 PM	DIANNE BOWERS 3246 Jefferson Pike Jefferson, MD 21755 301-834-8577
MID-VALLEY 1st Wednesday, 12:00 PM	DEVRA BOESCH 2402 Station Road Middletown, MD 21769 301-371-6410 <a href="mailto:fboesch@erols.com">fboesch@erols.com</a>
PLEASANT WALK 3rd Monday, 12:00 PM	GWEN GRANT 6908 Bonnie Ridge Dr #202 Baltimore, MD 21209 240-446-1081 <a href="mailto:lgwg44@juno.com">lgwg44@juno.com</a>
URBANA 3rd Tuesday, 10:00 AM	DEBBIE MELTON 9117 John Simmons St Frederick, MD 21704 301-831-1359 <a href="mailto:dmmelton@aol.com">dmmelton@aol.com</a>