

## **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**

## 2016 Program Book

EDUCATING PEOPLE  
TO  
HELP THEMSELVES

EQUAL OPPORTUNITY PROGRAMS

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

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**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, 2016 -  
DECEMBER 31, 2016**

**PROGRAM OF  
FREDERICK COUNTY  
HOMEMAKERS' CLUBS**

NAME \_\_\_\_\_

CLUB \_\_\_\_\_

**PENNIES FOR FRIENDSHIP**

Pennies for Friendship is a principal source of income for the Associated Country Women of the World (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,

Thanks to all our great members, we have had a wonderful year and we look forward to an even greater year in 2016. Let's look forward to more members, projects, demonstrations at the Fair, parties, picnics, meetings and fun and fellowship. Good times are good for our health. Remember the saying- "laughter is the best medicine." We will continue and complete a century of Homemaking in what? 6 years. It doesn't seem that long.

My wish for all Homemakers is peace and prosperity. Our programs are educational and helpful in practical ways. Our activities are entertaining and hopefully will lead to a better life.

I am looking forward to the next year working with you all. We all want our clubs to thrive so let us make that our goal. This year we have great programs to enjoy and learn from. Don't forget to save books for the fair.

Thank you again and may God bless you all real good.

*Linda Parker*, 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 \_\_\_\_\_

SUN SHINE \_\_\_\_\_

**COUNTY OFFICERS 2016**

**PRESIDENT**

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

**PRESIDENT-ELECT**

**1 year term for 2016**

**VICE PRESIDENT / PROGRAM BOOK/FAIR**

**PAST PRESIDENT**

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

**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 2016**

**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**

Emily Sines 301-898-7951  
7707 McKaig Road Pleasant Walk  
Frederick, MD 21701 [emilysines@comcast.net](mailto:emilysines@comcast.net)

**ENVIRONMENT**

Phylis Heuerman 301-304-0665  
2515 Homewood Drive Pleasant Walk  
Frederick, MD 21702 [pgheuerman@gmail.com](mailto:pgheuerman@gmail.com)

**FAMILY**

Stella Tyler 240-938-6770  
580 Cotswold Court Gambrill Park  
Frederick, MD 21702 [sctyler2@comcast.net](mailto:sctyler2@comcast.net)

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

Louise Ediger 301-898-9945  
10521 Old Frederick Road Lewistown  
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)

**NEWSPAPER COLUMN**

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
Mrs. Linda Parker (Stewart), Johnsville	2015-2016

## *DATES TO REMEMBER 2016*

### **ANNUAL MEETING 2016**

**Hosted by:** Jefferson

**Date:** April 22, 2016

**Place:** Jefferson Ruritan Hall

**Program:** India ACWW, Jeanne Purich, MDAFCE

### **SEPTEMBER BOARD MEETING**

**Date:** September 13, 2016 -- starting at 10:00 a.m.

**Place:** 4-H CAMP CENTER

**Program:** Frederick County's Gravel Roads and  
the Rural Roads Program, Susan Hanson

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

**Kitchen:** Urbana

**Auction:** Bring a sale item

### **HOMEMAKER DEMONSTRATIONS**

#### **AT THE GREAT FREDERICK FAIR**

**Date:** Monday, September 19 – Friday, September 23, 2016

### **HOLIDAY ACTIVITY 2016**

**Club:** Pleasant Walk

**Date:** December 6, 2016

**Place:** TBD

**Theme:** TBD

### **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, Deborah Rhoades, 301-600-3573, Faculty  
Extension Assistant

**CLUB MEETING SCHEDULE**

**JANUARY, 2016**

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**

**APRIL, 2016**

DATE \_\_\_\_\_

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

HOSTESS \_\_\_\_\_

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

TOPIC \_\_\_\_\_

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

LESSON TRAINING: **Spring Garden Tips, Phylis Heurman**

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

**FEBRUARY, 2016**

DATE \_\_\_\_\_

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

HOSTESS \_\_\_\_\_

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

TOPIC \_\_\_\_\_

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

LESSON TRAINING: **FCE Hearth Fire Computer Safety, Jamaal Rashad**

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					

**MAY, 2016**

DATE \_\_\_\_\_

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

HOSTESS \_\_\_\_\_

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

TOPIC \_\_\_\_\_

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

LESSON TRAINING: **Crafts, Cindy Ruwet and Joyce Gregory**

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				

**MARCH, 2016**

DATE \_\_\_\_\_

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

HOSTESS \_\_\_\_\_

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

TOPIC \_\_\_\_\_

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

LESSON TRAINING: **Down Sizing, Donna Eichel**

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		

**JUNE, 2016**

DATE \_\_\_\_\_

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

HOSTESS \_\_\_\_\_

TOPIC \_\_\_\_\_

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

LESSON TRAINING: CLUB CHOICE OR PICNIC

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		

**CLUB MEETING SCHEDULE**

**JULY, 2016**

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, 2016**

DATE \_\_\_\_\_

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

HOSTESS \_\_\_\_\_

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

TOPIC \_\_\_\_\_

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

LESSON TRAINING: **Ghosts in Mt. Olivet Cemetery, Chris  
Hawn**

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, 2016**

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, 2016**

DATE \_\_\_\_\_

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

HOSTESS \_\_\_\_\_

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

TOPIC \_\_\_\_\_

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

LESSON TRAINING: **Party Foods and Holiday Entertaining,  
Michelle Close**

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, 2016**

DATE \_\_\_\_\_

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

HOSTESS \_\_\_\_\_

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

TOPIC \_\_\_\_\_

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

LESSON TRAINING: FALL BOARD MEETING AT 4H  
CENTER, **Frederick County's Gravel Roads and the Rural  
Roads Program, Susan Hanson**

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, 2016**

DATE \_\_\_\_\_

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

HOSTESS \_\_\_\_\_

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

TOPIC \_\_\_\_\_

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

LESSON TRAINING: CLUB CHOICE, **Christmas Holiday  
Program**

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 in my home as a place where with the Divine Guidance my family will find peace and contentment.**

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

**JAN. 5** - Executive Committee Meeting, 9:30-10:00, Extension Office

**JAN. 5** - Board of Directors' Meeting, 10:00-Noon, Extension Office.

**JAN. 18**- Martin Luther King Day, Extension Office Closed

**FEB. 2** - **Lesson Training**, 1-3 PM, Extension Office

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

Topic: **FCE Hearth Fire Computer Safety,**  
**Jamaal Rashad**

**FEB. 15** - Presidents' Day

**MAR. 1**- Executive Committee Meeting, 9:30-10:00, Extension Office

**MAR. 1** - Board of Directors' Meeting, 10:00-Noon, Extension Office.

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

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

Topic: **Down Sizing, Donna Eichel**

**MAR. 25** – Good Friday, Happy Easter!

**APR. 5** - **Lesson Training**, 1-3 PM, Extension Office

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

Topic: **Spring Garden Tips, Phylis Heuerman**

**APR. 22** - ANNUAL MEETING 2016, 10 am -2pm

Hosted by: Jefferson

Place: Jefferson Ruritan Hall

Program: India ACWW, Jeanne Purich, MDAFCE

**MAY 3**- Executive Committee Meeting, 9:30 -10:00, Extension Office

**MAY 3**- Board of Directors' Meeting, 10:00-Noon, Extension Office

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

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

Topic: **Crafts, Cindy Ruwet and Joyce Gregory**

**MAY 30** - Memorial Day Observed, Extension Office Closed

**JUNE 14** - Flag Day

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

## DATES TO REMEMBER

**JULY 14-17** – 2016 FCE National Conference, Memphis, Tennessee

**AUG 17-23** - 28th ACWW Triennial World Conference  
Warwick Conference Park at the University of Warwick  
Coventry, England

**SEPT 5** - Labor Day, Extension Office Closed

**SEPT 6** -Executive Committee Meeting, 10:00-Noon, Extension Office

**SEPT 13** -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

Frederick County’s Gravel Roads and the Rural Roads

Program, Susan Hanson

**SEPT 19-23** –Demonstrations at Frederick Fair, Monday – Friday.

**OCT - NOV** – Maryland FCE State Conference, Frederick, MD

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

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

Topic: **Ghosts in Mt. Olivet Cemetery, Chris Hawn**

**OCT 9-15**–FCE Week –2nd full week in October

**OCT 10** - Columbus Day, Extension Office Closed

**NOV 1** - Executive Committee Meeting, 9:30-10:00, Extension Office

**NOV 1** - Board of Directors' Meeting, 10:00-Noon, Extension Office

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

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

Topic: **Party Foods and Holiday Entertaining, Michelle Close**

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

**NOV 24 - 25** - Thanksgiving, Extension Office Closed

**DEC 6** - HOLIDAY ACTIVITY 2016

Hosted by – Pleasant Walk

Theme: TBD

**DEC. 24 – Jan 2** – 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

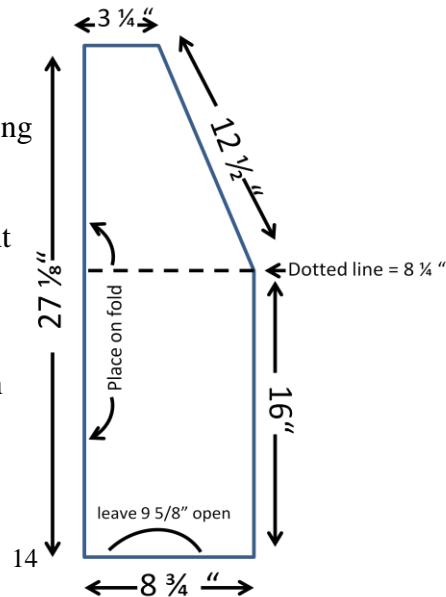
Nest Row – K2 together

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.

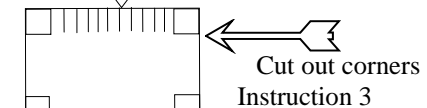


## ONGOING HOMEMAKERS PROJECTS

### 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.

Cut fringe strips -Instruction 4



### 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.

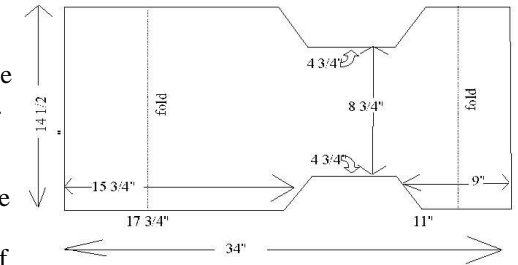
Knit 1 Row, Purl 1 Row for 4 inches. End with a Purl Row.

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>CLUB</b>	<b>PRESIDENT</b>
GAMBRILL PARK 4th Tuesday, 11:30 AM	JEANETTE JOHNSON 75278 Old Receiver Rd Frederick, MD 21702 240-490-7438 <a href="mailto:jeanettejohnson@comcast.net">jeanettejohnson@comcast.net</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, 11:00 AM	BONNIE LEINS 15 Fulton Ave Walkersville, MD 21793 301-845-6057 <a href="mailto:angelfella@comcast.net">angelfella@comcast.net</a> VIVIAN MARTIN 9505 Appols Rd Rocky Ridge, MD 21778 301-271-7858 <a href="mailto:vmartin@msmary.edu">vmartin@msmary.edu</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	Heather Fitzgerald 17210 Bollinger School Road Emmitsburg, MD 21727 410-756-5850 <a href="mailto:heatherfamily71@gmail.com">heatherfamily71@gmail.com</a>

<b>CLUB</b>	<b>PRESIDENT</b>
MID-VALLEY 1st Wednesday, 12:00 PM	DAWN NELSON 12529 Loy Wolfe Road Myersville, MD 21773 301-606-1389 <a href="mailto:nelsondawn@comcast.net">nelsondawn@comcast.net</a>
PLEASANT WALK 3rd Monday, 12:00 PM	Phylis Heuerman 2515 Homewood Drive Frederick, MD 21702 301-304-0665 <a href="mailto:pgheuerman@gmail.com">pgheuerman@gmail.com</a>
URBANA 3rd Tuesday, 10:00 AM	LIBBY WADE 6711 Sage Court Adamstown, MD 21710 301-831-8661 <a href="mailto:dunade@aol.com">dunade@aol.com</a>