

Bedford County Women Hold Craft Fair

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EVERETT (Bedford Co.) — Homemakers from Centerville took center stage at the luncheon/craft exhibit held recently in Everett.

Sharing her skills and knowledge of creating "something from nothing," was Faun Howsare, president of the Centerville group of homemakers.

Hits of the day included a "quillow," a pillow in a quilt; "snow people," made from left over plastic pipe; a dried apple hanger and a

cinnamon stick candle. Directions for each are as follows:

Snow People
Plastic pipe 4x6 inches
Batting
Sequins (large snowflakes, heart for mouth, black for eyebrows)
Ribbon (red for girl, black for boy) 19½ inches, 6 inches for a bow.
Flowers
Red pompom for nose
Large pompom for top of hat
Red felt (1½ x2 ½) for hands (mittens)
Rubber bands

Black felt for boys bow tie 3½ x2½ inches.

Hat, turn up two inches, sew seam. On wrong side, fasten top together with rubber band, twist as tight as possible. Turn hat right side out, put ribbon around hat above part that is turned up, glue in place, glue small bow and snowflake on.

Tie, trim ends in slight V shape, carefully separate batting to make 2 sections. Pinch together in center, tie with string to hold.

Sleeves (arms) turn up one narrow edge-fold lengthwise in 3 folds, glue, pin if needed, lay aside until needed.

Coat, turn up bottom 2 inches, sew back together, turn so turned up section is on outside.

Head, Roll batting until it measures about 15 or 16 inches around, fasten both ends with rubber bands, twist tight.

Body, Wrap plastic pipe with batting, tuck edges in one end of pipe. Place head into other end, push batting from top edge of pipe in around the head.

Put coat on body, put rubber band around neck. Glue coat, front section in center, tuck top edge under rubber band, roll bottom to the top of turned up section. Glue and straighten pin to hold in place. Put arms on sides, tuck top edges under rubber band, glue to sides,

(pin if necessary), glue mittens into holes at bottom of arms.

Fold collar in half (long wise) wrap around neck to cover rubber band, fasten in front. Glue on eyes, eyebrows, nose, mouth.

For boy use black bow tie instead of flower.

Dried Apple Hanger

9-sliced apples
1 cinnamon stick (6 inches)
Sturdy cardboard 12"x1½"
18 inches of ribbon

Slice apples crosswise and bake in oven for six hours at 150 degrees.

(Old terrycloth towels on racks under the apples absorbs the moisture from the apples)

Remove apples from oven and cool.

Place a cookie sheet on top of them while they are still hot and let this remain on them to prevent curling.

Arrange slices on cardboard and hot glue in place.

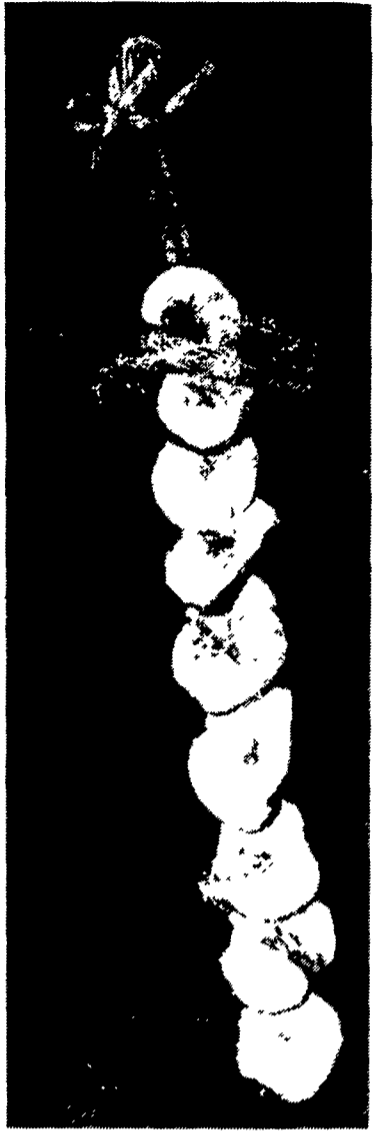
Hot glue cinnamon sticks to the top. A loop of ribbon on the top will give you a hanger.

Cinnamon Stick Candles

Glue long cinnamon sticks around a can (any size you prefer). Add a big bow and set your candle on top of the can. Very easy but quite festive.



Cinnamon sticks, a candle, and bow plus your own desired finishing touches are all it takes to create this decoration or gift.



A dried apple hanger is fashioned easily with around the house items.

Pillow In A Quilt

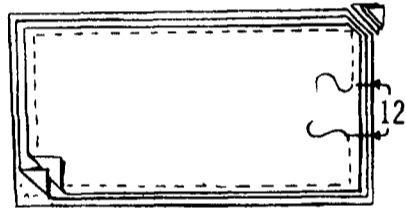
Supplies needed: Three yards each of two fabrics at least 45" wide. One piece of polyester batting 45x72; one piece of polyester batting 18" square.

For Pillow Pocket: Cut one 18" square each of fabric A and B (see sketch).

Cut one 18" square of polyester batting.

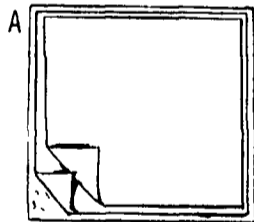
For Quilt: Cut one 45"x72" piece of fabric A and fabric B.

Cut one 45"x72" piece of polyester batting.



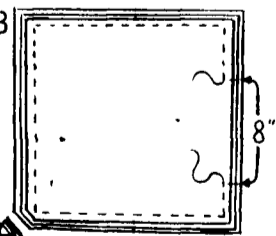
Prepare Quilt: With right sides together pin fabric A and fabric B quilt sections together having raw edges even. Pin batting to wrong side of fabric B, having raw edges even.

Stitch together in ½" seam, leaving a 12" opening in one long edge to turn; back-stitch at opening to reinforce. Trim corners. Turn quilt right side out; press lightly. Turn under ½" on opening edges; slip stitch opening closed.

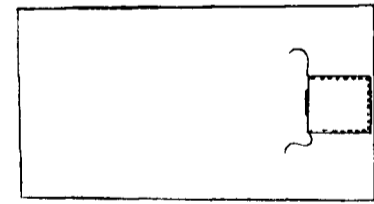


Preparing Pillow Pocket: With right sides together, pin fabric A and fabric B pillow square together having raw edges even. Pin batting to wrong side of fabric B, having raw edges even.

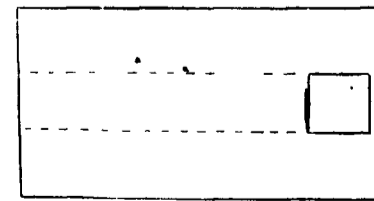
Stitch together in ½" seam, leaving an 8" opening in the center of one edge to turn; backstitch at opening to reinforce. Trim corners.



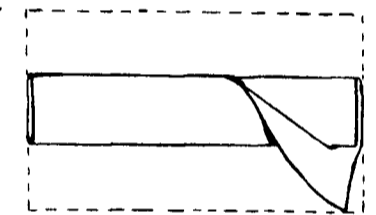
Turn pocket right side out; press lightly. Turn under ½" on opening edges; slip-stitch opening closed.



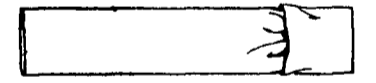
Attach Pocket to Quilt: Mark the center of one edge of pocket and one short end of quilt. With fabric B facing up (both pocket and pillow) place pocket on quilt matching center marking. Machine stitch ¼" from edges of pocket, leaving inner most edge open; back stitch at inner corners to reinforce.



Quilting: Mark two straight quilting lines from inner edge of pocket to opposite end of quilt. Keeping all thicknesses of quilt smooth, machine or hand stitch along marked lines of fabric print or using embroidery floss tie small knots through all thicknesses, evenly spaced apart.



Folding Quilt into Pocket: On a flat surface, place quilt with pocket side down. Fold quilt into thirds, overlapping long edges.



Turn pocket over end of quilt.



Fold remaining end of quilt into thirds and continue folding into the pocket, forming pillow.

Give Mayonnaise A Break

Fat-free mayonnaise, that is. Fat-free mayo, which has a texture quite similar to the regular product, is made primarily of thickeners, such as cellulose, maltodextrin, gums and starch, all safe ingredients. The fat-free variety contains no oil and usually uses egg white instead of yolk. It's usually wrong, also, to blame mayonnaise for food poisoning. Commercially prepared mayonnaise contains vinegar or lemon juice, ingredients that are acidic enough to inhibit some bacterial growth. It's not the mayo that causes food poisoning, but the foods that are mixed with it, such as chopped eggs, potato or tuna, that are likely to spoil when left out in warm weather.



Faun Howsare displays a quillow. "These make great and useful gifts for the holidays," Faun says.