

Calico Cheese Dip

4 cups (16 ounces) shredded Monterey Jack cheese
1 (4 ounce) can chopped green chilies
1 (2 1/4 ounce) can sliced ripe olives, drained
4 green onions, sliced
3 medium tomatoes, seeded and diced
1/2 cup minced fresh parsley
1 envelope Italian salad dressing mix
Tortilla chips

In a mixing bowl, combine the cheese, chilies, olives, onions, tomatoes and parsley. Prepare salad dressing mix according to package directions; pour over cheese mixture and mix well. Serve immediately with tortilla chips. Yield: 6 cups.



Programs in agriculture and natural resources,
4-H youth development, family and consumer sciences,
and resource development.

University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

**Bedford County
Family and Community
Education Clubs**

September 2011

Simply Scones

What is a scone?

How do you make them?

How do you eat them?

Recipe:

Classic Cream Scones

2 cups all-purpose flour

1/4 cup granulated sugar

2 teaspoons baking powder

1/8 teaspoon salt

1/3 cup unsalted butter, chilled

1/2 cup heavy (whipping) cream

1 large egg

1 1/2 teaspoons vanilla extract

1 egg mixed with 1 teaspoon water for glaze (optional)

Preheat oven to 425 degrees. Lightly butter a baking sheet. In a large bowl, stir together the flour, sugar, baking powder and salt. Cut the butter into 1/2" cubes and distribute them over the flour mixture. With a pastry blender, cut in the butter until the mixture resembles coarse crumbs. In a small bowl, stir together the cream, egg and vanilla. Add the cream mixture to the flour mixture and stir until combined. With lightly floured hands, pat the dough into a 1/2" thickness on a lightly floured cutting board. Using a floured 2 1/2" round biscuit cutter or a glass, cut out rounds from the dough and place them on the prepared baking sheet. Lightly brush the tops of the scones with the egg mixture. Bake for 13-15 minutes or until lightly browned. Remove from the oven and cool for 5 minutes. Using a spatula, transfer the scones to a wire rack to cool. Serve warm or cool completely and store in an airtight container. Makes about 14 scones.

Tips for Peroxide

Peroxide dilution chart for mixing 35% hydrogen peroxide with water to get 3% hydrogen peroxide.

Use this amount of 35% hydrogen peroxide	And this amount of water	To make this amount of 3% hydrogen peroxide
1 part	11 parts	12 parts
1 1/4 cups	14 3/4 cups	1 gallon (16 cups)
1 1/4 tablespoons	3/4 cup + 2 3/4 tablespoons	1 cup (16 tablespoons)
1/4 cup + 1 tablespoon	3 1/2 cups + 3 tablespoons	1 quart (4 cups)

Decorative Bows

Butler's Creek Club Freddie Edwards

Fabric Flower Pin

Deason Vannatta Club Marie Spence

Mission Trip to Ensenada, Mexico

Fairview Club Carolyn Jones

Disappearing Nine Patch Quilt

Flat Creek Club Cecelia Dougan

Creative Pumpkins

Friends and Family Club Kathy Lamb

Glass Etching

Liberty Club Mary Pylant

Sourdough Bread

Normandy Club Maurine Dement

Ribbon Key Fobs

Pleasant Grove Club Sherry Brown

Faux Oil Painting

Shelbyville Club Helen Williams

Placemat Notebooks

Southside Club Frances Hayes and Lynda Phillips

Tips for Peroxide

Sulphur Springs Club Betty Jane Weitz

Simply Scones

Town and Country Club Jane Lile

Calico Cheese Dip

Unionville Club Sandy Beasley King and Juanita Adcock

Beaded Jewelry

Wheel Club Teresa Wilburn

Decorative Bows

Supplies:

Ribbon
Floral wire, 26 or 28 gauge
Wire cutters or old scissors
Pliers

Directions:

Reel off a length of ribbon depending on the size of bow you want to make. Make a loop and pleat the end you are holding in your hand. Keep the pleats tight in your hand. Turn your ribbon (if it has a right and wrong side) as you fold the next loop over it. Pleat it in the center over the one in your hand. The trick is holding these pleats tightly and pleating each layer individually. Continue twisting to layer the loops until your bow looks full. Lay a piece of wire across your tightly held pleats and twist around as tight as you can with your hand. Then take your pliers and twist as tight as possible, being careful not to break the wire. Cut another piece of ribbon for streamers and tie over the wire to let dangle.

Placemat Notebook

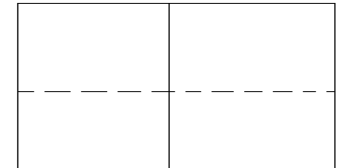
Supplies:

1 rectangular placemat
Ribbon or Velcor
Optional: trim like buttons, embroidery or anything you have in your stash

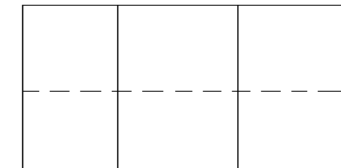
Directions:

Fold placemat into desired fold and press:

Double fold (fold in half with short ends together)



Trifold (fold into thirds with outside flaps overlapping)



It is easier to put any decorations on placemat before you sew the pockets.

Turn up the bottom, press and sew the ends together.

Now measure for your FCE book or any size you wish and sew pockets. Make a pocket for your pen also.

Faux Oil Painting

Supplies:

“Brushstroke” Mod Podge, matte finish
(find at Michaels or Hobby Lobby)
Artist paint brush
Foam brush
Foam core board (Dollar Tree)
Print of picture from book or magazine
White glue (Elmer’s School Glue)

Directions:

Cut the foam core to the size of your picture and glue the two together. Let dry. Take the foam brush and apply the Mod Podge to your picture, doing small sections at a time. Take the artist brush and make brushstrokes, as if you were painting a picture. Create depth to your picture by adding extra Mod Podge as you go along. The Mod Podge goes on white but dries clear. Let dry thoroughly and frame.

Fabric Flower Pin

Supplies:

Fabric (not too heavy)
Heat bonding product (Ultra Heat and Bond)
Beads
Pin back

Scissors
Pencil
Iron
Glue gun with glue sticks
Ironing board or heat resistant padding

Directions:

Cut 2 pieces of fabric 10” long by 17” wide. The pieces can be the same for both sides or you can use a coordinating print or solid for one piece. Following the manufacturer’s directions, use the heat bonding product to fuse the wrong sides of the two pieces of fabric together. Make sure you fuse wrong sides together.

This is enough to make 3 poinsettias or 2 flowers.

Trace the petal patterns onto the fused fabric using a pencil, chalk or a white fabric pencil and cut out with scissors.

For the flower cut out 2 large, 2 medium and 1 small

For the poinsettia cut out 3 large and 1 small

Using a very hot iron on a hard surface, form petals, creasing each petal in the center with fingers, standing petals up for fullness with your fingers. (Petal might be a little warm.) Experiment with petals to add various looks—there are no mistakes. Fabric can be ironed over and over until you get it like you want it.

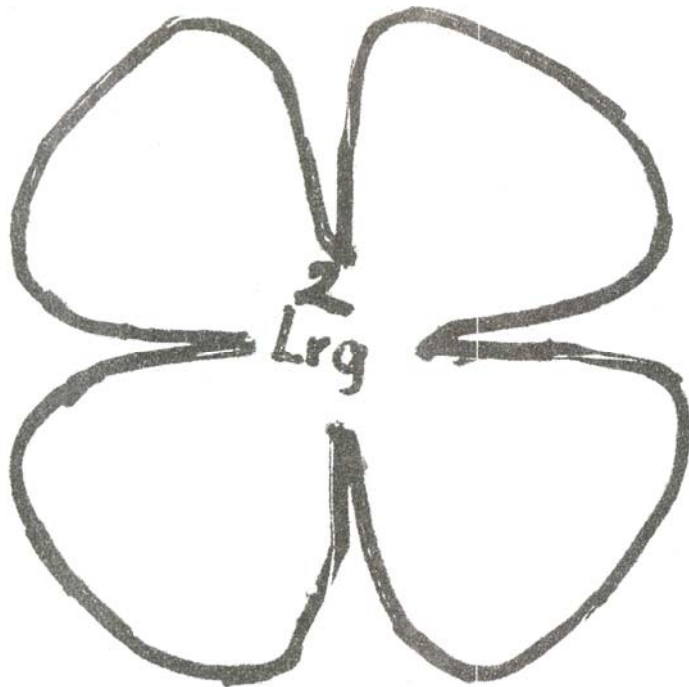
After all petal sections are formed, place sections on top of each other, rotating sections a quarter of a turn at a time, with the 3 large sections on bottom and small section on top. Place a dot of

hot glue on center of each section to hold sections together.
CAUTION: The glue will be hot. Use the eraser end of a pencil to press the layers together in the center until the glue cools down. If you choose, glue gold beads or berry beads in the center (optional).

Form leaves, using green print fabric or same fabric. Bond fabrics together like you did with the petals. Heat with hot iron, fold in half and pinch or shape on one end to make a leaf. Glue the other end to the back of poinsettia.

Hot glue an open pin back on the back of the flower. Let cool completely before turning flower over to the upright position.

Flowers may also be glued to barrettes or used to decorate packages, etc.



Ribbon Key Fobs

These fobs can be use for house or car keys, store saver cards, pacifiers, etc.

Supplies:

7/8" wide grosgrain ribbon

5/8" wide contracting ribbon

1" or 1 1/4" split ring

Directions:

Cut ribbons into 13" lengths.

Sew narrower ribbon on top of wider ribbon lengthwise (down each side of the narrower ribbon).

Place one end of ribbon through split ring, fold over 1" and sew.

Fold other end of ribbon under 1/2" and place on top of sewn end. Stitch twice.



Sourdough Bread

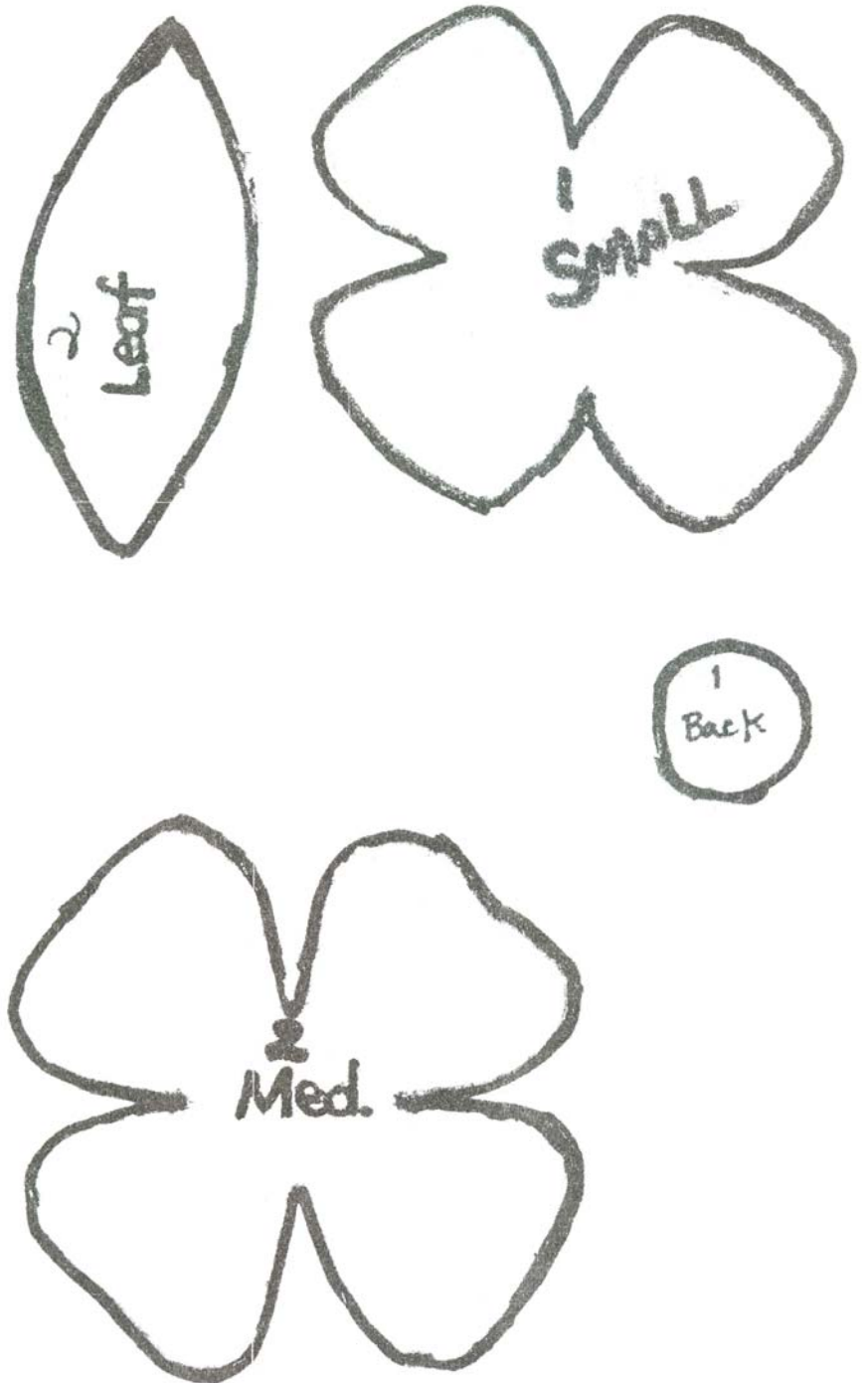
In morning—feed your 1 cup starter with 1 cup water, 3/4 cup sugar and 3 tablespoons instant potatoes. Stir and leave at room temperature all day.

In evening—Make dough in large bowl. In large bowl, combine 1 cup of the starter (refrigerate the remainder), 1/2 cup oil, 1 1/2 cups water, 1 tablespoon salt, 1/2 cup sugar and 6 cups all purpose flour. Mix well, cover and let rise all night.

Next morning—turn dough out onto a board. Knead 4-5 times. Make 2 large loaves and 1 small loaf. Place in well oiled pans and cover loosely. Let rise. Bake for 25 minutes at 350 degrees.

When making dough you may use 1 cup whole wheat flour and 5 cups all purpose flour to make the bread. You may use 6 cups all purpose flour plus 1 cup of wheat bran—do not increase water.

The dough can be used to make cinnamon rolls or cut like dinner rolls or a combination (i.e. one pan cinnamon rolls and 1 pan dinner rolls).



Mission Trip to Mexico

Carolyn Jones along with several others made a trip to an orphanage called City of Children in Ensenada, Mexico to assist the children and staff.



Directions:

1. Once you have gathered all your supplies you are ready to begin! Start by reading the suggestions from the manufacturer of the etching cream you purchased and follow their recommendations. They should be very similar to the information shared here.
2. Make sure you wear latex gloves when working with etching cream; a long sleeve shirt and eye protection are also a good idea. Make sure the area you are working in is well-ventilated and the work surface is covered. The etching cream is an acid and it will etch anything it comes in contact with.
3. Clean your glass using window cleaner. Make sure it is dry and free of all dust and lint.
4. Cut a piece of contact paper at least a few inches larger than your pattern.
5. Place the contact paper on your glass where you want the etching to be; smooth out all air bubbles.
6. Place the carbon paper over the contact paper and then place the pattern over the carbon paper (secure these with a few small pieces of masking tape if you like).
7. Trace your pattern onto the contact paper. Once done, remove the pattern and carbon paper.
8. Using a sharp utility knife cut all the details out of the contact paper. Remove pieces of the contact paper so only the sections of the glass that you want etched are exposed.
9. Make sure that all of the edges of the remaining pieces of contact paper are stuck tightly to the glass.
10. Put on the latex gloves. Use a foam brush to spread a thick layer of etching cream onto the exposed sections of your design (you can also use a paper towel). Be generous with the etching cream; if it is applied too thinly, your pattern could look uneven or streaked!
11. Set your glass in a safe spot and wait the amount of time required for the brand of etching cream you are using (this can vary, usually from 5-15 minutes).
12. After the prescribed amount of time, remove the etching cream usually by running water over it. Again, read the specific instructions for the brand of etching cream you purchased.
13. Once the cream is washed off you can remove the contact paper to reveal your design. Wash your glass and you are done!

Glass Etching

From Cumberland Valley fce in Cheatham County

Believe it or not, etching glass can be fairly simple! Use these guidelines and suggested supplies to make a variety of decorative items. Be creative and the sky is the limit!

Supplies:

Glass—Any glass object or mirror will do. You can use jars, drinking glasses, etc. It might be wise to practice on an old jar before trying a window or mirror!

Stencil—You might want to start with one that does not have a lot of small detail. Clip art and coloring books are wonderful sources for patterns.

Window Cleaner—Always start with a clean surface.

Sponges—Used to help clean off excess etching cream.

Foam Brush/Paint Brush—Used to apply etching cream. Might also be able to use paper towels. Read the manufacturer's suggestion for your etching cream to see what is suitable.

Contact Paper—Clear or plain, white works best. You can also make simple stripes using making tape, etc.

Carbon Paper—Used to trace your pattern onto the contact paper.

Utility Knife—Used to cut your pattern out of the contact paper.

Etching Cream—You should be able to find some at your local craft store, or you can buy it online! I use Armor Etch bought from Hobby Lobby.

Latex Gloves—To protect your hands from the acid in the etching cream. It is also a good idea to wear eye protection and a long sleeve shirt.



Disappearing 9 Patch Quilt

These instructions are from a blog site:

<http://quiltsatcs.blogspot.com/2007/04/disappearing-9-patch-tutorial.html>

I really enjoy this pattern and apparently so do many others. These instructions call for a 4" square. I used a 5" square. Less than 4" would be too tedious. Any size square up to 8" works well. This makes a prettier quilt if you keep the center square the same solid or near solid in each nine patch. The number of squares needed for a quilt varies by the size of the square used and the size of the quilt you make. Don't try to get too match. When you cut and turn the blocks you will get an entirely different look than what you started with.

The Disappearing 9 Patch block is great. Very easy to make, but looks quite impressive when done! I first discovered it in a book called "Magic Pillows, Hidden Quilts" by Karin Hellaby. I've since seen it on line in various places and using different names. Here's a little tutorial on how to make a scrappy version.

Firstly - select and stitch together 9 squares. For maximum contrast try and get 5 darker prints and 4 lighter prints arranged with the darker prints as the X of the 9 patch.



Square this up, then cut through the block both vertically and horizontally.

(My starting squares were 4", so I squared up to 11", then cut to make each new block 5.5".)



Turn blocks to rearrange the pattern.



This is my finished incubator sized quilt which used 3 of the original 9 patch blocks. Easy peasey!!