

# Quilt N Paint News

Creative Hands Quilt Shop and Decorative Painting Store  
120 Main Street, Belton, Mo. 64012 (816)331-1992

January 2013

## A Note from Sheryll

Happy New Year! My wish for each of you is a blessed and prosperous new year! Thank you very much for making 2012 an awesome year!

Congratulations to Cheryl Hunter for winning the UFQ drawing! She won a bag full of quilting goodies!

If one of your resolutions is to finish all of the projects you started in 2012 we can help keep you motivated! Come on in with a list of projects you would like to complete by the end of the year and sign up for our UFQ projects. Each time you finish a project you will bring it in to the shop and I will mark it off of your list! You will receive a free fat quarter of your choice for each project completed. Then at the end of the year you will get a ticket for each project completed which will go into a drawing for a bag a free quilting goodies! There is a minimum of 3 projects and a maximum of 12! Must sign up by January 31<sup>st</sup>! (you can also email me your list)

Check out the new fabric! Oh so pretty! Sakura Park by Moda!



A super huge thank you to Donna, Elaine, Leona, Janet and Dana for helping with the inventory! I would still be doing it if it was not for all of you!

Please remember to call the shop before venturing out on inclement weather days to make sure I am here!

Happy quilting & painting!  
*Sheryll*

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- Store Hours:  
Sunday: Closed  
Monday: Closed  
Tuesday: 10-  
Wednesday: 10-5  
Thursday: 10-5  
Friday: 10-5  
Saturday: 10-4

If you need me to stay late all you have to do is call and let me know!

# Creative Hands Word Search

Just a couple of "S" words!

S W O L L A M H S R A M S S R A T S L Q L W  
C W C S H I V E R Y Y G S N D N B B C L L X S  
S T O V E A G J L F F O O E D O O M A K N A  
Q T S N O W B O A R D L I L N C W F B O A L  
E D R R S S D M E S I S T S O F W B W Z F D  
L A F I L Z R V B U K T U A H O K S O I H D  
F T W E H O G X X L X I L F N O T G N U S O  
F E E R T S G V W F B C O S K O W C S T N W  
I T U S Z H T Y U Q U E S L R S U S J Q E D  
N C M U L P R A G U S J E M L I C N H J E K  
S N O W P L O W E Y S B R I K O Y O W O Z X  
N E M W O N S V V W L C P S N S S W R L E J  
H S U L S Y M X N E S P A F Z K K F O W Q F  
G N H G D Z S X V S E T O R F C A L D N D M  
I L M Y V Q E O G R R B P K F O T A H T S R  
I B F S T H H M Y N J E H Z X S E K P E E W  
A O R F L S N P H R A J T L W U W E S T Z S  
H E T K W E P L M W N M A A Y V R O N U O F  
A B U O P U D F G O G G W D E H G I Z X C L  
V N N D Y P O G J L Q Y X O G W W J R K V Q  
A S Y M Y U C G E H U Y G V N X S W A G X E  
E V B C N P L D E Q X O X R C S C B E X A J

COCOA  
MARSHMALLOWS  
RESOLUTIONS  
SCARF  
SHIVER  
SHOWSHOE  
SKATE  
SKI  
SLED  
SLEDGE  
SLEET  
SLIPPERY  
SLUSH  
SNEEZE  
SNIFFLE  
SNOW  
SNOWBALL  
SNOWBOARD

SNOWBOUND  
SNOWFALL  
SNOWFLAKE  
SNOWMAN  
SNOWMEN  
SNOWPLOW  
SNOWSHOVEL  
SNOWSTORM  
SNOWY  
SOCKS  
SOLSTICE  
STARS  
STORM  
STOVE  
SUGARPLUM  
SWEATERS  
SWEATSHIRTS  
WINTER



## January Club and Group Updates

Main Street Strippers: Tues January 8<sup>th</sup>, first "arty" block with Sheryll

Thimbleberries: Tues January 15<sup>th</sup>

Heart 'N Tolars: January 20<sup>th</sup>, bring your calendar and ideas for painting projects!

American Sewing Guild:.

Birds BOM: January 12<sup>th</sup> 11-3

Joy BOM: Wednesday January 9th

Sew As You Go BOM: Wednesday January 16th

January 2013

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Years Day  Closed	2	3	4	5
6	7	8 Main Street Strippers	9 Joy BOM	10	11	12 Birds & their houses BOM
13	14	15 2013 Thimbleberries 2:00pm Skill Building 6:30-9:00p	16 Sew as you go BOM 1:30 & 6:	17 Stain Glass 6:30-9:00p	18	19 Garden Royalty
20 Heart N Tolers	21 Martin Luther King Day	22 Skill Building 6:30-9:00p	23	24 Stain Glass 6:30-9:00p	25	26 Garden Royalty
27	28	29 Skill Building 6:30-9:00p	30	31 Stain Glass 6:30-9:00p		

February 2013

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Garden Royalty Groundhog day
3 Superbowl Sunday	4	5 Skill Building 6:30-9:00p	6	7	8	9 Painted Garden
10	11	12 Skill Building 6:30-9:00p Fat Tuesday	13 Ash Wednesday	14 Happy Valentines Day!	15 Tablerunner with Annalou 1-3 or 6-8	16
17	18	19	20 Sew as you go BOM 1:30 & 6:	21	22	23
24	25	26	27	28		

## Upcoming Classes

### *Beginners Skill Building Class*

In just 5 sessions starting January 15<sup>th</sup> you will learn how to do strip piecing, make a log cabin block, learn machine and hand quilting, & hand appliqué for only \$25.00 a class plus fabric. Instructor: Fran Pralle \$15.00 Registration fee.

The quilt that you will make is at the shop!  
Come on in and check it out!

### *Garden Royalty*

Learn how to melt n blend crayons with fusible appliqué!  
This is a 3 part class beginning January 19<sup>th</sup>. Please let me know by January 4<sup>th</sup> if you would like to sign up so that I can order your book! Cost \$75.00 (includes everything you need to finish this quilt, even the batting & backing (finished size 28 x 29 ¾ ) Instructor: Sheryll Bentley  
Extra Supplies needed: appliqué pressing sheet



### *Stain Glass Angel*

Learn Stain glass quilting with iron on quick bias tape!  
This is a quilt as you go wall hanging that would be breathtaking done in batiks!  
This is a 3 session class beginning Thursday January 17<sup>th</sup> at 6:30pm! Cost is only \$25.00 per class plus fabric with a \$10.00 registration fee. Instructor Fran Pralle



**As a courtesy to our instructors if you are signed up for a class and are not able to make it please give us a call and let us know! 816-331-1992**

**Thanks so much!**

### **BUTTERFLY AND BLOSSOMS QUILT Starts in April!**

This 45" square four-patch sampler, with 16" blocks, features four different butterflies and some of their favorite plants. The Monarch is perched on Pentas, the Queen is on Milkweed, the Eastern Tiger Swallowtail is on a Butterfly Bush and the Painted Lady is on Coneflowers. All of them are made using the fusible appliqué technique (also called raw edged piecing). All blocks, appliqué and piecing are included in this one pattern. Special butterfly quilting motif is also included.

**This class will begin in April! Sign up fast as seating is limited! Instructor: Leona Ragsdale**



### *60 Degree Table runner with Annalou*

February 15<sup>th</sup> 1:00-3:00 or 6:00-8:00  
Come and use our gorgeous border fabric to make an awesome table runner! Fabric in picture is not what we will be using!  
Registration \$10.00 (includes pattern),  
Class fee: \$20.00 plus fabric



### *Your Painted Garden*

Do you love flowers? Have you always wanted to learn how to paint? Here is your chance! We will be starting a series of 12 blocks on black fabric in February! The cost is \$10.00 registration fee and \$15.00 per month plus fabric! All paint will be supplied! Instructor: Sheryll Bentley Please let me know if you would like to sign up! Classes fill fast!

#### Class Policy

All classes are filled on a first-come, first serve basis. Classes fill FAST and are limited in size. **Registration fee is due at sign up.** If you need to cancel or reschedule, we would appreciate 12 hours notice. As a courtesy to others, no babies or children under 8 are allowed. Children over 8 are welcome to attend if they have paid the regular class fee and are accompanied by an adult registered for the same class. Please arrive early for classes, as they will begin on time. Please check each class description for supplies you need to bring or come early and we'll be happy to assist you with finding what you need. Class participants receive a 20% discount on any purchase made during class.

## Painting Hints and Tips

**Underpainting or Undercoating** - Preliminary painting, over which other colors are applied.

**Value** - How light or dark one color is in relation to another.

**Varnish** - Protective surface over a finished painting. Creates a glossy or matte surface.

**Viscosity** - The thinness or thickness of a liquid. High viscosity paint is thicker than low viscosity paint.

**Wash** - See "Pickling."

**Watercolor Paint** - Quick drying paint made from ground pigments and a water soluble binding.

**Wet-on-Wet** - Applying wet paint onto wet paint.

**Wet-on-Dry** - Applying wet paint onto a dry surface.

**Wet Palette** - Used to keep paints on your palette from drying out while painting. Commercial wet palettes are available but you can make your own using a shallow covered container with a thin wet sponge and specially treated (wet palette) paper.

## Quilting Hints and Tips

- She who has the most wins! The most important tool for quilting is your fabric collection. Build a good stash and then you'll always be able to find that special piece you need to complete a project.
- Carefully press the seams in quilt blocks by lifting the iron and placing it down on each new area without moving the iron across the fabric so you avoid stretching or distorting your fabric.
- Use plain water only when washing out water soluble marker pens from your fabric, and hand wash well, as detergents and ironing may set the ink permanently.
- Take photos and keep a written record of all your completed quilts. Make sure you label each of your quilts properly too on the back, so there is always a permanent record of who, when, and for whom the quilt was made.
- When photographing quilts out of doors, ideally choose a flat, vertical surface for your quilt to rest against so that it will not move with the breeze and blur in your photo.
- Use different widths of masking tape to guide you in an easy way to quilt parallel lines without marking the quilt top.
- Make sure you always use only cotton thread when stitching older fabrics because synthetic threads (even cotton-covered polyester) are likely to damage or cut the fabric.
- Better to buy more fabric than you think you need for a quilt, rather than too little, as this allows room for mistakes, shrinkage or making a sample block, and for building your stash.
- Look around you - when designing patterns for your quilt, don't forget you can use everyday items to draw around. Plates, cups and saucers and even cookie cutters all make great templates.
- Always bring the bobbin thread to the top of the quilt before beginning to sew so you can avoid any tangling on the back.

## Yummy, Yummy

Makes 6 Servings of Easy Beefy Shepherd's Pie

**Prep Time: 15 minutes Cook Time: 1 hour**

**Total Time: 1 hour, 15 minutes**

### Ingredients:

- 1 lb lean ground beef
- 3 tbsp flour
- 1 1/4 cup beef broth or stock
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tbsp ketchup
- 1 tsp Worcestershire sauce
- 4 cups frozen mixed vegetables (peas, carrot, corn), thawed and drained well
- 1 1/2 lb gold or red potatoes, cut into large chunks
- 3 cloves garlic, peeled, halved
- 1/4 cup milk
- 1/2 cup sour cream
- 2/3 cup shredded cheddar cheese



Brown ground beef in large nonstick sauté pan over medium heat, breaking the meat into very small pieces as it cooks. Stir in flour and cook for 3 minutes. Stir in the broth, and once it's incorporated add the salt, pepper, ketchup, Worcestershire sauce, and mixed vegetables. Cook, stirring occasionally, for 5 minutes. Transfer into a 3-quart baking dish.

Add the potatoes and garlic into a saucepan, cover with cold water, and add a large pinch of salt. Bring to boil, reduce heat to medium-low and simmer until potatoes are tender, about 25 minutes. Drain very well, and add back to the saucepan. Add the milk and sour cream; mash the potatoes until smooth and lump-free. Stir in the cheddar cheese.

Cover the meat mixture with the mashed potatoes, and spread evenly with a fork. Bake in a preheated 400 degrees F. oven for 25 minutes, or until golden. Allow to sit for 10 minutes before serving.

Note: If a browned top is desired, broil on high for 2-3 minutes after baking.

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You're Invited

Where: 120 Main Street  
Belton, MO 64012

When: Every Wednesday  
11am to 4:30pm

What: Open Sew, bring a project and come on up. Meet new people and learn new ideas!

Weekly Sales:

January 2<sup>nd</sup>-5<sup>th</sup>: Moda Marbles 30% off

January 8<sup>th</sup>-12<sup>th</sup>: Coins are double & all kits 30% off

January 15<sup>th</sup>-19<sup>th</sup>: Rotary cutters & blades 50% off, all other notions 30% off

January 22<sup>nd</sup>-26<sup>th</sup>: Fat quarter, fat quarters BOGO

January 29<sup>th</sup>-31<sup>st</sup>: Flannel, fairy frost, fossil ferns 30% off