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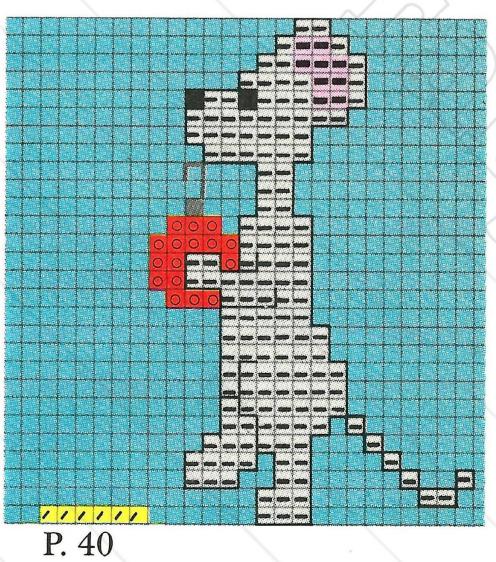
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AUNT ELEN

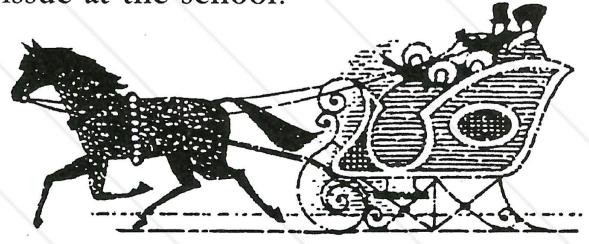
Dear WORKBASKET Reader:

Even though this is October and weather is still relatively pleasant, it's not too early to be thinking ahead to winter's blustery winds, snow and cold temperatures. Many projects in this issue are appropriate for fall into winter and most will be welcome Christmas gifts. Especially appreciated would be the poinsettia pattern from a past issue that can be a quilt as originally intended or made as a stunning table covering.

We've even included holiday transfer patterns to be embroidered or painted on table linens, towels or plaques for Thanksgiving or Christmas entertaining.

Teachers and club leaders can utilize the easy burlap cross stitch projects and the Fasten Off plastic canvas ribbon ornament for children. They'll have a great time making these gifts for friends and family.

We want to take this opportunity to express our thanks to the Board of Education and Sycamore Hills Elementary School of Independence, Missouri for allowing us to photograph our September issue at the school.



Aunt Ellen
Aunt Ellen

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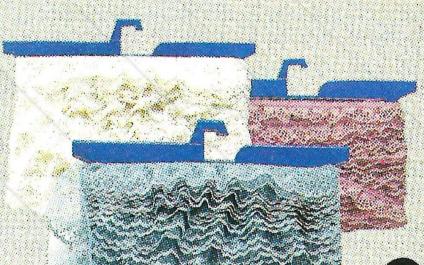
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FLYING DEER SWEATER

INTERMEDIATE

irections are given for size 8 with changes for size 10 and 12 given in parentheses. Finished chest measurements are 28-1/2 (31,32-1/2) inches.

Note: Notes on graphs indicate changes

for sizes 10 and 12.

You will need Coats & Clark "Red Heart' 3-ply Super Sport Yarn (2 ounce skeins) in the following colors: 7 (7-1/4,8) ounces #846 Skipper Blue (MC), 1 (1,1) ounce each #768 Ruby Glow, #687 Paddy Green, #915 Country Red, #585 Purple, #328 Camel, #673 Emerald Green, #225 Daffodil, #1 White, and a small amount of #12 Black, #904 Jockey Red and #841 Clear. Blue. You will also

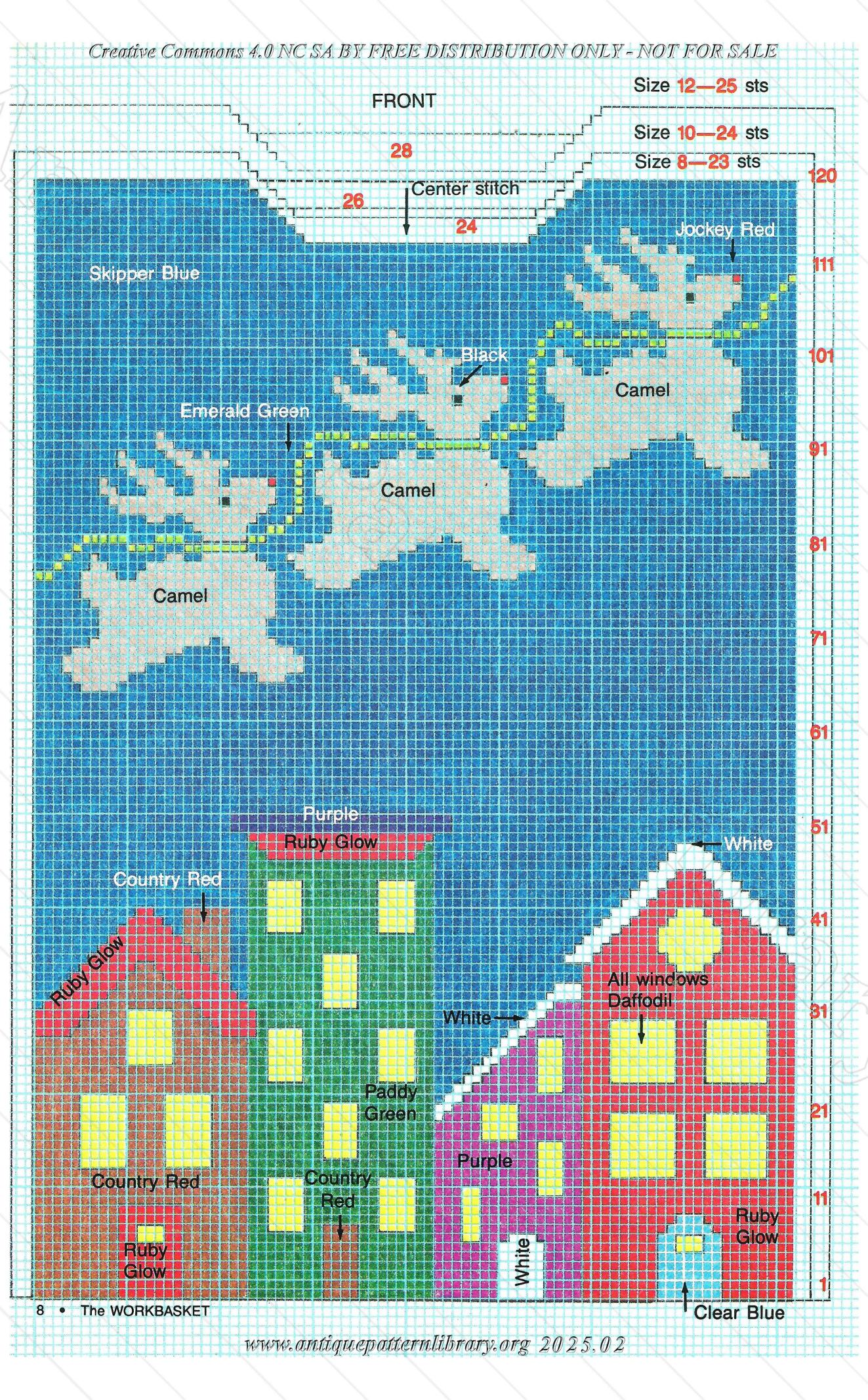
need numbers 4 and 6 knitting needles, or sizes required to obtain given gauge, 12-14 9mm gold jingle bells coated with clear nail polish, 2 stitch holders, bobbins and a large eyed tapestry needle.

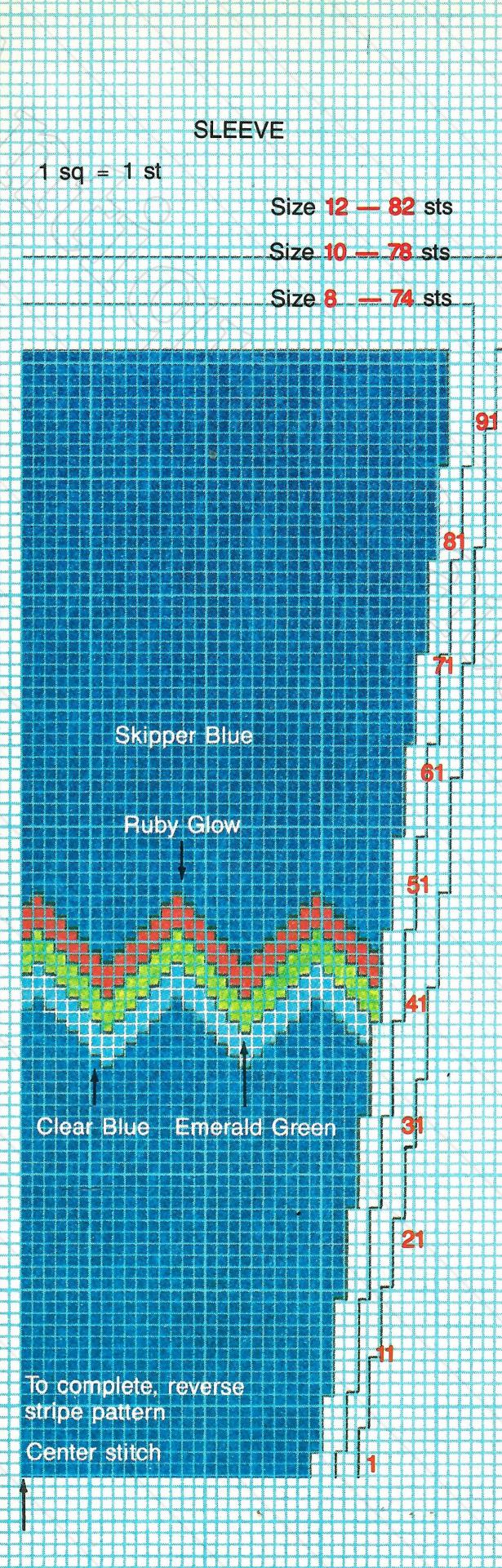
Gauge: Stockinette Stitch on number 6 needles: 11 sts equal 2 inches 8 rows equal 1 inch Note: Keep gauge check on multicolored front.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

Note: When changing color, always pick up the next color to be used from under the color in use to avoid holes. Do not carry colors over large areas. Small areas should be worked in duplicate







NOTE: To accommodate charts for larger two sizes, extend colors as given.

stitch embroidery after piece is completed.

FRONT: With MC and smaller needles, cast on 72 (76,80) sts. Work in ribbing (k 1, p 1) for 1-1/2 (1-1/2,2) inches. P across next row, inc 10 (10,10) sts evenly across row — 82 (86,90) sts. Change to larger needles and work following graph throughout for color placement and neck shaping, slipping center 24 (26,28) sts to holder in row indicated; work to top edge. Bind off.

BACK: (Worked in MC only) Work same as front, shaping neck as indicated by dotted line. If gauge needs adjustment, dec each size by 4 sts, omitting those from center neck sts slipped to holder.

SLEEVES: With smaller needles and MC, cast on 40 (42,42) sts. Work in ribbing as for front for 2 (2,2) inches. P across next row and inc 10 (12,16) sts evenly across row — 50 (54,58) sts. Change to larger needles and work following graph for incs and color design (extending design as repeats indicate on larger 2 sizes), working to top row indicated or desired length. Fasten off.

Finishing: Join front to back at left shoulder.

Neckband: With right side facing, starting at upper right side of neck, with MC and smaller needles, pick up 94 (98, 102) sts around neck opening. Work in back and forth ribbing as for front ribbing for 1-1/4 (1-1/2,1-1/2) inches. K one row with wrong side of sweater facing (turning ridge), work in ribbing for 1-1/4 (1-1/2,1-1/2) inches. Bind off in ribbing. Sew shoulder and neckband seam. Turn neckband to inside along turning ridge and hem in place.

Join jingle bells along reins as shown. Work duplicate stitch to embroider any areas not knitted in. Weave in any loose ends. Sew sleeve and side seams.

SNOWFLAKE SWEATER

EASY

irections are given for size 4-6, with changes for sizes 8-10 and 12-14 given in parentheses. Finished chest measurements are 28 (31,34) inches.

You will need 7 (8,9) skeins (3 ounces each) Coats & Clark "Red Heart" Super Sport Yarn in Ecru, one skein (12 ounce pull skein) of Coats & Clark "Red Heart" Persian type Needlepoint & Crewel Yarn in 960 Orange, 559 Green, 044 Daffodil, 829 Hot Pink, 500 Geranium and 773 Oriental Blue, numbers 5 and 7 knitting needles, or size required to obtain given gauge, and large-eye tapestry needle.

Gauge: 5 sts equal one inch on number 7 needles in stockinette

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

BACK: Ribbing: Begin at bottom edge

with number 5 needles and ecru, cast on 60 (72,78) sts.

Row 1: (Wrong Side) *K 3, p 3; repeat from * across.

Row 2: K.

Repeat Rows 1 and 2 for garter st ribbing; work until 2 inches from beginning, ending with Row 2.

Next Row: P and inc 10 (6,7) sts evenly spaced across - 70 (78,85)sts. Change to number 7 needles and work in stockinette (k on right side, p on wrong side) until

10 (10-1/2, 11-1/2) inches from beginning, or desired length to underarm.

Armhole Shaping: Bind off 9 sts at beginning of next 2 rows -52 (60,67) sts. Continue in stockinette until 2-1/4 (3,3) inches above beginning of armhole shaping.

YOKE: Work in garter stitch (k each row) until 6 (6-1/2,7) inches above beginning of armhole shaping.

Neck Shaping: Continuing in garter st, work 11 (13,16) sts, join another ball of yarn, k 30 (34,35) sts for back neck and sl these sts to holder, k remaining 11 (13,16) sts. Working both sides at same time, dec one st each neck edge on next 1 (2,3) rows - 10 (11,13) sts each side.Work until 6-1/2 (7,7-1/2) inches above beginning of armhole shaping. Bind off.

FRONT: Work same as back until 8-1/2

(9,9-1/2)inches beginning, from end with a k row.

Yoke: Row 1: P 34 (38,42), k 2 (2,1), p 34 (38,42).

Row 2: K.

Row 3: P 33 (37,41), k 4 (4,3), p 33 (37,41).

Row 4: K.

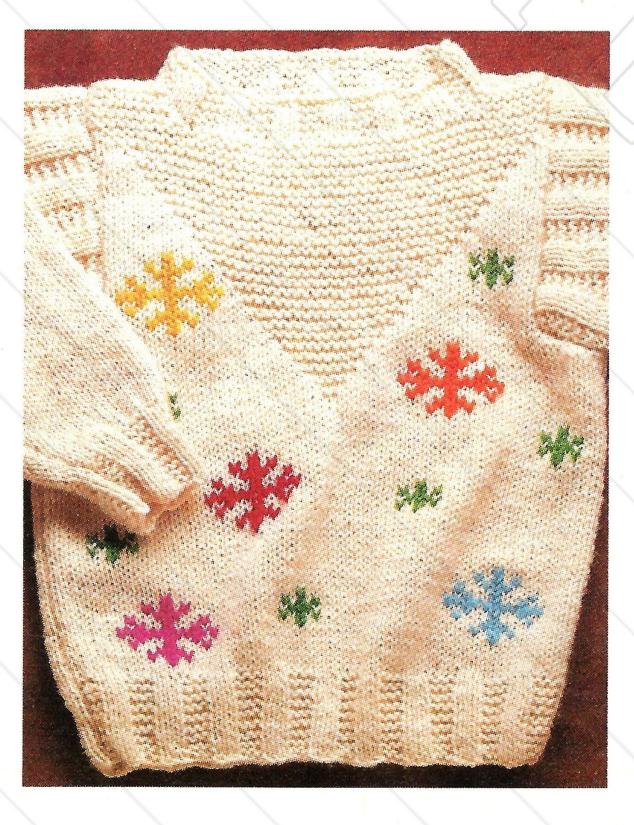
Row 5: P 32 (36,40), k 6 (6,5), p 32 (36,40).

Row 6: K.

Row 7: P 31 (35, 39), k 8 (8,7), p 31 (35,39).

Row 8: K.

Row 9: P 30 (34, 38), k 10 (10,9), p 30 (34,38).



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Row 10: K.

Row 11: P 29 (33,37), k 12 (12,11), p 29 (33,37).

Row 12: K.

Continue in established pattern, add one garter st each side of center panel every other row. Continue in this manner until all sts are garter st; continue working in garter st only. When same length as back to underarm, shape armholes same as back. Work until 5-1/2 (6,6) inches above beginning of armhole shaping.

Neck Shaping: Keeping to established pattern, work across 12 (14,17) sts, join another ball of yarn, k 28 (32,33) and sl these sts to holder for front neck, work 12 (14,17) sts. Dec one st each neck edge row until 10 (11,14) sts remain on each side. Work same length as back. Bind off.

SLEEVES: With number 5 needles and ecru, cast on 30 (36,36) sts. Work in garter st ribbing, same as back, until 2 inches from beginning, end right side.

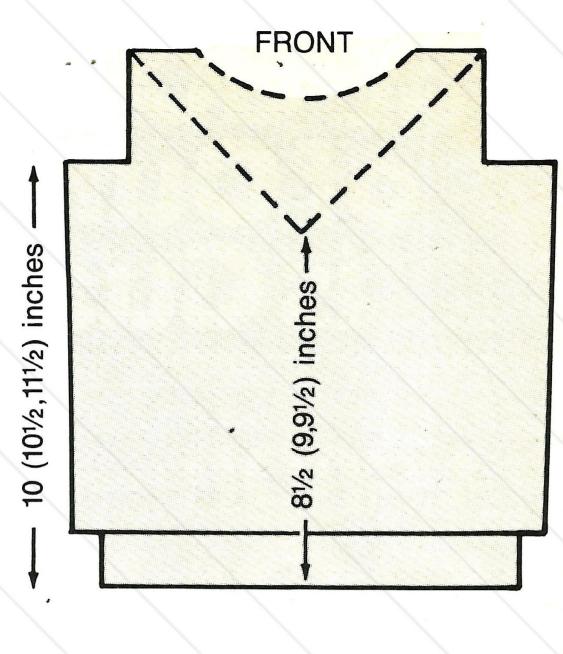
Next Row: P and inc 14 (16,20) sts evenly spaced across — 44 (52,56) sts. Change to number 7 needles and work in stockinette. Inc one st each edge every 6th (5th,5th) row until there are 66 (72, 78) sts. Work until 13 (13-1/2,14) inches from beginning, or desired length to underarm. Work in garter st ribbing, same as for back, for 2 inches, ending with Row 2. Bind off loosely in ribbing.

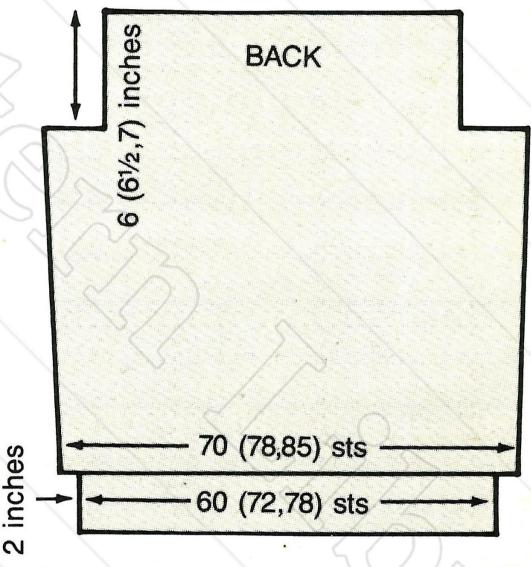
Finishing: Sew one shoulder seam.

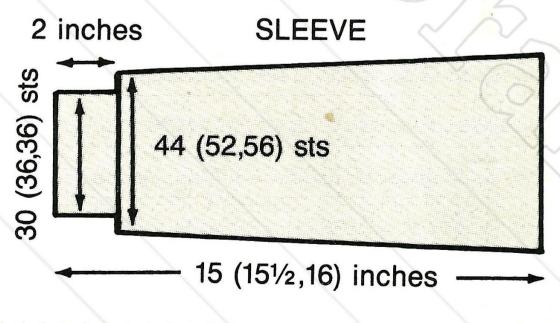
Neck Ribbing: With right side facing, number 5 needles and ecru, pick up 78 (84,90) sts around neck edge, including sts on holder. Work in garter st ribbing, same as for back, until 1-1/4 inches from beginning, ending with Row 2. Bind off loosely in ribbing.

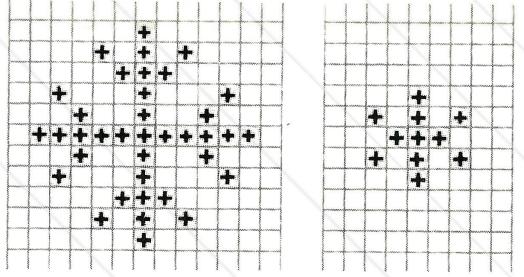
Sew remaining shoulder seam; sew neck ribbing. Sew sleeves in place with garter st ribbing at top fitting into armhole bind off. Sew underarm and side seams.

Embroidery: Following charts and photograph, work duplicate stitch snow-flakes scattered across stockinette st area of sweater front.











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PATCHWORK SWEATER

A fun, casual sweater created with the old patchwork designs in mind.

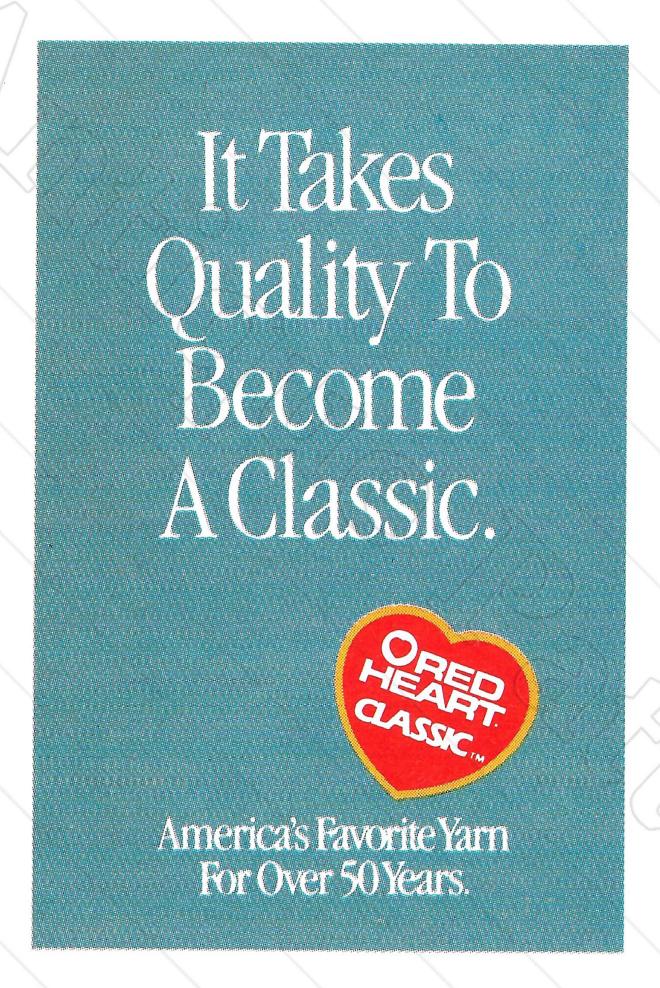
EASY

Thoose a color palette from the selection of wonderful yarns available or use yarn left from other projects. If using leftover yarn, make sure it is of the same weight and fiber content.

Directions are given for small, with changes for medium and large given in parentheses. Finished bust measurements are 36 (38,40) inches.

You will need 2 skeins (3.5 ounces each) of worsted weight yarn in off-white, partial skeins (16 ounces total) in desired colors for blocks, numbers 5 and 8 knitting needles, a 16 inch number 5 circular





join second color, k 23 (24,25) sts, join third color, k 23 (24,25) sts, join fourth color, k 23 (24,25) sts. P next row using colors as established. Following chart, work 10 (10,10) inches to armhole, bind off 8 (8,8) sts for each armhole at beginning of next 2 rows. Continue following chart working last blocks with as many rows as needed for armhole length. Body should measure approximately 14 inches to armhole including ribbing. Armhole should measure 8 (8-1/2,9) inches. Bind off 23 (25,27) sts at beginning of next 2 rows. S1 remaining 30 (30,30) sts to holder for back of neck.

FRONT: Work same as back until armholé measures 5 (5-1/2,6) inches. SI center 20 (20,20) sts to a holder and work both sides at one time. Dec one st each neck edge 5 (5,5) times. Continue working until armhole measures same as back. Bind off shoulders same as back.

SLEEVES: Using smaller needles and Continued on page 18

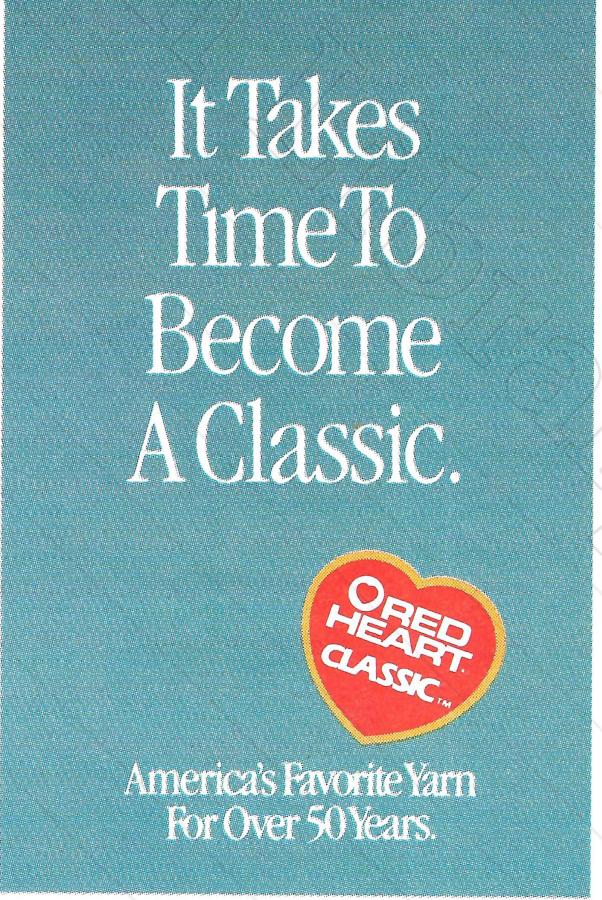
needle or size required to obtain given gauge.

Gauge: 5 sts equal 1 inch
7 rows equal 1 inch

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

To measure yarn for proper amounts: measure one yard of color and tie a knot in yarn. K the number of sts for 1 row of the block and subtract the inches left from the yard. This will give the inches needed for each row. Measure the number of rows (28 for square block and 42 for rectangular block) for the color you are using. For sleeves measure a couple of yards and subtract. Allow more when increases are being made. When changing colors, twist yarn at back of work to prevent holes.

BACK: With smaller needles and offwhite, cast on 92 (96,100) sts. Work in ribbing (k 2, p 2) for 4 inches. Change to larger needles and stockinette (k 1 row, p 1 row), join first color, k 23 (24,25) sts,



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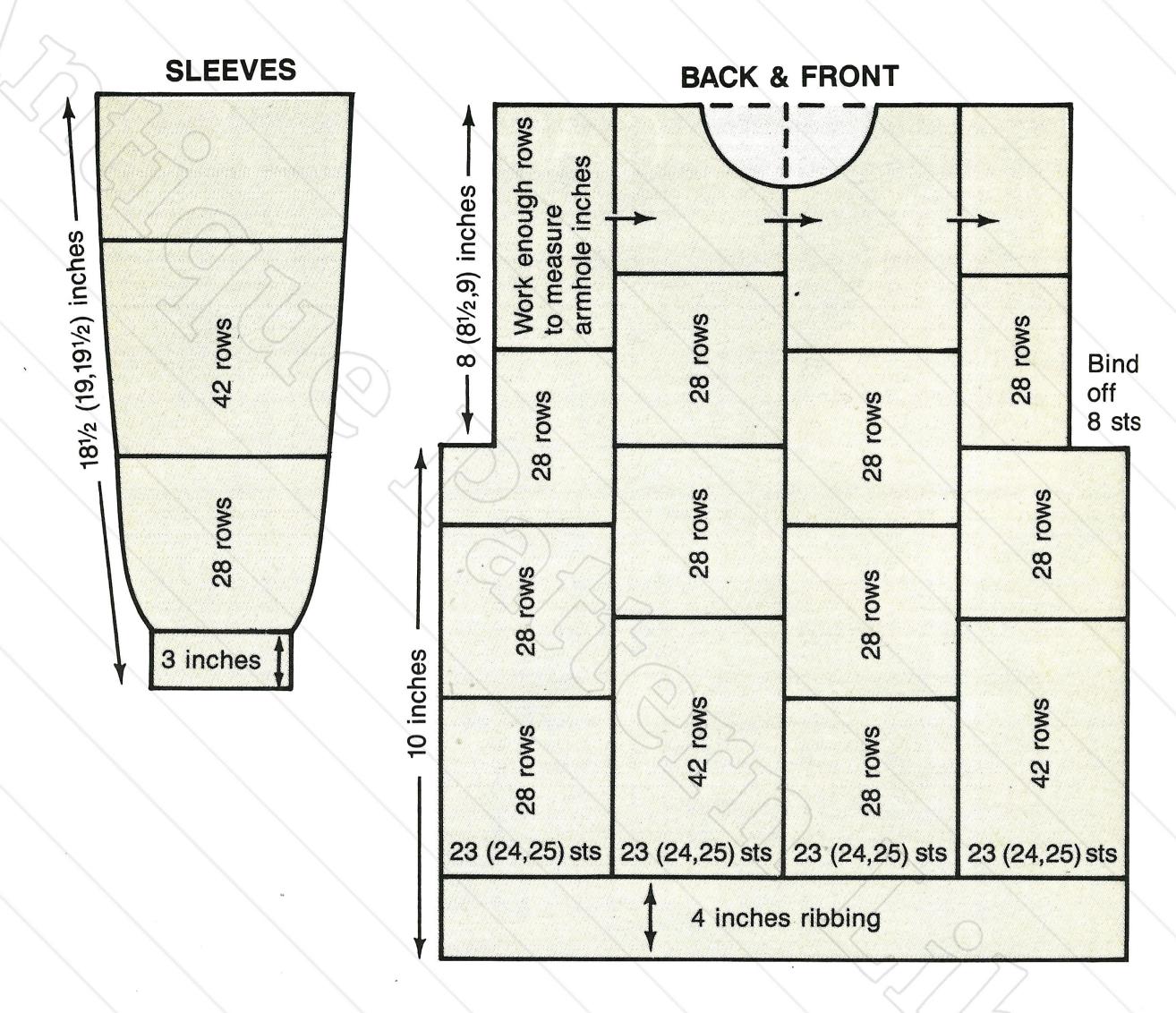
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Art E.267



Continued from page 16

off-white, cast on 48 (48,48) sts. Work in ribbing (k 2, p 2) for 3 inches. Inc one st every second st in last row of ribbing — 72 sts. Change to larger needles and join first color. Work in stockinette, inc one st each end of needle every 8th row 5 (7,9) times — 82 (86,90) sts. Work first color for 28 rows, join second color and work for 42 rows, join third color and work until sleeve measures 18-1/2 (19,19-1/2) inches or to desired length. Bind off sts.

Finishing: Sew shoulder seams. Set in bound off sts of sleeve to straight edge of

dle and off-white, with right side facing, pick up and k 88 (88,88) sts around neck edge including sts from holders. Work in ribbing (k 2, p 2) for 10 rnds. Fasten off yarn and sl sts to needle from left to right until you have reached center front. Join yarn and work in rows (not rnds), k the first 3 and last 3 sts of each row (garter st). Work remaining sts in ribbing as established with the garter st borders for 6 inches. Bind off in ribbing. Work in

MARY MARTIN

armhole. Sew bound off edge of armhole

to side of each sleeve. Sew sleeve seam

and underarm seams. Using circular nee-

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ends and block. &



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EASY

gauge.

Mimple crochet backdrop for festive trimmings. Finished tree skirt measures Vapproximately 48 inches in diameter. You will need 4 balls (100 grams each) Paton's "Canadiana" worsted weight yarn in Cardinal #5 (MC) and White #1 (CC), 7 yards 3/8 inch ribbon and size H crochet hook, or size needed to obtain given

Gauge: 14 sts equal 4 inches

7 rows equal 4 inches in dc TREE SKIRT: Row 1: (Right Side) With MC, ch 100, dc in 4th ch from hook (turning ch counts as 1 dc), dc in next 12 ch, *(dc, ch 2, dc) in next ch, dc in next 13 ch; repeat from * to last 14 sts, (dc, ch 2, dc) in next ch, dc in next 12 ch, 2 dc in last ch, ch 3 (counts as first st of next row). Turn.

Row 2: Dc in first dc and in each dc to next ch-2 sp, (dc, ch 2, dc in ch-2 sp) 6 times, dc in next dc and in each dc to last st, 2 dc in top of turning ch, ch 3, turn. Repeat Row 2 until 9 rows have been

completed and there are 31 sts between ch-2 sps.

Repeat Row 2 for pattern and work in stripe pattern as follows: **4 rows CC, 1 row MC, 4 rows CC,** 9 rows MC; repeat from ** to ** once more, ending with a wrong side row — 85 sts between ch-2 sps. Fasten off.

Trim: With right side facing, join MC to upper back opening, work a row of sc evenly along side to lower edge, turn, working across lower edge, ch 1, sc in first st, sk next st, [*8 tr in next st, sk next 3 sts, sc in next st, sk next 3 sts; repeat from * to last 3 sts before ch-2 sp, 8 tr in next st, sk next 2 sts, (dc, ch 2, dc in ch-2 sp), sk next 2 sts] 6 times, **8 tr in next st, sk next 3 sts, sc in next st, sk next 3 sts; repeat from ** to last 2 sts, sk next st, sc in top of turning ch, ch 1, turn and work a row of sc evenly along side edge to upper opening. Fasten off.

Weave ribbon through ch-2 sps. Sew bows in place as shown in picture. &



POINSEITIA OULT

The poinsettia quilt will brighten up any room at any time of year, but is especially appropriate and cheerful at Christmas.



rirst published in December 1942, this vibrant quilt is as attractive for contemporary living as it was almost 50 years ago. What a beautiful gift for a loved one. It's sure to be a gift they'll cherish forever. Less time? Make a Christmas pillow using only one block or do as we did and make a tablecloth with just four blocks. A small amount of embroidery and appliqué is all that's necessary for each block.

Directions are given for two quilts, both using the same block. The first is quilt A, which is a little smaller and simpler. The second, referred to as Quilt B, is the original quilt published. The original requires 31 blocks and 18 half-blocks set diagonally to form a 85 x 106 inch quilt. The smaller quilt A, which eliminated the half-blocks, uses 30 blocks set straight in 6 strips of 5 blocks to make a 75 x 80 inch quilt.

Directions are given for quilt A with changes for quilt B in parentheses. If only one number is given, the amount is the same for either quilt. Assuming the fabric is 60 inches wide, you will need 2 yards red, 1/4 yard yellow, 3/4 yard green, 5 (7) yards white muslin and 9 (11) yards red or green binding. Choose either solids or prints of the red, yellow and green. You will also need batting for filler and backing.

To make tablecloth with 4 squares you will need one yard of white for the blocks, 1/3 yard of red fabric, a 9 x 9 square of green, an 8 x 8 square of yellow, one yard of white for backing, batting, thread to match, quilting thread and 4 yards of binding.

If you prefer, you may make your own binding from your red or green fabric. Decide the width of the binding to determine the amount of extra fabric you will need. For quilt A, the outside edge

will be 310 inches (9 yards); for quilt B, 382 inches (11 yards). In case of cutting errors, it's wise to always buy extra fabric.

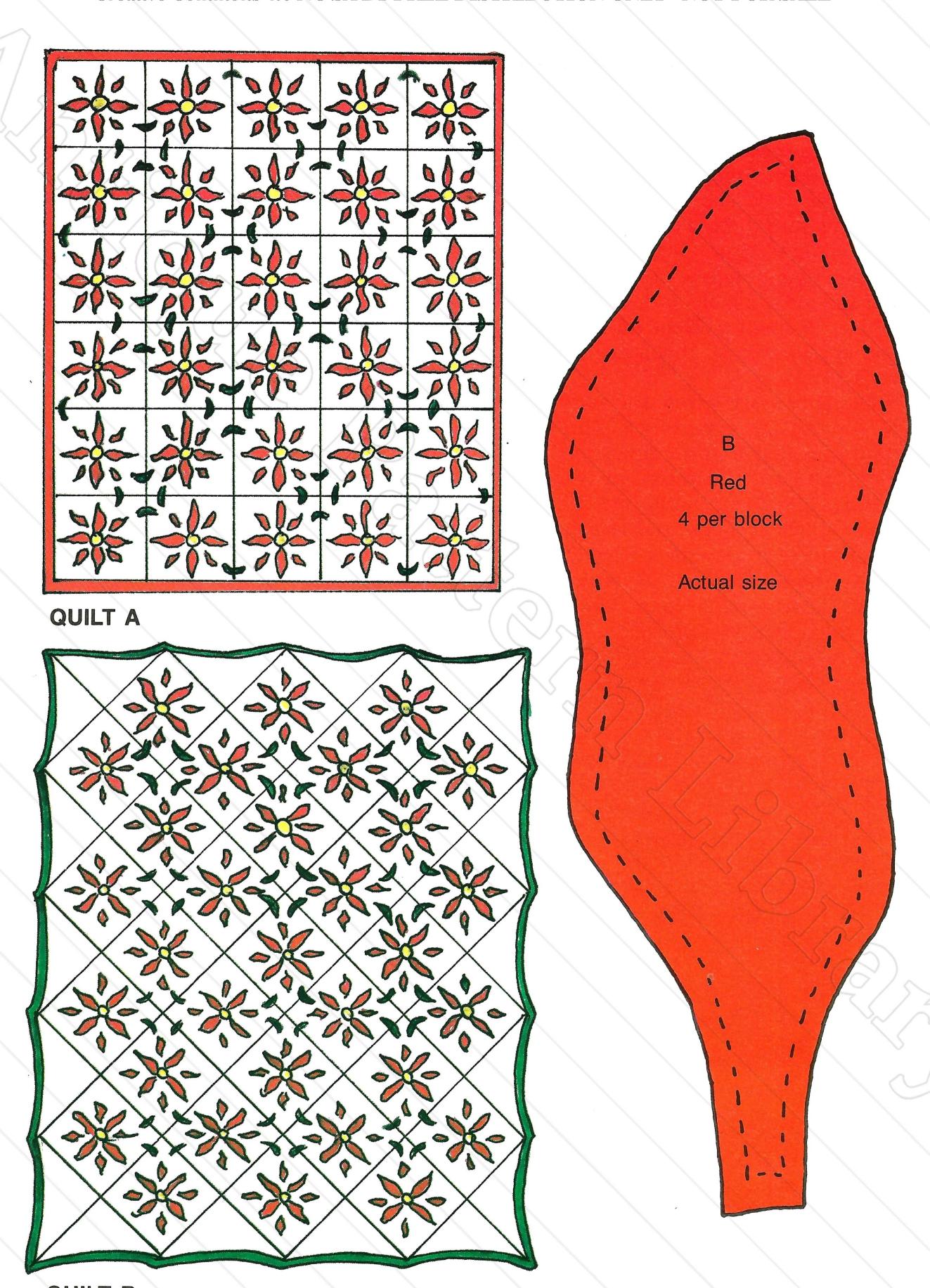
BLOCK: The blocks are exactly the same. Make 30 for quilt A, 31 for quilt B. Pattern pieces A, B, C and D are actual size. C and D should be placed on fold to cut. Cut a 15-1/2 inch square of white muslin. Fold the square in half in both directions to find the exact center of the block. Mark the center. Cut one round yellow piece C. Embroider the crisscross lines on C with a red running or outline stitch. Turning under approximately 1/4 inch as marked on pattern, appliqué C to center of white muslin. Cut 4 pieces of A and four pieces of B from red. Turning about 1/8 inch under, appliqué petals in place as shown. Piece B, the longer petal, should touch the yellow center piece. The short petals, piece A, will fit between longer petals. Block is complete except for leaves which will be appliquéd in place after setting the blocks.

Allow 1/4 inch seam allowance for setting blocks. Finished block will be 15 inches square. Quilt A: Arrange 30 blocks in 6 strips of 5 blocks. Quilt B: Cut 18 half-blocks. Following diagram, set blocks and half-blocks in place.

Leaves: Place piece D on fold of green fabric. Cut 49 leaves for quilt A, 48 for quilt B.

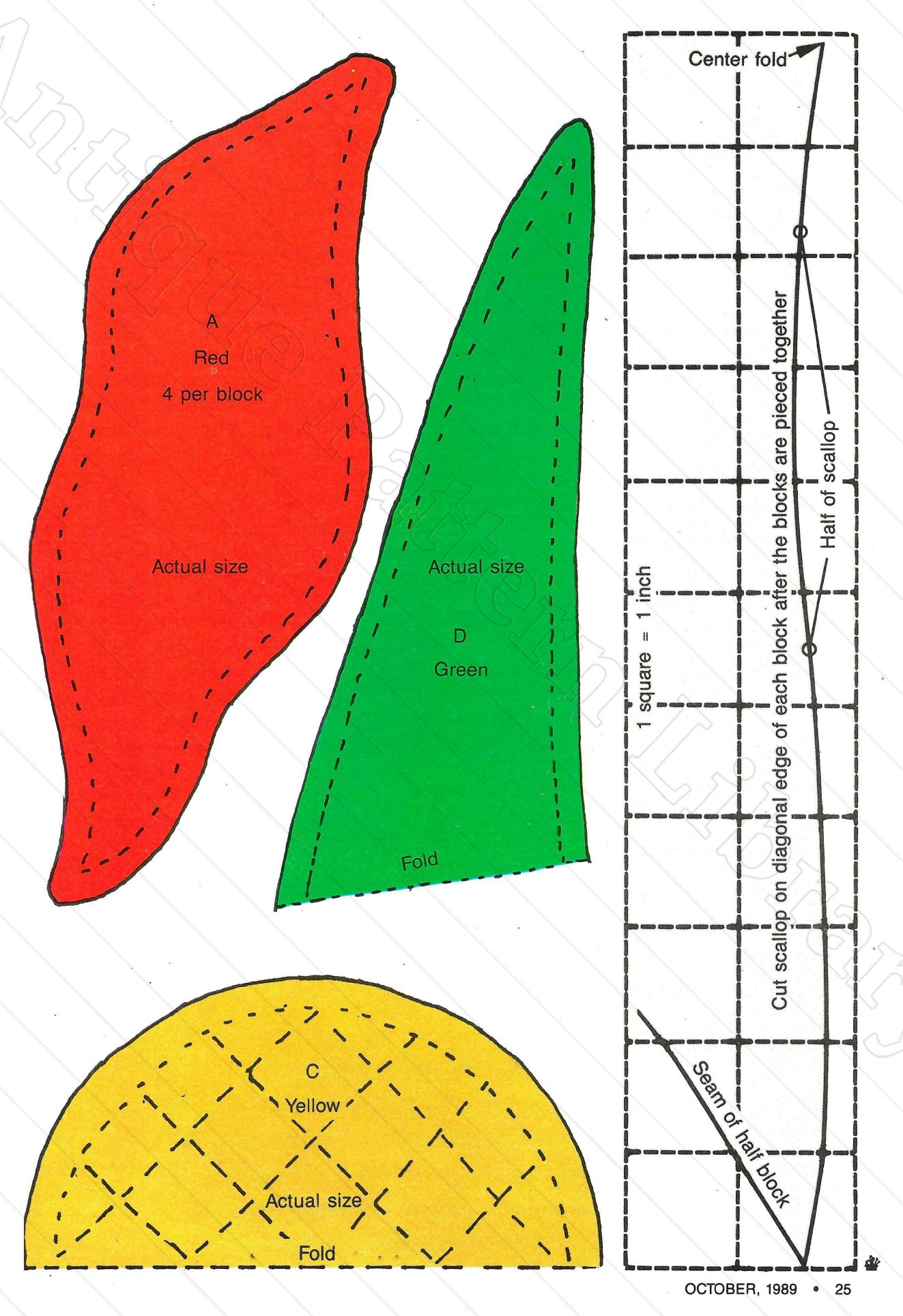
Optional Scallop Edge for Quilt B: For the pretty scalloped edge as shown in the diagram, cut along the scallop line pattern given. Enlarge diagram for scallop. Each square equals one inch. Cut scallop line on lightweight cardboard for a sturdy pattern. Place scallop line along outside edge of half-blocks with seam and center as shown. Flip the pattern over to complete half-blocks diagonal. Repeat on each half square. Add backing, batting and binding to complete quilt. Quilt around each appliquéd piece.

Diagram shown on page 24 CAROLYN SHEFFIELD



QUILT B

24 • The WORKBASKET



EASY CROSS STITCH PROJECTS

xplore the wonderful possibilities of cross stitching on burlap. The even weave is easy to use for quickie gifts and lends itself perfectly to beginner projects. Great projects to start kids out on, they will love having handmade gifts to give.

NOTE: Cross stitch over two threads each way in all burlap projects and be sure not to pull stitches too tight.

Use three strands of floss for all stitching.

For Hoop you will need two 8 inch pieces of bur-

lap, 3 inch hoop, 10 inch length of 3/16 inch wide red satin ribbon, DMC floss in the following colors: 326 Red and 699 Green.

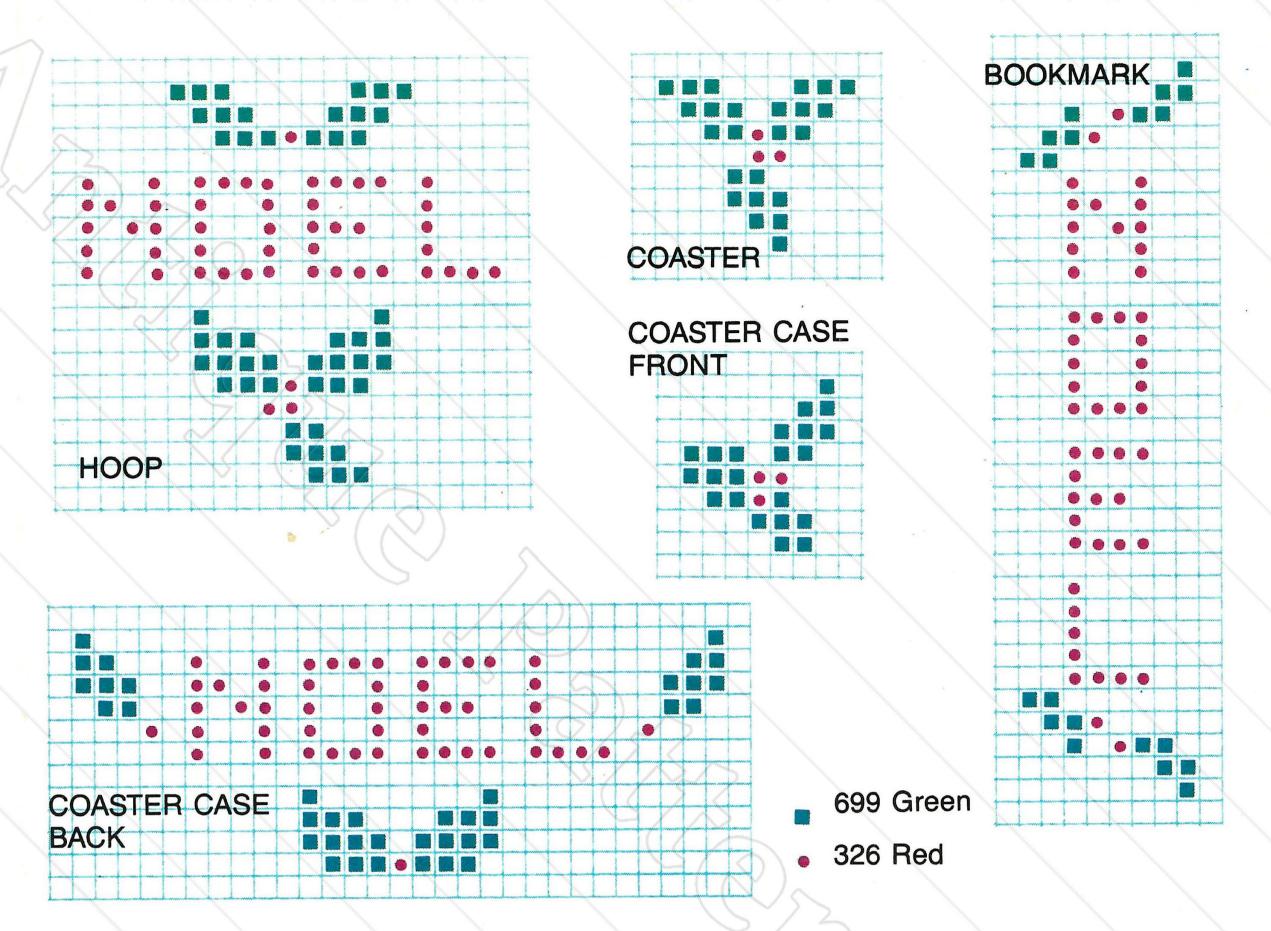
Hoop: Insert one piece burlap into hoop; center. Following graph, cross stitch design. For holly berries, make a double cross stitch. When cross stitching is completed, remove work from hoop. Back with second piece of burlap and reinsert into hoop, being careful to keep design centered. Trim around edge so there is about 3/4 inch protruding from hoop. Fringe all around. Tie a bow at top of hoop, using 10 inch length of ribbon.

For Bookmark you will need 3 x 8 inch piece of burlap, 1-1/2 x 6

Under, 1-1/2 inch piece of natural muslin, 10 inch piece of 1/2 inch wide satin ribbon and DMC floss in the following colors: 326 Red and 699 Green.

Coaster not shown in photo

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Bookmark: Cross stitch design on burlap. Cut burlap to 2-1/4 x 7 inch, being careful to center design. Fringe 1/4 inch around all edges. Following directions, apply Wonder-Under to back of bookmark. Remove backing paper. With ribbon between burlap and muslin backing, and following manufacturer's directions, iron muslin to back of bookmark. Cut ribbon ends at an angle.

For the Coasters and Case you will need 13 x 6-1/2 inch piece of burlap for case, 10 x 5-1/2 inch piece of muslin, 10 x 5-1/2 inch piece of Wonder-Under, 10 inch piece of 3/16 inch wide red satin ribbon, red and white sewing thread and DMC floss in the following color: 326 Red and 699 Green.

Coasters and Case: Cross stitch design onto burlap, positioning it so it will be centered on the back side and on the flap of the case. Fringe the long edges of burlap. Following manufacturer's directions, apply Wonder-Under to back side of cross stitched burlap, then apply

muslin backing. Turn in both unfringed ends and stitch invisibly by hand. Fold bottom of muslin backed burlap up about 2-3/4 inches. Pin. With 3 strands of red floss, and starting at bottom of one side, sew a running stitch through all layers. Continue the running stitch around flap and down other side. This will form a pocket at the bottom. Make all knots inside pocket. Fold flap down. Cut 10 inch piece of ribbon into two equal pieces. Stitch one on inside of flap, and stitch the other piece 3/4 inch up from the bottom of pocket. Tie ribbon into a bow.

For Coasters you will need four pieces of 4 x 4 inch burlap, four squares of 2-1/2 inch muslin and DMC floss in the following colors: 326 Red and 699 Green.

Coasters: Cross stitch holly sprig motif in center of each burlap square. Cut square down to 3 inches. Fringe edges 1/4 inch all around. Apply Wonder-Under according to manufacturer's directions. Remove backing. Apply muslin backing to coaster.



A ROUND FOR CALICO

When the first cold snap blows in, it is a good time to start working on your Christmas handcraft projects. Start this quick fabric wreath now and it will be ready when the holiday arrives.

ou will need one 10 inch tubular polystyrene wreath, 2/3 yard of 44/45 inch fabric, 1/3 yard contrasting 44/45 inch fabric, 1 or 2 "T" pins, plastic circle hanger and matching thread.

Note: Use 1/4 inch seam allowances for all seams.

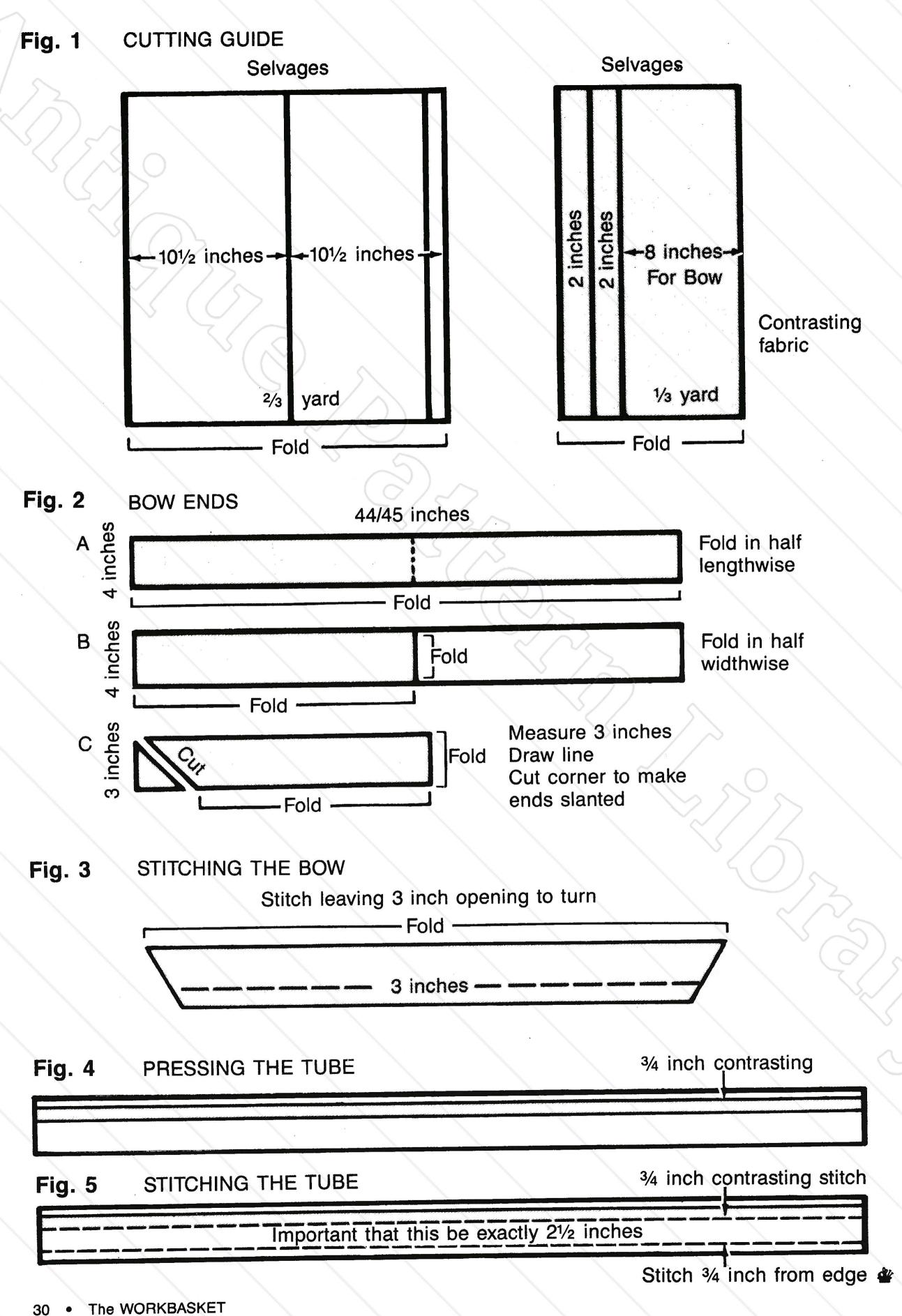
Wreath: Cut fabric as shown (Fig 1). With right sides together, stitch ends of 10-1/2 inch rectangles to form a 90 inch length. With right sides together, stitch ends of 2 inch rectangles to form a 90 inch length. With right sides together, stitch 2 x 90 inch strip to 10-1/2 x 90 inch strip lengthwise to form piece 12 x 90 inches. Then with right sides together, stitch second side of 2 inch strip to second side of 10-1/2 inch strip to form one 90 inch tube with open ends. Finish ends by turning in 1/4 inch. Make sure both ends remain open.

Bow: Fold 8 inch strip for bow in half lengthwise, then fold end to end. Measure three inches from end on folded edge, mark. Using ruler, draw a line from corner on selvage edge to three inch mark on folded edge. Cut along line to form slanted ends of bow (Fig. 2). With right sides together, stitch bow as shown in Fig. 3, leaving 3 inch opening to turn. Trim

corners. Turn and press, making sure corners are neatly pointed. Whipstitch opening closed.

Press 90 inch tube as follows: press seam allowances to one side without making other creases in tube. Turn 90 inch tube right side out. Press flat so that 3/4 inch of fabric extends past the 2 inch contrasting strip. This will be the outer edge of wreath (Fig. 4). Stitch along inner seam of contrasting 2 inch strip. Then stitch 3/4 inch from inner edge, leaving 2-1/2 inch tunnel to fit over wreath. If necessary, adjust measurement from inner edge so that the tunnel is exactly 2-1/2 inches (Fig. 5). Using sharp knife and a cutting board, cut polystyrene wreath at bottom of circle. Feed fabric tube onto wreath. Fit will be snug. Adjust gathers uniformly, placing seam at the top of wreath. Rejoin polystyrene, then cover with fabric. Whipstitch ends of fabric tube together. This will be covered by the bow. Tie pressed 8 inch piece into bow. Tie with a string first. Smooth and shape. Attach by sticking long pin through back of center knot into polystyrene. Sew plastic circle hanger to back just above tip of polystyrene. JANELL ADAMS

Diagram shown on page 30



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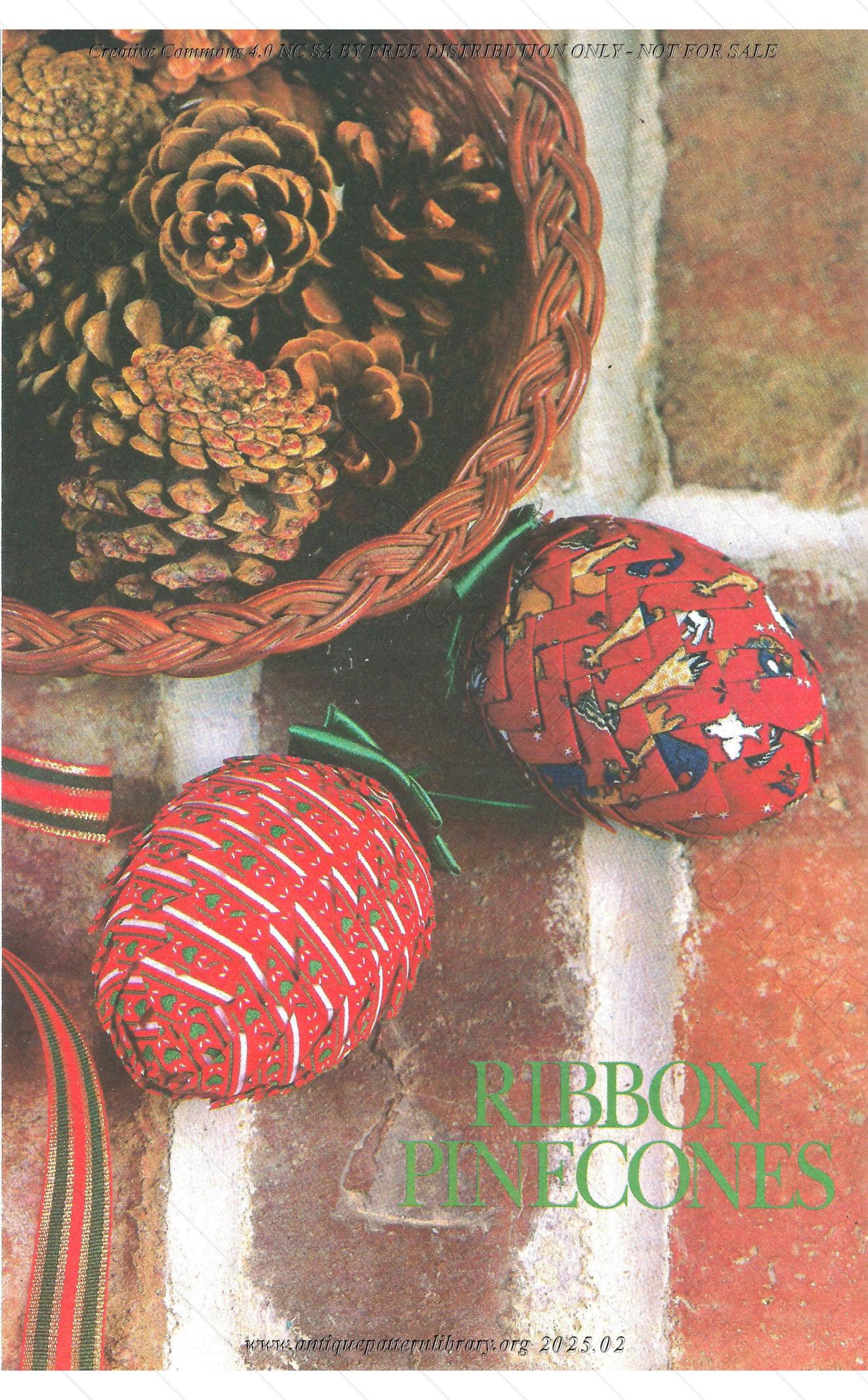
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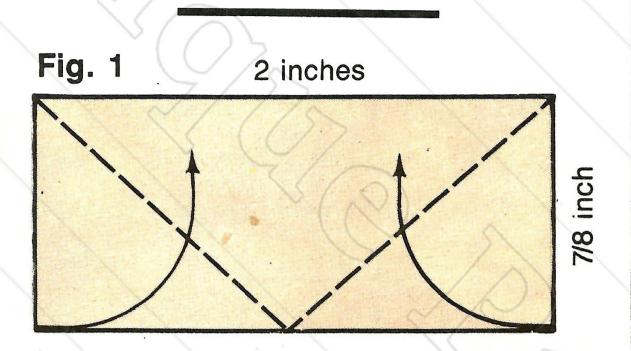
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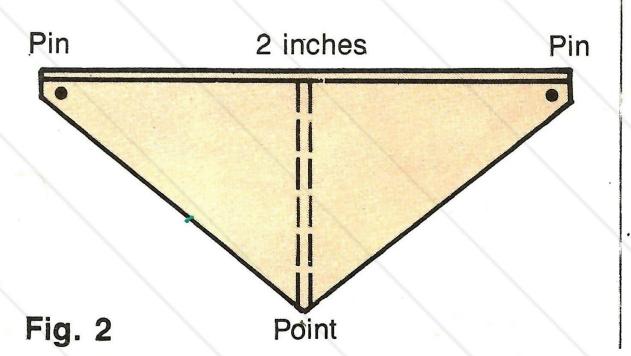


Pring home a basketful of ribbons with which to craft pinecones for every reason and season. You need only a bit of ribbon and some pins.



You will need 3 yards of 7/8 inch ribbon, cut into 52 two- inch pieces, one yard of contrasting ribbon for bow, 104 flat head steel pins and one 3-inch polystyrene egg.

PINECONE: Fold strips into triangles (Fig. 1) and iron. At narrow end of egg, pin 2 triangles, seam side down opposite each other so that tips meet 1/4 inch beyond egg, pin in each corner (Fig. 2). Pin 2 more triangles opposite each other in spaces between the first two, with tips meeting. Pin two more triangles opposite each other in the remaining spaces. Place 4 more triangles with tips in line with tips of first row. Continue to alternate rows in this manner until egg is completely covered. With 12 inches on contrasting ribbon make a hanger and bow. Glue or pin to large end of egg. MARY WILLNAUER Information for pattern and kits is available by sending SASE to Quilted Memories, HCR 2, Box 2289, Branson, MO 65616.



TRANSFER DESIGNS



all in fall and the holidays with a little stitching, using our latest transfer design. It won't take you long to create a set of hand worked napkins and place mats for your Thanksgiving celebration with the designs for the fall cornucopia and a very anxious turkey. And, if you start now, our great seasonal designs will help you stitch a few pieces to share with people who have been especially nice and deserving during the past year.

In using an iron to transfer design to material, make a test first to determine proper heat and time. First, heat iron very hot but safely below scorching. Cut a small test design and place (red side down) on material. Protect fabric by placing tissue paper, wrapping paper or a press cloth over design. Press, moving iron constantly over surface to distribute heat evenly. If iron is at proper temperature, several seconds are required; if not hot enough, it may take a minute or more to get a good stamping. Stamping comes off SLOWLY and is faint at first. Press until clear.

When test results are satisfactory, cut out desired design and pin or baste in place, proceeding as described.



TAKE A BREAK with strip-pieced place mats

These Christmas place mats can be made with a minimum of effort and a maximum of color and cheer. Any Christmas print may be used for the strip-pieced design. If time allows, hand or machine quilt with designs provided.

1/2 yard print fabric, 1/2 yard batting, 1-1/2 yards double fold wide bias tape, fabric scraps for strip quilting and thread.

To make **four** place mats you will need 1-1/8 yards of 36 inch wide print or 3/4 yard of 44-60 inch wide print fabric, 1-1/8 yards of batting, 6 yards of double fold wide bias tape and fabric scraps for strip quilting.

Place Mat: Cut one each of pattern piece A for place mat back and batting. Cut one of pattern piece B for place mat front. Sandwich batting between front and back with right sides to the outside. Pin in place. To strip-piece the remaining sections, cut 7 fabric strips 2 inches wide in assorted colors and patterns. The longest strip will be 15 inches and the rest will gradually decrease in length. Using 1/4 inch seam, sew strips together in

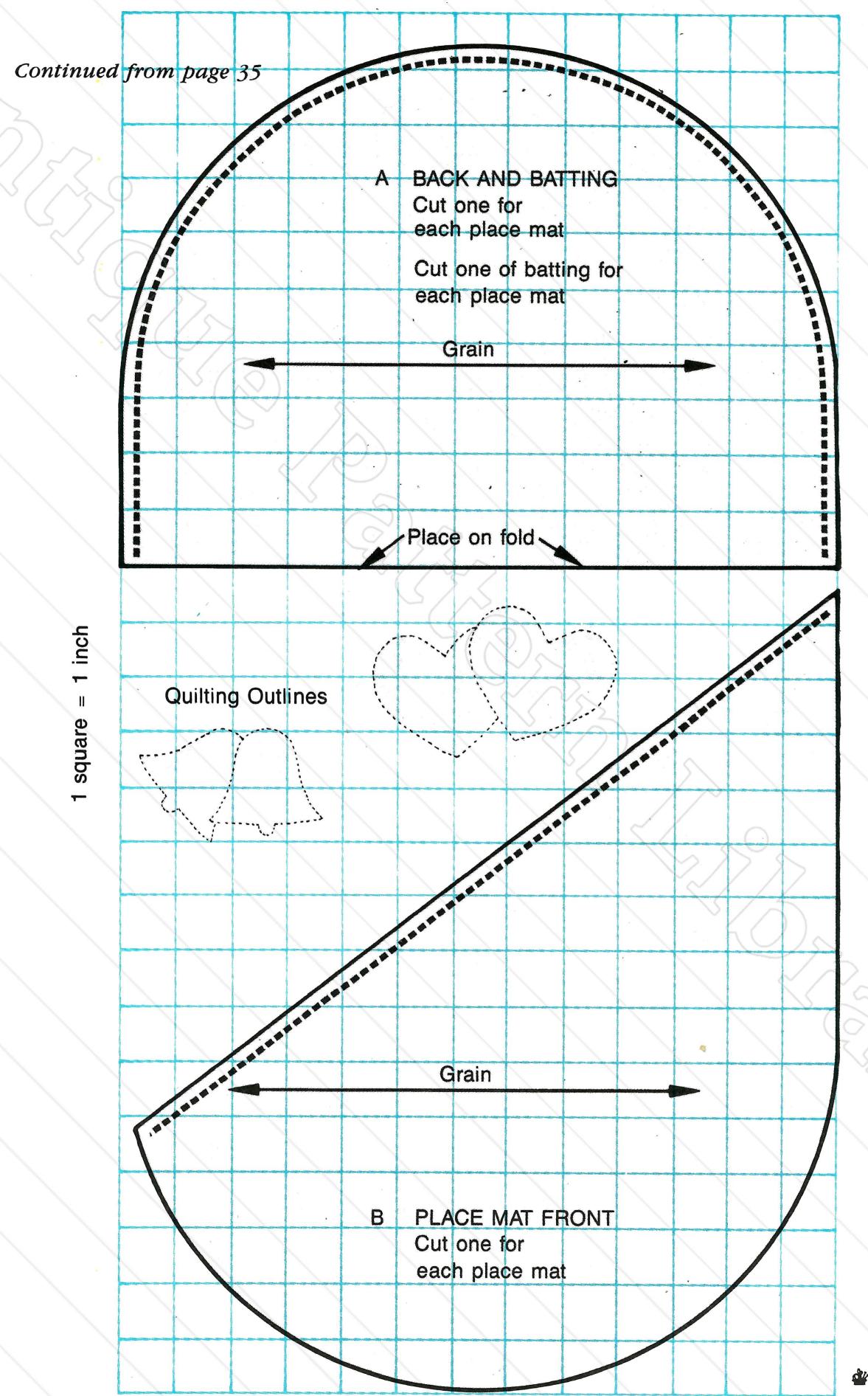
desired sequence, going from longest to shortest. Pin pieced section in place, using 1/4 inch seam, sew in place, stitching from top of place mat to bottom edge, stitching through strip, batting and place mat backing. Trim edges.

Binding: Using double fold extra wide bias tape, sew bias to the place mat backing, with outside edge of place mat even with outside bias edging. Turn under 1/2 inch on bias tape so that raw edge will be hidden when bias tape is brought to the front. Bring bias tape to front of place mat and turn under the 3/8 inch prefolded edge of tape. Pin, baste and stitch using straight machine stitching or zigzag.

If desired, hand or machine quilt Christmas design on portion of mat without strip quilting. Patterns for optional quilting given.

LA RAYNE MEYER

Diagram shown on page 36
OCTOBER, 1989 • 35





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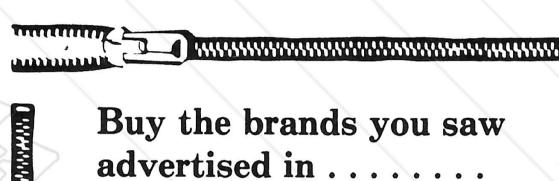
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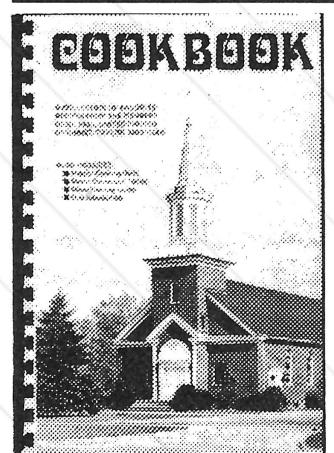


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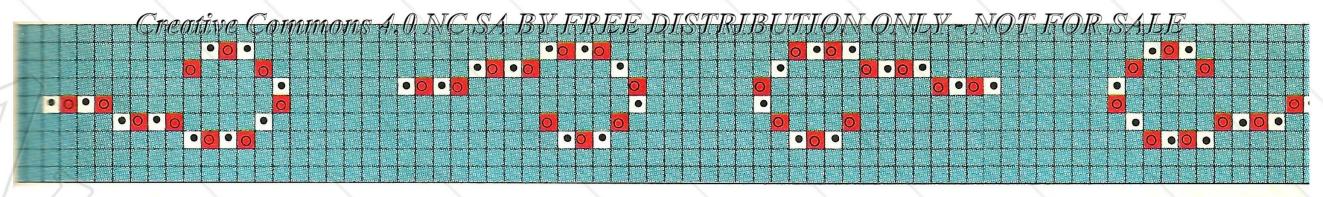
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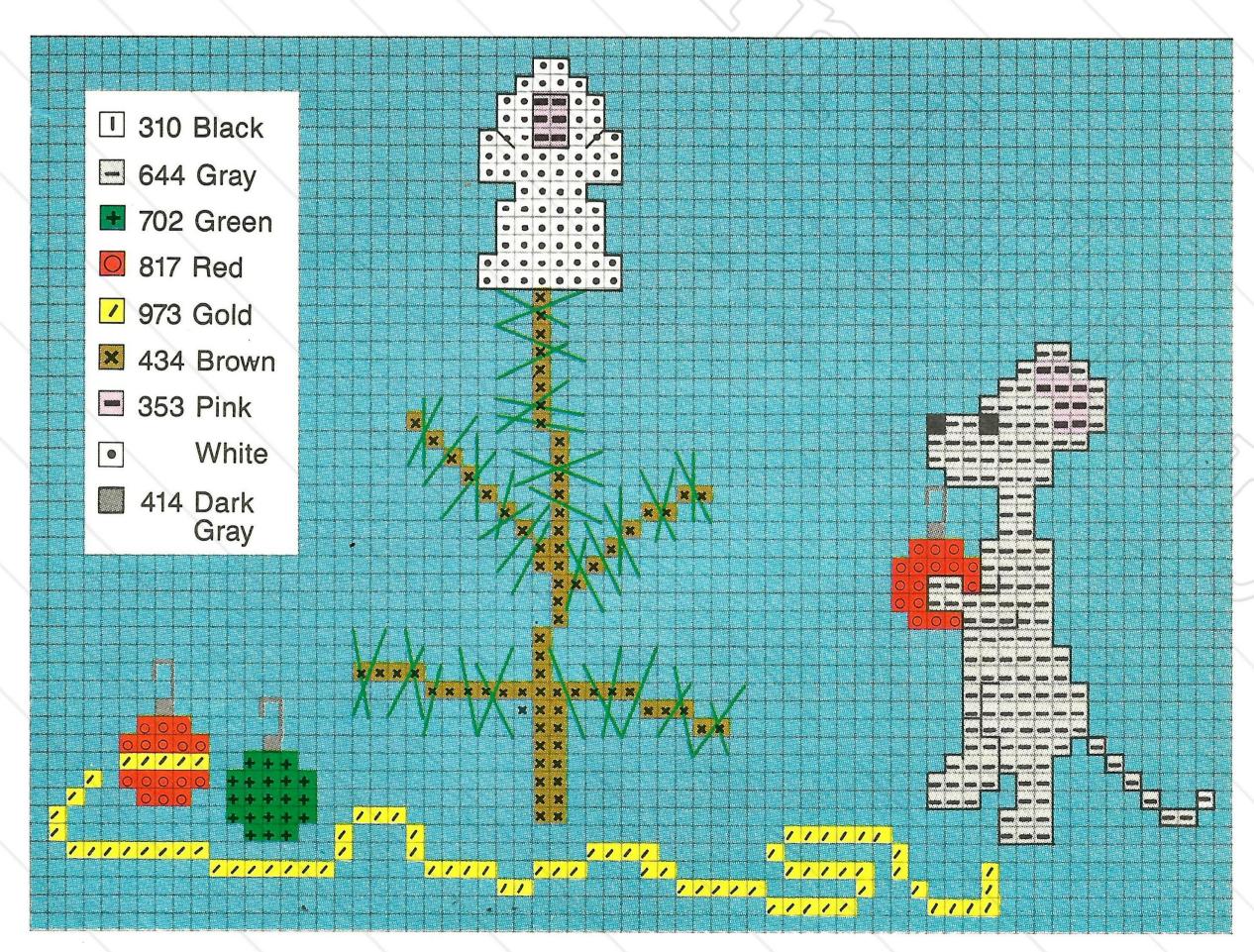
CHRISTMAS MOUSE with winsome ways

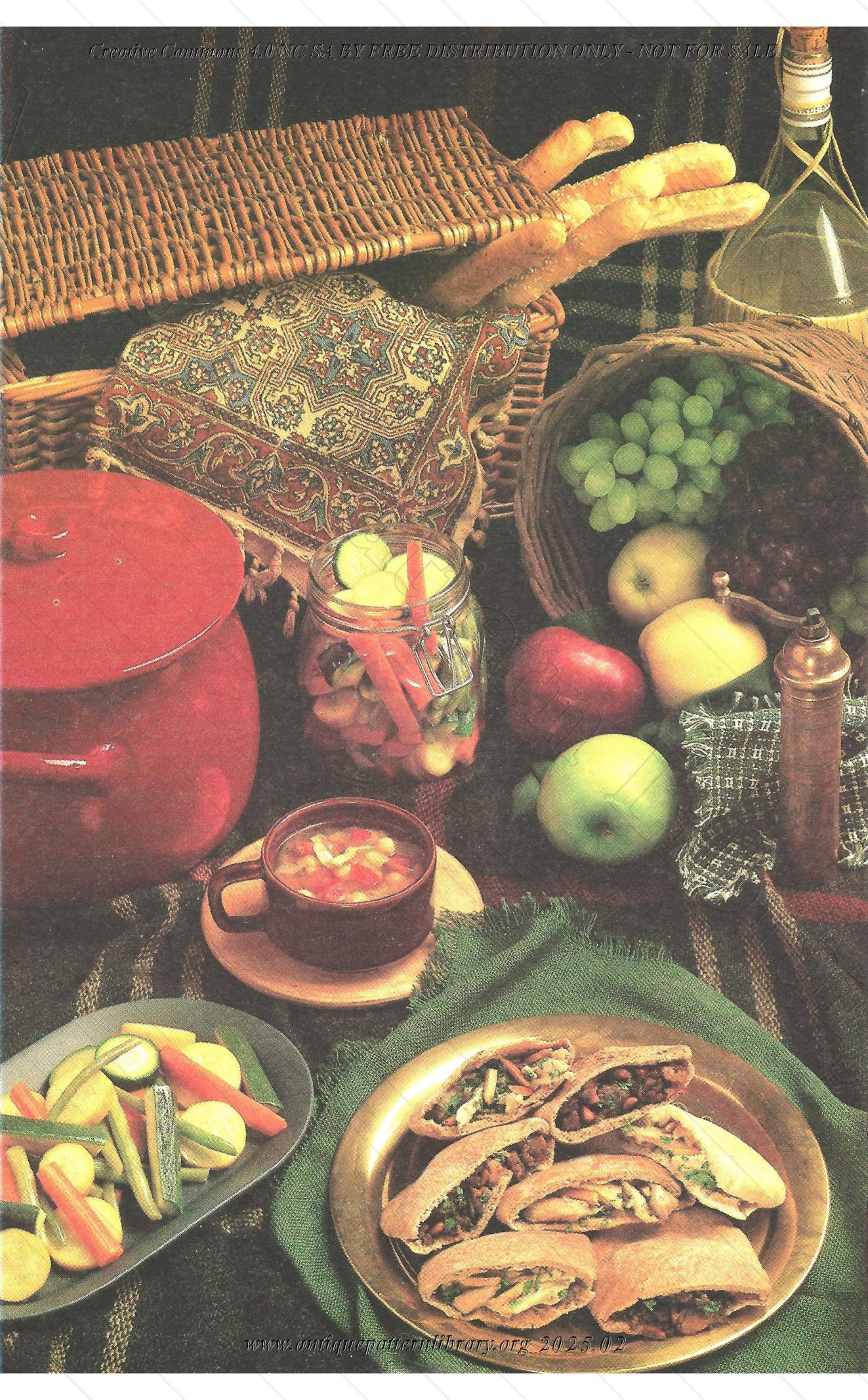
et this engaging cross stitch mouse with the true Christmas spirit entice you to do a little holiday stitching.

You will need one 9 x 36 inch piece of Wichelt's 18 count dark blue Davos cloth and DMC embroidery floss in the following colors: 310 Black, 644 Gray, 414 Dark Gray, 702 Green, 817 Red, 973 Gold, 434 Brown, 353 Pink and White.

Measure 1/4 inch from each corner and carefully pull out one thread from the

weave of cloth. This will leave a gap in the cloth for a sewing guide. Machine stitch in this gap completely around the runner. After stitching, unravel the outside edges for the fringe. Stitch all cross stitches using 2 strands of floss, following chart. Longstitch pine needles using one strand of green. Backstitch around mouse and angel, using one strand black. Backstitch hooks on ornaments using two strands of dark gray.





FALL OUTING

If elcome autumn with a quiet repast under a canopy of blazing fall leaves. The richness of the scenery will be rivaled only by your well-stocked picnic basket. We suggest packing a hearty minestrone, marinated vegetables and filled pita breads. Serve along with breadsticks, a few robust cheeses and top the meal off with a harvest-fresh apple cake.

Minestrone

1/2 pound garbanzo beans

2 quarts water

1/2 cup olive oil

1/2 cup ham, diced

2 medium sized onions, chopped

1 clove garlic

1 leek, washed and sliced

2 carrots, peeled and cubed

1 rib celery with leaves, chopped

4 potatoes, peeled and cubed

2 cups cabbage, chopped

4 tomatoes, peeled and chopped

3-4 cups water, or as needed

1 tablespoon thyme, chopped

1 tablespoon basil, chopped

2 tablespoons Italian parsley,' chopped

Salt and pepper to taste

1/2 cup small cooked pasta, if desired

Cover beans with water and soak overnight. Drain and cover with fresh water and simmer for 2 hours or until almost done. Pour olive oil into a large, hot skillet. Add ham and sauté. Remove to soup pot with slotted spoon. Add onions and garlic and sauté until onions turn golden. Remove to soup pot with slotted spoon. In same skillet, sauté vegetables briefly, in several batches if necessary. Pour into soup pot. Add tomatoes, water as needed and seasonings. Bring to boil

and let simmer about 20 minutes. If desired, add pasta the last 10 minutes of cooking time. Serve hot with freshly grated Parmesan cheese. Makes 8 servings.

Marinated Vegetables

Vinaigrette:

1/4 cup white vine vinegar

1/4 cup lemon juice

2 teaspoons Dijon-style mustard

1-1/2 cups olive oil

3/4 cup vegetable oil

Salt and pepper to taste

3 pounds mixed vegetables: carrots, summer squash and string beans

To make vinaigrette, place vinegar, lemon juice and mustard in a large bowl. Whisk mixture together; gradually add oils. Add seasonings to taste. Makes one quart vinaigrette.

Wash and cut vegetables as desired. Blanch separately in boiling water until tender-crisp. Remove with slotted spoon and drop into ice water to stop cooking. Let drain and cool thoroughly. Place in container and pour vinaigrette over. Cover and refrigerate.

Vegetables may be flavored with herbs and spices such as mustard or sesame seeds, chopped Italian parsley, rosemary or basil.

OCTOBER, 1989 • 43

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Juice

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Pita with Meat Filling

3 tablespoons pine nuts

2 tablespoons oil

1 onion, chopped

1 pound ground meat, lamb or beef

6 dried apricots, chopped

3/4 teaspoon cinnamon

1/2 teaspoon allspice

Salt and pepper

Small bunch parsley, finely chopped

4 pita breads, warmed

In a large skillet, sauté pine nuts in oil until brown; remove with a slotted spoon. In same skillet, sauté onions until soft, remove with slotted spoon. Add meat and break up with a fork. Add apricots and seasonings and stir until meat takes color. Remove from heat and add parsley and pine nuts. Fill pitas. Wrap in foil to keep warm.

Pita with Chicken Filling

1 chicken

3/4 pound onions, quartered

1 teaspoon cumin

1-1/2 teaspoons cinnamon

1/2 teaspoon allspice

3/4 teaspoon ginger

2 cardamom pods, crushed

Juice of one lemon

Salt and pepper to taste

Bunch coriander, finely chopped

5 egg yolks

1/2 cup blanched almonds

7-8 pita breads,

warmed

Place chicken in a large sauce pan. Cover with water and bring to boil. Add onions, cumin, cinnamon, allspice, ginger, cardamom, lemon juice, salt and pepper. Let simmer for 1-1/2 hours or until meat falls

from the bones, removing scum occasionally. Remove chicken. Strain stock; add coriander and reduce to one cup. Beat egg yolks lightly, add to stock over low heat, stirring constantly, until mixture is thick as cream. Toast almonds and chop.

Skin, bone and coarsely chop the chicken when cool enough to handle. Add to yolk and stock mixture. Add almonds. Taste and adjust seasonings. Fill pitas and wrap in foil to keep warm.

Apple Cake

2 eggs

1-1/4 cups sugar

2 cups flour

2 teaspoons baking powder

1 cup cream

2 tart apples, peeled and cut into wedges

1 tablespoon sugar

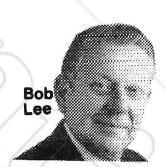
1/2 teaspoon cinnamon

1 tablespoon butter, melted

Beat eggs and sugar until light and fluffy. Mix baking powder and flour. Gradually add flour mixture to egg mixture, alternating with cream. Pour into a 10-inch springform pan.

Peel apples and cut into wedges. Arrange wedges in a fan on batter. Sprinkle with sugar and cinnamon; drizzle with melted butter. Bake at 350° for 60 minutes or until done.





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EXTRACTED FROM FISH BODY OILS Since it has now been determined that EPA is very effective, we are offering unsurpassed quality EPA capsules at very low prices. Each sealed capsule contains 180 Mg. of EPA plus 120Mg. of DHA. We are currently filling orders from individuals, doctors and hospitals. Others charge up to \$19.00 for 100 capsules of this potency.

100 for 4.95 200 FOR 9.50 400 FOR 17.85

Desiccated LIVER Tablets 71/2 GRAIN

100 FOR 69¢ 1,000 FOR 3.50

BONE

MEAL

HERBAL LAXATIVE

TABLETS 85¢

TABLETS 100 TABLETS 49¢ 500 for \$2.19 500 FOR 3.49 1,000 for \$3.69

HIGH FIBER BRAN

500 MG Tablets 100 for 69€ 500 for \$2.99

Pure= Lecithi 1 Lb. 2 Lbs. 4 Lbs.

5.49

9.99

500 MG. BEE POLLEN TABS

100 for **219** 500 for \$7.50

IRON **TABS** 100 - 1.49500 - 5.49

SUPER ORGANIC

COD LIVER OIL CAPS CAPS 88¢ 500 Caps \$3.99

VITAMIN A & D **TABLETS** (5000A, 400D) 100 for 49° 500 for 1.95 1000 for 3.50

ACIDOPHILUS POTASSIUM CAPSULES **GLUCONATE** 100 for 1.79 595 MG. 250 for 4.45 Tablets 95¢ 500 for 8.75 500 for \$4.29 1,000 for \$7.99

> 9 Vital Minerals Multi-**Minerals** 100 100 Tablets **98**¢ 500 for \$4.50

Yes, low vitamin prices are now possible. We found our modern equipment wasn't enough, so we cut-out the "frills" and went back to some of our old ways when prices were lower. It worked, so now you can buy more for less at Lee Nutrition.

VITAMINS BY MAIL FROM LEE NUTRITION

BALANCED 50 MG.

HI-POTENCY .EE-PLEX 50 MG."

In 1 cap daily; 50 mg each of Vit. B1, B2, B6, Niacinamide, Pantothenic Acid, Choline, Inositol, 50 mg. Para-Aminobenzoic Acid, 50 mcg. each of B12, d-Biotin, 100 mcg. Folic Acid.

179 100 CAPS 269 CAPS 500 for \$10.59

TIME RELEASE 500 MG. TABLETS 450 100 250 FOR 8.00 **TABS** 500 FOR 15.00 *Ask your Doctor about the Cholesterol

100-B COMPLEX

lowering benefits of NIACIN.

100 MG. EACH OF B-1, B-2, B-6 NIA-CINAMIDE, CHOLINE, INOSITOL, PAN-TOTHENIC ACID & PABA, 100 MCG EACH OF B-12, BIOTIN & FOLIC ACID.

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6 lbs.-**8.95** 100 MCG. VITAMIN **B-12**

100 FOR 65° 500 FOR 2.50 500 FOR 7.50

500 MCG. VITAMIN **B-12** 100 FOR 1.95

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1000-8.50

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for only

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12, 14, 16, 18, 20		Brown	R5472	\$10		\$
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I'is the season to stuff. Try these great recipes for moist and savory stuffings baked in or out of the turkey.

Corn Bread Stuffing

6 tablespoons butter

1/2 cup green onions, chopped

2 ribs celery, chopped

2-1/2 cups corn bread, crumbled

1-3/4 cups bread cubes

1 cup corn

Salt and pepper to taste

Melt butter in a large skillet. Add onion and celery and cook until onions are soft. Remove from heat and place in a bowl. Add remaining ingredients and seasonings. Toss lightly to com-

Orange-Raisin Stuffing

3 cups bread cubes

1/4-1/2 cup orange juice

3 teaspoons grated orange rind

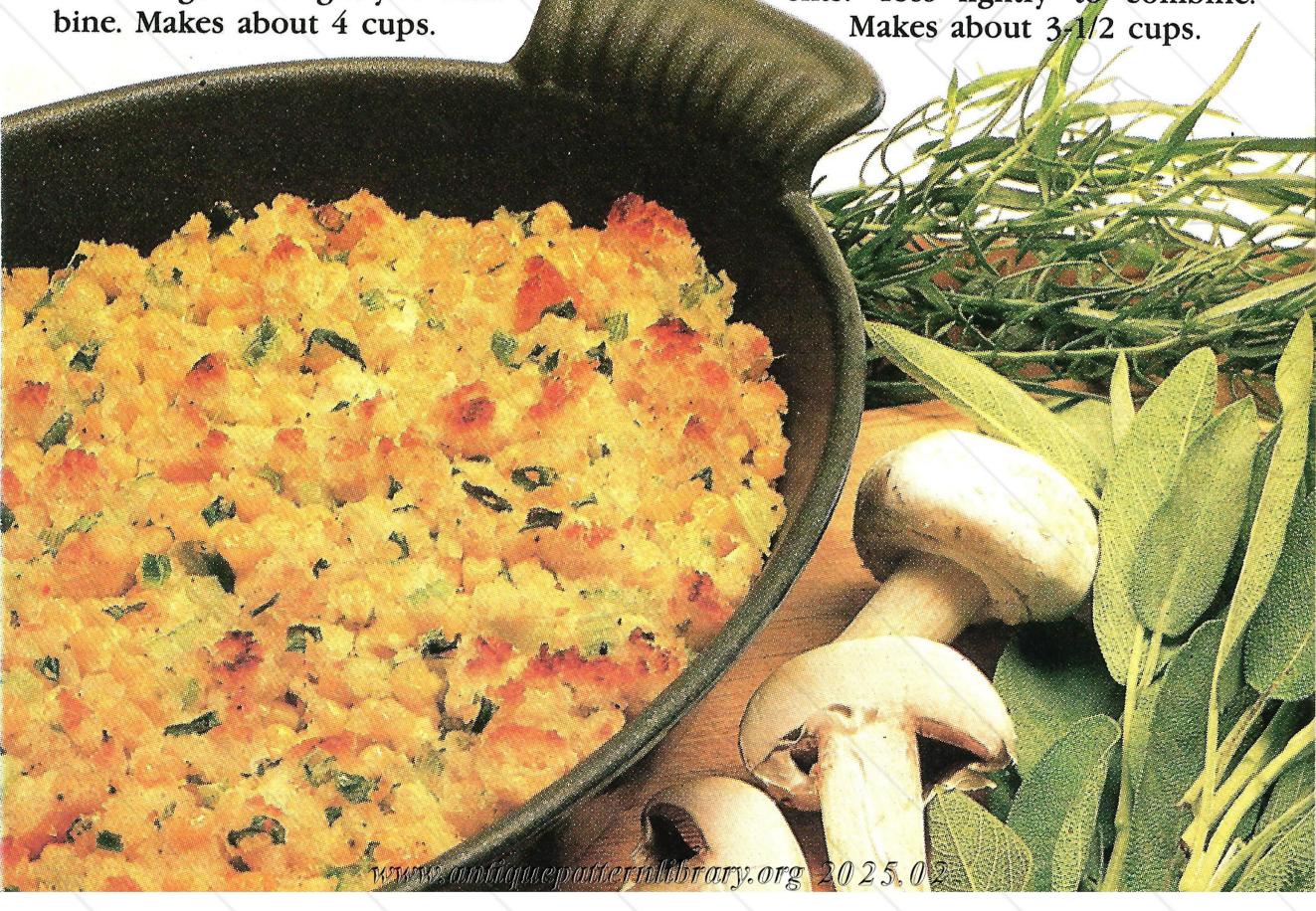
3/4 cups orange sections, membranes removed

1/2 cup raisins

1/4 cup pecans, toasted

Pepper to taste

Place bread in a large bowl. Add orange juice. Let sit for 15 minutes or until juice is absorbed. Add remaining ingredients. Toss lightly to combine.



Chestnut Stuffing with Sausage

5 tablespoons butter

1 medium onion, chopped

2 cups chestnuts, quartered

1-1/2 pounds sausage

2 tablespoons thyme, chopped

2 tablespoons Italian parsley, chopped

Salt and pepper to taste

2 cups bread cubes

Melt butter in large skillet. Add onions and cook over medium heat until soft. Remove from heat and pour into bowl; add chestnuts. Cook sausage in same skillet until brown, breaking up with a fork. Remove most of the fat. Add sausage to chestnut mixture. Add remaining ingredients and toss lightly. Makes about 5-1/2 cups.

tarragon and seasonings. Toss lightly to combine. If too dry, add a little chicken stock to reach desired consistency. Makes about 4 cups.

Onion Stuffing

2 pounds onions, chopped

6-8 tablespoons butter

2 cups cooked white rice, cooled

3/4 cup dried apricots

1/4 cup pine nuts, toasted

2 tablespoons mint, chopped

In a large skillet, cook onions in butter until soft and slightly golden in color, dividing into two batches if necessary. Remove to bowl and let cool. Pour hot water over apricots and let them soften for about 15 minutes. Drain, reserve water and coarsely chop apricots. Mix all ingredients together and add reserved water until stuffing has desired consistency. Makes about 4 cups.

Double Rice Stuffing

3-4 tablespoons butter

2 cups mushrooms, chopped

3 shallots, chopped

1 cup cooked white rice, cooled 2 cups cooked wild rice, cooled

Melt butter, add mushrooms and shallots. Cook until soft over very low heat. Remove and place in a



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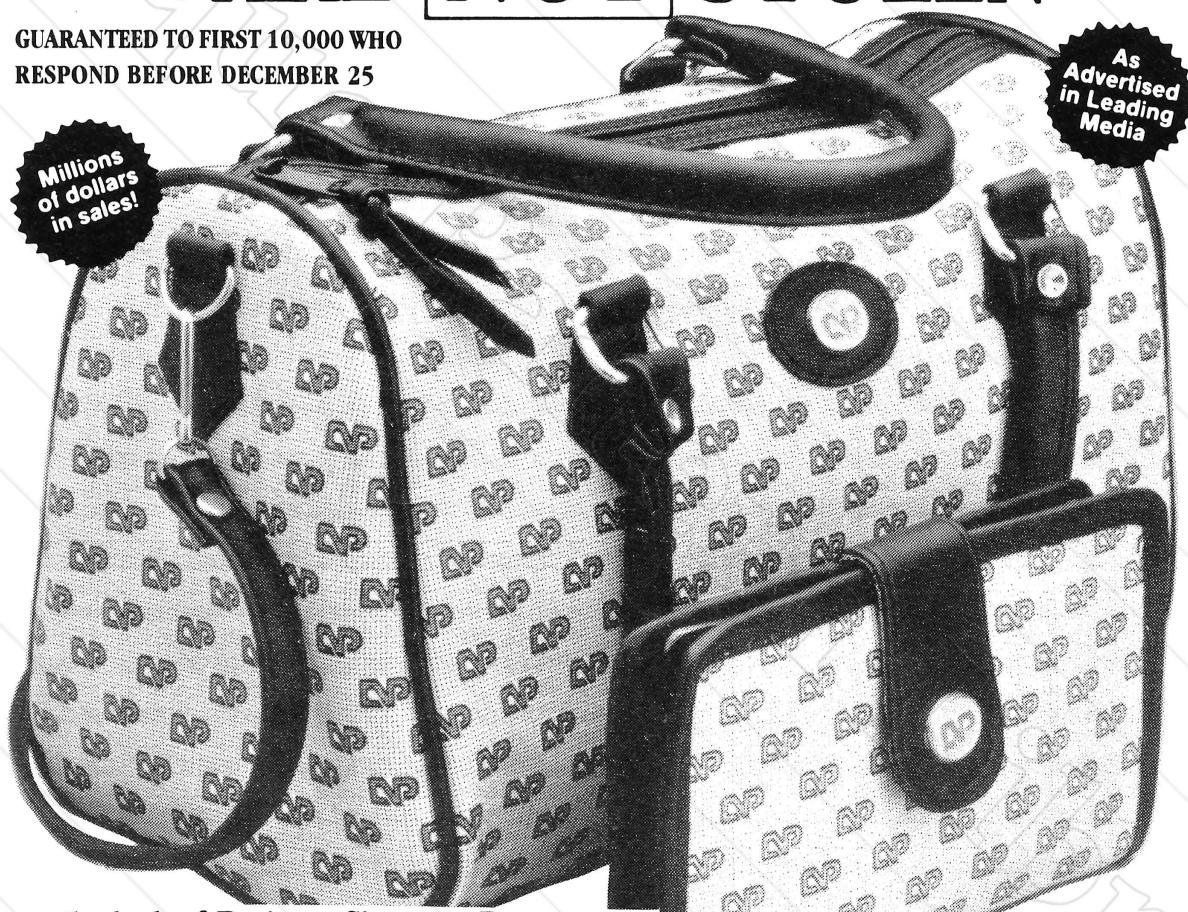
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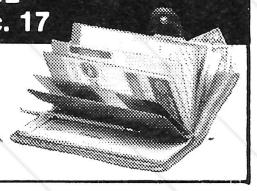
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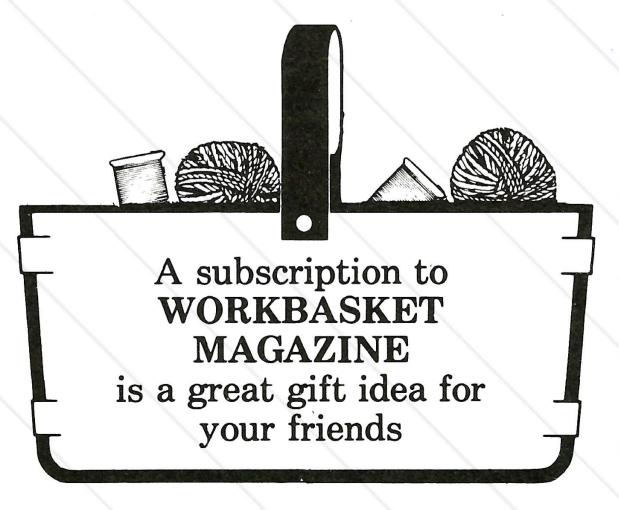
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TERNS IN BRIEF

Crochet:

chain ch stitch st sp space sl st slip stitch single crochet SC double crochet ďć half double crohdc chet (sometimes called a short double - sdctreble crochet dtr double treble crochet

tr tr treble treble crochet rnd round lp loop increase(s)(d)(ing) inc dec decrease(s)(d)(ing) picot p yarn over yo MCMain Color CC Contrasting Color block stitch bl cluster cl popcorn stitch pc

Knit:

k	knit	yo	yarn over
p	purl	psso	pass slip stitch
st	stitch		over
sp	space	inc	increase(s)(d)(ing)
sk	skip	dec	decrease(s)(d)(ing)
sl	slip	tbl	through back loop
rnd	round	MC	Main Color
lp	loop	CC	Contrasting Color
tog	together		12-51

GAUGE

The number of stitches to the inch horizontally and the number of rows to the inch vertically.

WORK EVEN

Continue working the pattern without increasing or decreasing the row length by adding or omitting any stitches.

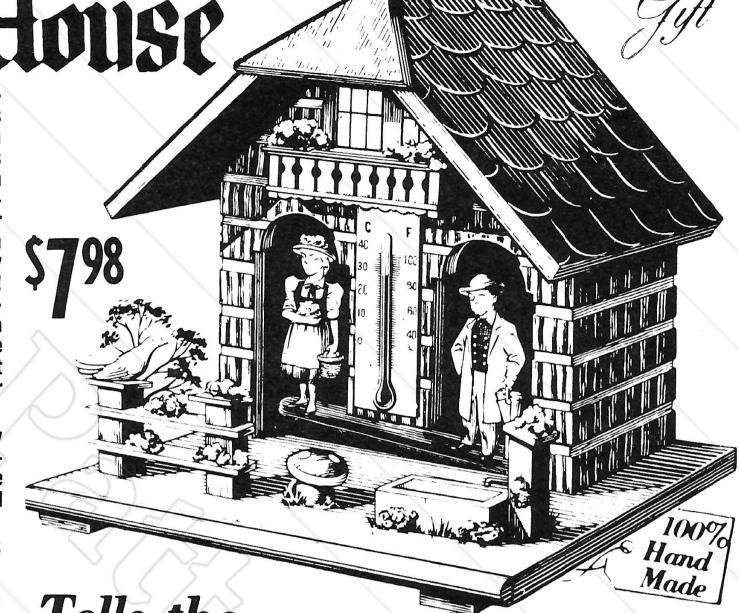


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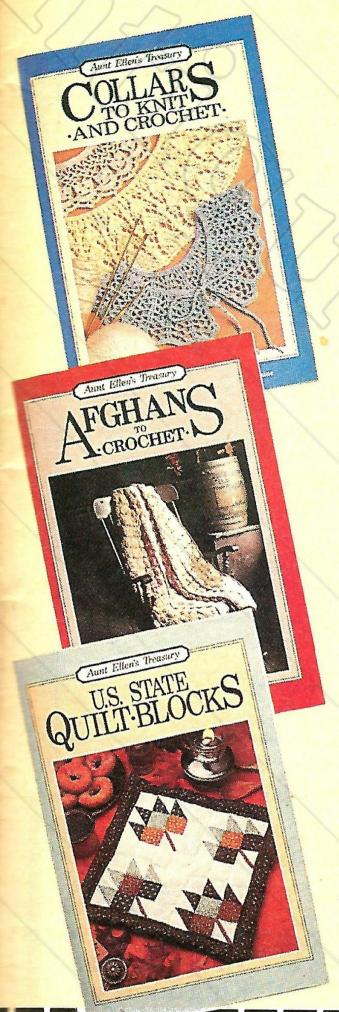
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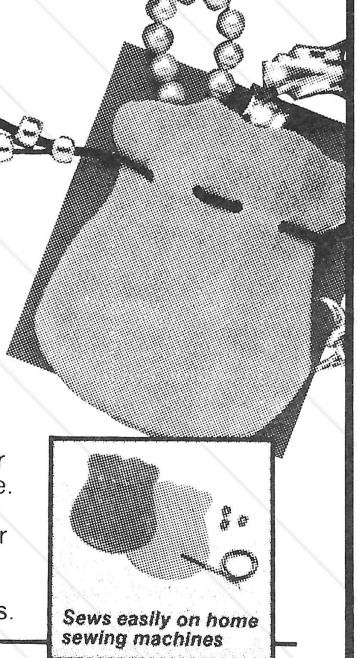
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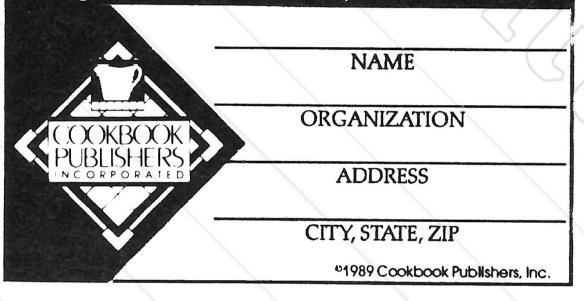
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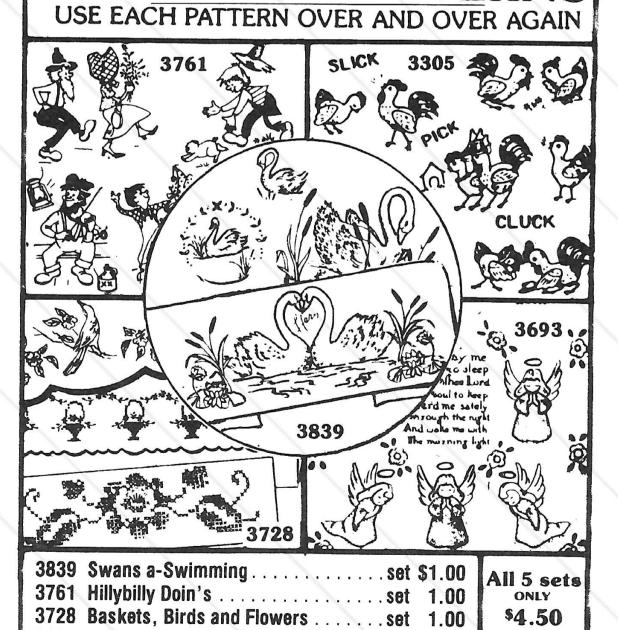
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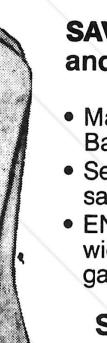
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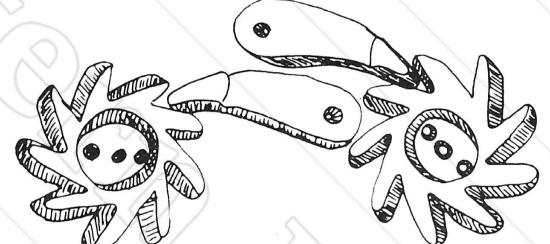
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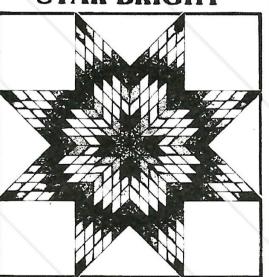
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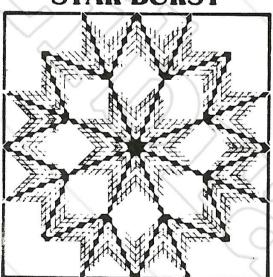
(Rust, Beige, Tan, Dk. Blue, Lt. Blue, White)

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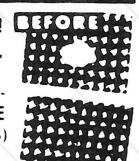
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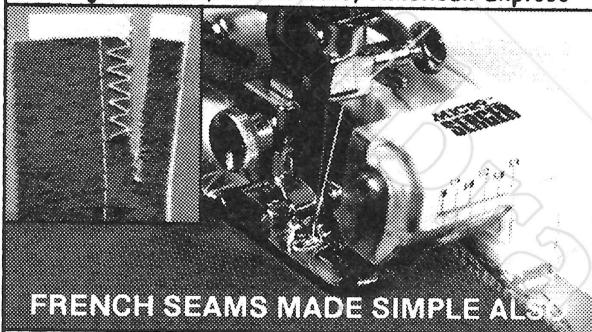
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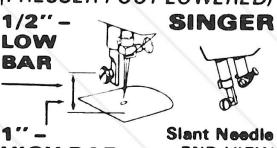
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