

Marshall County FCS NEWS



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Marshall County
1933 Mayfield Hwy.
Benton KY 42025
marshall.ca.uky.edu
(270) 527-3285



Upcoming Events

- 3/31 - Learning Session - 'Sensational Salads', MCEO 10am
- 4/5 - Extension Homemakers Advisory Council meeting, MCEO 9:30am
- 4/11, 4/18, 4/25, 5/2, 5/9, 5/16 - Prime Time Family Reading Time, Benton Elementary
- 4/12 - 'All in the Family' kinship care workshop, Marshall County Resiliency Center 9am
- 4/13, 5/11, 6/8 - Sewing with Robynn, MCEO 6-8pm
- 4/14 - Laugh & Learn play date, MCPL@Calvert 10am
- 4/14 - Big Blue Book Club via zoom
- 5/2 - Extension Homemakers Advisory Council meeting, MCPL@Benton 9:30am
- 5/12 - Laugh & Learn play date, MCPL@Calvert 10am
- 5/26 - Spring Into Green: In the Garden, Graves County Extension Office 9-2



'All in the Family' is a kinship care group created to assist families to network with others to provide advice and understanding. Many members are grandparents raising grandchildren. Everyone is welcome.



Master Clothing Volunteer Robynn Garrett will be available to assist those who want to learn to sew or need assistance with a sewing project at 'Sewing with Robynn'. Machines will be available, or you may bring your own. Please call the office to reserve a spot and for additional information.



Congratulations to all the Cultural Arts entrants who participated in the recent Purchase Area Extension Homemakers competition. Those advancing to KEHA State competition in May are:

SAVE THE DATE

MAY 26 - 9AM- 2PM

GRAVES CO. EXTENSION OFFICE

Susan Zweedyk
Lynn Hicks
Robynn Garrett
Carolyn Hast
Doll Blakney
Mitzi McGinnis
Mary Bowlin



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

Recipe Corner...



Cheesy Broccoli Potatoes

- | | |
|-------------------------------------|--|
| 5 slices turkey bacon | Salt and pepper to taste |
| 1 tablespoon olive oil | 4 large potatoes, cubed |
| 1 clove garlic, minced | 2 cups fresh broccoli florets |
| 2 tablespoons chopped chives | 1 cup fat-free, shredded cheese |

Preheat oven to 425° F. **Cook** bacon until **crispy**, crumble and set aside. **Spray** 9x13-inch baking dish with non-stick cooking spray. In a small bowl, **combine** olive oil, garlic, chives, salt and pepper; **stir** to blend. In a large bowl, **toss** together potatoes and broccoli. **Pour** olive oil blend over potato mixture; **stir** to coat. **Pour** into baking dish and **cover** with foil. **Bake** for 35 minutes or until potatoes are **tender**; **remove** from oven. **Sprinkle** cheese and bacon on top and place back in oven until cheese melts.

Yield: 8, ½ cup servings.

Nutritional Analysis: 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

The potato is one of America's most popular vegetables and is available all year. Potatoes are easy to cook and can be prepared in many ways including baking, frying, and boiling. Potatoes can also be purchased canned, dehydrated, mashed, diced, flaked, fried, and deep-frozen.

A medium baked potato without any added seasoning has approximately 100 calories and is low in dietary fat and sodium. The potato is a good source of vitamin C, B vitamins, potassium, and complex carbohydrates. Eaten with the peel, potatoes are a good source of fiber. Although the skin contains many nutrients, the rest of the potato provides most of the vitamins.



Scrumptious Strawberry Salad

- | | | |
|--|---|---------------------------------|
| 5 cups spinach | Dressing | 3 tablespoons olive oil |
| ½ large cabbage head, chopped | ¼ cup plain non-fat Greek yogurt or plain regular yogurt | ½ teaspoon Dijon mustard |
| 1 cup golden raisins | 3 tablespoons honey | 1 teaspoon poppy seeds |
| 1 cup halved red grapes | 6 tablespoons apple cider vinegar | 1 teaspoon salt |
| 1 pint sliced strawberries | | ½ teaspoon pepper |
| ½ small red onion, sliced | | |
| ½ cup toasted and chopped pecans (optional) | | |

Combine all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

Yield: 8, 2-cup servings

Nutritional Analysis: 240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein



Plant strawberries in Kentucky in early spring. The plants are ready for the garden as soon as you can work the ground in March or April. The strawberry harvest begins in May and lasts for two to three weeks. Collect all berries during this time; freeze unused strawberries to store them for future use.

Vicki Wynn

Vicki Wynn
Agent for Family &
Consumer Sciences
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Apr/May 2022



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 13 • ISSUE 4

Marshall County Extension Office | 1933 Mayfield Hwy | Benton, KY | 42025 | (270) 527-3285

THIS MONTH'S TOPIC: SPRING CLEAN YOUR BUDGET

As you spring clean your home this year, also consider spring cleaning your household budget. Like our homes, our budgets need annual maintenance. As changes occur with our income, expenses, and financial goals, we need to be in the habit of regularly evaluating our spending and savings practices. Whether you're preparing for tax season, or dreaming of your next vacation, spring cleaning your household budget keeps your wallet focused on financial priorities.



REMOVE "DUST BUNNIES"

Start financial spring cleaning by looking at what's collecting dust in your accounts. Is there a service, membership, or subscription you're no longer using? To save money, clean up any automated charges you may have forgotten about. Did you start a free trial but forgot to cancel it? Have you stopped going to the gym but never ended your membership? Are you paying for a home phone line you never use? Or a data storage plan you don't need anymore? Is there a monthly subscription that would be cheaper if you paid annually? Overlooked fees, services, and recurring charges are often easy "cleanups" that will put money back in your account.

MAKE FINANCIAL REPAIRS

Like our homes, our budgets may need repairing from time-to-time. Consider your **needs** (such as housing, food, and monthly bills) versus **wants** (such as streaming services, restaurant meals, and anything "extra"). Are your financial priorities aligned? Do you focus on purchases that are most important to your family? You may need to identify parts of your budget that need repair. Also take the time to reflect on any changes to your financial situation. Have you taken on any new debt or added any new reoccurring expenses? If so, make sure they are reflected in your current budget.



START FINANCIAL SPRING CLEANING BY LOOKING AT WHAT'S COLLECTING DUST IN YOUR ACCOUNTS



Look ahead to expenses you anticipate in the upcoming year or next few years. Then draft a savings plan so that you're prepared when the time comes. Perhaps you're saving for a child's braces, a vehicle for a teen driver, or a new dishwasher. Work backward from the expected purchase date to determine how much money to save from each paycheck. For example, if you anticipate your 8-year-old will need braces in three years (estimated cost \$5,000), you'll need to save approximately \$140 a month for three years to pay for the braces in full.

CELEBRATE YEARLY SUCCESSES

Each year it's also important to recognize (and celebrate!) any financial progress you've made. For example, have you paid off a debt, saved for an intentional purchase, started an emergency fund, or contributed to your retirement account? These financial practices require discipline and deserve recognition. As you review past

spending trends and spring clean your budget, be sure you are "paying yourself first" by including consistent contributions to savings.

KEEP YOUR FINANCES ON-TRACK

Spring cleaning your budget does not mean removing all flexible spending. Rather, look at it as "tidying up" your spending choices so you know where your money goes each month. This keeps your financial priorities in focus. A helpful way to see where your money goes is to track your expenses. Try using a simple tracking tool such as this one provided by the Consumer Financial Protection Bureau at <https://www.consumerfinance.gov/about-us/blog/track-your-spending-with-this-easy-tool/>. Tracking your spending includes saving your receipts and tallying everyday purchases and recurring bills. This spring, give your household budget a refresh and set yourself up for financial success all year long.

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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ADULT HEALTH BULLETIN



APRIL 2022

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC:

HOW TO HANDLE CHRONIC STRESS



April is National Stress Awareness Month, and while stress is unavoidable for the majority of us, there are many ways to help prevent and manage it.

Everyone feels stressed from time to time. Stress can be a positive thing and is sometimes needed when we need to be on high alert like when competing in sports, working on an important project, or facing a dangerous situation. However, if stress lasts a long time — a condition known as chronic stress — that “high-alert” response becomes harmful rather than helpful.

We all experience stress in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a

Continued on the back 



Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.



Try relaxation methods. Mindfulness, meditation, yoga, or tai chi may help.

➔ **Continued from page 1**

physical, mental, or emotional strain or tension. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms.

A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. If that stressor does not go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems.

It is natural to feel stress and anxiety. Below are ways to help yourself and others manage stress:

- **Get enough sleep.** Shoot for seven or more hours per night.
- **Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
- **Build a social support network.** People who spend time with family and friends find healthier ways to cope with stress.
- **Set priorities and boundaries.** Decide what must be done first and what can wait. Say no to new tasks if they are putting you into overload.

- **Think positive.** Note what you have accomplished at the end of the day, not what you have failed to do.
- **Try relaxation methods.** Mindfulness, meditation, yoga, or tai chi may help.
- **Seek help.** Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

REFERENCES:

- <https://www.stress.org>
- <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>
- <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress>

If you or someone you know is in crisis, call the toll-free, 24-hour National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

**ADULT
HEALTH BULLETIN**

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com



2022
FAIR DIVISION RULES
for
Family & Consumer Sciences Exhibits
Canning, Clothing, Creative Crafts,
Foods, Quilts & Stitchery

1. All entries must be entered between 9 a.m. and 12 noon Monday, July 18, 2022 at the Marshall County Extension Office.
2. All entries must be called for and premiums collected between 9 and 11 a.m. on Wednesday, July 20, 2022 at the Marshall County Extension Office.
3. Fair chairmen are not responsible for entries called for after 11 a.m., July 20, 2022.
4. The management will use the utmost care to guard and protect exhibits but is not liable.
5. Exhibitor must be Marshall County resident or member of a Marshall County organization related with this type of exhibits.
6. No entry will be accepted unless the category is listed in the fair catalogue.
7. No exhibitor will be allowed to exhibit more than one article in any one class. Example: only one jar of apple jelly but can enter in each jelly class.
8. All entries must be bonafide property and work of exhibitors.
9. Exhibits shown in previous years cannot be shown again.
10. All entries should have detachable note with name, address, phone, division, and class.
11. Professional's work will not be accepted in this department. One who derives more than 50% of their income from the type of work being exhibited is considered a professional in this department.
12. Judging of exhibits will be afternoon of Monday, July 18 at the Marshall County Extension Office. Only workers and judges will be allowed in the exhibit area during this time. Participants may view the judged exhibits from 4-6 p.m. on the day they are entered, and the following day from 8 a.m. to 4:30 p.m.
13. Ribbons and premium money will be given only to the top three.
14. Where there are less than three exhibitors in a class, ribbons and premiums will be awarded only if merited.
15. Grand Champion ribbon will be awarded in each division.
16. Premiums will be paid when exhibits are picked up.
17. Premium money will be awarded as such: **FIRST - \$5.00, SECOND - \$4.00, & THIRD - \$3.00.**

CANNING

1. Canned foods must be in standard canning jars with regulation sealed tops.
2. Extremely dirty jars or those with rusty lids will automatically be disqualified.
 3. Bands are to be removed from jars before entering.
 4. Judges will not unseal jars or taste contents.

JAMS

1. Blackberry
2. Peach
3. Pear
4. Strawberry
5. Other

JELLY

6. Apple
7. Blackberry
8. Cherry
9. Grape
10. Strawberry
11. Other

PRESERVES & BUTTER

12. Apple
13. Blackberry
14. Orange Marmalade
15. Peach
16. Peach Butter
17. Pear
18. Strawberry
19. Watermelon
20. Other

FRUITS

21. Apples
22. Applesauce
23. Blackberries
24. Grape Juice
25. Peaches

26. Pears
27. Other

PICKLES & RELISHES

28. Beets
29. Bread & Butter
30. Catsup
31. Cucumber Dill
32. Cucumber Lime
33. Cucumber Sour
34. Cucumber Sweet
35. Fruit
36. Okra
37. Relish
38. Salsa
39. Squash
40. Other

VEGETABLES

41. Green beans or snap
42. Lima Beans
43. Bee
44. Carrots
45. Corn
46. Kraut
47. Peas
48. Potatoes
49. Squash*
50. Tomatoes
51. Tomato Juice
52. Other

*entries not allowed in this category, per UK recommendations; effective 2005

CREATIVE CRAFTS

BASKETS

1. Covered basket
2. Decorated
3. Rag basket
4. Stenciled

WOVEN BASKETS

5. Reed
6. Split wood

7. CANDLE

CERAMICS

8. Air brush
9. Dry brush
10. Glaze
11. Stain

CHRISTMAS DECORATIONS

12. Centerpiece
13. Door decorations
14. Ornaments
15. Stocking
16. Tree skirt
17. Wreath
18. Other

DECORATED SHIRTS

19. Applique
20. Painted
(embellished or
jeweled)
21. Other

DOLLS

22. Stuffed
23. Other

DOOR DECORATIONS

24. Fabric
25. Grapevine wreath
26. Other wreath
27. Other

HOLIDAY DECORATIONS

(other than Christmas)

28. Centerpiece
29. Door decoration
30. Wreath
31. Other

32. JEWELRY

PAINTINGS

33. Acrylic
34. Charcoal
35. Mixed Media
36. Oil
37. Pastels
38. Pen & Ink
39. Pencil
40. Water color
41. Other

PHOTOGRAPHY

- (mounted)
42. Black & White
 43. Color
 44. PORCELAIN

SOFT SCULPTURE

45. Animal
46. Doll
47. Other

STENCILING

48. Fabric
49. Metal
50. Wood
51. Other

TOLE PAINTING

52. Fabric
53. Metal
54. Wood
55. Other

56. UNUSUAL CRAFT

FLOWER ARRANGEMENTS ARTIFICIAL or DRIED

57. Small (10" or under)
58. Large (over 10")

59. BUD VASE CUT

60. Small (10" or under)
61. Large (over 10")

WALL HANGINGS

62. Decorated hats
63. Stenciled
64. Tin Punch
65. Wreath
66. Other

WOODEN ARTICLES

67. Accessories
68. Baskets
69. Door Decorations
70. Furniture
71. Hand Carved Item
72. Router item
73. Toys
74. Wall hanging
75. Wooden Article
made from a kit
76. Other

SCRAPBOOKING

77. Single page
78. Two pages with single
subject

PAPER CRAFTS

79. Handmade
greeting card

STITCHERY

CREWEL

1. Decorative Pillow
2. Wall hanging
3. Other

CUTWORK

4. Pillowcases
5. Tablecloth
6. Other

CROCHET

7. Afghan
8. Bedspread
9. Baby set
10. Collar
11. Dishrag
12. Doily
13. Lace
14. Pillowcase
15. Slippers
16. Sweater
17. Vest
18. Other
- 18 a. Scarf
- 18 b. Purse

CROSS-STITCH

19. Bedspread
20. Pillow
21. Wall hanging
22. Other

COUNTED

CROSS-STITCH

23. Bedspread
24. Pillow
25. Wall hanging
26. Other

EMBROIDERY

27. Pillowcases
28. Placemats
29. Others

HOME ACCESSORIES - MACHINE MADE

30. Baby crib bolster
31. Bedspread
32. Chair pad
33. Curtains
34. Diaper Stacker
35. Pillowcases/Sham
36. Placemats/Napkin
37. Tablecloth
38. Other

HOOKEED WORK

39. Latchhook pillow
40. Latchhook rug
41. Latchhook
Wall hanging
42. Other hooked rug
43. Other hooked
Wall hanging
44. Other

KNITTING

45. Afghan
46. Bedspread
47. Dishrag
48. Slippers
49. Sweater - pattern &
color variety
50. Sweater - stitch
variety
51. Vest
52. Other

MACHINE EMBROIDERY

53. Cap
54. Pillow
55. Pillowcase
56. Placemat/napkin
57. Shirt
58. Sweatshirt
59. Towel

60. Other

MISCELLANEOUS STITCHERY

61. Braided rug
62. Candlewicking
63. Quilted pillow
64. Ribbon embroidery
65. Other

NEEDLEPOINT

66. Pillow
67. Plastic Canvas
68. Other

SMOCKING

69. Clothing
70. Pillow
71. Other

72. TATTING

73. SWEDISH WEAVING

74. GREETING CARD

FOODS

1. All foods should be placed on a small paper plate and covered with plastic wrap.
2. A fourth cake or pie may be entered.
3. No cream pies will be accepted.

QUICK BREADS

1. Banana Bread (½ loaf)
2. Biscuits (4)
3. Cornbread (4 pieces)
4. Pumpkin Bread (½ loaf)
5. Zucchini Bread (½ loaf)
6. Other

YEAST BREADS

7. Sourdough (½ loaf)
8. Sweet rolls (4)
9. Yeast bread (½ loaf)
10. Yeast rolls (4)
11. Other

BROWNIES

12. Iced (4)
13. Uniced (4)
14. Other

CAKES (¼ cake)

15. Angel Food (Uniced)
16. Chocolate
17. Coffee Cake
18. Pound Cake
19. Spice
20. White
21. Other

DECORATED CAKES

- (Whole cake, judged on appearance only)
22. Shaped
 23. Sheet
 24. Wedding

CANDY (4 pieces)

25. Chocolate
26. Divinity
27. Molded
28. Novelty snack (1 cup e.g. part mix, caramel corn, etc.)
29. Peanut brittle
30. Peanut butter
31. Popcorn ball
32. Other

COOKIES (4)

33. Chocolate Chip
34. Oatmeal
35. Sugar
36. Other

PIES (¼ pie)

37. Chess
38. Fruit
39. Pecan
40. Other (no cream)

FAT FREE/REDUCED FAT or Sugar Free

41. Brownies (4)
42. Cake (¼ cake)
43. Candy (4 pieces)
44. Cookies (4)
45. Pie (¼ pie)
46. Other

QUILTS

1. All quilts must have been completed within the last three years. They must be clean and in good condition.
2. Quilt pattern should be specified on entry tag.
3. Senior Citizen quilt must be made by an individual or group of individuals 62 or over.
4. Miniature quilt must be no larger than 18" x 18".

HAND-QUILTED

1. Appliqué
2. Appliqué & Pieced
3. Baby quilt
4. Cross-stitched
5. Embroidered
6. First quilt

7. Miniature quilt

8. Painted quilt
9. Pieced quilt
10. Senior Citizen quilt
11. Theme quilt
12. Other

MACHINE-QUILTED

13. Appliqué
14. Baby quilt
15. First quilt
16. Pieced quilt
17. Other

WALL HANGINGS

18. Appliqué
19. Appliqué & pieced
20. Pieced
21. Other

CLOTHING

ACCESSORIES

1. Collars
2. Other (must be made from fabric)

3. APRONS

CHILDREN'S WEAR

4. Boys Dressy
5. Boys Sportswear
6. Girls Dressy
7. Girls Sportswear
8. Infant
9. Sleepwear

10. COSTUMES

11. DOLL CLOTHES

LADIES' WEAR

12. Casual Dress
13. Dressy Dress
14. Tailored Blazer
15. Tailored Coat
16. Tailored Suit

17. Other

LADIES' SPORTSWEAR

18. Blouse or top
19. Jacket
20. Mix & Match (2 or more pieces)
21. Slacks
22. Shorts
23. Skirt
24. Swimsuit
25. Other

MEN'S WEAR

26. Necktie
27. Pants
28. Shirt
29. Sport coat
30. Suit (2 or more

pieces) 31. Other

32. PATCHWORK GARMENT

33. RECYCLED GARMENT (Attach note describing how garment was recycled)

STENCILED GARMENT

34. Child's
35. Ladies'
36. Other

VEST

37. Constructed from Pattern

HAIR ACCESSORIES

38. Bow

39. PURSE

40. WALLET

41. TOTE BAG