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- Books
- Patterns
- Notions
- Kits
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"We'll keep you in stitches!"

We accept: **Mastercard**
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Our mission is to foster appreciation for quality needlework and encourage the artist in everyone through patient instruction.
-R. Fishel

SHOP HOURS:
10-5 Mon-Sat
10-8 Thursday
Closed Sunday



SEPTEMBER
OCTOBER
NOVEMBER
2007



Hi Friends!



Having been in the quilting business for over 15 years, much of my contact with customers involves assisting them in selecting fabrics for their quilting projects. The starting point seems to always be how the quilt will be used in the home. What is the decorating style? Who will be the recipient -- a child? A man? A grandma? What color are the walls? How about the carpet? For just a moment let's imagine stepping out of that box.

Did you ever think about color as a healing tool? I'm sure everyone realizes that color can play a significant role in our mood. When we get dressed every day, we often unconsciously choose to wear colors that reflect our feelings or emotions. Some days we feel energetic or confident and we might select our favorite red sweater. Other days we may feel sluggish and lethargic and we pull on our brown or grey sweatshirt. Without saying a word, the color choice of our apparel can speak volumes about our emotional state.

What if we were to choose quilt fabrics specifically to encourage the physical or emotional health of the recipient? Can you imagine the impact these quilts would have? We already understand that a quilt is a gift from the heart. That is healing in and of itself. If we combine that giving with the subtle whispers of healing colors, our quilts could speak volumes!

Color profoundly affects on us on all levels. It's a language of emotions spoken from the soul; a means of self-expression that can affect our sense of wellbeing. "Quiltotherapy" [my word] is color therapy for quilters. "Quiltotherapy" is the deliberate choice of quilting fabrics based on the emotions that are evoked by the predominant colors exhibited in the resulting quilt. By disregarding the decorating scheme where a quilt will be displayed, and instead selecting fabrics for the emotional message to be conveyed, "Quiltotherapy" can allow the quilter to make a much bigger impact on the emotional and physical health of the recipient than just the gift of a beautiful quilt.

We have already come to identify the color pink (soothing, healing, awakens compassion and love, depicts femininity, nurturing) with breast cancer awareness, and the color yellow (hope, optimism) to remember our troops in the armed services. Red (energy, life force, power) is associated with heart health. These color associations have begun to prepare us for the very significant impact of the choice of color in our quilts.

One thing you need to keep in mind as you begin thinking of making healing quilts for friends, is that most colors not only evoke a positive emotion, but they can also be associated with negative emotion. For example, red can be energy and power ~

but it can also mean anger, danger and destruction. As with just about anything in this world, "all things in moderation". Consider the emotion you want to encourage or convey, and if the feeling seems to intense or strong, you can compliment your color choices with other colors that balance, and not compound the emotion by making it too strong. I'll give you a few simple examples:

Balanced by:

- | | |
|--|---------------|
| Red - energy, power, love | <u>green</u> |
| Orange - action, optimism, prosperity | <u>blue</u> |
| Yellow - intellectual power, awakening, hope, joy | <u>blue</u> |
| Green - balance, calm, friendliness, optimism, reliability, healing | <u>red</u> |
| Blue - peace, faith, creative expression soothing, spiritual, sincere | <u>orange</u> |
| Violet - spirituality, humility, inspiration | <u>yellow</u> |
| Aqua - balancing, cooling | <u>red</u> |
| Purple - divinity, royalty, authority, elegance | <u>orange</u> |
| White - strengthening, innocence, creative | <u>black</u> |
| Black - protective, elegant, calming | <u>white</u> |
| Brown - confident, casual, earthy, stable | <u>gold</u> |
| Gold - strengthens, amplifies | <u>brown</u> |
| Pink - soothing, compassion, love, purity | <u>aqua</u> |

Sew, have fun with this! Don't stop making the beautiful quilts that coordinate with the bedroom or guest room. But when you make a quilt "just because", or as a gift for a friend, experiment with color! See if the recipient of your quilt *feels* the message you're sending. [And if you're worried that she just might not "get it" ~ pick up some quilt labels here at Creations and *explain* your message to her with words of love.]

Because, after all, a quilt is first and foremost a gift from the heart!

Get ready for the chilly days of winter, and the high cost of energy. Wrap yourself, your family, and your friends in gifts of love. Give the quilt from your heart, and communicate the message with your soul!

Stop by our shop, or visit our website, and let us help you make Many,

Happy,
HEALTHY,

Creations SewClever!

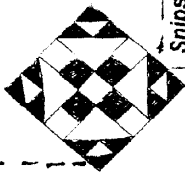
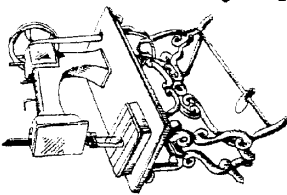
Rita



snips ~ ~ ~ ~ ~ ~
Be nice to other people; they
outnumber you 5.5 billion-to-one.

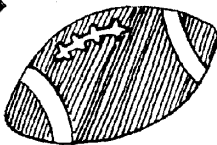
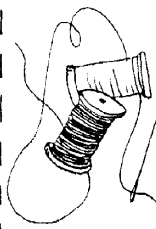
hint ~

A fabric eraser is ideal for removing those annoying bits of thread left after you have been "un-sewing" - run the eraser over the seam and the thread comes right out.



Snips

There are two rules for success...
1) Never tell everything you know.



CREATIONS SEWCLEVER 2007 QUILT AWAYS

April 20, 21 & 22

September 21, 22 & 23

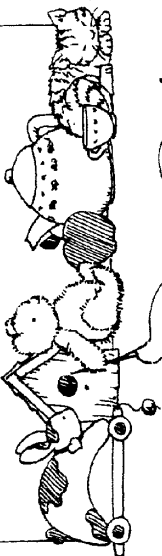
October 19, 20 & 21

Join us this coming year at our fun and relaxing Quilt Aways! The event is held at the friendly Chillicothe Christopher Inn, located conveniently near our shop as well as near lots of stores and restaurants. Price is for the weekend is \$225.00 and we request a non-refundable \$50 deposit to hold your reservation. The \$225 includes your comfortable room, all meals, a weekend of attention and help on any of your sewing projects, and the airy, well-lit sewing room. [There's even a quilter-masseuse on hand to help you relax COMPLETELY!] We offer several projects planned specifically for the weekend, but encourage you to work on anything that pleases you. We have an open-door policy at the shop during the Quilt Away, and offer lots of shop bargains for those in attendance. The hotel staff truly goes out of their way to make the weekend wonderful! We hope you can join us!

snips ~

Opportunity may only knock once, but temptation leans on the doorbell.

Free pattern #2 - visit lazygirldesigns.com
After Oct. 1 to download a free child's hospital gown pattern. I designed it in 3 children's sizes. Make someone smile today!

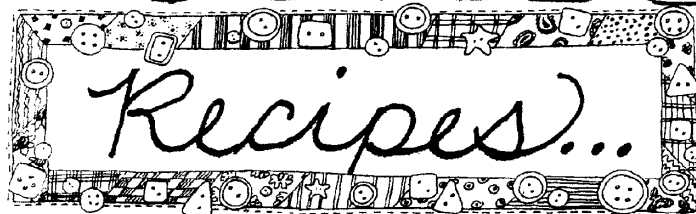


GO BUCKS!!

Have you seen all the kits we have available for easy-stitching? Lately the most popular are any with an Ohio State Buckeyes-theme! We've kitted lap quilts and table toppers in those popular Ohio colors - Scarlet and Grey! Based on the pattern Endless Fences by Tammy Patton, these kits are fast and fun! See pictures and details on our website.

snips ~

Duct tape is like the force. It has a light side, a dark side, and it holds the universe together. ~Carl Zwanzig



BAKED SPAGHETTI CORN

6 oz (1/2 box) uncooked spaghetti, broken
1 can whole kernel corn
1 cup shredded Cheddar cheese
1 can cream-style corn
1/2 cup margarine/butter, melted
In a 2 qt. casserole mix together spaghetti, whole kernel corn, cheese, cream-style corn and margarine. Bake at 350* for 20 to 25 minutes, or until spaghetti is cooked.

COMPANY GREEN BEANS & TOMATOES

1 1/2 pounds green beans, trimmed and cut into 2" pieces (or use frozen)
1 small onion, sliced
1/4 cup butter
1 T sugar
3T pesto sauce
2 cups cherry tomato halves
Cook beans in large pan of boiling water until just tender, drain and keep warm. Melt butter in skillet over medium heat. Saute onion, then stir in sugar and pesto. Add tomatoes, and cook stirring gently just until soft. Pour the tomato mixture over the green beans, and toss gently to blend.

FAST & EASY "HOMEMADE" APPLESAUCE

Jar applesauce
Jar apple pie filling
Cinnamon & nutmeg

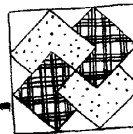
Chunk the apples in the pie filling and mix applesauce and pie filling together. Sprinkle generously with cinnamon and nutmeg. Heat in microwave until steaming.

CABBAGE & PASTA

1 12oz box bow-tie pasta
1 cup butter
1 med. head cabbage, chopped
1 onion, chopped
3 cloves garlic, minced
Cook pasta "al dente" and drain. Melt butter in large skillet. Stir in cabbage, onion and garlic, salt & pepper to taste. Cook 15 min. (until cabbage and onion are tender). Toss with cooked pasta and serve warm.

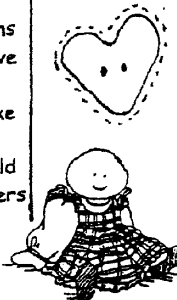
EASY ONE-POT MEAL

6-8 potatoes - peeled, sliced
1 lb ground turkey or beef
1 can cream of mushroom soup
1 can vegetable beef soup
1 onion - sliced
Put potatoes in 2 qt. casserole. Crumble raw meat over the top, add soups and onion. Cover and bake at 350* - 1 1/2 hours or until potatoes are done.



Hats with HUGS!

Are you or a friend suffering hair loss from the effects of chemo? We can provide turbans to those in need. We also have FREE patterns and t-shirt knit fabric for anyone who would like to make turbans. Our stock of turbans is very low and we would greatly appreciate any volunteers who could make more for us to hand out!

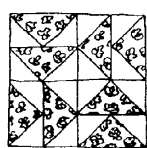
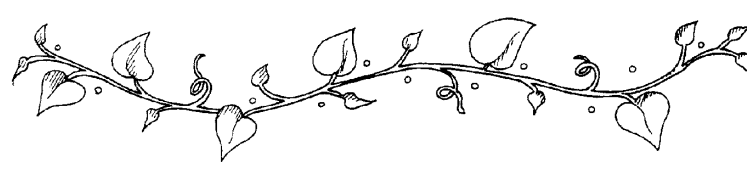


RON FISHEL, CPA
For over 14 years Ron has been my business manager. Several years ago he opened his own practice with an office at the rear of our building. He is always accepting new clients. Besides personal taxes, including estate and trusts, his specialty is Small Business. (He is especially good with initial set-up, and with businesses struggling financially.)
As a licensed CPA his focus is:
*set-up & organization of accounting records
*many different accounting programs: (Quickbooks, Quicken, Peachtree)
*business plans
*corporate taxes
For information, or appointment call: 740-969-4912 / 740-707-6309 or e-mail RD_Fishel@hotmail.com

APPLE/CRANBERRY SAUCE

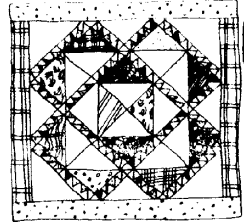
1 can apple pie filling (chunk the apples)
1 can whole berry cranberry sauce
1/4 cup butter, softened
1 1/2 cups rolled oats
3/4 cup brown sugar
Combine apple pie filling and cranberry sauce in a shallow baking dish. In a medium bowl, mix the butter, oats, and brown sugar until crumbly. Sprinkle evenly over the fruit mixture. Bake at 350* for 40 minutes, or until browned and crisp.

snips ~ Nobody knows the age of the human race, but all agree it's old enough to know better.



September Special
All Quilt Batting
20% OFF!!

Have you tried Lickety-Grip? "Licks your fingers sew you don't have to"! A bit on your fingers: fabrics won't slip, you won't need quilting gloves, you won't have trouble handling your playing cards, papers shuffle easier. A dab on your lips prevents chapping. On your shoulder prevents straps from slipping. This colorless, odorless, edible product attracts moisture where it is applied, preventing the effects of dryness. **Must Have!**



One does not make friends, one recognizes them.

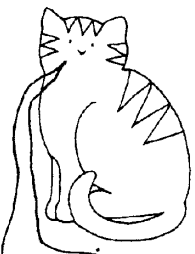
September 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
SHOP ONLINE ANYTIME! www.creationssewclever.com						
3	4 Labor Day CLOSED	5	6	7	8 Circleville Quilt Show 9-5	9 J.E.F. CLUB 9-12 -or- 1-4 --- Circleville Quilt Show 9-5
10 Circleville Quilt Show 11-4	11	12	13	14	15 QuiltAway	16 QuiltAway
17 QuiltAway	18	19 Wool Appliqué 10-12 --- Woolie-Bullies 1-4	20 Vintage Purse 1-5	21 Sit 'n Sew 6-8 pm	22	23 Mach Quilt Wrkshp 9:30-11:30 --- Crossroads -or- S 'n W Fan 9-5
24	25 Mach App Tea Towel or Baby Bib 10-12 -or- 6-8 pm	26 Clueless 2-4 -or- 6-8 pm	27 Handquilting Workshop 10-12 -or- 6-8 pm	28 Fabric Bowls 2-4 -or- 6-8 pm	29	30 Button-Up Door Quilt 10-3 --- Crystal Star 9-5

Snips ~ I know life isn't fair. I just wish it wouldn't cheat sew much.

Visit us Thursdays 'till 8pm!

hint ~ If you use the wonderful Creative Grids™ Rulers and sometimes confuse the 1/2" sides of the ruler, mark the corner of the ruler where these 1/4" increments come together with a dot of red nail polish to easily remind you that you are measuring from the 1/2" side of your ruler.



Hint - [Because I have continual requests....]
 To restore old blocks/quilts, try the following recipe:
 1 Gallon Water
 1 Quart Buttermilk
 1 Tablespoon Lemon Juice
 Soak quilt in mixture then wash in mild detergent. Your colors should return to their original brilliance.

Snips~ They say that behind every successful man stands a woman. Could it be that in front of that woman, stands a man who keeps getting in her way?



QUILT-STUFF F.Y.I.
 When your quilt top is ready to be machine quilted, and you provide the backing, please understand that for us to load it onto our quilting machines, the backing must be straight. When we put it on the machine, if the top and bottom of the backing is crooked or unevenly seamed, we must straighten it before we can properly load the machine. If you have "just barely" enough backing to work with your top, and we have to trim the uneven top and bottom away, this can leave us with a backing that no longer will work with your quilt. PLEASE remember this when you send backing that is seamed for your quilt! THANKS!
 ~ Sewfee, Sewnya, & Sewnie SewClever

Snips~ Love is blind, but marriage restores its sight.

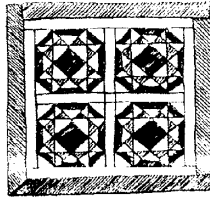
WARM, WONDERFUL WOOL!

Have you seen our selection of beautiful wool applique kits?? They are very reasonably priced and ready-to-stitch! Perfect for those on the go who want something portable and easy!

VISIT OUR NEW WEBSITE!!

We have a completely new site with easy on-line shopping, newsletter and e-mail update archives, a blog (!!!), a Sew 'n Tell section for your projects and lots more! Due to popular request we'll also be adding a recipe archive from our 15 years of yummy recipes! We welcome your comments!

www.creationssewclever.com



SHOP ONLINE ANYTIME!
www.creationssewclever.com

October 2006

October Special All Patterns* 30% OFF!

*excludes digitized patterns

Do what's right.
Do it right.
Do it right now!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Maple Street - I 10-3	3 Foliage Folly - I 5:30-9 pm	4 Quilting 101 - I 9:30-2	5 Bear Paw - I 5-8 pm	6	7 J.E.F. CLUB 9-12 -or- 1-4
8 MYSTERY! 11-7	9 Maple Street - II 10-3	10 Foliage Folly - II 5:30-9 pm	11 Quilting 101 - II 9:30-2	12 Hand Applique 10-12 -or- 6-8 pm Sit 'n Sew 6-8 pm	13	14 Triangle Twist - I 9-2 ~~~~ Cat Tales 10-5
15	16 Mach Quilt Wkshp 2-4 -or- 6-8 pm	17 Promise Stitch 10-12 ~~~~ Woolie-Bullies 1-4	18 Quilting 101 - III 9:30-2	19 Clueless 2-4 -or- 6-8 pm ~~~~ Bear Paw - II 5-8 pm	20 Ragg Baby 10-3	21 Colorwash Irish Chain 9-5 ~~~~ Triangle Twist - II 9-2
22 Watercolor Trip Around the World 11-7 ~~~~ Moondreams Jacket - I 1-5	23 Mach App Tea Towel or Baby Bib 10-12 -or- 6-8 pm	24 Mach Qlt Feathers 2-4 -or- 6-8 pm	25 Foundation Double Wedding Ring 10-3	26 Raggy Flowers Lap Quilt 10-3 ~~~~ Sit 'n Sew 6-8 pm	27	28 Fabric Postcards 10-12
29	30	31	<p><i>snips ~</i></p> <p>Experience is that marvelous thing that enables you recognizes a mistake when you make it again. ~ F. P. Jones</p>			

snips ~
Who invented the milking cow and what-in-the-world did they think they were doing?

Visit us Thursdays 'till 8pm!

snips ~

A diplomat will tell you you have an open mind, rather than a hole in the head!



Looking for a fun, friendly late fall getaway? Check out **Shawnee Quilt Escape** near Portsmouth, OH. Dates are Nov. 3, 4 & 5, 2006. Get more info online at www.quiltescape.com



FREE PATTERN!
Did you know that we have designed a FREE hospital gown pattern that you can download from the Internet? Visit www.lazybirdesigns.com and click on "Free Hospital Gown Pattern". If you are unable to print that off, send your request plus \$ for postage to Creations SewClever

ARE YOU A GAL ON-THE-GO?

Do you head south for the winter? Do you live in your car as you transport kids and run errands? Do you spend hours in waiting rooms, bored because you've already read every out-of-date, dog-eared copy of People Magazine? Make all that "down time" interesting and productive! Stop in and see all of the cute, inexpensive take-along kits we have! In no time you'll be looking forward to all that time to sit and stitch! These kits make up quickly and are easy to grab-'n-go!

Some folks are wise and some otherwise

