

# A Tradition: “Creative Living”



With your host, Sheryl Borden!

5900 Series  
Home & Hearth - Section II

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**Due to the size of this section, it has been divided into two sections which will enable it to be downloaded much more quickly. For instance “Kitchen Tips From the Healthy Housekeeper” is in Section I on page 3 whereas “Know Your Knots ” is in Section II on page 9.**

# Know Your Knots

*The differences in an authentic oriental rug vs a power loomed rug...*

An oriental rug is defined as a handmade piled or flat woven fabric made from natural fibers (wool or silk.) Genuine oriental rugs come from the “rug belt” of Afghanistan, China, India, Iran, Nepal, Pakistan, Romania, Tibet, Turkey, and some territories of the old Soviet Union.

To discover an original oriental rug, you must look at 3 elements:

**FRINGE:** (warp thread) is part of the rug rather than sewn on. The edge of the rug is hand overcast rather than machine overstitched.

**BACKS:** hand tufted rugs are covered with a cotton/canvas backing. In hand knotted rugs, the pattern is vibrantly visible from the back.

**SIDES:** Powerloomed and hand tufted rugs always have “serged” sides or machine stitching on both sides of the rug.

Wool is the most important material in an oriental rug. The texture of wool makes surface dirt less apparent, ensuring that the carpet will stay cleaner looking. Wool fibers have a strong attraction to dye, so colors will remain true and resistant to wear. Wool has a natural elasticity making the rug fibers resistant to tearing or flattening. Wool repels moisture and is comfortable in all seasons.

The origin of a rug is determined by its geographical location and the type of knot used in creating the rug (Persian or Tibetan.) Rugs are woven on looms starting at the base and working vertically to the top. Scaffolding is used to work the rug in the upper areas.

Oriental Rugs are graded by knot density.

**Course: up to 25 knots per square inch**  
**Medium : 40 – 90 knots per square inch**  
**Fine: 90 – 166 knots per square inch**  
**Very Fine: 167+ knots per square inch**

Hand knotted rugs are by far higher in quality than machine made rugs. These investments, possessing a high resale value, will last through generations. The piles of hand tufted and hand hooked rugs are constructed by injecting a “U” loop of yarn loaded onto a tufting gun through the back of a canvas backing to form the pile instead of actually typing a knot around warp and weft fibers.



Tufted rugs are sheared or cut to look more like carpet, whereas hooked rugs are left with the “U” shape to form the pile.

3 qualities of hand hooked rugs are based on the density and size of the loop:

**Gross Point: large loops 1/2” high**  
**Petit Point: smaller loops 1/4” high**  
**Micro Point: tiny loops 1/8” high**

As loop size decreases, the amount of detail in a rug’s design will increase, thus one can achieve a much more intricate design by using the micro point hook rather than a petit or gross point. These are a more affordable alternative to authentic hand knotted rugs.

Rug pad adds longevity to your rug.

**COURTESY: Latriece Brooks  
Brooks Interiors**

# FIRST THINGS FIRST: DEFINE CLUTTER

## Does your home say ‘Come in!’ or ‘Abandon hope, all ye who enter here?’

It’s true - we can’t keep everything and keep a clean house. But how do we decide what to keep? How do we decide what’s meaningful in all the clutter? Until friends gently pointed it out to me, I never knew so much of what I pictured as valuable amounted to nothing more than junk. To develop a deeper understanding, I created expanded definitions for this foe called clutter.

### KNOW YOUR ENEMY

What is clutter? You will get different answers from different people. What holds value and utility to one person can hold the opposite to another.

**Trash:** Yes, one person’s trash can be another person’s treasure, but there are some things that are just plain trash.

**Unorganized things:** Be careful. Even organized things amount to clutter if you don’t use them.

**Unfinished projects:** I mean projects you have given up on. If you haven’t worked on it in more than a year, it is an unfinished project.

**Homeless things:** Good things become clutter when they are haphazardly strewn about.

**Unused goodies:** Consider frequency of use as well. You may want to keep the Christmas tree you use every year, but rethink the bicycle you haven’t ridden since college.

**Unnecessary duplicates:** Do you really need the extra blender?

**Visually displeasing objects:** Why keep something you think is ugly? But be careful on this one. You may not like your kitchen table, but if it’s the only one you have, it’s not clutter.

**Broken items:** If that coffeemaker doesn’t work, then toss it and buy a new one.

**Clothes that don’t fit:** How long have you been holding on to those jeans in case you can ever squeeze into them again?

**Outdated or obsolete things:** Still using a pre-Pentium computer? If it does the job, fine. Just

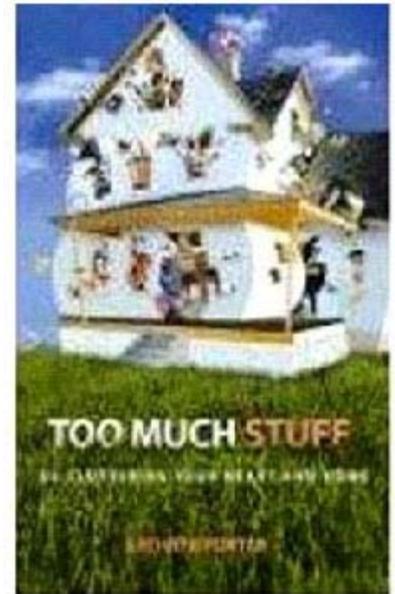
don’t keep it as a paperweight because you paid \$4,000 for something that today you can’t even give away.

**Too much of anything:** Do you really need 50 pairs of socks? The less you have, the less you have to clean!

Did you ever think there could be so many definitions for clutter? Becoming familiar with them makes it easier to say good-bye to our “stuffaholic” tendencies. To free ourselves from the things that enslave us to extra and unnecessary housework, we first need to recognize these collections around our home for what they are - clutter.

But clutter goes beyond those things invading our homes. It also steals space in our hearts. There is a psychological realm where collections of bad feelings and negative emotions dwell inside us, cluttering our hearts.

For more about clutter and dealing with it, you’ll enjoy Kathryn Porter’s book “Too Much Stuff.”



**COURTESY:** Kathryn Porter  
Author & speaker  
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The following are general instructions for making a valance.

**TIP**

When making a valance, use the same cloth tape measure throughout the process so measurements are consistent.

**Step 1. Decide How to Mount Your Valance**

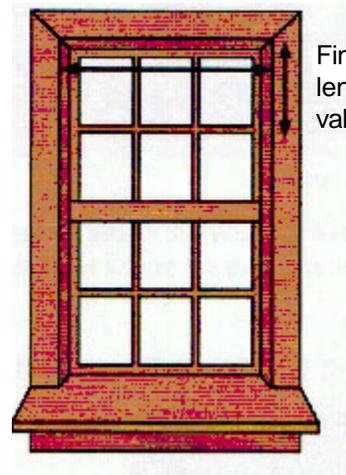
You have two options for mounting your valance: inside and outside. On a bare window, you can use either an inside or outside mount. However, if there are existing window treatments, you will usually use an outside, projec-

tion mount. If you need a board that projects further than a 1 x2, you can use a standard 1 x3 (which usually measures 3/4 by 2 1/4"). Another standard board size that you can use is 1 x6 (usually 3/4 by 5 1/2"). If you want another projection depth, a full-service lumber store will "rip" a 1 x6 down to a smaller size for a nominal fee.

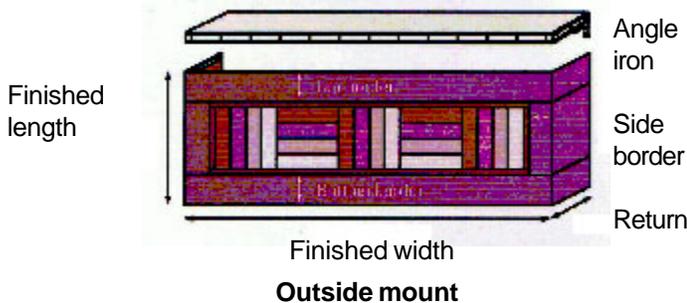
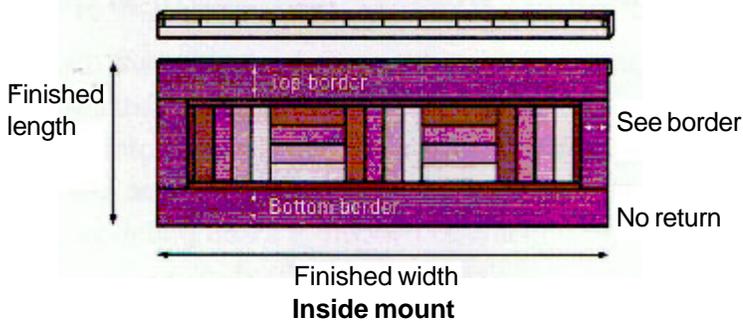
**Measure your Window**

Measure the top of the window and the existing treatments in three dimensions (width, length, and depth). Decide on the finished width and the finished length of the front of your valance. Normally the length of a valance will be between 12" and 24".

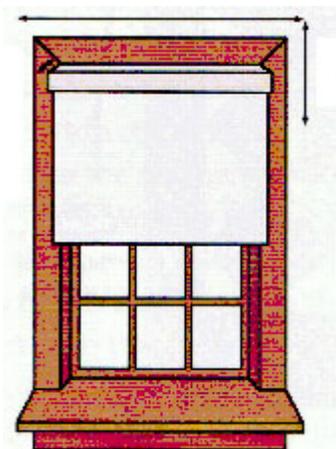
Finished width of valance



**Inside mount**



Finished width of valance



**Outside mount over existing window treatment**

## Step 2. Design the Valance Front

Design the front of the valance by using the Horizontal Layout Form in the Appendix on page 104 of Terrell's book. Vary the block size until you get a pleasing design. Determine the top and bottom borders. You will usually have only a single row of blocks. Draw your valance, noting block size, border widths, finished width, finished length and returns. If you have not used the Horizontal Layout Form to make a Window Hanging, refer to page 64 in the book for information on using the Horizontal Layout Form.

## Step 3. Calculate Fabric and Hardware Requirements

Determine the block fabric yardages by adding quarter-inch seams to your block diagram. Use the drawing of your valance to figure the border yardage.

**If you are using an outside mount, the size of the return will be added to the side border measurement when you are calculating how to cut the valance borders. As with the Window Hangings, the cutting instructions for borders include allowances that compensate for block size irregularities and give you room to square your valance front before you join it to the lining.**

## Cutting Instructions for Borders

### Cut two (2) side borders

Calculate the *cut width* of the side borders by adding together:

- The *width* of the side border as calculated in your layout form
- The size of the return
- 3 1/4" (1" turn around, 2" extra to allow for irregularities, and 1/4" seam allowance.)

Calculate the *cut length* of the side borders by adding 3" to the inner front length.

### Cut one (1) top border

Calculate the *cut width* of the top border by adding together:

- The *length* of the top border as calculated in your layout form
- 3 1/4" (3" for the hook and loop fastener and 1/4" seam allowance)

Calculate the *cut length* of the top border by adding together:

- The *finished width* of the valance
- The size of both returns
- 5" (1" turn around on each side and 3" to allow for irregularities)

### TIP

**Pay close attention to the cut width and cut length dimensions for your side borders. A valance with a large return will usually have side borders with a cut width that is larger than the cut length.**

### KEY:

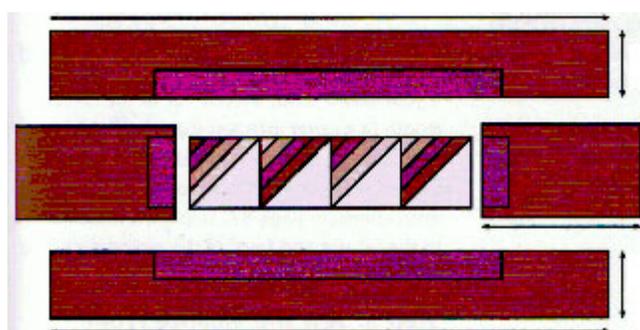


Calculated size of border



Additional fabric needed for seam allowances, hems, turn backs, returns, etc.

Cut length of top border = finished width of valance + size of both returns + 5"



Cut width of top border = length from layout form + 3 1/4"

Cut length of side border = inner front length + 3"

Cut width of bottom border = length from layout form + 4 1/4". If using accent border subtract finished width

Cut length of bottom border = finished width of valance + size of both returns + 5"

## Cut one (1) bottom border

Calculate the cut width of the bottom border by adding together:

- The length of the bottom border as calculated in your layout form
- 4 1/4" (4" for double 2" hem and 1/4" seam allowance)

If you are using an accent border, subtract its finished width from the width of the bottom border.

Calculate the cut length of the bottom border by adding together:

- The finished width of the valance
- The size of both returns
- 5" (1" turn around on each side and 3" to allow for irregularities)

## Cut four (4) accent borders

Calculate the *cut width* of the accent border by adding 1/2" to its finished width for seam allowances.

Calculate the *cut length* for sides by adding 3" to the inner front length (cut two).

Calculate the *cut length* for top and bottom by adding 4" to the inner front width (cut two).

### TIP

**You should make the mounting board before completing the valance so that you have the actual measurements around the three sides of the board when you trim your borders.**

Draw out the borders on paper to determine the required yardages. Label the dimensions clearly and use this drawing when you make your valance.

### Cutting Instructions for Lining

Calculate the *cut width* of the lining by adding together:

- The finished *width* of the valance

- The size of both returns
- 4" for shrinkage

Calculate the *cut length* of the lining by adding 7" to the *finished length* of the valance

## Hardware Requirements

You will need the following items to make your valance:

### Hook and loop fastener

Length of hook and loop fastener: Add 2" to the finished width of the valance plus both returns.

### Mounting Board

*Length* of mounting board: Subtract a quarter inch from the finished width of the valance

*Width* of mounting board: This is determined by the type of mounting and the existing window treatments.

### Fabric to cover board

Calculate the *length* of cover fabric by adding 5" to the length of mounting board

Calculate the *width* of cover fabric by adding 3/4" to the circumference of the board

## Step 4. Construct the Mounting Board

If your board is not already cut to the correct length (a quarter inch less than the finished width of the valance), cut the board using a hand saw. Cover the board with fabric by following the instructions on page 82 of Terrell's book. Staple the hook fastener to the returns and front of the mounting board.

## Step 5. Sew the Valance Front

Make and square all the blocks as described on page 75. Sew the blocks together to make the inner front. It is important that the blocks and the resulting inner front be square.

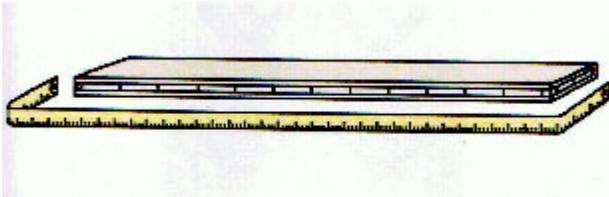
## Step 6. Add the Borders

Use your border fabric drawings to cut out your border pieces. Sew the side accent borders to the inner front, then attach the top and bottom accent borders.

Sew the side borders to the valance inner front. Hem the bottom border with a double 2" hem before sewing it to the valance front (see page 74 for details on making a down fold hem). Sew the top border to the valance front. Do not trim the side seams!

## Step 7. Trim the Valance

Using a cloth tape measure, measure the sides and front of the mounting board (which you have already covered using the directions described on pages 82-83) directly on top of the hook fastener.



**Measure the actual complete finished length of the mounting board, including returns, before trimming sides of valance.**

Use the same cloth tape measure to mark the side trim line of the valance front, adding 2" (a 1" turn-around for each side seam) to the measured length of the mounting board (including returns). Trim the sides of the front as marked.

## Step 8. Cut and Sew the Lining

Read the section on working with lining fabric starting on page 71 before cutting your lining fabric.

Hem the lining with a double 2" hem (see page 74 for details on making a double fold hem), and trim the width to 1' narrower than the trimmed pieced front.

Sew the side seams and close the top using the loop fastener. Refer to page 77 and 80 for instructions on sewing the side seams and attaching the loop fastener.

## Step 9. Finish the Valance

Thoroughly press your completed valance. Mark the center of the valance using a pencil on the loop fastener. Mark the center of the board on the hook fastener. Spray the front of your valance with a stain-resistant spray and let it dry completely.

Install the mounting board at the window. Correctly position the shade onto the mounting board by lining the center of the valance with the center of the mounting board. Carefully mate the fasteners, gently stretching the valance as you move towards the edges. Make sure that the mounting board is fully covered and that the top of the valance is even.

**Courtesy: Terrell Sundermann**  
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