

# Creative Living

with Sheryl Borden  
6500 Series



Home, Hearth & Health - I



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**Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, "Cold & Flu Season Tips" is in Section I on page 3, whereas "We're All Different But We're All Kitty Cats" is in Section II on page 14.**

# COLD & FLU SEASON TIPS

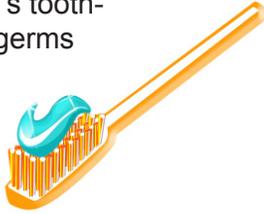
## for Over Worked Moms and Dads

Almost 70% of Americans go to work sick according to a new survey and most kids average up to 10 colds a year throughout childhood. The average person experiences 233 colds in a lifetime. But what's a parent to do when the sniffles and coughing begin to clear and a new round of symptoms recycle the household family members?

**1. Clean & Sanitize** your family's toothbrush daily. Toothbrushes hold germs that make you SICK and contribute to recycling your cold germs for months.

*Solution:* Daily cleaning with a toothbrush sanitizer holder or sterilize toothbrushes in boiling water. By destroying the DNA in bacteria, the UV light sanitizes your toothbrush and gets rid of microorganisms and kills salmonella and E. coli.

*Effectiveness:* Uses the same germicidal technology (UV) as hospitals and dental offices to kill microorganisms.



**2. Clean & sanitize** remote controls for TV and video games. These high contact surfaces spread germs like wildfire.

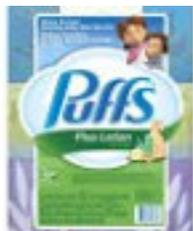
*Solution:* Re-trace your sick family member's steps and clean all the surfaces they may have touched. Include remote controls, door knobs, bathroom fixtures even the toilet handle.

Wash and sanitize family members' hands frequently throughout the day.



**3. Clean & conquer** the germs. Sick people tend to spread germs on high contact areas. Teach your family to throw away the tissue and wash their hands each time they sneeze or cough.

*Solution:* Keep plenty of tissues on hand, and keep a trash can next to the sick person's bed so dirty tissues end up in the trash and not on the floor or bedding.



**4. Isolate & Comfort.** Keep the infected family member contained to one room. For quick cleaning use an Ultra Violet wand to kill germs. If they roam the home, they contaminate everyone else! Comfort them with all the extras: chicken soup, cough drops, soft tissue, plenty of liquids and lots of TLC.

**5. Carry hand sanitizer** or wash hands frequently. 'Tis the season to share everyone's germs on door knobs, handles, light switches, computers and more. Frequent hand washing can help eliminate colds from spreading.



**6. Avoid red, raw noses!** Use a good tissue like Puffs Plus with the Scent of Vicks. The combination of softness and Vicks actually comforts and soothes you so you can get through your busy day.

**7. Disinfect the DISHES!** Add 1/4 cup bleach to your dishwashing cycle. Most dishwashers cannot disinfect tough germs if the water temperature isn't hot enough or you run your dishwasher without the drying cycle.



**8. Keep a clean home** and stop the spread of germs! Use antibacterial cleaning products on the high contact surfaces in your home. I use a Swiffer WetJet on my floors and the Mr. Clean disinfecting wipes on sink handles, door knobs, refrigerator handles, railings and remote controls. Both kill up to 99.9% of germs!



# DUST MITE TIPS

- Cover (encase) your bedding with allergen protective coverings. Tape the zippers of the protective coverings.

- Wash your sheets and pillow-cases in hot (130+ degree) water weekly.



- Clean carpets and rugs or treat them with Dust mite-Allergen Spray or tannic acid.

- Hire only Certified Carpet Cleaners with the PCCA designation.



- Routinely apply 3M Scotchgard carpet protector on your carpets to keep moisture from getting into the pad when spills occur.

- Vacuum with a true HEPA, ULNA or Central Vacuum System regularly. Maintain indoor humidity below 50%. Reduced dust = reduced dust mites!

- Avoid upholstered furniture and dust collecting items within the home which cannot be washed.

- Keep clothing tucked away in closets and drawers and keep the closet doors shut.

- Use electrostatic and high filtration (at least .3 microns) furnace and air conditioner filters and change them monthly.

- Put the pillows in zippered dust proof encasings and/or wash the pillows weekly with the bedding.



- Avoid lying on upholstered furniture or on your carpets. It's disgusting, but dust mites feed on the dead skin cells we leave behind.



- Use wood, leather or vinyl furniture instead of upholstered furniture in the bedroom to cut down on dust mite friendly habitats.

- Anyone with a dust mite allergy should not vacuum or be in a room while it is being vacuumed.



- Put children's stuffed animals in the freezer overnight (encased in a plastic bag) to kill dust mites that may be embedded in the fur. Vacuum them after removing them from the freezer because the dust mite feces are actually what triggers the asthma and allergy attack.

- Keep the indoor moisture low. The ideal humidity level is 30-40%. Use an air conditioner or dehumidifier in warm climates to decrease the humidity. Clean the dehumidifier regularly.

- Humidifiers/vaporizers are not recommended because they will increase humidity in the room and create a favorable environment for dust mites. If you must use a humidifier, clean it daily to prevent mold growth.

- Chemical solutions may be helpful. Acaricides (a chemical that kills dust mites) must be applied regularly to carpeting or upholstered furniture. This solution will not remove any pre-existing mite droppings. A tannic acid solution, applied as directed, can help neutralize the allergen in mite droppings. There are different types of chemicals, both wet and dry, to clean dust mites.

For more information, go to [www.nationalallergysupply.com](http://www.nationalallergysupply.com)

**COURTESY: Laura Dellutri  
Healthy Housekeeper, Inc.  
[www.healthyhousekeeper.com](http://www.healthyhousekeeper.com)**

# Seasonal Decorating & Buying Tips for Candles

It's important to start with timeless, versatile accessories, and it only takes a few basic pieces, which is especially nice if you live in a small home or if you like to keep life simple. Using different candles, you can change up what's inside as you see in the examples below.

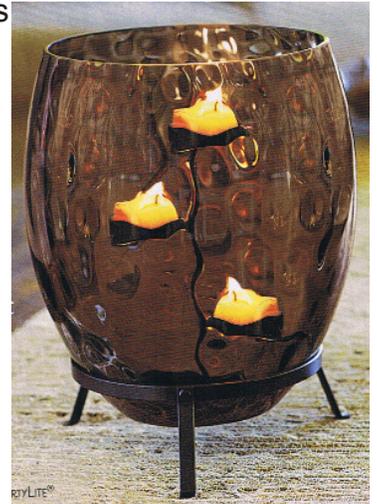
## Customizable Tealight Centerpiece

A silver metal tealight tray sits elegantly on top of a hand-blown glass base displaying treasures like seashells, flowers or colored marbles. Arrange the contents of this beautiful centerpiece to match your home's décor or change it seasonally.



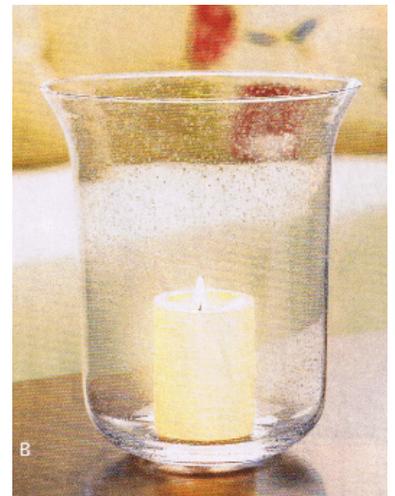
## Twilight Mist™ Hurricane

Dimpled gloss hurricane on metal stand. Includes leveling beads to stabilize pillar. 10" h, 6 3/4" dia. (Use with round pillar, tealight tree, large tealight tree, votive cup, jar)



## Bubble Glass Hurricane

Hand blown glass, 10 1/2" h, 9 1/4" dia. (Use with round pillar, large tealight tree) Looks great in the Rustic Scroll Floor Stand (next page.)



## The Rustic Scroll Floor Stand

This is the perfect way to Showcase your Party-Lite hurricanes. Crafted with simple curved lines and a Classic bronze finish, it complements every decorating style. Try a different hurricane each season for a quick and easy room update.



## Expressions ScentGlow Warmer!

Get creative — customize your Expressions ScentGlow Warmer! Download our templates at [partylite.com](http://partylite.com), keyword: **express it** or use your own craft and scrapbooking supplies. Glass with ceramic base and dish. White cord. 5 3/4" h, 5 1/4" dia. (Below)



## Tips on buying Candles

**Quality:** What you pay can mean there's a difference

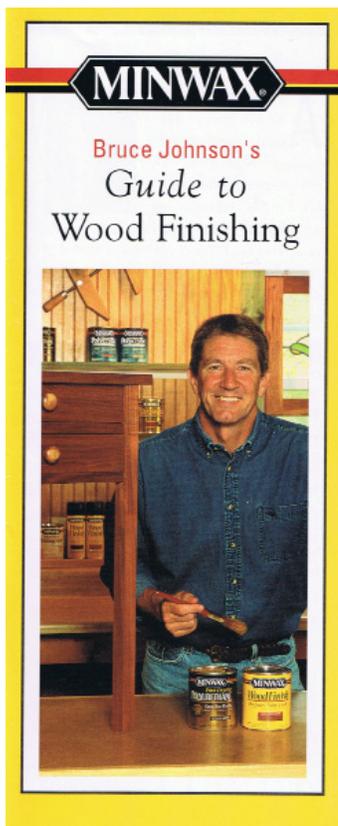
**Fragrance:** You shouldn't buy based on fragrance alone

**Buy Smart:** Then you'll get the most out of what you buy

**Look for:**

- length of burn time & quality of burn
- what is the minimum burn time for pillars and 3-wicks to prevent tunneling
- liquifying wax in tealight or votive
- the right wick for the right candle shape
- little or no sooting
- consistent fragrance and color throughout
- completely burns

**COURTESY: Melanie Thayne & Christine Alt**  
**PartyLite Independent Consultants**  
[www.partylite.com](http://www.partylite.com)



## ADD A PERSONAL TOUCH TO ENTERTAINING

Entertaining is an art and Bruce Johnson shows how easy it is to personalize items that you enjoy using when guests visit your home. Beginning with an unfinished serving tray, Bruce demonstrates how easy it is to personalize the tray with your favorite colors or to match your decor. After creating the design and applying your color, you end up with a colorful and useful item that will impress your guests.



As the seasons change, so can your table centerpieces - especially when they are anchored with a beautiful wood "window box" container. Bruce shows how to prepare the wood on the centerpiece container, how to choose a rich color to compliment your decor, as well as how to fill the centerpiece with natural decorations that can change with the seasons.

COURTESY: Bruce Johnson  
[www.Minwax.com](http://www.Minwax.com)



Essential Oils and Absolutes are the concentrated essences of plants, barks, grasses, seeds and fruits. These powerful oils have the energy to affect people on many levels through their connection with the limbic system, a part of our brain that stores memories. Aromatherapy is the use of these amazing essences in a pure form or mixed with a base as in our Kismet Potions products. When applied topically or used to scent your personal space, oils can affect the physical and mental body, invoke deeper spiritual awareness and also be effective for esthetic purposes.

All of our Essential Oils and Absolutes are of the utmost purity and are tested with the most advanced procedures, such as gas chromatography, mass spectrometry and light refraction. We have cultivated relationships over the last 10 years with our suppliers so we have the assurance of the utmost quality.

Kismet Potions synergies are lovingly created in small 120 ml batches to assure that each fragrance is true to its original form. All of the precious essential oils and absolutes are the most rare, natural and precious in the world. Whether wild crafted, organi-

cally grown or non-sprayed, every oil is hand picked for its purity. Perfumer Kris Wrede has over 17 years of experience in choosing the most lavish combinations to please every olfactory palette. All the blends are therapeutic on every level and adhere to the traditions of perfumery...using top, middle and base notes to round out each blend for a subtle yet powerful finish.

Synergies can be added to unscented body products, skin care, environmental fragrances, candles, perfumes and colognes. These are for companies who wish to use the purest and most effective organic and wildy grown oils to make their products stand out in the market. Individuals that want the highest quality and most effective products for themselves and their family can also use these synergies. Essential synergies are the pure fragrance... masterful blends of essential oils specially created to enhance each individual oil for maximum benefit of the blend.

COURTESY: Kris Wrede  
**Kismet Potions**  
[www.kismetpotions.com](http://www.kismetpotions.com)

# TERRELL DESIGNS

*Roman Shade Artisans*

## Making a Valance

The following are general instructions for making a valance.

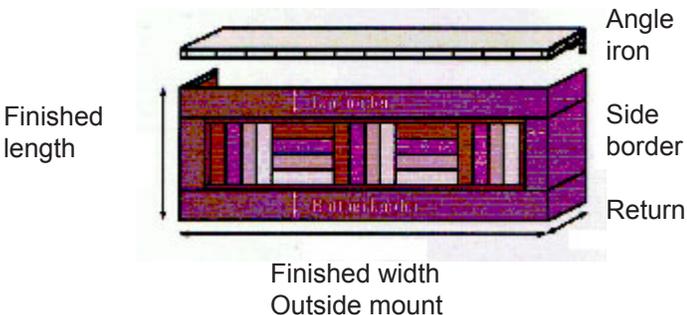
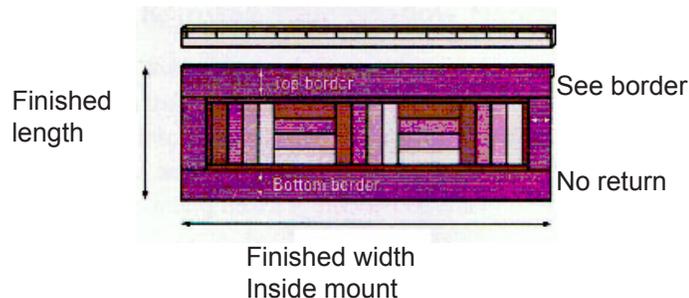
### TIP

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,

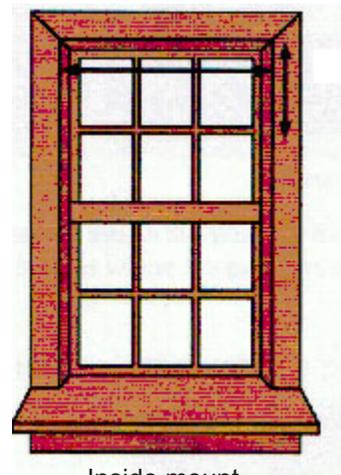
projection mount. If you need a board that projects further than a 1 x 2, you can use a standard 1 x 3 (which usually measures 3/4 by 2 1/4"). Another standard board size that you can use is 1 x 6 (usually 3/4 by 5 1/2"). If you want another projection depth, a full-service lumber store will "rip" a 1 x 6 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

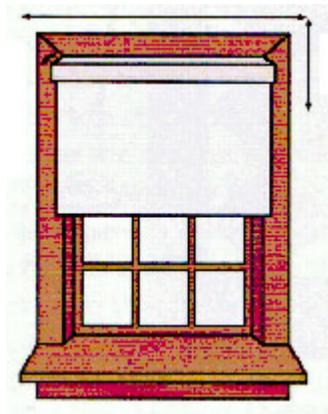


Inside mount

Finished length of valance

Finished width of valance

Mounting board depth (must clear existing treatment)



Finished length 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)

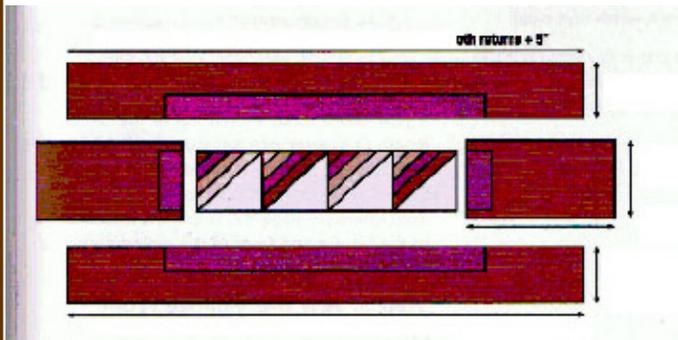
Calculate the *cut length* of the top border by adding together:

- 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"

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.

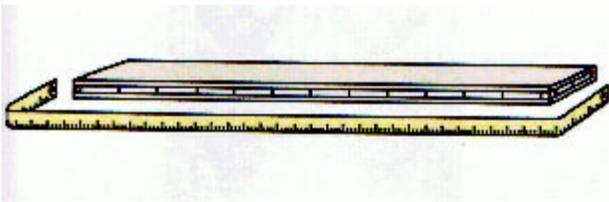
## Step 6. Add the Borders

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**  
**Terrell Designs**  
[www.TerrellDesigns.com](http://www.TerrellDesigns.com)



# f l o w e r d u e t

## Chop and Drop

**Design Principles:** Small, compact arrangements can make a big statement when they are full of flowers. We will be bundling our stems together in 1 or 2 sets and placing them in the vase to maintain control.

**One:** Line your vase with a Ti leaf or two or three. Add variegated flax to add some color to the vase water. Use a rubber band to keep the Ti leaves in place.

**Two:** Clean the stems of the flowers. But keep on as much of the green tulip leaves as possible. Remove any that are broken.

**Three:** Line the tulips up on your hand or on the table with all the heads at the same height. Keep stems long as you gather and bind your stems together. This way you can cut them to the size you need when you are ready to place.

**Four:** Bundle in sets of 10 or 20 flowers, totaling 2 sets for placement. Use a thin rubber band to secure the tulips.

**Five:** Remove the rubber band from the Ti leaves and trim the Ti leaves to the top of the vase.

**Six:** Add accents flowers around lip of vase.

### Flowers used in this floral design:

Tulips



During the Ottoman Empire, the tulip became very popular in Ottoman territories and was seen as a symbol of abundance and indulgence. In fact, the era during which the Ottoman Empire was wealthiest is often called the Tulip era or *Lale Devri* in Turkish.

Ti Leaves



One of the introduced plants to Hawaii by the early Polynesians was a tall stalk with tightly clustered, green, oval and blade-shaped leaves. Used to make skirts for hula dancing.

Alstroemeria



These cluster flowers are commonly called the Peruvian Lily or Lily of the Incas. They are hardy, come in a vast amount of colors and last 2-3 weeks in a vase.

Flax



Flax can be used in flower arrangements as an accent inside a clear vase since it won't break down easily in water.

**COURTESY: Casey Schwartz**  
**Flower Duet**  
[www.flowerduet.com](http://www.flowerduet.com)



## Wiring for Personal Flowers

Personal Flowers are the ones you give to those who are representing you at your wedding. So maybe to the parents, or grandparents and sometime the reader or the ushers. But of course the groom usually wears a little something extra special to set him apart.

You will need:

- A sturdy flower, like a rose which will hold up well out of water and endure hugs
- Floral Tape
- 22 -24 gauge wire
- Cutters
- Filler flowers and greenery if requested by the client

Be sure all the materials dry before you start as the floral tape will not adhere if it is wet.

**Step 1** – Cut the rose stems to a length of 2” and insert the wire thru the stem about 1/4 down from the base of the head.



**Step 2** – Run the wire through so that the stem has the wire sticking out on both sides evenly and then drop them down to parallel where the stem had been, making a new thin stem.

**Step 3** – Using floral tape, wrap the stem and wire to join them together covering the wire and stem completely.

**Step 4** – Add any leaves or small flowers by taping the stem to the taped “wire stem” and trimming the excess stem before running the tape down the wire.

Be sure to stick a pin into the base of the stem before finishing so you are ready for the event. Once you have the basics down you can wire and tape all sorts of flowers and leaves. Some work better than others.

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### Flower facts for this arrangement

#### Salal (Lemon Leaf)



Salal is a bushy shrub native to the Pacific Northwest.

#### Rose



The Rose is the national flower of the United States

#### Wax Flower



Wax Flowers are endemic to Western Australia

**COURTESY:** Casey Schwartz  
Flower Duet  
[www.flowerduet.com](http://www.flowerduet.com)