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In this Issue

About Our Cover Art 4

Quilt Guild Guide 10

Free Patterns 5, 12, 19

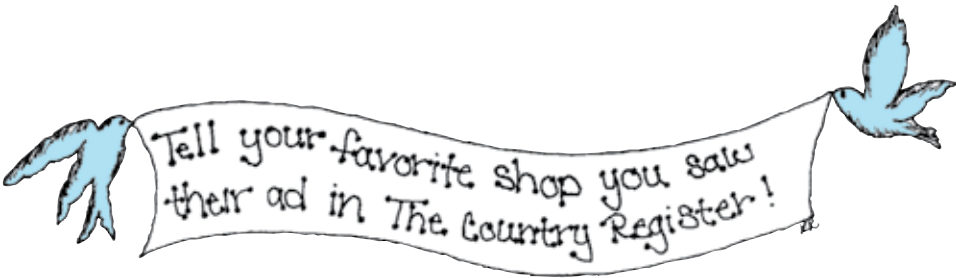
Map 20

Recipes..... 22

103 - 575 Lacolle Way, Orleans, ON K4A 5B6 • 613-612-8465
Email: OntarioCountryRegister@gmail.com
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Harriet Ramos
Publisher/Editor

Cathy Shoemaker
Design/Layout



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- **Idaho (S) WA & E. OR:** Barb Stillman and Lolly Konecky, 515 E. Carefree Hwy, #1128, Phoenix, AZ 85085, 602-942-8950
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The Country Register of Ontario
April / May 2019 Issue

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Dearest Readers,

Spring is finally here! The days are getting longer and the air is getting warmer. Hopefully there will be no more snow! Spring is my favorite time of year. A time to forget past trouble and look forward to new beginnings. It's great to hear the birds singing again, the trees budding again and bits of green grass starting to poke through.

This Spring we plan on doing less TV "binging" and more outdoor activities. In fact, this past weekend, we already took our bikes out of our storage shed and tuned them up making them ready for cycling. Our roller blades are now in our front cupboard, and as we have always wanted to take up hiking we are off to buy hiking boots this weekend! I guess we are "all or nothing" kind of people! We love to be out in nature - green trees, colorful flowers, fresh air. It makes me feel so alive! What outdoor activities will you be doing this summer? Why not try something new? Don't put it off, "just do it"!

On the quilting and crafting front, it is never too early to start planning for Row by Row! A list of all our advertisers that are participating are listed in this issue. Don't forget to stop by some of the other stores along the way as they would love to see you as well. Also, please don't forget to take us along on all your Ontario travels this Spring and Summer!

As Always, we are extremely grateful for your readership and continuing support. It is only through you, dear reader, and your support of our group of excellent advertisers, that allows us to bring the Country Register of Ontario to life! We appreciate you!

Cheers and Happy Spring!!

Harriet



Our Search for Cover Artwork —

Across Canada and the U.S, you can always tell *The Country Register* by it's cover. Our publishers seek to find cover art or photos from the province/state the paper represents. To that end, we are seeking the work of artists from Ontario to feature on our covers. The art must be in good taste and consistent with the theme of the papers. If you would like your work to be considered, please send an email indicating your interest to OntarioCountryRegister@gmail.com

Meet our cover artist MARGARET CHWIALKOWSKA

Internationally recognized Ottawa artist, Margaret Chwialkowska, works primarily in the Ottawa area, focusing on the banks of the Ottawa River and the forests of the Gatineau Hills, working to capture both, its timeless grandeur and the ever-changing moods.

Her work, distinguished by vibrant, almost fantastical colours and dramatic textures, has been honoured by numerous artistic awards. In 2018, she was named a finalist for the Ottawa Arts Council Mid-Career Artist Award.

She paints "alla prima," blending pigments together on canvas using a palette knife; this technique permits a loose, spontaneous style allowing texture to evolve naturally.

The goal of her painting is to evoke the mood of a natural setting and to capture the feeling of being overwhelmed by the natural, almost magical beauty of a landscape.

She is represented by Canadian Art Galleries and her works are in private and corporate collections in Canada, US and Europe.

Margaret was born and educated in Poland.

www.artistsincanada.com/margaret

Calendar of Events

..... APRIL

APRIL 4 - 7

Originals Spring Craft Sale - EY Center, Ottawa, ON

APRIL 6

Craftadian Spring – Hamilton - McMaster Innovation Park

APRIL 6 - 7

"The Magic of Quilts" Quilt Show @ Newmarket Community Centre

APRIL 12 - 13

Creativ Festival – Toronto Spring Show - International Centre, Entrance 1

APRIL 13

Just in Time For Spring Craft Show

Century Gardens Recreation Centre, Brampton

APRIL 13

Sp'Egg'Tacular Easter Event - Ireland House at Oakridge Farm, Burlington

APRIL 13

Reflections of Georgian Bay presented by the Georgian Bay Quilters Guild @ Tiny Township Community Centre

APRIL 13 - 14

Napanee Heritage Quilters – Sun Moon & Stars Quilt Show

@ Strathcona Paper Centre

APRIL 13 - 14

Elora Antique & Vintage Show - Elora Community Centre, Elora

APRIL 14

London Doll & Teddy Bear Show & Sale - Hellenic Community Center, London

APRIL 21

Heritage Antique Market at Centerpoint Mall - Centerpoint Mall, Toronto,

APRIL 26 - 27

Quilts on the Seaway – Cornwall Quilters' Guild @ St. John's Presbyterian Church, Cornwall

APRIL 27

Palooza Beer Pong Festival - Aberdeen Pavillion, Ottawa,

APRIL 27

Thorold's Art and Craft Show - Thorold Community Arena, Thorold

APRIL 27 - 28

The Arnprior & District Quilters' Guild – Quilting in the Valley Quilt Show @ Arnprior Nick Smith Centre

..... MAY

MAY 1 - 31

Contact Photography Festival - Various Venues, Toronto,

MAY 2 - 7

The Writers Festival, Spring Edition - Knox Presbyterian Church, Ottawa

MAY 3 - 4

BOBBIN' ALONG Windsor Quilters' Guild Quilt Show 2019

@ WFCU Centre, Windsor

MAY 3 - 4

Thames Valley Quilters Guild Quilt Show, Quilting in the Village 2019

@ Wesley-Knox United Church, London

MAY 6 - 12

Canadian Music Week - Various Venues, Toronto

MAY 8 - 9

Atlantic Festival of Music - London - Don Wright Faculty of Music, Western University

MAY 9 – MAY 11

Oxford Quilters' Guild Quilt Show @ Pieces of Magic Quilt Show

MAY 11

Quilt Show Tea and Sale "The Gathering of the Quilts Over Time

North Renfrew Quilt Guild @ St Andrews United Church

Ailsa Craig Quilt & Fibre Art Festival @ Ailsa Craig Community Centre

St.Jacobs Quilt Shows @ St. Jacobs Quilt and Fibre Art Festival

Lindsey Craative Quilters' Guild – Quilted Treasures 2019

Linsey Curling CLub

MAY 25

Prince Edward County Fibre Fest - Picton Arena and Community Centre

MAY 31 - JUNE 2

Orangeville Blues and Jazz Festival - Alexandra Park, Orangeville,

..... SAVE THE DATE

JUNE 3 - JUNE 14, 2019

Quilt Shop & Textile Tour of Ireland by Celtic Quilt Tours

JUNE 12-15, 2019

QUILT CANADA 2019! - EY Centre, 4899 Uplands Drive Ottawa ON

Show Hall/Merchant Mall Hours Wed – Fri 9:30 am – 6:00 pm,
Sat 9:30 am – 4:00 pm

JULY 27 - AUGUST 4, 2019

Birmingham Festival of Quilts Tour by Celtic Quilt Tours

AUGUST 28 - SEPT. 8, 2019

Quilt Shop & Textile Tour of Scotland by Celtic Quilt Tours



POLYNESIAN BOUQUET

BLOCK 2

Finished Block is 15 ½ Square

*Designed by Phyllis Moody
Copyright March 2012*

Block 2

All measurements given for background blocks and stems include a 1/4 inch seam allowance.

Add seam allowance to appliqué pieces.

Cut ¾ inch wide on bias to make small stems. Iron in half. Stitch in place down the center and fold over to hide the raw edge, slip stitch the edge.

For large stems cut 1 ¼ inches wide on bias. Iron in half. Stitch in place down the center and fold over to hide the raw edge, slip stitch the edge.

To prepare your background: Cut 18 inch Square for background fabric. Fold in half in each direction, lightly press with dry iron (this will be your center reference marks for placing your pattern). Use your favorite method of transferring pattern layout.

Use your favorite method for preparing appliqué pieces.

Once your block is appliqued square to 16 inches.

Note: Pre-cut freezer applique papers are available for purchase at Phyllis Home Decor (514-425-0775)

Supply list

Fat 1/8 each of 3 different blues

Fat 1/8 of yellow

Fat 1/4 each of 2 greens

Fat 1/8 each of 3 different oranges

Fat ¼ of brown for stems.

Studio Dies Used

Bird Trio 50435

Feather #3 50113

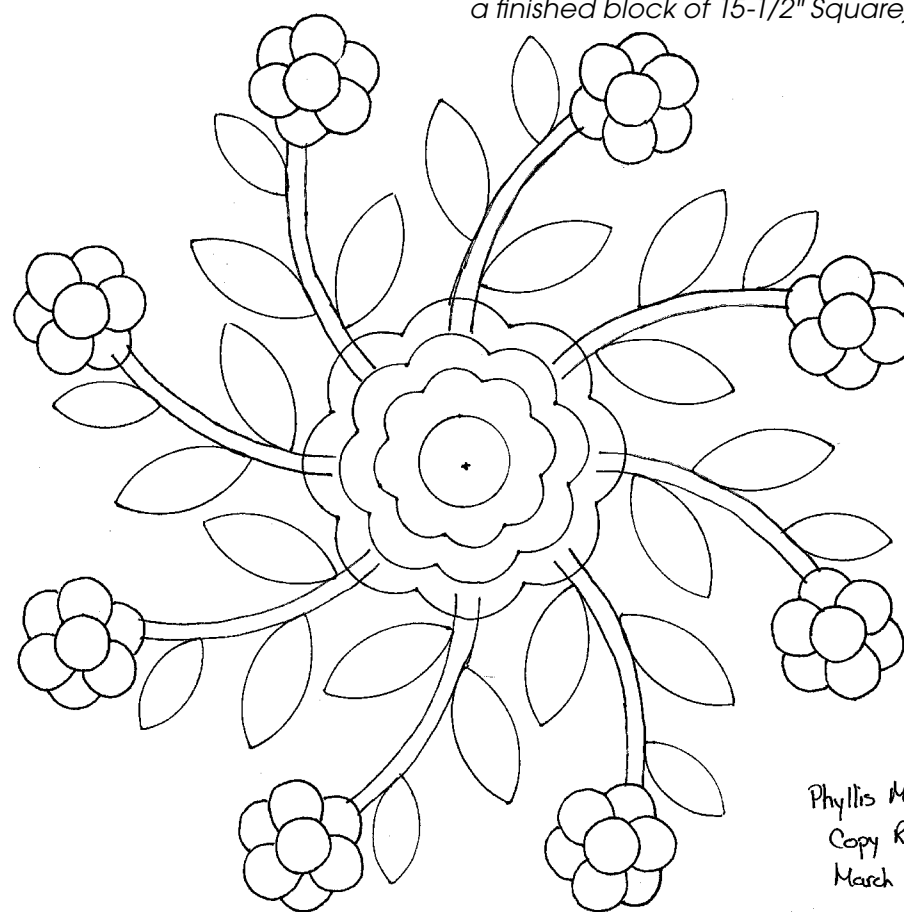
Feather #2 50112

Rose of Sharon # 2 50343

Rose of Sharon 50342

Circles 1 ¼ 50636

(Enlarge by approx. 270% to get a finished block of 15-1/2" Square)



*Phyllis Moody
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March 2012*

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Inspiration Is All Around

by Deb Heatherly

Is your quilting mojo in a rut? Do you need inspiration for your next project? Here are a few ideas that you may not have thought of.

The Garden Center: As winter ends and spring begins, stop by your local garden center. The rich greens and vivid colors of the new plants will help jumpstart your color senses. Take note of the flowers that really grab your eye and which flowers look great when placed next to each other. Look for those colors in fabric at your local quilt shop and then incorporate them into your next project. Surrounding yourself with the colors you love will help lift your spirits in a way that nothing else can.

Your local Quilt Shop: Plan to spend an afternoon perusing the books, patterns and displays in your favorite store. Something is sure to grab your eye and the staff there can help you choose everything you need to get started. Take a friend and make it a girls' day out. Shopping with a friend is always more fun than shopping alone. It might be just what you need to not only jumpstart your creativity but to also refresh your inner self. While there, ask for a list of their upcoming classes. Sometimes taking a class and learning a new technique is just what you need to get going again.

Antique Stores: I love to browse antique stores and sometimes it's just what I need to spark an idea. I love to unfold and take a close look at the antique quilts, reflecting, as I do, on the quilters that came before us. I marvel at what they accomplished with limited supplies. Thinking about them cutting out all those pieces with just scissors and templates makes me very thankful for rotary cutters and acrylic rulers. Suddenly cutting does not seem like such a chore and many times I'm ready to rush home and get busy.

Thrift Shops and Garage Sales: While a thrift store or garage sale might not seem like the place to get inspired, don't count them out. On more than one occasion I've come across an old magazine that contained an article that caught my eye. At 10 to 25 cent each, this type of inspiration is a bargain. Mark the pages that make you stop and smile and ask yourself why they do. Is it the color, the pattern or both? Perhaps your new project is hidden somewhere between the pages of this simple find.

The Hardware Store: I used to tell hubby to go to these type stores without me but that changed a few years back. You see while he looks at tools or household supplies, I'm busy browsing the rugs and flooring tiles. I've found that the colors and designs on the rugs can take on a whole new perspective when you look at them with quilting on your mind. Floor tiles, too, can take on a life of their own when you look at them with a quilting eye.

Your Local Guild: If you are lucky enough to have a local quilting guild, it might be just the place to get you back in the groove. There, you can make new friends, learn new techniques and take advantage of the guest speakers who bring with them a wealth of knowledge and ideas as well as great quilts to show. Most guilds also host annual or biennial quilt shows. Take the time to go. One can't help but get inspired by the quilts and vendors at a show.

Face Book: If you have not joined my online Face Book group "Grids Girls," I invite you to do so. Our members are always sharing pictures of their projects and completions. There, with the click of a mouse, you can ask questions, get new ideas and soak in the excitement. With over 2200 members and growing, there's always something going on. I host two mystery projects in this group annually and there is a wealth of knowledge to be gleaned from watching all of the fabric selections and how they come together in the end. I am always amazed at how different the same pattern looks when made in a variety of fabrics.

In a nutshell, I guess what I'm saying is that inspiration is all around us. You just have to take the time to look. I challenge you to do just that and I guarantee that it won't take long until you have a new project in mind. Watch out, world. Let the cutting and stitching begin!

Deb Heatherly is a designer for Creative Grids® rulers and tools. When not in her studio, she is on the road doing Creative Grids® lectures and workshops for guilds and shops across the country. She is the designer of the Creative Grids Cat's Cradle tool, Strippy Stars tool, Turbo 4 Patch, Ultimate Flying Geese tool, and the new Cat's Cradle XL. She is the author of the books 'Cat'itude, Strippy Stars, 4-Patch Panache, The Ultimate flying Geese Book, and Catitude XL. Visit her website at www.Debcatsnquilts.com. Creative Grids® fans are invited to join her Facebook group page—Grids Girls, for tips and inspiration. You can contact her at Debscatsnquilts@aol.com.

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Spring Forecast

Just when it seems winter has settled in as a permanent resident, a few signs – a sudden warm breeze, the sound of water dripping from eaves, the appearance of a few foolhardy pussy willows – begin to appear. Like bears, we quilters begin to emerge from hibernation, poking our noses out wondering what is trending and what's new.

This spring we will find some new products on the shelves of our favourite quilt shops. One such product is a semi-permanent fusible powder called Quilters Select Free Fuse. This powder can be used to fuse fabrics, batting and other textiles. It sounds versatile, and I can hardly wait to try it. Another fusible agent, although not new, is Misty Fuse, a close relative of Stitch Witchery which fashion sewists have been using for years. Misty Fuse is lightweight, available in black and white, and easy to work with. Although introduced at Quilt Market some years ago, in my experience it has not been widely available until now.

Demand for laser-cut fusible appliques – such time savers – continues to grow, as does the demand for patterns of pixelated characters. If past experience is any indicator, laser-cut appliques may well be part of many shops' Row by Row kits this season. The theme this year is "Taste the Experience," so look for lots of foodie prints to appear.

Stonehenge by Northcott will be celebrating its tenth anniversary (already?) with a new panel, new prints and contests. The promotion will culminate with a trip to England's Stonehenge for a lucky winner. (Did you know that Stonehenge is just one of many henges scattered throughout Wiltshire and parts of Scotland?) But I digress. Quilters will love the new novelty fabrics this spring: metallic silvers and golds, glow-in-the-dark and pearlescent fabrics as well as sewable cork and Kraft-Tex. Both cork and Kraft-Tex will be welcome additions to bag makers' materials.

According to craft pundits, we will see continuing interest in English paper piecing and hand embroidery; both are very portable and easy to take on holiday. They state the colour blue is "in," (although Pantone says otherwise) and foresee increased interest in fabrics and quilts portraying the American south west. Those of us who were enthusiasts the first time may be slightly bemused that macramé is appealing to a new generation of crafters and gaining in popularity.

One book that should be on every shop's shelves this spring is Forty Fabulous Years by Eleanor Burns, she of Quilt In A Day fame. Her techniques, streamlined patterns and boundless enthusiasm taught so many of us that quilting is fun; her classes are both informative and entertaining, and, although I haven't seen the book yet, I'll be looking for it. Ms. Burns is truly one of our quilting "foremothers," in great measure responsible for the upsurge in quilting seen in the last few decades on this continent – she and the invention of the rotary cutter!

So let's throw off our winter-induced lethargy, get the quilt tops we've made this winter to a longarm, and celebrate the season of new life and new projects by getting out there. Spring is calling.

Barbara Conquest writes her column from Blue Sky Quilting in Tofield, AB. © Barbara Conquest.

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Girlfriend Wisdom: Enjoy the Journey!

Joy & Blessings, *Jody*

Authors in order: Aja Monet, Samuel Mockbee, Billy Graham, Francis of Assisi

Girlfriend Wisdom is written and illustrated by Jody Houghton®.
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Ajax	<i>Twisted Stitchers Quilt Guild</i> We meet at the Ajax Legion at 7pm on the 2nd Tuesday on any month from September to June.
Alliston	<i>Quilting Corners Guild</i> We meet at St Johns United Church at 7pm on the first Tuesday or each month, except January.
Ancaster	<i>Ancaster Quilter's Guild</i> We meet at the Marshall Memorial United Church, 20 Gilbert Ave. at 7pm on the 3rd Wednesday of each month from September to June.
Amprior	<i>Amprior District Quilt Guild</i> We meet at the Christian Education Centre, 257 John St. N. at 6:30 pm on the fourth Wed. of each month from Sept. to June.
Barrie	<i>Simcoe County Quilters' Guild</i> We meet at the Simcoe County Museum, 1151 Hwy 26, Midhurst at 1:00 pm on the Fourth Thursday each month except the 2nd Thursday in Dec and 3rd Thursday in June, from September to June.
Belleville	<i>Quinte Quilters' Guild</i> We meet at the Recreation Centre, 116 Pinnacle Street. At 7:00 pm on the first Wednesday of each month.
Binbrook	<i>Binbrook Country Quilters' Guild</i> We meet at the Binbrook United Church, 2623 Binbrook Rd. 7:30 pm the last Monday of the month from Sept - Nov and Jan - June.
Bracebridge	<i>The Pine Tree Quilters' Guild of Muskoka</i> We meet at the Bracebridge Memorial Arena, 169 James St at 1:00 pm on the 2nd. Thursday of the month from September through June.
Brampton	<i>Brampton Quilters Guild</i> We meet at the Loafer's Lake Recreation Centre, 30 Loafer's Lake Lane at 7:30 pm on the fourth Thursday of each month from September to June.
Brantford	<i>Brant Heritage Quilters</i> We meet at St George United Church at 7:30 pm. on the second Thursday of the month.
Brockville	<i>The Thousand Islands Quilters' Guild</i> We meet at the Royal Canadian Legion,180 Park Street at 7 pm on the 4th Thursday evening of the month. No meetings December, January, July and August.
Buckhorn	<i>Buckhorn Area Quilters' Guild</i> We meet at Hartley Hall, St. Mathews / St. Adian Anglican Church at 9:00 a.m. on the last Wednesday of the month (excluding July, August and December).
Burlington	<i>Halton Quilters Guild</i> We meet at the Mainway Recreation Centre, 4015 Mainway Dr. at 7:00 pm on the first Thursday of the month from September through June).
Caledonia	<i>Caledonia Grand River Quilters' Guild</i> We meet at 7pm on the 2nd Wednesday of the month from September through June.
Cambridge	<i>Busy Hands Quilters Guild</i> We meet at the Preston Scout House, 1580 Queenston Road at 9:30 am on the third Monday of each month.
Chatham	<i>Chatham-Kent Quilters' Guild</i> We meet at St. Paul's Congregational Church, 450 Park Ave W at 7pm on the third Wednesday each month, except December.
Cornwall	<i>Cornwall Quilters Guild</i> We meet at St. Mathews Lutheran Church, 1509 Second St West at 7pm every third Monday evening from September through May.
Courtice	<i>Clarington Quilt Guild</i> We meet at Faith United Church, 1778 Nash Road on at 6:30 pm on the 3rd Thursday of every month.
Dryden	<i>Sunset Country Quilters' Guild</i> We meet at 84 St. Charles Street at 7 pm on the 4th Tuesday of each month.
Elliot Lake	<i>Elliot Lake Quilt Guild</i> We meet at Gentle Shepherd Church, 3 Ottawa Ave. at 7:00 pm on Tuesdays from September through June.
Elmira	<i>The Elmira Needle Sisters</i> We meet at the Elmira Mennonite Church at 7:00 pm on the fourth Monday of the month.
Etobicoke	<i>Etobicoke Quilters Guild</i> We meet at Neilson Park Creative Centre - 56 Neilson Dr. at 7:00 pm on the third Monday of the month.
Georgetown	<i>Halton Hills Quilters Guild</i> We Meet at the Cultural Centre, 9 church St. at 7:15 pm on the fourth Monday of the month (Sep-Nov, Jan-Jun)
Gloucester	<i>Common Thread Quilt Guild</i> We meet at Le Mouvement D'Implication Francophone D'Orléans (MIFO), 6600 rue Carriere in Orleans at 7:30 pm on the second Tuesday of the month from September through June.
Goderich	<i>Goderich Quilters' Guild</i> We meet once a month on the 2nd Tuesday.
Grimsby	<i>Grimsby Quilters' Guild</i> We meet at the Livingston Activity Centre at 7pm on the third Thursday of the month.
Guelph	<i>Royal City Quilters' Guild</i> We meet at Three Willows United Church, 577 Willow Road at 7:00 pm on the second Tuesday each month from September until June.
Gwillinbury	<i>Gwillimbury Quilt Guild</i> We meet at the Sharon-Hope United Church, 18648 Leslie St. at 1:00 pm on 4th Monday of the month from September through May.
Hagersville	<i>Haldimand Quilter's Guild</i> We meet at the Hagersville United Church at 7:00 pm on the first Monday of the month from September through June.
Haliburton	<i>Haliburton Highlands Quilter Guild</i> We meet at the Stanhope Community Centre, 1095 North Shore Rd, Algonquin Highlands at 1:00 pm on the second Wednesday of each month.
Hamilton	<i>Hamilton Quilters Guild</i> We meet The Church of Resurrection, 435 Mohawk Rd. W.at 7:00 pm on the 2nd Wednesday of each month from September through August.
Ingersoll	<i>Oxford Quilters Guild</i> We meet month at the Ingersoll Creative Art Centre, 125 Centennial Lane (in Victoria Park) at 7:00 pm on the first Wednesday and 9:00 am on the first Thursday of each month.
Kanata	<i>The Kanata Quilt Guild</i> We meet at the Glen Cairn United Church, 140 Abbeyhill Dr. at 9:30 am on the second Wednesday of the month from September to June.
Kemptville	<i>Kemptville Quilters Guild</i> We meet pm at the Kemptville Pentecostal Church 1964 County Road # 43 at 7:00 pm on the second Monday of the month (except for holiday Mondays).
Kenora	<i>Lake of the Woods Quilter's Guild</i> We meet at St. Louis Catholic Church, 912 Superior St in Keewatin at 7 PM on the second Thursday of the month.
Kingston	<i>Kingston Heirloom Quilters</i> We meet at St. Johns Anglican Church Hall in Portsmouth Village at 9:30 am on the first Tuesday and

Kingsville	7:00 pm on the first Thursday of each month. <i>Erie Shores Quilters' Guild</i>
Kirkton	We meet at the Kingsville Arena, 2nd floor at 7p.m. on the third Tuesday of the month. <i>Huron, Perth Quilters Guild</i>
Kitchener - Waterloo	We meet at the Kirktown/Wooddham Community Centre at 9:00 am on the second Tuesday of the month from September through May. <i>The Waterloo County Quilters Guild</i>
Lambton	We meet at the Parkside Community Room of the Parkside Arena in Waterloo at 1:30pm and 7:30 pm on the third Wednesday of the month. <i>North Lambton Quilt Guild</i>
Limestone	We meet at the Port Franks Hall on the 4th Wednesday of the month. <i>Limestone Quilters' Guild</i>
Lindsay	We meet at The Senior's centre in Kingston at 7:15 pm on the first Wednesday of the month. <i>Lindsay Creative Quilters' Guild</i>
Manitoulin Island	We meet at Celebrations, 35 Lindsay St. N at 1:00 pm every 2nd Monday of the month except for October, December and June. <i>Island Quilters Guild</i>
Markdale	We meet at the Community Hall in Mindemoya at 7:00 pm on the third Thursday of the month from September though June. <i>Queen's Bush Quilters</i>
Meaford	We meet at Annesley United Church, 82 Toronto St. at 7:00 pm on the 1st Tuesday of the month from September to June. <i>Georgian Quilters Guild</i>
Mississauga	We meet at the Meaford Opera House, Sykes St. at 1:30 pm on the 3rd Thursday of the month. <i>Cawthra Senior's Centre</i>
Miramichi	We meet at the Cawthra Senior's Centre at 7:30pm on the first Thursday of the month (except July and August). <i>Mississauga Quilters Guild</i>
Napanee	We meet at the Tomken Twin Arenas at 7:30 pm on the first Thursday of the month (except July and August). <i>Miramichi Quilt Guild</i>
Newmarket	We meet at the Seamans Hospital at 7:00 pm every Tuesday and 10:00 am every Thursday. <i>Heritage Quilters Guild</i>
Niagara Region	We meet at the Strathcona Paper Center at 7:00 pm on the third Tuesday of each month from September through to June. <i>The Region of York Quilters Guild</i>
Nobleton	We meet at the Newmarket Community Centre, 200 Doug Duncan Drive on the fourth Wednesday of the month from September through May.
Norwich	<i>The Niagara Heritage Quilters' Guild</i> We meet at Merrion Community Centre, 7 Park Ave., St. Catharines on the third Wednesday of each month.
Orangeville	A chapter of the <i>Modern Quilting Guild</i> We travel to various locations in Southern Ontario on a rotating basis. <i>Quaker Quilt Guild</i>
Orilla	We meet at 89 Stover St N, Norwich at 9:30 am on the second Monday of the month. <i>Dufferin Piecemakers' Quilting Guild</i>
Orono	We meet at the Orangeville Event Centre at 7:30 pm on the third Monday of the month from September through June. <i>Orillia Quilters' Guild</i>
Ottawa	We meet at the Royal Canadian Legion, 215 Mississauga St. E. at 1:00 pm on the 3rd Wednesday of the month. <i>Ganaraska Quilters Guild</i>
Perth	We meet at the Seniors Activity Centre. 200 Station St. W at 7:15 pm on the last Wednesday of the month.
Port Loring	<i>Almonte Quilters Guild</i> We meet at the Almonte Civitan Club, 500 Almonte Street Active at 7:00 pm from September through June (no meeting in December).
Port Perry	<i>Ottawa Valley Quilters Guild</i> We meet at St. Anthony's Soccer Club at 7:30 pm on the first Monday of the month. <i>QuiltCo</i>
Prince Edward	We meet at the Trinity Anglican Church in Old Ottawa South on the second Monday evening of the month except July and August. <i>Owen Sound Bluewater Quilters' Guild</i>
Richmond	We meet at the Harry Lumley Bayshore Community Centre, 1900 3rd Av E at 7:00 pm every third Monday from March to December (except May which is on the second).
Ruthven	<i>Monark County Quilters Guild</i> We meet at Lions Hall, Perth Fairgrounds at 7pm on the 4th Tuesday of the month.
Sarnia	<i>Argyle Quilters Guild</i> We meet at the Lions Den in Arnstein on the second Thursday of the month. <i>Port Perry Patchers</i>
Sault St. Marie	We meet at the Hope Christian Reform Church, 14480 Old Simcoe Rd. in Prince Albert at 7:00 pm on the 3rd Wednesday of the month from September to June.
Scarborough	<i>Prince Edward County Quilters' Guild</i> We meet at the BCR Church in Bloomfield at 7:00 pm County on the second Wednesday of each month.
Simcoe	<i>Richmond Area Quilters Guild (RAQG)</i> We meet at the Richmond Legion, 6430 Ottawa Street at 7:30 on the third Wednesday of each month.
Stiitsville	<i>Erie Shores Quilter's Guild</i> We meet at the Ruthven-Olinda United Church every third Tuesday.
St Marys	<i>Sarnia Quilters' Guild</i> We meet at the Redeemer Christian Reformed Church 5814 Blackwell Sdrd, Sarnia at 7pm the first Monday of each month.
Stony Creek	<i>Stitches From The Heart Quilt Guild</i> We meet at the Senior's Centre on Bay St at 7pm the last Monday of the month.
Sudbury	<i>Canada Rouge Valley Quilters' Guild</i> We meet at the Redeemer Christian Reformed Church 5814 Blackwell Sdrd, Sarnia at 7pm the first Monday of each month.
Sutton	<i>Twilight Quilters' Guild of Norfolk County</i> We meet at the Old Wyndham Church, 30 Glendale Crescent at 7:00 pm on the second Monday of the month.
Thunder Bay	<i>Norfolk County Quilters' Guild</i> We meet at the Vittoria & District Community Centre on the first Tuesday of each month except October.
Toronto	<i>The Quilters Club</i> We meet at the The Pretty Street Community Centre at 7:00 pm on the third Monday of the month.
Wasaga Beach	<i>The Stonetowne Quilters' Guild</i> We meet at the End Zone Room of the Pyramid Centre at 9:30 am on the third Tuesday of the month from September to May.
Waterloo	<i>Stoney Creek Quilters Guild</i> We meet at the Royal Canadian Legion, 12 King Street East, at 6:30 pm on first Wednesday of the month from September to June.
Whitby	<i>Sudbury & District Quilting & Stitchery Guild</i> We meet at 140 Durham Street at 7:00 pm on every Tuesday from September to April.
Windsor	<i>The Georgina Pins and Needles</i> We meet at the Knox United Church 34 Market Street at 7:00 pm on the first Tuesday of the month from September to June.
York Region	<i>Thunder Bay Quilters' Guild</i> We meet at Calvin Lutheran Church on Edward Street at 7:30pm on the 3rd Monday of each month from September to June.

Pieces From My Heart

by Jan Keller

A Hand To Hold

I can easily recall trudging through errands and shopping with my two little boys, Maury and Mickey, who each wanted to hold one of my hands.

At the time I didn't relish the magic of the moment. It never occurred to me that it was merely a phase that would all too quickly pass.

Soon the shopping became easier because my sons went off, out in the world to explore their own interests. As they grew, interspersed through the tapestry of ordinary days are rich memories. Memories indicating there were times when Mom's hand continued to be nice to hold.



Even though Mickey never used to like spending the night away from home, sometime during the third grade he decided to give it a try by staying overnight with his friend Scotty.

Everything progressed as planned—but only until it got dark outside. That's when Mickey started to worry and Scotty's mom Jeanie had to calm Mickey's fears so play could continue.

It was past 10 p.m. when our telephone rang and we heard Jeanie saying, "I think you better come and get Mickey. He hasn't been very happy since he changed into his pajamas."

When I arrived for his rescue, Mickey already had his things packed and he was waiting. Together, hand in hand, we walked to the car and headed home.

On Mickey's fifteenth birthday, both of our sons were in a serious car wreck. Maury, Mickey and two of their friends had been hit by a drunk driver.

That night as they lay in the emergency room at the hospital, all we could do was be grateful and hold each other's hand.

Just a few months before Maury's high school graduation, he needed the reassurance of holding onto my hand. Maury, then eighteen, was very sick and in the hospital—experiencing how very frightening it is when his every breath is a labored struggle.

At the end of one of those long days, Maury's pleading eyes became brimming with tears as I gave him hugs and kisses and told him I would see him early the next morning.

As his hand slowly reached up for mine, he simply said, "Mom, don't go." Instantly my plans changed.

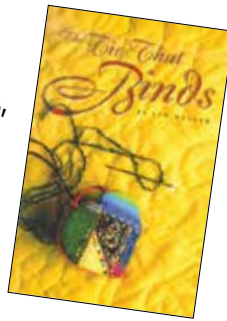
Through the years, this mother has learned to relish the magic of the everyday moments. And now that my boys are all grown up with children of their own—and have bestowed the title of grandmother upon me—I know how special it is to simply have a hand or two to hold.

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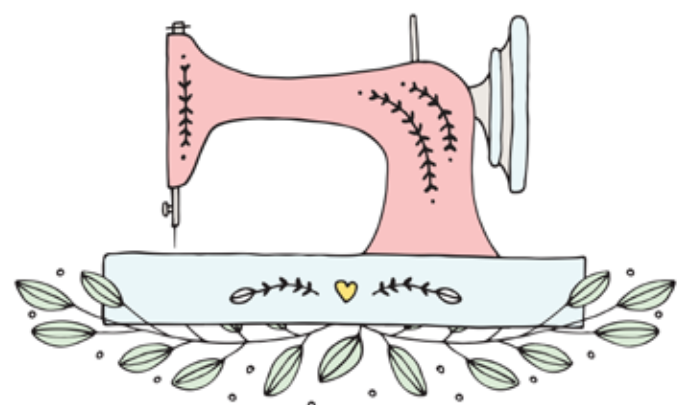
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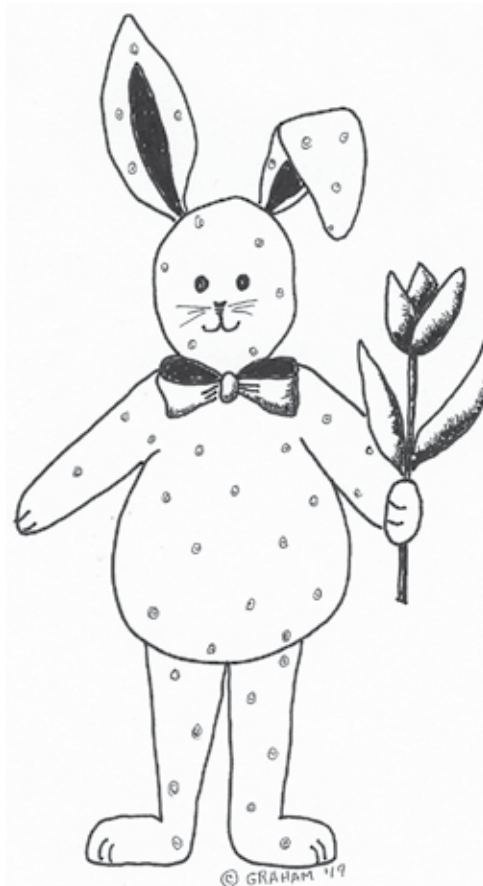
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Countryberries Designs



It's Spring!

This pattern is free for you to use. Please give the artist credit. Not for commercial use.

You can use a variety of techniques with this pattern. Enlarge this pattern to your desired size. Paint this bunny on wood or canvas. Maybe you'd like to rug hook this little bunny. Add a seam allowance, cut from fabric and stitch to make a stuffed rabbit. You can applique him in wool with embroidered polka dots, whiskers, nose and eyes. He'd be fun to do with a punchneedle too.

Whatever technique you choose, have fun!

Designed by Kathy Graham

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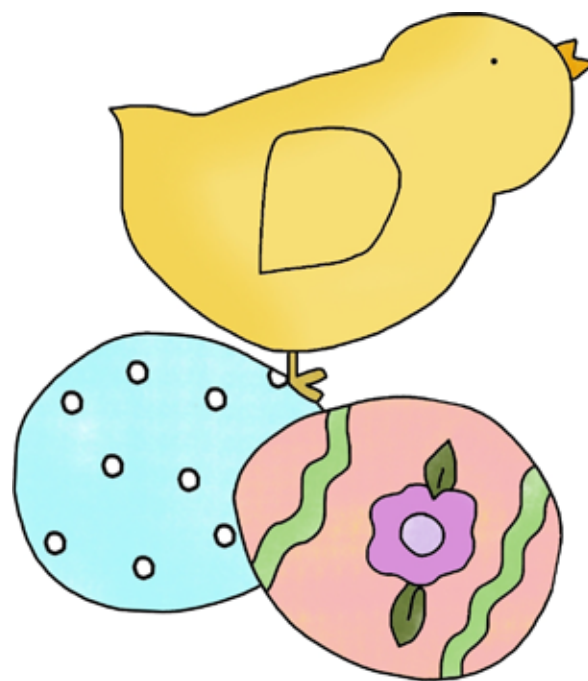
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BUNNY CAKE ♥ Susan Branch

It's spring ~ & time for bunnies! This isn't a gourmet cake, it's a **Kids** cake, quick & easy; & sure to produce a kiss for you. ♥



- 1 pkg. cake mix, any kind (I found a white one with "confetti" colors inside)
- 1 16oz. container white frosting
- 1 8oz. can crushed pineapple (drained)
- 1 tsp. grated lemon peel (zest)
- green & red food coloring
- 1 14 oz. pkg coconut

for the eyes: round chocolate candies; nose: with scissors cut dried apricots or prunes ~ use pink frosting for ; teeth: cut marshmallows, dried apples or apricots; bow-tie: tiny colored candies. Oh, be creative, any fruit, nuts or candy you have on hand.

Bake cake in two 8" layers as directed on pkg; cool. Put frosting in a bowl, fold in lemon peel & pineapple. Cut cake as pictured below & arrange bunny on a large tray. Put 2c. (or so) coconut in a plastic bag & add about 3 drops green food color ~ shake bag till it's all pastel green. Distribute coconut around bunny so he's in a bed of "grass". Set aside 3/4c. of frosting; mix 1c. coconut into the rest & frost head & ears ~ sides too. Tint reserved frosting with 1 drop red coloring ~ frost bow, center of ears & little pink cheeks. Now give him a face with candies & fruit, decorate his bow tie with colored candy. Sprinkle fresh flowers



(violets, pansies or forget-me-nots), or candy eggs, or even tiny carrots around the bunny in the "grass" &...



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Tips for Shopping an Antique Store

By Dave Emigh

My wife, Jill and I, have shopped and looked for treasures in thousands of different antique stores, shows, and sales. Shopping each type of venue is different but through our observations, we have developed some tips that we are happy to share.

These tips seem to organize themselves into three topics. They include navigating through a store, using the owner as a resource, and making a record of your finds.

Navigating through a store

Shopping studies show that customers seem to automatically turn to the right upon entering a store. We are aware of this at Shady Lawn Antiques, but the only physically logical place for our checkout area is to the right of the door. It is amazing to have people enter the store, see us to the right, and then ask, 'which direction should I go?'

Our response is "which ever direction is most comfortable for you, but most people seem to go left first." This interaction does actually give us the opportunity to describe the type of items that are located in each section of our store. Since we own our entire inventory, we are able to group similar items together in coherent displays and we can point out their locations.

Jill and I have found that if we really want to see everything in another shop, we will take a second look around. However, the second time, we walk around in the opposite direction. Items that are fanned out, staggered, or displayed even at slight angles are more obvious when viewed from a different point of view.

Another tip is to make sure to look at all levels in a shop. It is only natural that shoppers focus most of their attention at eye level. Savvy and/or experienced antique dealers respond to this by displaying their best items at that level.

Sign collectors, however, automatically focus on walls above eye level, because that is where most signs are hung. That being said, one of the best signs that I have ever found (in an antique shop) was on the floor leaning against the wall. I guess that adds credence to the phrase 'I've been looking and high and low...'

Shop owners are a great resource

Don't hesitate to engage in a discussion with an antique dealer. I have never met one that is a 'high pressure' salesman. Owners are proud of their inventory and are happy, perhaps even eager to talk about it. Just ask them "what can you tell me about this piece"?

Let the owner know what you are looking for. There may be one in the shop that you have over looked, or they may have one in storage. Antique dealers don't automatically buy every old thing that they see. So, when items are requested, it will increase the chances that the owner will buy one. For me, one of the first indicators of a new trend is when several individuals ask for the same item.

Some owners keep a list of requests and may take your phone number... but don't just wait for their call, check back with them from time-to-time. This reinforces that you are seriously looking for that item.

If you are looking for a specific type of furniture, it is especially important to talk to the shop owner. For example, we have several dozen pieces of furniture (in storage) awaiting restoration. We are happy to adjust our restoration schedule when we have a request.

Making a record of your finds

So, you've walked up and down all of the aisles, looked high and low, and found a few things that you would like to think about... there are several methods to record your finds.

The 'high tech' solution is to use your cell phone. At Shady Lawn, we encourage people to take pictures of the things that they are interested in. However, it is always polite to ask a shop owner if it is alright to take pictures.

When I am visiting another shop, I like to take a picture of their business card, so that I have contact information. Then I photograph the item(s), along with measurements if necessary. When I want measurements, I will include a tape measure or a yard stick in the picture. Finally, I photograph the price tag. It will often have an inventory number and a description that will help in future communication with the shop owner.


The 'low tech' method is to draw a sketch and make notes. I normally use my phone, but I always carry several 3" by 5" index cards for notes. The cards are convenient because they are a little stiff (and therefore easy to

write on) and they fit easily into my check book.

When a Shady Lawn customer asks to borrow a tape measure, I often grab a note pad and follow along. I'll do a quick sketch and add the dimensions as they are taking them. It is fun, and it gives me a chance to use the skills I developed when I was a community college drafting/engineering instructor.

I hope that these tips are valuable to you, on your next antique shopping adventure.

Dave Emigh is the owner of Shady Lawn Antiques and is a fifth generation 'Walla Wallan'. Glimpses of the ever-changing Shady Lawn inventory can be seen on Facebook. Shady Lawn is located at 711 N Rose & Sumach in Walla Walla, WA. The shop is open for business Wednesday through Saturday from 10am to 5pm.



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Building Harmony

Episode 64 The Robots are taking over

By Jeff Cappis

This is a cautionary tale. I think we should all be forewarned about our little obsessions and the consequences we live with pursuing them. This particular one has put me and my family out of our home.

As these things go, it started innocently enough. Cathy wanted new flooring and she picked a beautiful dark oak with semigloss finish that would run throughout the house. We shopped for it, we planned it, and we installed it. If I may be so bold, I think it looked very good. It was absolutely clean with just the right amount of shine in the sunlight. It contrasted with the millwork beautifully.

We were patting ourselves on the back for creating our new show-home when our dog Max innocently walked across the floor. Boom! Disaster! Paw prints! They stood out in any kind of light. In fact, almost everything did.

Cathy got out her damp/dry mop and polished the floor to perfection. It made her feel good about the money and work that went into this floor. A bit of pride too I think. Then our Grandson Kane walked across the floor in his bare feet.

Soon, Cathy was polishing that floor three to four times a day. Granted, she was getting pretty good at it, but still, it became an issue. So we all had to wear indoor slippers that wouldn't leave prints. Also there were crumbs, drips, spills and other disasters but that became a separate issue.

Then I got an idea. I took all the money I've made in my career as a writer and bought Cathy one of those floor robots. This would take a load off Cathy's day. Problem was though, I made Cathy wait 5 months until Christmas before I gave it to her (5 months x 4 floor cleanings a day...) but that's a separate issue.

This machine was amazing. It mapped out our house, found the most efficient way to clean the floors and gave them a perfect finish. When it was done, it parked itself on the charger and waited to start over again. We were elated.

One night, some idiot was sneaking across the dark kitchen to fix himself a sandwich and accidentally booted the robot across the floor. The robot still performed just fine, but after that it developed a curious habit. When ever it found a spot, it would give off a noticeable "beep".

At first we thought it was kind of cute. "Beep". We'd laugh. Yup, it found another spot. After a while though, it got annoying. Even worse, this told Cathy that we were still messing up the floor.

Finally the hammer came down. One morning Max left a serious track of wet paw prints across the floor. Cathy went ballistic. It probably didn't help that he had a habit of licking his paws all the time trying to keep them clean. Terriers can be quite smart. He spent the rest of the afternoon looking in through the front window and leaving nose prints on the glass.

Next up was Kane. He is eight and kept losing his slippers. What's worse, he hated wearing socks so he'd take them off. After his first walk across the house, the robot took to beeping and polishing and Kane found himself outside leaving nose prints on the glass with the dog.

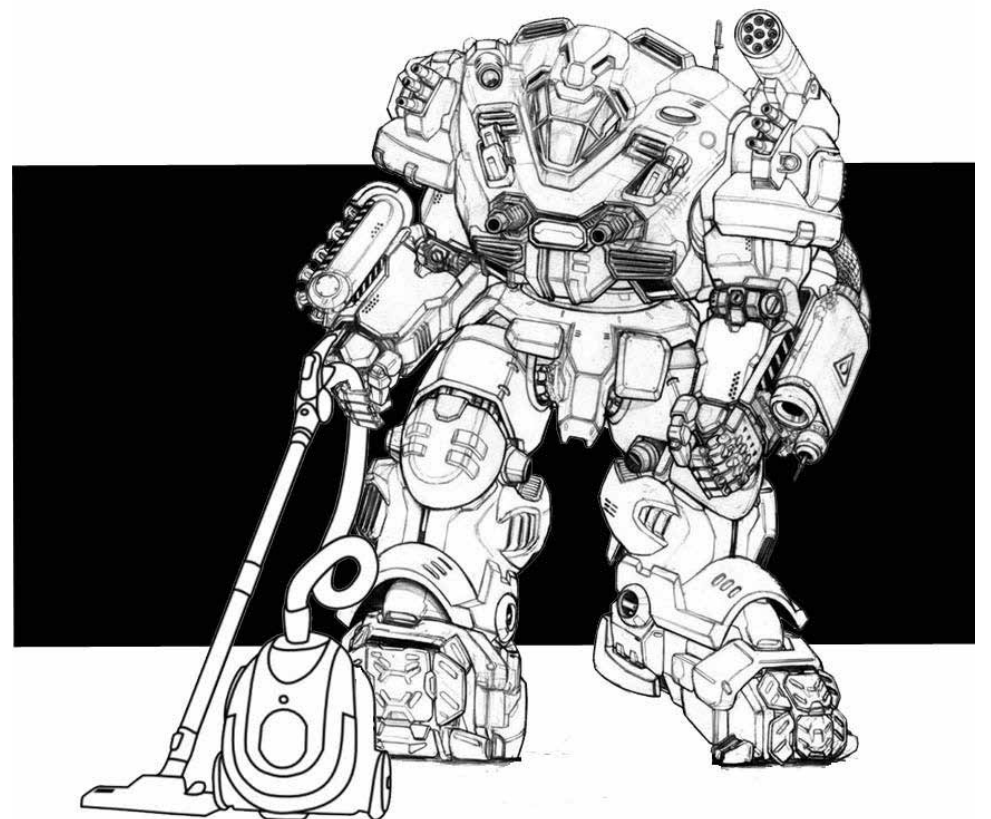
I had to laugh. I'd been telling Kane for days not to forget his slippers or Grandma and the robot would get him. He never listened to me and now he was outside and I was inside. I made faces at him through the glass. He got annoyed. I was beginning to really rub it in too when accidentally a drop of coffee fell from my coffee cup. The robot let out a beep and proceeded to clean it up.

A little while later the wind was picking up outside and the three of us were getting chilly while Cathy was yelling at us, "Don't get nose prints on the glass!"

Inside the robot was dutifully going about it's business and Cathy was looking out through the window, wagging her finger at us as if to say, "serves you right, messing up my house like that," and holding my coffee cup up as evidence. Me, Kane, Max and the robot all noticed the drip of coffee coming from the cup before she did. The robot beeped.

A little while later, while watching the robot through the window, I turned to Cathy and said, "Don't get nose prints on the glass". She got annoyed, but all I could do was laugh at the irony. We were outside in the cold while the robot had the run of the warm house. Every time one of us went inside, we'd leave a smudge somewhere and the robot would start beepin' off until everybody left. It's getting chilly out here, but gosh the floors look great.

© 2019 Jeff Cappis. Jeff is a writer and cartoonist who lives in Bragg Creek, Alberta.



Clary Sage Essential Oil (Salvia sclarea)

By Wanda Headrick



Clary sage (*Salvia sclarea*) is a biennial or perennial herb with greyish, velvety, heart-shaped leaves and pale-blue, violet-pink or white flowers. It is grown commercially in multiple countries throughout the world, including Europe, the United States, England, Russia and Morocco. Clary sage essential oil is produced by steam distillation of the flowering tops and foliage of the clary sage (*salvia sclarea*) herb plant. Distillation produces a colorless to pale yellow to pale olive colored essential oil with a nutty, sweet, fruity, floral, herbaceous odor.

The English name “clary” comes from the Latin word “sclarea,” which is derived from the word “clarus,” which means to clear. Over time clary was gradually modified to Clear Eye as the herb was used for clearing mucous from the eyes. In the Middle Ages it was referred to as “Oculus Christi” meaning eye of Christ. Originally grown in Southern Europe, it was often planted in German vineyards. There it was sometimes used as a substitute for hops in brewing beer. This added an intoxicating effect! Clary sage was also used as a source of sclereol, which is a flavoring in tobaccos. Today clary sage essential oil is often used as an ingredient in perfumes. Clary sage essential oil is rich in esters, a chemical known for their antispasmodic and sedative properties.

Therapeutic properties of clary sage (*Salvia sclarea*) essential oil include antidepressant, antispasmodic, antiseptic, deodorant, emmenagogue, hypotensive, nervine, sedative, uterine and others.

Clary sage essential oil can be very sedative, making concentration difficult. It is also best not to use alcohol when using clary sage essential oil, as nausea may result. Large doses of clary sage essential oil can also produce headaches. Clary sage essential oil is considered non-toxic, non-irritant and non-sensitizing. The oil should be used with caution during pregnancy due to its muscle relaxing properties on the uterine muscles. However, it is not considered to be an abortifacient in aromatherapy as it is used in such small amounts.

Clary sage essential oil is considered beneficial for treating anxiety, stress, nervous tension and depression. Clary sage essential oil also has a balancing effect: strengthening yet relaxing and a wonderful tonic for mental and nervous fatigue. It is helpful to ease a racing mind and panic states through its warm relaxing effects. This encourages the feeling of well-being, helping one see life in perspective. It is an excellent pick-me-up for the nerves. Clary sage essential oil is one of the most important essential oils as a remedy in all three phases of a woman’s life: menstrual cycle, childbirth and menopause. Clary sage essential oil is also recommended for treating asthma as it relaxes spasms in the bronchial tube, helping to reduce anxiety and emotional tension often associated with asthma. Clary sage essential oil is known to help prevent excessive sweating, oily skin, greasy hair and dandruff by its ability to help regulate sebum production. My favorite use is on tight, tense, sore muscles -- especially when used with basil and lavender and cypress. That is the essential oil blend I will share with you today. With the spring season arriving, we all are excited to be outside working in our gardens, flowerbeds and lawns --- until that evening and the following morning. Then we feel our muscles reminding us of all we had not done in several months! I am confident you will enjoy this blend and find it useful.

Spring Time Overworked Muscle Massage Essential Oil Blend

Clary Sage Essential Oil.....	30 drops
Basil Essential Oil	15 drops
Lavender Essential Oil.....	50 drops
Cypress Essential Oil	50 drops
Grape Seed Oil.....	5.5- 6 ounces
Emu Oil	2 ounce

In an Amber Brown 8oz bottle with a tight-fitting lid, blend all the above essential oils. Add 2 ounces of emu oil and fill the rest of the bottle with grape seed oil. Rotate the tightly closed bottle gently to mix the essential oils and the carrier oils of emu and grape seed. You can use this blend immediately. However, it will “synergize” to full potential and its true essence after it has been allowed to blend for four days. This can be used as a full body massage oil as often as needed. Especially after a shower or bath before bedtime. During the day it can be used every 2-6 hours as needed to control sore, stiff, painful, overworked muscles.

For Pure Essential Oils and other natural products or empty containers go to www.flinthillsaromatherapy.com. You may also call: call 620-394-2250 or e-mail info@flinthillsaromatherapy.com

This blend will also be provided “pre-blended” upon request.

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Brockville.....	Taylor's Sewing.....	pg. 6
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Chesterville.....	Flair With Fabrics.....	pg. 8
Cochrane	Needleworks Studio	pg. 16
Cornwall.....	Ron's Quilting	pg. 7
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Espanola.....	Cindy Bee's Quilt Shoppe ...	pg. 19
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Kingston	Quilt Thyme	pg. 8
London	Stache Fabrics & Notions ...	pg. 14
Maxwell.....	Threads That Bind	pg. 14
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New Liskeard	Gem Sewing	pg. 19
Orillia (Severn).....	Thimbles & Things	pg. 13
Orleans.....	Quilty Pleasures	pg. 9
Ottawa	Sew -Jo's	pg. 9
Perth	Perth Fabrics	pg. 7
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Russell	Quilter's Barn & Gifts	pg. 8
Sault Ste Marie	Life's A Stitch.....	pg. 18
Shakespeare	The Quilt Place	pg. 14
Sioux Lookout	Dori's Sewing Studio	pg. 22
Sturgeon Falls	Diane's Creative Elements..	pg. 16
St. Marys.....	Kalidoscope of Quilts.....	pg. 12
Tecumseh	Ella Quilts	pg. 13
Thessalon	Creative Basket	pg. 16
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Town and Country Cooking

Mix and Match

By Janette Hess

Before spring gets away from you, treat your family and friends to perfectly mixed and matched salads. To start, simply mix up one of this month's easy dressing recipes. Next, match it with the perfect leafy green. Finally, hand out the forks, because dinner salad is served!

In recent years, food snobs have tossed iceberg lettuce aside in favor of more exotic offerings. Even so, homemade Blue Cheese Dressing begs to be served over cool, crisp wedges of iceberg lettuce.

Arugula, also known as salad rocket, is a bright, peppery green that has found its way into most supermarket produce sections. For a salad that's delicious but decidedly different, mix baby arugula with Citrusy Dressing and top it with feta cheese, toasted almonds and sliced red onion. Arugula also adds a pleasing zip to sandwiches and pizzas.

Because ripe, juicy strawberries are abundant at this time of year, match them with baby spinach and a batch of Strawberry Vinaigrette. Add blueberries, toasted pecans and sliced onions to the mix, and you have captured the essence of spring in a salad bowl!

Blue Cheese Dressing

- ¼ cup sour cream
- ¼ cup mayonnaise
- ¼ cup buttermilk OR additional 2 tablespoons sour cream and 2 tablespoons mayonnaise
- 1 tablespoon fresh lemon juice
- 2 ounces blue cheese, crumbled and divided
- 1 tablespoon freshly snipped chives
- ½ teaspoon Worcestershire sauce
- 2-3 drops hot pepper sauce
- Freshly ground pepper to taste

Using hand mixer or small blender, combine sour cream, mayonnaise, buttermilk, lemon juice and 1 ounce blue cheese crumbles. Mix until smooth. Fold in remaining blue cheese crumbles, chives, Worcestershire sauce, hot pepper sauce and freshly ground pepper. Chill several hours to allow flavors to blend. Makes approximately 1 cup dressing.

Serving suggestion: Spoon dressing over iceberg lettuce wedges. Top with crisp, crumbled bacon and additional blue cheese.

Citrusy Dressing

- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh lime juice
- 3 tablespoons orange juice
- ½ cup extra virgin olive oil
- 2 teaspoons honey
- 1 teaspoon Dijon mustard
- ¼ teaspoon dried thyme, crushed
- 1/8 teaspoon salt
- Freshly ground pepper to taste

Whisk together all ingredients and serve immediately. Chill any leftover dressing, but return to room temperature before re-serving. Makes approximately ¾ cup dressing.

Serving suggestion: Toss baby arugula or baby spinach with desired amount of dressing. Top with crumbled feta cheese, toasted almonds and thinly sliced red onion.

Strawberry Vinaigrette

- ½ cup canola oil
- ¼ cup red wine vinegar
- ¼ cup sugar
- 4 large, ripe strawberries, trimmed
- ¼ teaspoon paprika
- ¼ teaspoon Worcestershire sauce
- ¼ teaspoon salt
- ¼ teaspoon onion powder
- 1 teaspoon poppy seeds (optional)

Combine all ingredients, except poppy seeds, in blender or food processor. Blend until smooth. Stir in poppy seeds, if desired. Serve immediately. Chill leftovers. Makes approximately 1 cup dressing.

Serving suggestion: Toss baby spinach and sliced strawberries with desired amount of dressing. Add blueberries, toasted pecans and sliced green or red onion. For extra flavor, sprinkle with crumbled feta or blue cheese.

A trained journalist, Janette Hess focuses her writing on interesting people and interesting foods. She is a Master Food Volunteer with her local Extension service and enjoys collecting, testing and sharing recipes.

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