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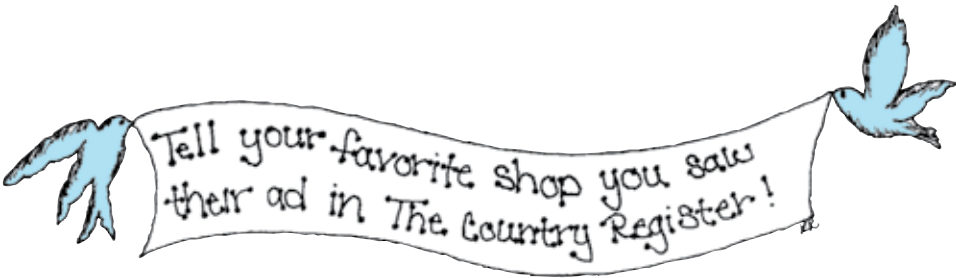
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Dearest Readers,

Winter is definitely here! I can't remember this much snow since I was a kid. I hope you are all keeping warm on these cold winter days and bone-chilling evenings. There have been some milder days in-between where we have taken advantage and spent some time outdoors cross-country skiing. I much prefer to exercise outdoors rather than run on a tread mill. What are your favorite outdoor activities?

Since we are all spending so much time indoors, it is a great time to start a new project or finish up some you have been putting off. This weekend, I am planning to start a new quilt for our bedroom. I am thinking something modern and fresh with bright colors to cheer up these dreary winter days. What projects are you working on?

Most of my evenings are spent reading a good book, under a warm blanket, sipping a little Shiraz in front of a crackling fire. I love to read. James Patterson is my favorite these days. What was the last good book you read? Other evenings my husband and I either find a movie on Netflix or play some good old fashion board games like Rummikub or Checkers. When was the last time you played a board game?

Valentine's day is soon approaching. Time to buy your honey a little something. This year I am going to experiment and make homemade chocolates for everyone I love. I am thinking dark chocolate, coconut hearts. Now I just have to find a recipe! Do something for yourself this Valentine's Day.

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!

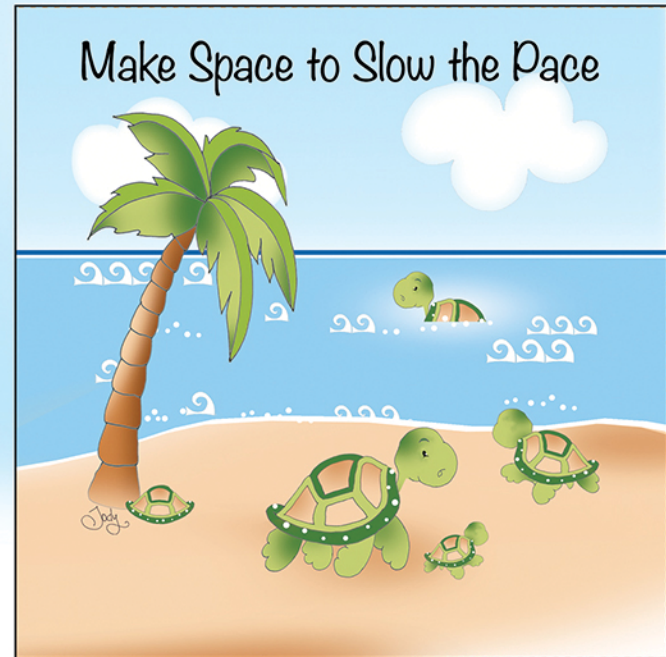
Happy Valentine's Day to you all!

Cheers,

Harriet



GIRLFRIEND WISDOM



It's a fast world! We are all so busy with life's activities and obligations. With a new year, a fresh look at schedules, it is an opportunity to Make Space to Slow the Pace. We can enjoy the fullness of life and accomplish tasks with joy, if we make time for rest, reflection, and appreciation. One of my favorite sayings is, "Nature does not hurry, yet everything gets accomplished". The turtles arrive at the shoreline, the flowers bloom in Spring, and the butterfly spreads its wings in perfect timing. GIRLFRIEND WISDOM: May the new season of your daily life bring you contentment with the completion of each task.

Joy & Blessings,
Jody

Girlfriend Wisdom is written and illustrated by Jody Houghton®.
Color files of this writing and artwork are available: www.JodyHoughtonDesigns.etsy.com

Our Search for Cover Artwork —

Across Canada and the U.S. you can always tell *The Country Register* by its 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: Richard De Wolfe



The Thousand Islands region of Ontario, Canada, was the perfect backdrop for a childhood filled with adventure for Richard De Wolfe, an artist who still identifies strongly with rural life. The forests, fields, and of course the mighty St. Lawrence River, made the wonders of nature come alive for him.

The art of Richard De Wolfe has been very popular ever since his first one-man show at the age of eighteen. That show was a sell out, supplying him with commissions for many months after. He went on to spend twenty-five years as an illustrator, producing paintings for national and international corporations such as General Motors, Pepsi-Cola, and Sony.

"I believe that working as an illustrator was the best training I could possibly have had. The wide variety of subjects and tight deadlines forced me to hone my skills and become very proficient as a painter. I feel that many of the finest painters alive today are former illustrators," Richard says.

Richard's subject matter is wide-ranging and ever changing. He has painted landscapes and wildlife extensively, but also paints still-life subjects, farm and family scenes, boats, horses and just about anything that catches his eye and imagination. When asked what he wants to accomplish through his art, Richard says, "The important thing is to help people to see what I see and feel what I feel about a subject. What you paint is far less important than how you paint it."

Together with his wife Mary, Richard lives on a horse farm near Kingston, Ontario, where he can study and paint scenes of farm and rural life as well as the wildlife, which is all around him. Richard's work is available in prints as well as originals. He has participated in many prestigious art shows such as Wildlife Habitat Canada Stamp Competition, the Wye Marsh Festival, and Canadian Artist and Photographers in Communication Annual Exhibition. Richard is listed in Who's Who in Ontario.

Richard's originals and prints are available on the web at www.rdewolfe.com, or by email at info@richarddewolfe.com.



POLYNESIAN BOUQUET

BLOCK 1

Finished Block is 15 ½ Square

*Designed by Phyllis Moody
Copyright March 2012*

Block 1

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.

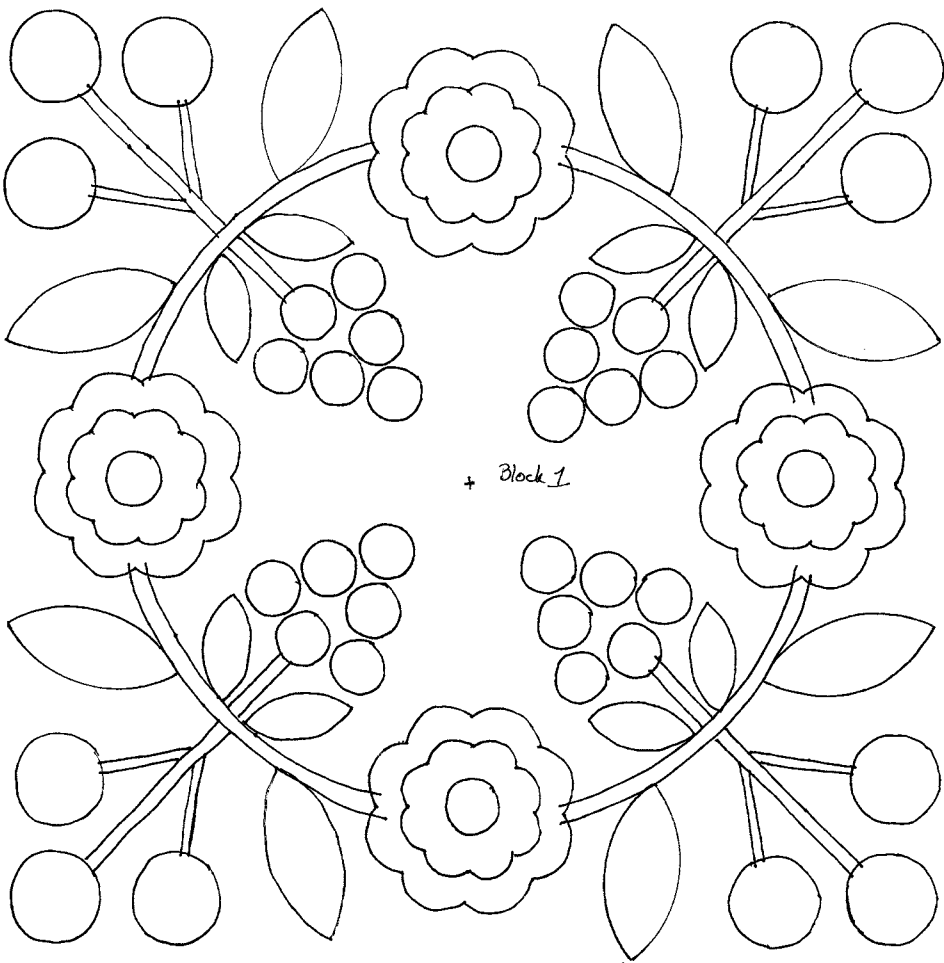
Note: Pre-cut freezer applique papers are available for purchase at Phyllis Home Decor (514-425- 0775)

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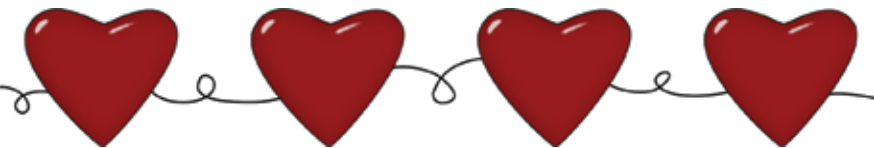
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Whimsical Vintage Valentines

by Valerie Burner

After all the shiny and colorful Christmas decorations get put away for the year, our house looks a little blah. I keep out the red linens because up next is one of my favorite holidays—Valentine's Day! (Who am I kidding? I like all the holidays—more reasons to decorate and, ahem, ... collect!)

I was inspired by a magazine cover from nearly a decade ago to make a valentine tree. A tall silver vase, curly willow, heart shaped glass ornaments, silk carnations and soldered ornaments that I made featuring vintage valentine images set the tone for January and February.

All around our home, I set out framed valentines. I've not found anything as whimsical as vintage valentines. Being a collector for years of these charming little cards, I can attest that there is no subject matter and no pun nor romantic sentiment that has not been featured on a valentine, making them extra charming.

The first Valentine's Day cards appeared in the 18th century. These were handmade and decorated with flowers and love knots accompanied by lines of poetry. The oldest surviving pre-printed card dates from 1797 and is on display at the York Castle. It was sent by Catherine Mossday to a Mr. Brown of London. I wonder how their story ended because it seems as though all was not well between Miss Mossday and Mr. Brown when she sent him the valentine.

So many of our modern romantic traditions gained popularity during the Victorian Era in Britain. Advances in printing technologies allowed Valentine's Day cards to be mass-produced. Because of their immense popularity it is estimated that by the mid 1820s over 200,000 valentines were in circulation in London alone. With affordable printing and postage, not only did the number of valentines increase but also the character of Valentine's Day cards changed. It was around the 1840s that the cards shifted from purely romantic to include designs that were humorous and political along with other less complimentary sentiments and subject matters.

After receiving a Valentine's Day card from England, Esther Howland, whose father owned the largest stationary store in Worcester, Massachusetts, created the first American mass marketed valentines in 1849. She was nicknamed the Mother of the American Valentine. Her cards featured lacey cutouts and intricate illustrations and were assembled in her home by a group of local ladies she had hired. Her operation became known as the New England Valentine Company and remained a home-based operation for over two decades.

By the mid 1900s, advanced technologies allowed more elaborate cards to be produced less expensively, which increased the popularity even more. In 1913, Hallmark Cards produced their first Valentine's Day card. The initial designs were postcard designs and purchased from another company. In 1916, Hallmark began producing its own Valentine's Day designs.

Some of my fondest memories are of the school day valentine's card exchanges. This custom of trading valentine's cards in the classroom goes

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back to the early 1900s. I remember one card in particular with a lion on it from Sam in the 2nd or 3rd grade. As only an 8 or 9-year-old can be, I was horrified by his words of affection.

Flash forward to the early 1990s and a trip to an antique store in Historic Downtown Glendale. There in the back I found a charming valentine from the 1950s in a gold-rimmed frame. This little girl in a kissing booth at the fair started a collection that now includes honeycomb valentines from the 1800s, moving ones from the 1920s and anthropomorphic animals and vegetables along with youngster imagery from the 1940s—1960s. I've yet to weed this collection down as I find each era and style has as much charm as the next. Besides, this is a collection that is easy to store.

Vintage valentines are easily found online. However, I prefer the hunt and find most of my valentines the old fashioned way—in antique stores. I tend to quietly squeal with delight when I come upon a display where there are many offerings and take my time making my selections. Many of my favorites are framed and stay out year round.

Years ago, I found inspiration in a shop in Arizona's White Mountains. A vintage lampshade frame was adorned with vintage valentines. That project is on my "must do" list. This lampshade hung over their counter and sadly was not for sale but pictures were taken and are on my inspiration board.

There are many different ways to display these lovely little cards that don't include framing them. Create a garland, string decorative thread inside a large picture frame and use mini clothes pins to clip the valentines on the string, fill a large sized shadow box, a decorative box or bowl or put them under a glass tabletop for all to see. Add a few vintage candy boxes (I kick myself for not saving mine!) and, voila, you have a display sure to make you smile right in your own home.

Let a little whimsy enter your home as you surround yourself with the things you love. Happy collecting!

Valerie Burner married into a family of collectors over 25 years ago. The first piece she and her husband purchased together was a drop leaf table that has had many uses over the years. In addition to valentines, their current collections include pink depression glass, vintage Santa Claus and Christmas, Snoopy and, of course, teddy bears. They have owned Bears & More in the Historic Catlin Court district of Downtown Glendale, Arizona, for over 25 years.

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Preparing Garden Soil for Spring

By Wendi Rogers, Ph.D.

It is time to prepare the garden soil for Spring when the last seed catalog arrives. Soil nutrients are best managed when snow is still on the ground. Soil nutrients are linked to blossom-end rot, which is a biological problem that cannot be fixed with the black spot appears on the blossom end of tomatoes.

Soil nutrients can be measured with a soil test through your local Extension Office. The amount of nitrogen (N) phosphorus (P), potassium (K) and calcium (Ca) your garden soil contains can be determined by a laboratory test. Additional P, K and CA may not be necessary if you use organic fertilizers. Nutrient testing kits can be purchased at your local garden store if you want instant results. Store-bought tests provide the range of nutrients present, but no guidance as to nutrients needed.

Nitrogen is your best friend and a rude next-door neighbor. Half of applied N fertilizer will be lost to the atmosphere soon after application because of healthy soil processes. Within six months applied N fertilizer will not be available. Garden fertilizers' labels recommend liquid fertilizer application every two weeks during peak vegetable and fruit production to meet plant need and limit N loss.

Blossom-end rot can be caused by plants growing too fast. The plants cannot transport enough Ca from the soil to meet the Ca requirements for cell wall and cell membrane development at growing points. Calcium is a vital cell wall building block. Lack of Ca leading to blossom-end rot occurs days, if not weeks before a fruit starts to form. Consistent but small N applications meet the immediate N needs of garden plants while allowing a plant to transport enough Ca to its growing points.

Home gardeners can save money when they know all their soil requires for healthy and productive plants is N and Ca. Testing the garden soil and supplementing Ca as needed can be done before the plants are planted and seeds sown. A home gardener's successful garden happens with planning that takes place when snow is still on the ground.

Wendi Rogers lives in Wabaunsee County, Kansas, and began gardening when she started and sold her first marigold seedlings when she was 8 years old. She has a Ph.D. in Agronomy from the University of Missouri, a Master of Science in Animal and Range Science from North Dakota State University and a Bachelor of Science in Biology from Fort Hays State University. She likes to help people grow their own food.



Become Inspired! Decorating, Entertaining and Living in the Early American Style

The Promise of Spring

by Annice Bradley Rockwell

After the season of winter which is often remarkably cold and gray, the slow and subtle transition to spring can be appreciated deeply when we take the time to observe. As the small changes in our world begin to unfold before our eyes, we become filled with hope over nature's promise of spring. The once frozen earth begins to soften and its signature scent of spring is one that conjures up a feeling of newfound freedom. We become grateful for upcoming days when we can work in the herb garden and feel the warmth of the sun as it makes its way to us through a cutting March wind. If we look closely enough we can see wonders all around us. Tiny spires of new growth breaking through the earth and the colorful transition from a bleak, brown landscape to a joyful triumph of green gives our soul a much-needed lift. It is nature's way of reminding us to be patient and that with this patience we will reap a reward worth waiting for.

Blessings of a Country Life

The season of spring brings with it a sense of spirited freedom. We are naturally beckoned out-of-doors to enjoy the embrace of a warmer day when we are more free to explore and excited to create. One of the early traditional tasks in spring is to work to prepare one's garden to create a space that is not only useful, but beautiful. Kitchen herb gardens were often close to the homestead where herbs could be clipped for culinary as well as medicinal use. Herbs such as parsley, thyme, marjoram and lovage can be planted either right next to the back steppingstone of our home or can be arranged in a small but efficient raised bed. Tending to our herbs and anticipating the joy that they will bring us is one of the sacred blessings of leading a country life. The time spent caring for our hardy herbs is always returned to us when we taste their essence on a summer salad or in a fall stew.

A Soulful Bond

Other traditional spring chores can be equally rewarding. Tending to our yards after the long season of winter brings us somehow closer to our deep sense of home. As we rake up sandy bits of earth that have crept into our lawns, or as we repair a primitive picket from our pasture's country fence, we are doing more than just working. We are reinforcing our bond with our home and connecting with it. We are showing pride for what it soulfully gives us. And in the season of spring our outdoor efforts give us a sense of our own vitality and strength as we and as all of nature reawakens to begin again.

As the season of winter slowly drifts away to be replaced by happy spring, take time to notice the spectacular beauty that it brings. Feel the warm blessings that come with your hard work on that first often-magical spring day when nature's promise is finally revealed.

Annice Bradley Rockwell is an educator and owner of Pomfret Antiques. She is currently working on her book, New England Girl. NewEnglandGirl2012@hotmail.com

Town and Country Cooking

By Janette Hess

The perfect pair



February just might be the most chocolatey month of the year, thanks to the number of fancy chocolates shared between sweethearts on Valentine's Day. This holiday, do those boxed candies one better by pairing chocolate with coffee to create your own delicious mocha treats. Prove to everyone, including yourself, that a touch of coffee enhances anything chocolate.

Chocolate Mocha Sauce can turn a simple dish of vanilla ice cream into a gourmet dessert. It also may be used as a fruit dip, a cake drizzle or a cookie dunk. In other words, it's a Valentine's Day party in a bowl! Mocha Fudge Brownies represent an easy fusion of coffee and chocolate, while Chocolate Truffle Cake mimics the flavor and texture of its popular namesake confection.

All of these desserts offer tasty proof that chocolate and coffee are indeed the perfect pair for Valentine's Day.

Chocolate Mocha Sauce

- 6 ounces semi-sweet chocolate (chips or baking squares)
- ½ of a 13-ounce jar (6 to 7 ounces) chocolate hazelnut spread
- ¾ cup heavy cream*
- ¼ cup sugar
- ¼ cup brewed coffee

In heavy saucepan, melt chocolate and chocolate-hazelnut spread over very low heat, stirring frequently. Add cream and sugar. Bring just to boil over medium to medium-high heat, stirring constantly. Reduce heat. Cook, uncovered, for 8 minutes, stirring frequently. Just before removing from heat, stir in coffee. Cool to room temperature and then chill in refrigerator. Reheat in microwave oven before serving. Makes approximately 1½ cups sauce.

*If desired, evaporated milk may be substituted for cream.

Chocolate Truffle Cake

Cake:

- 8 ounces semi-sweet chocolate (chips or baking squares)
- 1 cup unsalted butter
- 1 cup sugar
- 4 eggs
- 1 tablespoon flour
- ½ cup brewed coffee
- ½ teaspoon Mexican vanilla extract (if not available, regular may be substituted) Pinch of salt

Topping:

- 1 cup heavy cream
- 2 ounces cream cheese, softened
- ¼ cup powdered sugar
- 1 teaspoon vanilla extract
- 1 teaspoon instant coffee powder
- Fresh strawberries or raspberries for garnish

In large, heavy saucepan or microwavable bowl, slowly melt chocolate and butter. Stir in sugar; set aside to cool to room temperature. When cool, beat in eggs, coffee and flour. Line 9-inch spring-form pan with foil; lightly butter interior. Spoon batter into pan. Bake at 350 degrees for 33 to 35 minutes, or until thin crust forms on cake. Cool and then refrigerate

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Val and Leslie, Owners

overnight. Before serving, remove rim and peel away foil. To make topping, whip cream in chilled bowl until soft peaks begin to form. Beat in soft cream cheese, powdered sugar, vanilla extract and coffee powder. Serve thin pieces of truffle cake with topping and, if desired, fresh berries. (For an extra impressive presentation, drizzle with Chocolate Mocha Sauce.) Makes 12 servings.

Mocha Fudge Brownies

Brownies:

- 1 package fudge brownie mix
- Vegetable oil
- Eggs
- Brewed coffee
- ½ cup chopped walnuts or pecans

Mocha frosting:

- 1½ cups powdered sugar
- 2 teaspoons baking cocoa
- 1 teaspoon instant coffee powder
- 2 tablespoons unsalted butter, softened
- 1 teaspoon vanilla extract
- 3 to 4 teaspoons milk

Following package instructions, combine brownie mix with appropriate amounts of oil, eggs and brewed coffee. (Substitute coffee for water.) Fold in nuts. Spread batter in sprayed or buttered baking dish. Bake according to package instructions. Cool. To make frosting, stir cocoa and coffee powder into powdered sugar. Combine with very soft butter. Beat in vanilla extract and 3 teaspoons milk. Mix until smooth, adding extra milk as needed. Frosting will cover 8- by 8-inch pan of brownies. If making larger batch, double frosting recipe.

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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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 Army Navy Air Force (ANAD) on George Street. at 1:00 pm the 4th Thursday of every month 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. <i>The Niagara Heritage Quilters' Guild</i>
Norwich	We meet at Merrion Community Centre, 7 Park Ave., St. Catharines on the third Wednesday of each month. <i>A chapter of the Modern Quilting Guild</i>
Orangeville	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. <i>Almonte Quilters Guild</i>
Port Loring	We meet at the Almonte Civitan Club, 500 Almonte Street Active at 7:00 pm from September through June (no meeting in December). <i>Lanark County Quilters Guild</i>
Port Perry	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). <i>Argyle Quilters Guild</i>
Ruthven	We meet at the Lions Den in Arnstein on the second Thursday of the month. <i>Port Perry Patchers</i>
Sarnia	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. <i>Prince Edward County Quilters' Guild</i>
Sault St. Marie	We meet at the BCR Church in Bloomfield at 7:00 pm County on the second Wednesday of each month. <i>Richmond Area Quilters Guild (RAQG)</i>
Scarborough	We meet at the Richmond Legion, 6430 Ottawa Street at 7:30 on the third Wednesday of each month. <i>Erie Shores Quilter's Guild</i>
Simcoe	We meet at the Ruthven-Olinda United Church every third Tuesday. <i>Sarnia Quilters' Guild</i>
St Marys	We meet at the Redeemer Christian Reformed Church 5814 Blackwell Sdrd, Sarnia at 7pm the first Monday of each month. <i>Stitches From The Heart Quilt Guild</i>
Stony Creek	We meet at the Senior's Centre on Bay St at 7pm the last Monday of the month. <i>Canada Rouge Valley Quilters' Guild</i>
Sudbury	We meet at Altona Road Community Church, 1367 Altona Road, Pickering at 7:00 pm on the 4th Monday of the month September through May, excluding December. <i>Twilight Quilters' Guild of Norfolk County</i>
Sutton	We meet at the Old Wyndham Church, 30 Glendale Crescent at 7:00 pm on the second Monday of the month. <i>Norfolk County Quilters' Guild</i>
Thunder Bay	We meet at the Vittoria & District Community Centre on the first Tuesday of each month except October. <i>The Quilters Club</i>
Toronto	We meet at the The Pretty Street Community Centre at 7:00 pm on the third Monday of the month. <i>The Stonetowne Quilters' Guild</i>
Wasaga Beach	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. <i>Stoney Creek Quilters Guild</i>
Waterloo	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. <i>Sudbury & District Quilting & Stitchery Guild</i>
Whitby	We meet at 140 Durham Street at 7:00 pm on every Tuesday from September to April. <i>The Georgina Pins and Needles</i>
Windsor	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. <i>Thunder Bay Quilters' Guild</i>
York Region	We meet at Calvin Lutheran Church on Edward Street at 7:30pm on the 3rd Monday of each month from September to June. <i>Etobicoke Quilters' Guild</i>



Clutter Happens

Quilting Organization—Piece by Piece!

by Julie Pirtle

Quilters all have one thing in common—the need to create with texture, patterns and colors that excite the eye and feed the artistic soul. If you are a quilter and are fortunate enough to have a space to create your art, chances are it is brimming over with tools, supplies and, most of all, fabric.

Having too much of a good thing can stunt the creative process and cost you money in the long run. (Remember when you couldn't find your rotary cutter and had to go buy another one? Then the following week you found it plus another one that was hiding out. Yep. It happens!) It's not difficult to get your creative space in order. Let's get to it!

Take a good look at the area around your sewing machine. This is your prime real estate. The only items around this space should be the tools that you use while you are actually sewing. Fill the surrounding drawers with your scissors, pins, spare needles, sewing machine feet, etc. Organize your bobbins in cases. Set up a mini iron and ironing pad close by to make it easier to press when needed. Store thread by color in tabletop drawer cubes or tackle boxes or use a wall mounted thread organizer for easy access. (Some of the wall-mounted organizers even have a spot to store the matching threaded bobbin.)

Patterns can be a problem to keep together, especially once they have been used. Using appropriate sized zip top storage bags to put the parts and pieces in will help you avoid searching for parts and pieces later! Sort patterns by subject (i.e. type of quilt pattern, wall hanging, purses/accessories, etc.) and place them upright in plastic storage bins (shoe box size or larger). These can then be stored on a bookshelf for easy, flip through reference. (Note: Store the plastic lid under the container in case you need it for future use.)

Do you have stacks of quilting magazines that you are saving because each one has an inspiring quilt or pattern that you want to try? Just say NO to magazine clutter! Cut those pages out of the magazine and file them in clear view pages in a three-ring binder. Use the same binder to corral instruction sheets and pattern piecing ideas. Again, organize by subject!

Quilting rulers come in a variety of shapes and sizes making it difficult to find one place they can all fit together. However, most every one of them has a hole drilled into it. Use these holes to hook the rulers onto heavy-duty metal-hinged snap rings. These rings can then be hung on a decorative wall mounted coat rack. (Tip: Hook a smaller ring onto the ring holding the rulers and use it to hang on the coat hook. This will allow the rulers to hang flat against the wall.)

Fabric storage is always a challenge. Stuffing it into bags and then into closets defeats the whole purpose for which it was purchased. You bought it because it called to you and makes you happy to look at it. So, do just that! Display those colors until it is their time to become art. Simply folding them and arranging by color works well. However, folding that fabric onto comic book backer boards makes everything more uniform. These boards can be ordered online and are inexpensive and convenient. The Internet has many tutorials that show how to fold different size cuts of fabric on the boards. (Picture mini bolts of fabric!) These "bolt boards" can then be stored on bookcase or cube shelves allowing you to enjoy your private rainbow. Place fat quarters and charm packs on end in plastic bins or drawers.

Most artists have more than one project going at a time and quilters are no exception! For those projects that are in progress, use a rolling storage cart that has slots for snap top 12x12 paper storage containers. Label each container for easy reference. These bins are great, especially if you take classes outside the home. Everything you need for the project can be kept in one place and you can grab and go when it is time to travel. If you have purchased fabric for bigger projects, use clear view sweater or blanket zipper storage bags to keep your project materials together. These can be stored in a closet for future use.

Remember this: just because your quilt is in pieces doesn't mean your creative space has to be in pieces as well! You've got this. I know you can piece it all together! Ok, already—enough of the pieces! (I just couldn't help myself.) Happy quilting!

Julie Pirtle is a Professional Organizer and Owner/Operator of Clutter Happens in Mesa, AZ

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 may be in
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 front of you pales in comparison to what lies
 inside of you. ♥ Ralph Waldo Emerson

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Every Day Recorded

by Marlene Oddie

Needing some new inspiration for a unique quilt? One you don't need a pattern for? One you can put your own creativity into? One you record each day at least one piece of information?

I recently noticed a trend of Temperature Quilts. What is a Temperature Quilt you ask? Basically the idea for Temperature blankets has been around a while—crochet or knit a row of color based on a legend for the temperature high of the day. Quilts have taken it to a whole new level. I'm loving the creativity, individuality and archiving of a year that this concept provides.

Here are some key components that will get you started.

1. Choose what you're going to record, i.e., high and low temperature, your mood, whether today's high is higher or lower than average, precipitation conditions, whether you get your steps in or not or how many steps you do, etc.
2. Create a legend for the range of values that could occur. This legend should then correspond to the color/fabric you will use. ROYGBP is a common schema with a range of values, but you might go for one or two colors with an even more extensive set of values—choose something that will work wherever you want to use the quilt.
3. Select a design—flying geese, circle in a square, squares, hexagons, triangles, rectangles, hearts—anything you can come up with.
4. Consider continuous blocks or organize them by week/month segments with sashings or breaks between them.

Here is @solarthreads legend:



Here is a unique example from @aquiltingsheep who even included the legend and the year at the bottom of the quilt.



and another from @erin_needs_a_new_username



I've found a variety of hashtags used for posting images on Instagram. Check these out for lots of inspiration: #temperaturequilt #temperaturequilt2018 #temperaturequilt2019 #temperaturequilttuesday. There is even a Temperature Quilt 2019 Facebook group.

In some of the stories I've followed, it wasn't just about January 1 — December 31 ... they chose the start date as the first year in a new home or at a new location. Maybe first year of marriage or your 10th or 25th. Others are doing it in a sort of 'improv' way or incorporating beautiful border settings that really make it a statement quilt.

The possibilities are endless and yours will be one of a kind!

Marlene Oddie (marlene@kissedquilts.com) is an engineer by education, project manager by profession and now a quilter by passion in Grand Coulee, WA, at her quilt shop, KISSed Quilts. She enjoys long-arm quilting on her Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient. Patterns and kits are available at <http://www.kissedquilts.com>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts>, <http://kissedquilts.blogspot.com>, Instagram marlene.kissedquilts, twitter @kissedquilts, and pinterest marleneoddie.







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"DO" - A DEER A FEMALE DEER", "RE" - A DROP OF GOLDEN SUN"

By Auntie Ca'h

I was looking through the newly installed windows of the back porch; more than satisfied at Ernie and my efforts of creating a paradise conservation for wildlife on our 1/2 acre. Daffodils embedded around a Purple Martin condo was the center stage. Twenty five Balsam fir Christmas trees had grown to over 6' tall stood as props luring all of nature's inhabitants. On this particular day in April the weather was taken over by warlocks unseen by cloud coverage. They were on an unforeseen mission to shake up calm surroundings. The sky began to form grim shades of orange, gray and black linings.

Suddenly my eardrums became oversensitive by loud rumbles of thunder followed by intensified bolts of lightning. I remembered as a child that bad storms always made my think that God was mad at the world. The deluge of rain drained the sky of its moisture on nature. Fearfully, I reentered into safety. A 100" oak tree did its best to defend its stature against the first lightning rod that traveled upwards charring its beauty then traveled due course, determined to remove electrical power from the 1892 Cape.

Yelping for cries of help soon surrounded the nearby shed. Tearfully, I notice three infant fawns left by the doe that dashed over a nearby fence racing down a creek. Knowing human scents would interfere with the doe ever bonding again with her offspring, Ernie and I gloved our hands. There was no choice but to leave them be. Three days of shying away from these babies, we brought milk every day, apples and a salt lick. Lazily sleeping and weakened by their ordeal, they lay in the tall grass. Miracles happen especially when we have no control over them. On day four "MOM" came to retrieve her fawns and led them to where they were born. We were blessed as they kept growing for their constant visiting of their second home.

A.K.A. Auntie Ca'h. Carol K Nixon

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Third in a Series by Barbara Floyd, Founder of The Country Register

It's December 2018 as I continue this nostalgic trip down Memory Lane. In front of me is the December-January 1989-90 issue of The Country Register of Arizona. This issue had double the pages from its beginnings one year earlier. Instead of 8 pages and 24 advertisers, it had 59 advertisers and 16 pages.

I will confess—right up at the top of my list of my most favorite parts of this newspaper has always been selling ads. I also used to deliver all the papers to the advertisers and I enjoyed seeing the shops, meeting the owners and discovering more advertisers along the journey through Arizona. Delivery time was spent networking. The paper was working well for the advertisers. It still does. Right from the beginning this paper would get into the hands of 10-15,000 readers.

In the issue I am looking at there is an important congratulations announcement and best wishes to Bill and Marlene Howell in Saginaw, Michigan. They saw our Arizona paper while visiting Phoenix and had purchased the licensing rights to their state. With their combined talents and available equipment, they immediately had seen an opportunity. Marlene, a former teacher, was into crafts herself and Bill was a retired engineer. Their first paper was published in December 1989 and it is still going strong with the help of their daughter, Leslie. The Howell's Michigan paper is one of the largest in our chain of papers across the USA and Canada. It's a big state and they have it well covered and I think a big congratulations is in order now, 29 years later.

In our winter issue of 1990, someone wrote saying they were glad we were featuring quilts in the upcoming issue of The Country Register. That made me smile. We adopted a theme at some point of making the Feb-March issue our "quilt" themed issue. I smile because quilting is a very large part of our papers in most areas. Who ever knew quilting would grow to be such a big industry? We have also featured scrapbooking, stamping, beading, tearooms, antiques and vintage, and the various country and primitive style shops and lots and lots of events.

The front cover on our 1990 summer issue was drawn by my son, Brook Floyd, then age 14. Even then it was obvious he had a lot of art and music genes expressed by his sketching, continual song writing and guitar talent. When he was 20, he came on board as my graphics designer and years later as our continuing web designer. The few years he was working for me in Arizona, Brook designed the layout for The Antique Register (online as

(continues on p.19)

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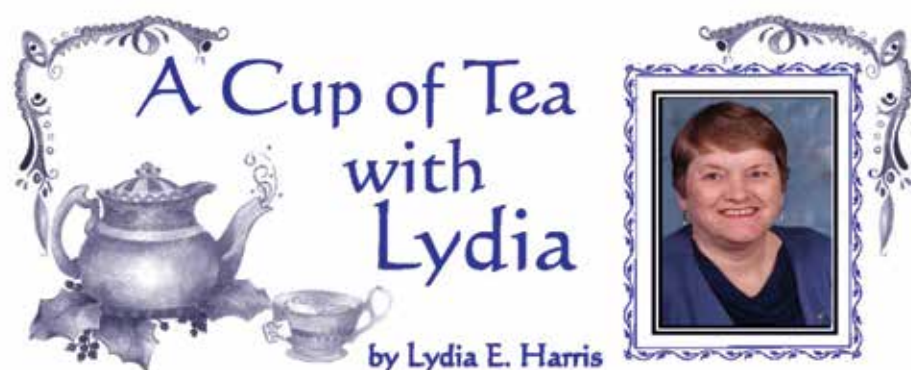
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Making Spring Teatime Memories

Spring into the new season by making teatime memories to cherish. I've made many pleasant memories over tea that still warm my heart. Some were made in tearooms, others by hosting teatimes in my home, and still others by delivering tea to go.

Making Tearoom Memories

My husband and I recently shared teatime with our daughter-in-law and two granddaughters at our favorite local "go to" tearoom. Unfortunately, the property has been sold and the tearoom will soon close. We seized the moment while we still could and savored a delicious teatime together.

The previous month had been filled with health challenges for me, so it felt good to get out and celebrate. There's nothing quite as soothing as sipping warm tea and chatting with dear "relafriends" (our term for relatives who are also friends).

I reflected on the many special teatimes I had enjoyed there: celebrating birthdays, outings with my hubby, visiting with out-of-town guests, times when I needed physical and emotional refreshment, and just for the fun of it—often with grandkids.

After our cozy teatime, I came home feeling nourished and refreshed both physically and emotionally—and inspired to write this column.

Making Tea Memories at Home

Serving tea at our home gives me great pleasure. Setting a pretty table, adding garnishes to tasty tidbits, and chatting over a cup of fragrant tea has created many rich memories for my guests and me. Sometimes I serve a three-course tea, and other times I keep the menu simple with tea and scones or tea and dessert.

My most recent teatime at home was a spontanei-Tea. My niece's husband surprised me by stopping by on a weekend afternoon to clean our deck. (In Washington State our decks turn green like the surrounding evergreens.) While he scrubbed, I baked his favorite cookies (Brun Kaker) and a batch of Scone Blossoms. After he finished the task, I asked if he would like me to invite his wife to join us for a cuppa tea. Of course, he agreed.

I didn't have time to create a lovely table setting, so I seated my niece and her husband on the sofa in the living room with large trays with placemats, green cloth napkins, and pretty teacups, saucers, and dessert plates. As we chatted, we sipped their favorite Paris tea (a fragrant black tea with vanilla, fruit, and citrus flavorings) and nibbled the fresh-baked cookies and Scone Blossoms served with homemade Tayberry jam, lemon curd, and whipped cream. Then I sent the rest of the cookies and scones home with them.

Scone Blossoms are quick to mix up and would make a delicious addition to an Easter breakfast or brunch or any spring gathering. (See recipe.)

Making Teatime Memories "To Go"

It's easy to pack a basket or a soft cooler with ingredients and deliver a simple tea to brighten someone's day. I've served tea and goodies to shut-in friends in their homes, in hospitals, and in retirement communities. Recently I took tea and carrot cupcakes to my brother-in-law, who lives in a retirement community, to celebrate his 85th birthday. It was his first birthday without his wife (my sister), who had been promoted to heaven. My husband and I were happy to celebrate his birthday and congratulate him.

The spring season and Easter holiday are wonderful times to think of others who may need a little sweetness or encouragement added to their lives. In Proverbs 11:25 (NIV 1984) it says, "He who refreshes others will himself be refreshed." I've found that's true.

I'm ready to refresh others and myself with more teatimes in tearooms,

in my home, and by taking tea parties to others. Will you join me?

Lydia E. Harris has been writing this tea column for 20 years. No wonder her five grandkids call her "Grandma Tea." She is the author of *Preparing My Heart for Grandparenting: For Grandparents at Any Stage of the Journey*. Her new book, *In the Kitchen with Grandma: Stirring Up Tasty Memories Together*, is available to pre-order on Amazon.



From Lydia's Recipe File:

Scone Blossoms

Sugar cubes give these blossoms a sweet center. The cream in the recipe replaces the butter or shortening that scone recipes often include. (A recipe from my cookbook: *In the Kitchen with Grandma: Stirring Up Tasty Memories Together*.)

Ingredients:

- 2 cups flour
- 1/4 cup granulated sugar
- 1 T. baking powder
- 1/2 tsp. salt
- 1 1/4 cups whipping cream, unwhipped
- 1/2 tsp. vanilla
- 1 T. orange juice concentrate (not diluted with water)
- 14 sugar cubes
- 2 1/2-inch flower-shaped cookie cutter
- 1 T. powdered sugar (optional)

Directions:

1. Preheat the oven to 400°. Lightly grease a baking sheet with nonstick cooking spray or line it with parchment paper.
2. In a large bowl, mix together the flour, sugar, baking powder, and salt.
3. Add the whipping cream and vanilla and mix.
4. On a lightly floured surface, knead the dough gently until combined. If it is too dry, add another tablespoon of cream.
5. Roll the dough 1/2-inch thick. Cut the dough into about 14 blossoms. If you don't have a flower cookie cutter, cut the scones into 2 1/2-inch circles. Then make 1/2-inch snips around the edge of the circle to make petals.
6. Mix the undiluted orange juice with 1 teaspoon water. Dip each sugar cube into the juice and push 1 cube into the center of each scone.
7. Bake the scones for 12 to 15 minutes or until lightly browned. (Some of the sugary center may bubble out, but that's all right.)
8. Remove the scones from the oven and cool them on a cooling rack. Lightly dust them with powdered sugar if desired.
9. Serve the scones warm with lemon curd and whipped cream or jam, honey, and butter.

Makes 14 scones

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Over the Teacup

ONE STEP AT A TIME

By Janet Young

"A child may not know what direction he is going, but when he is attached to you he doesn't feel lost".

Perhaps this quote by Gordon Neufeld was not meant to be so literal, but the following scenario clearly demonstrates the point he was trying to make, perhaps in yet another dimension.

Recently we took our 23 month old great-grandchild to a local fast food restaurant that had an indoor playground. This particular playground consisted primarily of tunnels that you crawled through with intervals of spaces to climb to go to the next level. When you got to the top there was a steering wheel that you could steer to your heart's content, and then come sliding down the tunnel-enclosed sliding board.

Well, on this particular day we had the playground all to ourselves. When it was time for the little guy to go in the tunnel, he eagerly entered, then stopped. We tried to encourage him to crawl to the other end of the tunnel where there was another opening so he could exit if he so chose. Unfortunately, all the coaxing we tried, did not work, until his father got an idea. He sat at the other end of the tunnel, called his name, and immediately this little guy smiled, dropped on his knees and scurried as fast as he could toward his father. The fear had vanished, and from that point on he had a marvelous time.

That got me to thinking. As adults do we sometimes allow our fears or doubts to create a tunnel-like vision of our future? Does it keep us from achieving our full potential? For example, do you dream of one day opening your own tearoom? Start with baby steps. Baby steps such as hosting tea parties in your own home. This will give you an idea of how labor intensive it is to operate a tearoom on a much smaller scale. Visit tearooms in the area or in other nearby localities to get a feel of what is served and even the atmosphere under which the tea is served. There are a variety of tea venues today from which to choose. Taking tea courses on how to operate a tearoom from a reputable tea business is a good first step after you have ascertained that you might really like to do this. Learn all you can about the different types of tea, the proper way to serve them, and even store them.

There is so much more that is involved in owning and operating a tearoom... much too much to go into detail here, but if you take those baby steps, and don't be discouraged, you might start to see light at the end of your tunnel, and begin to realize your dream come true. Believe me, if someone would have said I was going to operate a tearoom, I would have said, "No way". But if you enter this industry well-prepared, have plenty of perseverance, you will survive. And before you know it, it will be opening day of your dream come true...your very own tearoom!

So, just like my great-grandson was fearful at first, he saw his dad, and let go of his fear and crawled toward him. You, too, can let go of your fear and see your dream coming to fruition by taking those first baby steps toward a new life.

-Janet Young, Certified Tea and Etiquette Consultant, is a founding member of Mid-Atlantic Tea Business Association and freelance writer/national tea presenter. Visit her website at www.overtheteacup.com.



Lemongrass Essential Oil

By Wanda Headrick



Lemongrass (*Cymbopogon flexuosus*) essential oil comes from a tufted perennial grass with numerous stiff stems arising from a short rhizomatous rootstock. In the last few years the Lemongrass plant has become popular as a potted plant or for landscaping around the yard.

Lemongrass (*Cymbopogon flexuosus*) is a native of India. Also referred to as East India Lemongrass, India is considered the major producer of *Cymbopogon flexuosus*, lemongrass (*Cymbopogon flexuosus*) essential oil is steam distilled from fresh or partly dried plant leaves to produce a yellow amber-colored viscous, fresh herbaceous, strong grassy, citrus odor with a sweet distinctly lemon scent. There is another species of lemongrass essential oil that comes from Lemongrass (*Cymbopogon citratus*), a native of Sri Lanka, referred to as West India Lemongrass. It results in an earthy undertone reminiscent of citronella essential oil.

Lemongrass plant leaves have been used as a food flavoring in Asia for many years. The fresh plant leaves crushed in water are used as a hair wash and in toilet water in India.

Therapeutic properties of lemongrass essential oil (*Cymbopogon flexuosus*) include analgesic, antidepressant, antimicrobial, antiseptic, astringent, bactericidal, deodorant, fungicidal, insecticidal and nervine sedative tonic.

Lemongrass essential oil (*Cymbopogon flexuosus*) is often referred to as the "connective tissue oil" It is thought to tighten the elastin fibers in the epidermis and the subcutis (layer of connective tissue beneath the dermis.). Lemongrass essential oil is often recommended in after-care of sports injuries, bruises, sprains and dislocations.

The refreshing uplifting scent of lemongrass essential oil is uplifting and energizing, aiding in logical thinking and is a beneficial oil to use in the home or at work or wherever clear, fresh thinking and good concentration is needed. Lemongrass is considered a secret aid for people who have trouble starting in the morning and sometimes describe the scent as having the effect of taking a refreshing cool morning shower.

Lemongrass Essential oil is non-toxic but can be irritating and sensitizing to some individuals. It should always be diluted when used on the skin.

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Blend the above pure essential oils in a 15mL amber bottle with a tight-fitting euro-dropper lid. Allow to "synergize" for four days for all the essential oils to blend together. Store in a cool room, away from direct sunlight.

To use: blend 2 teaspoons of your choice carrier oil or body butter with 6 drops of the above Essential Oil blend and apply to the area of aching, strained, sprained or bruised muscles. The blend can be used as often as needed. It is recommended to use every 2-6 hours for best control. My recommendation is to use Cocoa Butter, or a blend of Grapeseed and Emu Oil for a carrier. Using these suggested carriers will enhance the effects of the essential oil blend.

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(continued from p.14)

well now at www.theantiqueregister.com) that is printed in Arizona on the opposite cycle from The Country Register. He went on to have a music-recording studio in Kennewick, WA, and also published the Washington Country Register for several years along with reviving another publication, The Entertainer. He is now an editor for Sweetwater Music in Ft. Wayne, IN. I will never tell him I wrote all this about him. He would never tell anyone of his talents...but he has some very special awards hanging in his home studio. I am ever so thankful to have become his mom when he was three months old. No doubt you will hear a bit about his three older sisters on this memory journey. They are as different from each other as day and night but they can blame their genes partly on me.

In the April-May 1991 issue, I found the article about the early and unexpected retirement of my daughter Barbra-Jean at the age of 23 from managing Gooseberries Tea Room that we owned. Talk about reviving memories! She left in April that year and moved to Sweden, married in June and lived there for three years before she and her husband moved to Atlanta, GA, where, a bit later, she started The Country Register in that state. She had that well established before selling it and their first child, Hannah, arrived. Now 22, Hannah had left Georgia to come to Northern Arizona University in Flagstaff where she graduated this past May although she is still there to continue for another couple of years. I made her some Quilter's Crock Pot Stew and enjoyed her company for a few days until the rest of her family arrived for the Christmas break.

Barbra-Jean is the one who told me we needed a paper in Arizona. She was right—we did. Next time, I will tell you a bit more history of how this little idea spread across the USA and Canada. Until next issue...farewell.

Barbara Floyd enjoys her downsized lifestyle in Phoenix, AZ, and her visits to see children, grandchildren and a great grandchild in Tri-Cities and Walla Walla, WA, Cumming, GA, and Ft. Wayne, IN. She created and volunteers putting together Love of Junk, Walla Walla's Vintage Market, on her oldest daughter Brenda's farm in Walla Walla each June. She can be reached at barbara@countryregister.com.

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Salvage Style Ouija Board Night Stand

By Marla Wilson



As a teenage girl in the late 1960s and 70s, I remember sleepovers with girlfriends and hours of fun with a Ouija board. This was entertainment long before social media, cell phones, video games and the internet. Yes, I am old -- but some of those girls (women) are still among my best friends, and I treasure the relationships we have maintained all these years.

All this project requires is an old Ouija board, a garage sale find night stand and some paint. I like the distressed look, so I just cleaned the Ouija board, trying not to disturb the wear and tear and fading. It gives it character. Imagine all the questions it has answered through the years. Then I gave it three coats of polyurethane to protect it. You could use any game board, but if it is cardboard instead of wood, you may need to reinforce it with a thin piece of plywood.

I cleaned, sanded and painted the night stand with two coats of black paint on the body and two coats of a golden brown on the drawers to match the Ouija board. Use a good quality glue to attach the Ouija board to the top of the night stand.

This project could also be an end table or game table, using the drawers to store games. Be creative and have fun!!

Marla Wilson is the owner of The Rusty Wheel, a gift boutique in Scandia, KS. The shop features her floral designs and repurposed "junk," as well as kitchen and baby gifts, home decor and fashion accessories. Follow The Rusty Wheel on Facebook, or www.therustywheel.vpweb.com or contact her at stumpy1954@hotmail.com

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Fun and Needful Facts about Needle Felting Needles Sizes, Shapes, and Whatnots

By Deb Stratton

Needle Felting needles have small barbs in the end that, when poked into wool, catch on the scales of the fiber and “marry” them together. The more and more you poke, the more the fibers of the wool join together turning the wool into a solid felt.

Needle Felting needles are quite delicate and can break easily if not used correctly. The correct way to ensure less breakage and longer life, for your needle that is, is to use a straight in and out method; trying not to twist or bend your needle as you poke. If you find that your wool fibers are not felting, you may be using the wrong size needle...see chart below for guidance. You may also start a project with one size needle and finish with another...see notes on finishing needles etc. This all being noted, needle barbs do become dull over time, especially if your project has an armature wire core. If you have been felting many pieces and the felting process is taking longer than usual, it may be time to change your needle. I find the best way to dispose of old needles is to tape between two pieces of cardboard before discarding to prevent any unnecessary stabbing. Needle Felting needles come in many different sizes/gauges. The gauge number refers to the diameter of the needle. The higher the number, the finer the needle; similar to sand paper. Start out larger and finisher smaller/finer.

But don't stop there! Before making your Needle Felting needle(s) decision, there is the matter of barbs to consider. Barbs are those little “hooks” at the end of your needle.

Let's take a closer look...

Triangle felting needles — barbs on 3 sides

- 32 Gauge – This is a sturdy needle good for working with course wools and firmly attaching pieces; core wool work and larger projects for example. Not great for detail or a smooth surface.
- 36 Gauge – A good needle for making the bulk of a 3D piece and again, attaching pieces well.
- 38 Gauge – A good all-purpose needle good for doing bulk work and adding some detail. Good for sculpting with but, not as good for really course wools; felting will be slower. One of the needles I use most and therefore, include in my kits.
- 40 Gauge – A fine needle for detail work and getting a neat surface. Another favorite of mine and also included in my kits.
- 42 Gauge – An even finer needle generally reserved for adding fine hair, tiny wisps of wool etc. Star felting needles — barbs on 4 sides
- 36 Gauge – This is good for quick firm felting, for using with courser wools and for joining pieces together.
- 38 Gauge – Similar to the 36 Star but also good for slightly finer work and finer wools. This is a great all round needle which works well for doing bulk sculpting work and adding detail as well. I use this needle in conjunction with my 40 Gauge needle for detail work.

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Spiral/Twist felting needles — barbs that twist around the needle

• 38, 40 and 42 Gauge – The barbs on these needles twist around the end. This makes them felt quickly and gives a neat finish. Primarily used for finish work only. This, as well as the Reverse felting needle, is fun to have on hand as Needle Felting becomes your passion and you begin to create and experiment.

Reverse felting needles — reversed barbs

The barbs on these needles go the other way, pulling the fibers out rather than pushing them in. This is useful to create a fluffy finish on a well felted piece.

Notable notes:

- Always work on a foam work surface: When making flat felt the needle goes through the wool and into the foam. The needle should only go 1/8 to 1/4 inch deep into the foam.
- Always keep your free hand away from your felting hand!
- Hold the needle in one hand and hold the side of the work surface with the other hand.
- Keep your eyes on the needle as you poke.
- For three dimensional felt, it may be helpful to tack your project down to the work surface, (this acts like a third hand.) I do this with a second felting needle, be sure not to poke that needle with your felting needle as it may break your felting needle.
- Always know where your needle is.
- When you pause, stick the needle into the foam work surface.
- When you stop, place needle into the foam surface or into its protective storage case.
- Keep the needles out of reach of small children and animals.
- Always look where you are poking, if you look away...STOP POKING!

Most importantly...Have Fun and Happy Felting!

**article by Deb Stratton of Emma's Garden Primitives which can be found at Wool-ology: 242A Greenfield Rd, South Deerfield MA 01373; 413-350-5158; info@woolology.com; www.woolology.com or via facebook as woolology. Wool-ology is building community through fiber art as a natural fiber shop and maker space. Please let Deb know you read her article in The Country Register.*

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