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Anne Moore

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October / November 2017 Issue

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Calendar of Events

..... ONGOING

- SEPT 29 - OCT 29
- Pumpkinferno at Upper Canada Village, Morrisburg
- SEPT 29 - OCT 29
- Bingemans Screampark, Kitchener

..... OCTOBER

- OCTOBER 1 - 31
- Monster Month, Elora
- OCTOBER 1 - 31
- Algoma Fall Festival, Sault Ste. Marie
- OCTOBER 1
- Owen Sound Salmon Celebration, Owen Sound
- OCTOBER 3 - 9
- Norfolk County Fair & Horse Show, Simcoe
- OCTOBER 6 - 7
- Scare in the Square, Brantford
- OCTOBER 6 - 7
- LaSalle Craft Beer Festival, LaSalle
- OCTOBER 6 - 14
- Kitchener - Waterloo Oktoberfest, Kitchener
- OCTOBER 7 - 8
- Thanksgiving Harvest Festival, Midland
- OCTOBER 7 - 9
- Buckhorn Harvest Craft Show, Buckhorn
- OCTOBER 7 - 15
- Fall Colours Train Trips, Uxbridge
- OCTOBER 7 - 28
- Terra Cotta's Fall Festival, Toronto
- OCTOBER 9
- Happy Thanksgiving!
- OCTOBER 11 - 15
- Reelworld Film Festival, Toronto
- OCTOBER 13 - 14
- 1000 Islands Rv Dircar Northeast Fall Nationals, Brockville
- OCTOBER 13 - 14
- Canada, Strong & Quilting! Quilt Show 2107, Norval
- OCTOBER 13 - 14
- Waterloo County Quilters' Exhibit, Waterloo
- OCTOBER 13 - 14
- Richmond Hill Studio Tour, Richmand Hill
- OCTOBER 12 - 15
- Merrickville's Jazz Fest, Merrickville
- OCTOBER 14 - 15
- 97th Annual Hamilton Fall Garden & Mumshow, Hamilton
- OCTOBER 20 - 29
- Happy Halloween
- OCTOBER 26 - 28
- CREATIV FESTIVAL, Toronto
- OCTOBER 31
- Day of the Dead, Toronto
- OCTOBER 31
- Happy Halloween!

..... NOVEMBER

- NOVEMBER 3 - 5
- Northern Ontario Country Music Awards, Sault Ste. Marie
- NOVEMBER 4
- An Evening with William Lyon Mackenzie, Stouffville
- NOVEMBER 4 - 5
- 5th Annual Holiday Gift & Craft Show
- NOVEMBER 4 - 11
- Kwartha Lakes Festival of Trees, Bobcaygeon
- NOVEMBER 9 - 12
- Toronto Reel Asian International Film Festival, Toronto
- NOVEMBER 10 - 12
- Huntsville's Girlfriends' Getaway Weekend, Huntsville
- NOVEMBER 10 - 11
- Fusion - A Discovery of Local Food & Wine, Sarnia
- NOVEMBER 11 - 12
- Ottawa Pet Expo, Ottawa
- NOV 11 - DEC 3
- Watson's Mill Christmas Craft Market, Manotick
- NOVEMBER 11 - 12
- 34th Annual Sugar Plum Craft Fair, Alliston
- NOVEMBER 12
- Blodoy Horror International Film Festival, Ottawa
- NOV 16 - DEC 23
- Toronto Christmas Market, Toronto
- NOVEMBER 16 - 19
- Gourmet Food & Wine Festival, Toronto
- NOV 18 - JAN 31
- Ontario Power Generation Winter Festival of Lights, Niagara Falls
- NOV 21 - DEC 23
- Victorian Christmas, Owen Sound
- NOV 25 - DEC 31
- Simcoe Christmas Panorama River of Lights, Central Ontario



Growing up my mom used to bake my favourite apple cake all the time. I was thrilled when she bought me a copy "Second Helpings, Please!" for my birthday. She finally revealed her secret that this is where this recipe came from.

My Favorite Apple Cake

- 2 eggs
- 2 tsp baking powder
- 1 cup sugar
- ¼ tsp salt
- 1 tsp vanilla
- 6-8 Macintosh apples, pared
- ½ cup oil
- & thinly sliced
- 3 tbsp orange juice
- ½ cup brown sugar
- 1 ½ cup flour
- 3 tsp cinnamon

Beat eggs, sugar and vanilla until fluffy. Beat in oil Add liquid alternately with dry ingredients and beat until smooth. Spoon half of batter into a greased 9" square baking pan. Spread evenly with a spatula. Add apples which have been sprinkled with brown sugar and cinnamon. Cover apples with remaining batter. Bake at 150 degrees for 50 to 60 minutes, until nicely browned.

Dearest Readers,

Time flies when you are having fun! Hope you all enjoyed the summer as much as we did! It is hard to believe that Autumn is already here! I can feel the morning chill as soon as I open the door to walk our dogs.

I have to say I am really looking forward to Thanksgiving this year! It's great to spend happy times with family. And, I really love my husband's turkey, of course! I like to take this time to write down the things that I am really thankful for.

I also can't wait until the leaves have all turned to their brilliant fall colours as it is a great time for scenic drives and picture taking. I hope you all take advantage of this Autumn season as it truly is a beautiful time of year.

Why not take some time for yourself, visit your local quilting and crafting shops and start your winter projects early.

On those cool Autumn nights, grab a cup of hot apple cider, curl up under a cozy blanket and enjoy this issue of The Country Register. Inside you will find inspiration, humour, great recipes, and an all-around good time, and most importantly, a great selection of stores from which to choose for your crafting needs (when visiting don't forget to say, 'I saw you in the Country Register!').

Our entire team here at the Country Register of Ontario wishes you a wonderful Autumn season and a Happy Thanksgiving too!

Thanks and best regards,
Harriet

P.S. Go to www.OntarioCountryRegister.com to find our latest issues on line. And, we are also on Facebook, so please "like" us there too!

Meet our COVER ARTIST:

Anne More



Anne was born in Argentina and came to Canada with a rich and creative background in the areas of visual arts, Language, literature and music.

As a child, Anne was always doodling and drawing. Her artistic talents were recognized at an early age and in secondary school she was invited to attend classes at the Ontario College of Art and The Art Gallery of Ontario. Anne chose to further her education at the Toronto Teachers College in 1966 and continued throughout her life to enroll in university, professional development and art courses.

In 1969, Anne took leave for one year, from the North York Board of Education, to teach in the remote native village of Fort Hope in Northern Ontario. The spiritual beliefs of the Inuit had a great influence on her approach to learning and painting. It was during this time that she gained an appreciation for the fragile relationship between humans and their environment. The Knowledge that you take no more than you need from the environment resonated with Anne and was practiced in her daily life.

As an educator, Anne understood that individuals learn in many different ways. She was successful in engaging those children who disliked school by creating a multi-sensory learning environment in which they could thrive.

Anne, who now lives in Burlington, has retired from teaching 13 years ago. She has been exhibiting her art since 1987, but she has been painting and drawing from the time she could pick up a pencil. Since retiring, Anne paints full time, taking photographs on her travels and using them as inspiration for her paintings. Her repertoire is varied and includes florals, the human figure and portraiture.

"I love to paint landscape as it offers such diversity with regards to light, composition and color," says Anne.

Anne's style is lifelike, but linear; that is, she encloses shapes within thin dark lines. Some of her landscapes are strikingly simplified, drawing attention to contrasting shapes, lines and textures.

"I think what truly drives me is the stunning beauty of the world around us and in particular the uplifted feeling that I get when seeing the warm glow of sunlight contrasted by dramatic shadows," Anne explains. "At that point, I can't wait to share it on canvas."

To see more of her beautiful art, please visit www.annemore.com



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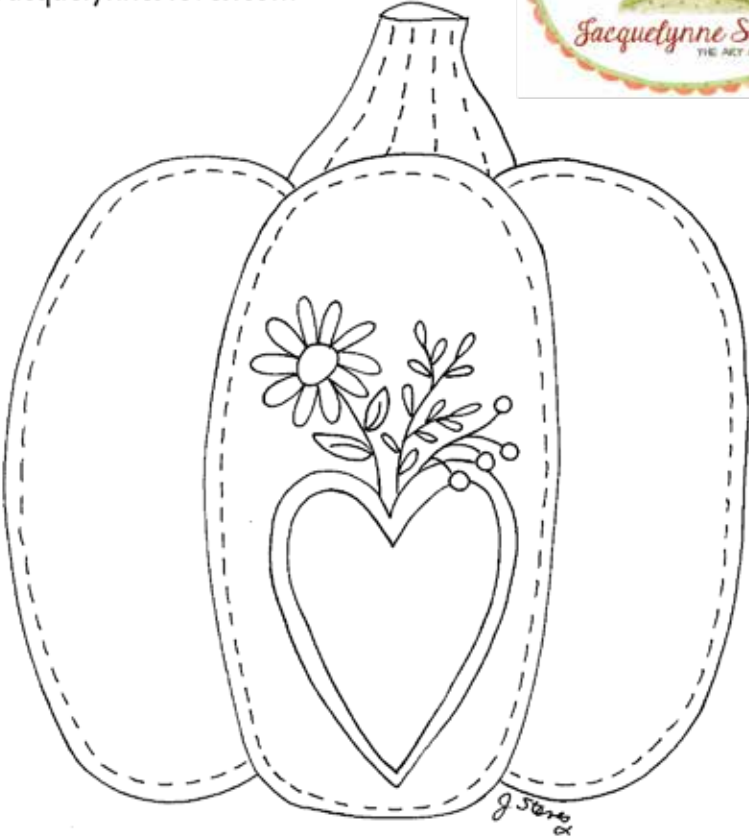
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Free Pattern

Find more free patterns at:
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Use this pattern for embroidery, wool applique, punch needle or rug hooking, painted projects or whatever your imagination can dream up! Reduce or enlarge pattern as desired.
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The Dropped Stitch

by Sharon Greve

Pumpkin Protection



People have been making jack-o-lanterns at Halloween for centuries. As far back as the 1500s, the practice originated in Ireland from a myth revolving around a blacksmith named "Stingy Jack."

Stingy Jack invited the devil to join him for a drink. However, he didn't want to pay for the drinks from his own pocket, so he convinced the devil to turn himself into a coin that could be used to settle the tab. The devil did so, but Jack skipped out on the bill and kept the devil-coin in his pocket with a silver cross so the devil couldn't shift back to his original form. Jack eventually let the devil loose, but made him promise not to seek revenge on Jack and couldn't claim his soul when he died.

When Stingy Jack eventually died, God would not allow him into heaven. The devil kept his word by rejecting Jack's soul at the gates of hell. As a parting gesture, the devil gave Jack a single burning coal to light his way as he was sent off into the dark and windy night to "find his own hell." Jack put the coal into a carved out turnip. He has been roaming the earth with it ever since. The ghost lights seen in the Ireland swamps were said to be Jack's improvised lantern moving about as his restless soul wandered the countryside. He and the lights were named "Jack of the Lantern" or "Jack O' Lantern."

In Ireland and Scotland, people made their own versions of Jack's lanterns by carving scary faces into turnips or potatoes, placing them in windows or near doors to frighten away Stingy Jack and other wandering evil spirits. The Irish legend immigrated to the New World where the American native pumpkin made perfect "jack-o'-lanterns." By the mid-1800s, Stingy Jack's nickname was applied to pumpkin lanterns that echoed his own lamp, and the pumpkin jack-o'-lantern got its name. Thus, Jack O' Lantern's days of wandering ended and his yearly reign began over America's windowsills and front porches.

CROCHET PUMPKIN DOORKNOB COVER...old stash pattern

Materials: 1 skein tangerine/orange yarn; 1 skein avocado/green yarn; size to meet gauge.

Crochet hook: size 4 or E or size for yarn used.

Gauge: 5 hdc = 1 inch 2 rows hdc = 1 inch

Terms used: Chain (ch), slip stitch (sl st), stitch (st), half double crochet (hdc), single crochet (sc), double crochet (dc).

PUMPKIN (tangerine/orange): Row 1: ch 20, sl st in next 4 sts, work in back loop only, hdc each of next 12 sts, sl st each of next 4 sts, ch 1, turn.

Row 2: work in back loop only throughout, sl st each of next 4 sts, hdc each of next 12 sts, sl st each of next 4 sts, ch 1, turn.

Rows 3 through 9: repeat Row 2.

Row 10: work side of pumpkin in both sts, sl st each of next 4 sts, decrease 6 sts along each side by sl st in 2 sts as 1, sl st each of next 4 sts, 4 sl sts along top and bottom, join (36 sl sts).

Row 11: ch 3, hdc in each sl st and across top and bottom, join (36 sts).

Row 12: ch 5, skip first hdc, *hdc in next st, skip next st, ch 1*, repeat from * around, join, cut yarn.

TENDRIL (avocado/green): ch 20, 3 sc in second ch from hook, 3 sc in each ch, ch 55, break yarn. Weave ch through holes of pumpkin. Attach yarn, ch 20, work 3 sc in each of the 20 sts just made, sl st in next st, cut yarn.

STEM (avocado/green): ch 3, *dc in each ch (3 dc), ch 3, turn*, repeat from * 3 rows. Cut yarn. Sew stem to top of pumpkin.

OPTIONAL: Embroider jack-o-lantern face.

WATCH OUT FOR "STINGY JACK"!

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Autumn Loss or Autumn Opportunities?

by Naomi Gaede-Penner

Autumn is my favorite season. I look forward to the invigorating chill in the air, hot cups of tea and mugs of coffee, the comfortable feel of flannel shirts and flannel sheets, the lingering fragrance of wood smoke from fireplaces, and dog-walking with the music in my ears of freshly fallen leaves crunching beneath my feet.

I smile in amusement watching my creamy-white retriever run wild zigzags in the open field, invigorated by the crisp temperatures. She finds areas collecting wet run-off and after wading to her knees, she dashes out and hurls herself into the tall grass, thrashing and rolling in contentment, then standing up with a grin.

Autumn can be a welcome relief from the heat of summer and the random schedules with vacations and kids out of school. Pumpkin patches and colored leaves often evoke fond memories of Halloween trick-or-treating, or of Thanksgiving gatherings with warm pies and interacting multi-generations. On the other hand, these images can be a stabbing reminder of emptiness from the loss of children who won't be around for the holidays due to military enlistments, rebellion, or estrangement; or they the pleasure is dampened by poor health that prevents participation in the seasonal, and previously reveled in, activities.

My mother knew the loss of family. She'd been uprooted to Alaska, away from her small community of Peabody, Kansas. She felt family absence more keenly in autumn, which, like a closing door, nipped away the pleasures of gardening and bonfire picnics, and pushed her into the

(story continues on p. 8)

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Val and Leslie, Owners

(story continued from p. 7)

black and white world of winter. Already in mid-August, the frontier frost touched the cabbage, and chainsaws, biting into firewood, whined. Evening and morning darkness strangled the sunlight. Upcoming holidays would not be celebrated with a table full of cousins, aunts and uncles. And so along the Yukon River, she watched and waited for handwritten letters describing familiar activities, a new twist to a recipe and how many tenths of rain had fallen the previous week.

There were losses. There were also opportunities. Her resourcefulness turned indoors. Her need for relationships turned outward. She contentedly poured molten colored wax into tin cans and then whipped up white wax frosting to lather around brightly colored candles. If ambitious, she'd sprinkle on glitter before the wax dried. These would be future Christmas gifts for schoolteachers and friends. Christmas lights went up early, strewn around inside windows to bring a cheerful contrast to the obscurity beyond.

My siblings remained in Alaska. They mourn, but manage, the short autumn.

My sister in Fairbanks heads to the Barnes & Noble where the sudden warmth mists her glasses. She stomps snow off her boots, heads for Starbucks coffee, and then with a tall cup in hand, sinks into an overstuffed chair and puts her feet on the hearth of the huge round fireplace made of heavy stones. In the long days of summer, this opportunity was not as prized.

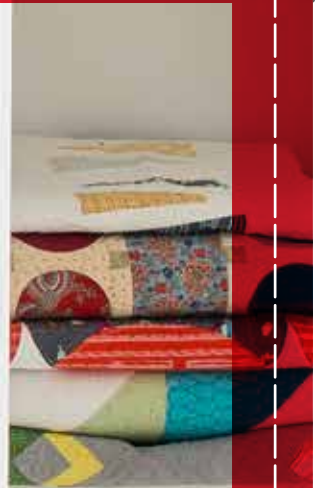
Another sister pulls out fabric and patterns and mulls over choices for a flannel quilt. A cup of tea and praise music in the background will brighten the corner where she sews. No pulling weeds now.

My brother's focus shifts from his gold claims, mowing the homestead taxiways, and painting outbuildings, to composing and recording music in his studio and picking berries. There's nothing else that demands his attention besides preparing his snowplow and playing indoor pickleball.

For me? Autumn 2017 means the opportunity to sort through old letters, play with words, do research and synthesize these bits and pieces into my fifth book, "The Bush Doctor's Wife." For my dark-eyed fluffy dog? She'll be sniffing the air for snow, stretched out in the mid-day sun or sitting silently with her nose pointed toward a herd of deer. All her senses will be engaged in the opportunities of autumn.

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Town and Country Cooking

OKTOBERFEST!

By Janette Hess

In the Bavarian region of Germany, Oktoberfest is a 16-day folk celebration that begins mid-September and continues into early October. This fall, create your own festival of German-inspired flavors by serving hearty Bavarian Baked Ham, Sauerkraut Soup or German Chocolate Dessert Bars.



Bavarian Baked Ham starts with a salt-free rub and finishes with an extra tasty ham in savory pan juices. Although you and your family will want to gobble down every slice, remember to reserve a portion for your batch of that perfect fall concoction, Sauerkraut Soup. Note that neither recipe calls for added salt, because cured meats already contain enough salt to get the job done.

Just for fun, bake a batch of German Chocolate Dessert Bars. According to culinary lore, the original German Chocolate Cake has absolutely no connection to German ethnic cooking, so, by extension, neither do German Chocolate Dessert Bars. But these bars are a delicious combination of chocolate, pecans and coconut, and they deserve to top off any festive meal, German or not.

Bavarian Baked Ham

- ½ fully-cooked, bone-in, smoked ham (8 to 10 pounds)
- 2 teaspoons dried marjoram
- 2 teaspoons caraway seeds
- 1½ teaspoons garlic powder
- ½ teaspoon paprika

Place ham, cut side down, in shallow roasting pan. Rub seasonings onto ham. Cover loosely with aluminum foil. Bake at 325 degrees for 20 minutes per pound, or until internal temperature of ham reaches 135 to 140 degrees. Remove from oven and baste with pan juices. Re-cover with foil and allow ham to “rest” for at least 15 minutes before carving.

If desired, reserve pan juices to drizzle over ham slices. Skim fat before serving. If too salty, dilute with hot water.

Sauerkraut Soup

- 1 medium onion, diced
- 2 carrots, peeled and sliced
- 1 stalk celery, diced
- 1 tablespoon butter
- 1 32-ounce bag sauerkraut, well drained with excess juice pressed out
- 4 cups chicken stock
- 1 pound fully cooked sausage (such as kielbasa), sliced
- 1 generous cup ham cubes
- 2 large potatoes, peeled and cubed
- 2 teaspoons dried dill
- Freshly ground pepper
- 1 cup cream or evaporated milk

Place carrots, celery, onion and butter in slow cooker. Cook on high setting for 1 hour. Add all ingredients except cream or milk. Reduce heat to low setting and cook for 6 hours. Add cream or milk and serve hot. Makes approximately 12 cups of soup.

German Chocolate Dessert Bars

- 1 boxed brownie mix (approximately 18 ounces), mixed according to package instructions
- 2 ounces sweet “German” chocolate OR semi-sweet chocolate
- ¼ cup butter
- ½ cup white sugar
- ½ cup brown sugar
- ½ cup milk
- ¼ cup corn syrup
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 3 eggs, lightly beaten
- 1 cup finely chopped pecans
- 1½ cups sweetened, flaked coconut

Prepare 9- by 13-inch glass baking dish with oil or cooking spray. Spread brownie batter in pan. Bake at 350 degrees for 15 minutes. While brownies are baking, melt chocolate and butter together over very low heat or in microwave oven. Cool slightly and then combine with remaining ingredients. Carefully spread over brownie layer and return to oven. Bake an additional 35 minutes, or until topping is set and toothpick inserted into center comes out clean. Cool before cutting. Store in refrigerator. Makes 18 to 24 bars, depending on desired serving size.

Note: Homemade brownies may be used in place of a mix for the first layer. Select a recipe that normally results in an 8- by 8-inch pan of brownies.



Become Inspired!

Decorating, Entertaining and Living in the Early American Style

By Annice Bradley Rockwell

The season of fall brings with it a host of blessings. Cooler, crisp days are welcomed after the often unrelenting heat of an August sun. This natural transition to a season that is adored by many country shopping enthusiasts beckons us to change our home interiors as well as our outdoor spaces to reflect the beauty of autumn. We are also drawn to enjoy outdoor country shopping events that showcase all of the wonder of fall.

Capturing the Essence of Fall

One of the most beautiful ways to capture the essence of fall in the inside of your home is to bring some of nature's bounty indoors. Vibrant pumpkins can easily be found in a myriad of varieties that hold up well in a country display. A Casper variety of pumpkin is another option, which is a gorgeous creamy white and can bring a primitive or sophisticated touch to your home décor. Long strands of bittersweet with the leaves still on them can be brought inside and easily shaped to form a cascading garland around a cupboard or fireplace mantel display. Outdoor elements can also be enhanced by bittersweet. Woven around a primitive fence, this natural vine gives a touch of color that only appears this special time of year. The natural texture and color of dried cornhusks can also lend a nuance of fall's bounty. Birdhouse gourds and long-neck gourds also suggest the season of fall and can be found at many country fairs and shops as they have grown in popularity.

Country Fall Festivities

In addition to the bounty of nature, fall also brings with it plenty of festive opportunities to celebrate the spectacular season of fall. Outdoor country antiques events are often planned for this time of year and along with beautiful displays of antiques, can often include samplings of food that say true fall. Warm apple crisp, hot cider and doughnuts, or a treat of sweet barbecued ribs are a delight at an outdoor show and make for a memorable day trip. Talking with antiques dealers about their wares and finding a perfect piece to complement your own vignettes can make for a very happy day. Charming country shops bring the country shopper a unique fall experience as well. Shop displays layered with color and texture entice customers to include similar pieces in their own displays. Scents of the season like New England Maple Butter, Warming Apple Pumpkin and Cornbread and Honey are offered at country shops in the form of attractive jar candles, luscious room sprays and oils to enhance your welcoming fall setting.

Without a doubt the season of autumn is a much-anticipated time. Meandering back roads that are ablaze with the gorgeous glow of turning leaves as you venture to an antiques show with friends can be a soulful and uplifting experience. Finding ways to bring the abundance of natural fall indoors to create a unique space that reflects simplicity can be equally rewarding. However you decide to embrace the beauty of fall, let this transitional time of wonder inspire you and share that reverence with those you hold dear.

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



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WHAT'S NEXT

Building Harmony Episode 57 Blue Eyes Cryin' in the Rain

By Jeff Cappis



It was a dark and stormy night. (Don't you just love it when a story starts that way?) The rain was drivin' down and the lightening was going off like flash pods all around. I was heading home to the acreage when I got word that a small mudslide had closed down the highway up ahead. With no where else to go, I pulled into a roadside coffee shop figuring I'd wait it out. The road would be cleared in an hour or two.

It was a rustic little coffee shop. The power was out, but the owner had a power generator so we had minimal lights, a juke box and the coffee maker was working. At any rate, it was comfortable and dry so I didn't mind waiting it out there. After a few moments of chatter, the cook got busy cleaning in the kitchen.

At first I thought I was the only one (besides the cook) in the restaurant. But, then I noticed there was some one sitting off in a dimly lit corner of the coffee shop. At best all I could make out of this person was a slight silhouette with brief details only when lightening lit up the room.

I was trying not to leer so I kind of watched out the corner of my eye. I got more curious. After 3 or 4 lightening flashes I surmised that this was an older woman. She was hunched over her coffee and holding it with 2 hands. She appeared forlorn. What would bring her out on a night like this? Mine was the only vehicle in the parking lot. Did she walk? Was she waiting for some one? Maybe she was stranded. The gentleman in me wondered if I could offer some assistance. I quietly called the cook over. He came right away.

"Who is that woman over there?" I asked. The cook looked at me for a moment, then over into the corner. A lightening flash momentarily lit up the woman again and the room. Still looking into the corner, the cook got a smile on his face.



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"Don't worry about it, that's nobody." He winked at me, put a toothpick in his mouth, then went back to work in the kitchen. Well, at least I could assume that wasn't his mother sitting there. I wondered why the cook would have so little regard for this woman. What kind of a man was he really? I was still concerned though. I thought perhaps I could just wander over and see if there is anything she needed. That wouldn't be rude or intrusive right?

I quietly got out of my chair and wandered over towards her table. The walk across the room seemed unusually long and when I got there, I was still surprised at how little I could make out of her only a few feet way. It was as if she was camouflaged by the darkness.

"Please excuse me," I started, "I couldn't help but notice you here alone in the dark. Is there anything I can do for you?" No answer. In the next lightening strike I could see her raising her coffee cup to her lips. "Are you meeting some one here? My cell phone is working. Perhaps I could call some one for you." I waited for a moment then I saw her hand moving out into the still very dim light with a finger pointing towards the juke box.

"Please play Blue Eyes Crying in the Rain for me."

"Sure," I said. Seemed like a simple request, but I was glad to do it. I found the song and dropped a quarter in the machine. I was surprised that such an old song was in there. As I headed back to my chair it began to play. The cook came over and I got comfortable again.

"Can I get you some more coffee?"

"Sure," I replied. "And I'll buy one for that lady in the corner." For the second time the cook looked at me for a moment, then got a smile on his face. He looked over into the corner, then back at me.

"There's nobody there." I looked at him like he must be crazy or blind. He realized this, then explained, "That was a ghost. Trust me. I've never actually seen her," he then paused, "but I can always tell when she's around."

"How?" I asked.

"Somebody always plays Blue Eyes Cryin' in the Rain, and tries to buy her a coffee."

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Back Porch Break

by Nancy Parker Brummett

Grateful for the Golden Days

In places that experience a change of seasons it happens every fall. As the days grow shorter, they seem to take on a golden hue that bathes and blesses us. I don't know how sunlight can change color, but it clearly does. These are the golden days, and we need to embrace them and bask in them before the snow flies.

Life has golden seasons, too, doesn't it? Several couples we know are celebrating their 50th Anniversaries this fall. My husband and I are in a second marriage, so we laugh that we'll have to be wheeled into the activities room in assisted living if we make it to our fiftieth celebration—we'll be 90 and 91. "Look, honey! There's a cake!" one of us might exclaim.



Which doesn't mean we don't appreciate that these are golden years for us, too. We both have our health, the time and inclination to engage in activities that bring us joy, and ministries that make life worth living. We have more family members geographically close than ever before, and we love getting to spend time with them. In our own way, these are our golden years, and we are glad we know it.

I find myself wondering how to spend these glorious, golden days of fall however. What could I do to celebrate all things golden besides binge watch episodes of "The Golden Girls"—which is never a completely bad idea by the way. Maybe I could buy some goldfish to entertain the cats. I'd love to go gallivanting with a litter of Golden Retriever puppies. Or pluck a golden pear from a tree. Or listen to a golden oldies station on the radio and reprise some dance moves from the 60's and 70's! Or better than all that, perhaps I should look for golden opportunities to make a positive difference in the world—even to live out the golden rule.

What about you? How will you celebrate these golden days of autumn? Even if life has thrown some crises your way, can you look for the golden aspects of each day? Can you find some time just to sit on a park bench and let the warm autumn sun reach down into your soul? An unattributed quote on Pinterest read, "These are days we dream about when the sunlight paints us gold." Yes! The glorious days when the sunlight paints us gold. Let's enjoy them fully.

Nancy Parker Brummett is an author and freelance writer in Colorado Springs, CO. "Like" her author page on Facebook, or to learn more about her life and work, visit www.nancyparkerbrummett.com.



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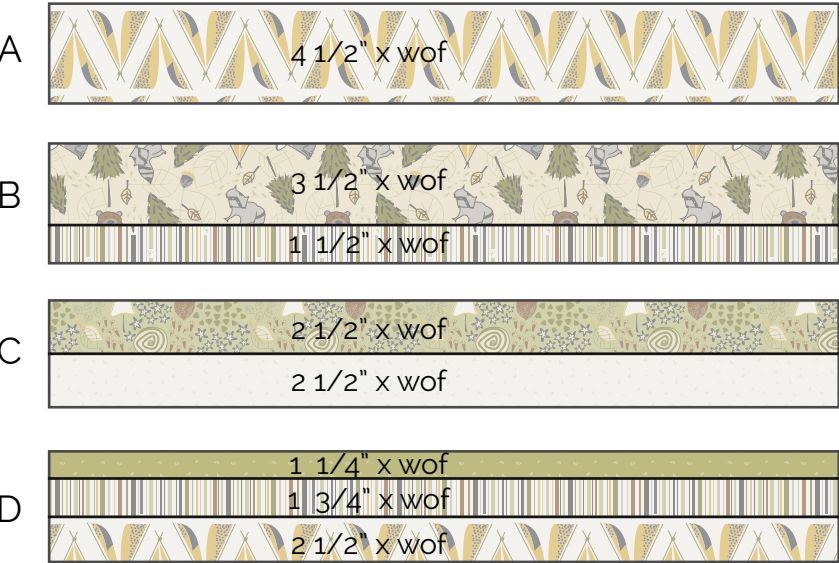
In The Forest

54" x 68"

Please read through all the instructions before beginning this project. 1/4" seams are used unless otherwise stated. WOF refers to width of fabric.

This quilt is all strip pieced and made up of 3 basic color groups. Green, Brown and Grey with white and the stripe being inserted into each color group.

Strip Sets:



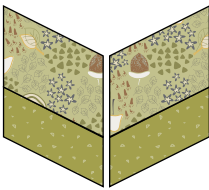
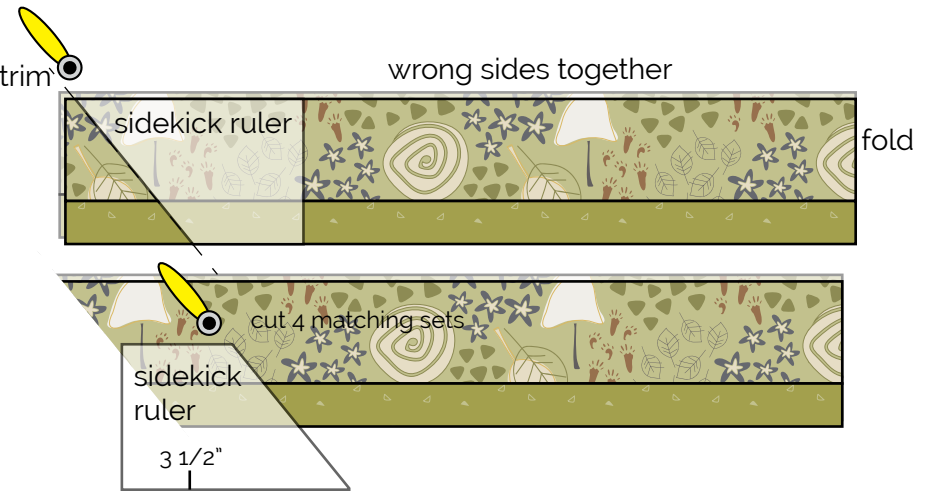
Start with one color group and cut your strip sets accordingly. Then move on the second and third color group. Fabrics can cross over into each group if you choose. White and the stripe were in all of my groups. The order in which you put your fabrics in the strip sets is up to you as well. Cut the following from each group:

- | | |
|---------------------------------|---------------------------------|
| Strip set A - 5 - 4 1/2" strips | Strip set C - 3 - 2 1/2" strips |
| | 3 - 2 1/2" strips |
| Strip set B - 3 - 3 1/2" strips | Strip set D - 3 - 1 1/4" strips |
| 3 - 1 1/2" strips | 3 - 1 3/4" strips |
| | 3 - 2 1/2" strips |

Sew the strips together and press in one direction. You will have 3 sets from each B,C and D for each color group.

CUTTING:

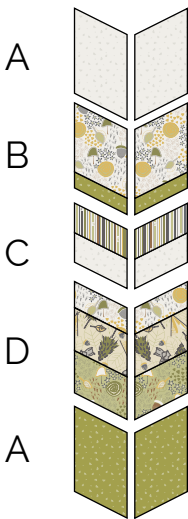
Fold the strip sets in half, WRONG sides together. Place the sidekick ruler on top of your strip and cut the angle off. Then turn your ruler around and place the fabric angle along the 3 1/2" mark on the ruler. Cut. You will be able to cut 4 matching sets off of one strip.



You will get 4 matching sets from each strip.
From Strip Set A cut a total of 18 sets
From Strip Set B cut a total of 9 sets
From Strip Set C cut a total of 9 sets
From Strip Set D cut a total of 9 sets

SEWING THE ROWS TOGETHER:

The rows are constructed vertically and in 3 sections. One section contains:

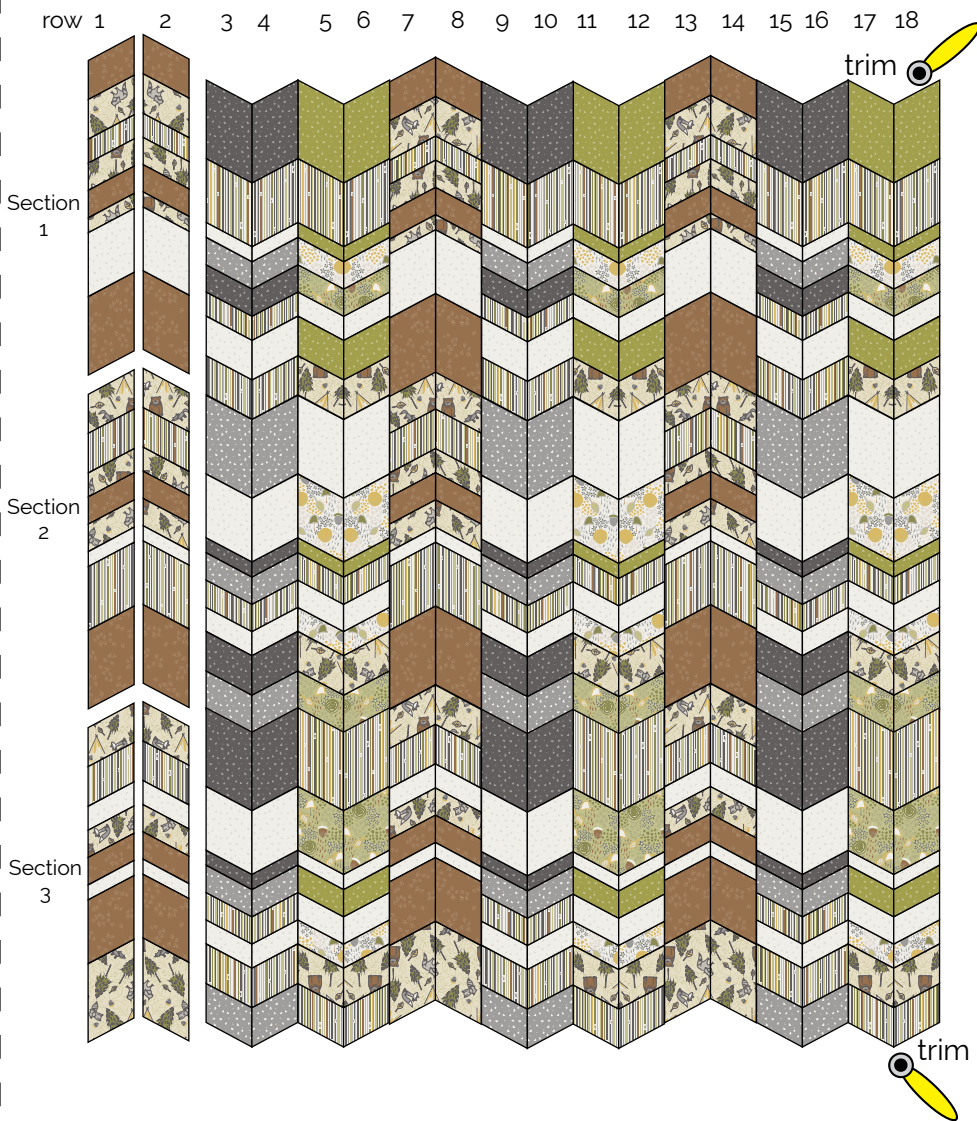


It doesn't matter what order you put your sets in as long as each section contains these sets. Lay three sections out. Sew each together vertically.

See diagram below. Sew each row together.

Once all the rows are sewn together, trim the top and bottom edge even.

Quilt and bind as desired.



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Fall Festival Time

by Marlene Oddie

It is that time of year when the colors appear, a cool crisp morning bites our senses and harvest time reminds us of the bounty we have been given to make it through the winter.

Island Batik once again has curated a beautiful collection called Pumpkin Patch that will be releasing at market in October. This is my new design, Fall Festival, using the Pumpkin Patch collection and a few blenders. This pattern could be used as a block of the month (4 blocks and assembly) or simply a pattern to make on your own.

You might even consider joining with a group of friends and each making leaves, pumpkins and acorns and then swapping to create a real variety of colors and fabrics. Maybe bring some fat quarters and play a game of Trader's Dice to expand your own variety of fabrics to use in the blocks.

The center block represents a sunflower and tossed leaves surround it. In the outer round are pumpkins and acorns. This would make a great table topper or a colorful couch throw. Ask your local quilt shop for patterns or contact me directly.

When I was a child, my local school always hosted a Fall Festival. There were booths of food and various activities, including a hay bale maze in the dark, an apple bob and a dunk tank. The afternoon and evening were great fun to hang out with friends and enjoy the festivities. I hope this season you can find something local to support and enjoy. May you all have a wonderful Fall Festival Time.

Marlene Oddie 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/shop.html>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts>, <http://kissedquilts.blogspot.com>, instagram [marlene.kissedquilts](https://www.instagram.com/marlene.kissedquilts), twitter [@kissedquilts](https://twitter.com/kissedquilts), pinterest [marleneoddie](https://www.pinterest.com/marleneoddie).





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A Cup of Tea with Lydia

by Lydia E. Harris



Countdown to Christmas

One of the traditions our family enjoys during December is counting down to Christmas using Advent calendars. When our children were young, we purchased colorful paper calendars with 25 windows that opened to reveal festive scenes. Now, for our younger grandchildren, we buy calendars with chocolate candy behind each window. Occasionally I've made personalized calendars with treats each person will enjoy.

Although I'm usually the one giving Advent calendars, last year I received one in the mail from my friend Barbara. I was so pleased with her TEA-lightful Advent gift that I wanted to share the idea with you.

Countdown with Tea

Barbara knows I love tea, so she made my Advent calendar with teabags, nuts, and candy. She used dark-blue cotton fabric with snowflakes for the calendar, added a wooden dowel across the top, and made a hanger of twine. (Further directions follow.) Then she stapled on a few treats wrapped in cellophane or placed in small clear bags. Mostly she added delicious, individually packaged tea blends in colorful wrappings. She included some with a Disney theme, which delighted my young granddaughter.

Each day I selected a gift—usually a teabag to enjoy with my husband at a meal or teatime. But on days when my grandkids came over, they chose their favorite tea or treat.

Do you know a tea enthusiast who would like a tea-themed Advent calendar? If so, you'll find festive teas in grocery stores and online. (See holiday teas listed with instructions to make an Advent calendar.)

If individuals on your list would prefer something besides tea, attach small treats and gifts or add encouraging and affirming notes on their calendars. This makes every day special as they count down to Christmas.

Countdown with Prayer

To keep our extended family connected across the miles, we count down to Christmas with prayer. Each of the first 25 days in December includes names of family members along with requests to pray for them. I gather each person's requests around Thanksgiving and e-mail the list to everyone. Families with young children sometimes make a red and green paper chain with family names to pray for. Then they tear off a loop each day to help their children see how many days remain until Christmas.

We believe prayer is the best gift we can give each other. You might say we decorate our family tree with prayer.

Countdown with Simplici-TEA

I recall Decembers when I felt panic instead of experiencing the Prince of Peace. I realized it was time to cut back on holiday preparations to reduce stress. So when our kids were preteens, we held a Christmas planning night and talked about what was most important to our family. What traditions should we continue or eliminate? We couldn't make every kind of Christmas cookie, so each selected a favorite to bake. We couldn't decorate every room in our home, so they shared which decorations meant the most to them and helped decorate.

If you feel stressed, list your Christmas activities and traditions and

consider which ones you could omit. During the busy holiday season, less is often more.

This year, as I count down to December 25 and pray for family members, I want to relax with a cup of holiday tea and bask in the true meaning of Christmas.* Won't you join me?

*An excellent resource for the Christmas season is *Preparing My Heart for Advent* by Ann Marie Stewart.

*Lydia E. Harris holds a master's degree in home economics and wrote the book *Preparing My Heart for Grandparenting* (AMG Publishers). Her grandchildren call her "Grandma Tea."*

From Lydia's Recipe File:

Crisp and buttery cookies that melt in your mouth

Ingredients:

- 1 cup butter, softened**
- 1 1/2 cups powdered sugar, divided**
- 1 1/2 teaspoons vanilla**
- 1 1/3 cups flour**
- 1 cup rolled oats**
- 1/2 teaspoon salt**
- 3/4 cup coarsely crushed peppermint candy canes, divided**
- red and green sugar crystals, optional**

1. In large mixing bowl, mix together butter, 1 cup powdered sugar, and vanilla.
2. In another bowl, stir together flour, oats, and salt. Add to butter mixture and blend.
3. Mix in 1/4 cup crushed candy canes.
4. Shape dough into one-inch balls. Roll balls into remaining 1/2 cup powdered sugar. Place two inches apart on greased baking sheet (or use parchment paper).
5. Flatten cookies with fork, making a crisscross pattern. Sprinkle with additional crushed candy canes and sugar crystals.
6. Bake at 325 degrees for 18 to 20 minutes, until edges are lightly browned.
7. Cool on baking sheet for 2 minutes. Use spatula to transfer to cooling rack. Store in airtight container.

Makes about 30 cookies.

From Lydia's Idea File:
**How to Make a TEA-lightful
 Advent Calendar**

Supplies for each calendar:

- 12 x 18-inch piece of fabric
- 14-inch piece of dowel (about 1/3-inch thick)
- 20-in piece of string for hanger (twine, ribbon, or yarn)
- 25 colorful teabags
- Small bags of candy and nuts, optional

Directions:

1. Select festive fabric for the calendar. A darker color displays the teabags well.
2. Cut fabric into a rectangle about 12 x 18 inches. Leave sides unfinished or hem with narrow seams.
3. Fold fabric down 1 1/2 inches across the top to make a casing for the dowel. Stitch by hand or sewing machine.
4. Sew a narrow hem across the bottom.
5. Select a verse or saying to display across the top. Mine from Barbara included the words of Zephaniah 3:17 typed on white paper and glued at the top of the calendar.
6. Add a cord of your choice for hanging, attached to each end of the inserted dowel.
7. Select 25 tea bags and staple or tape them on in rows. It's fine to include several of the same kind. For loose tea or teabags not individually wrapped, place in a clear plastic bag and label. You can add numbers from 1 to 25 on the bags, but I prefer to let individuals select their own blend each day.
8. If desired, prepare small bags with treats to replace some of the tea bags. For example, fill bags with 2 or 3 candy kisses or a few nuts. Or add a small candy cane or individual candies that come wrapped in cellophane. To make your own bags, use snack-sized baggies that reseal. Cut them in half vertically. Seal the cut sides with clear tape. The tops will still zip shut. You can also purchase small bags at craft stores.
9. Mail your TEA-lightful Advent calendar before Thanksgiving to make certain it arrives before December.
10. Simple variations: 1. Make your Advent calendar on tag board instead of fabric. 2. Cut about a yard of 4-inch-wide ribbon. Staple the top around a craft ring for hanging. Fasten 25 teabags or other items onto the ribbon.

Holiday teas are available in stores and online. Here are some I found:

- White Christmas, Holiday Tea (Harney & Sons)
- Christmas Tea, Winter Spice (Twinings)
- Christmas Morning, Christmas Eve, Christmas Chai, Holiday Mint (Stash)
- Candy Cane Lane, Cranberry Vanilla Wonderland, Nutcracker Sweet, Sugar Cookie Sleigh Ride, Gingerbread Spice, Sugar Plum Spice (Celestial Seasonings)
- Comfort and Joy, Cranberry Spice Hibiscus: Merry and Bright Herb Tea, Downton Abbey: Downton Christmas Tea (Republic of Tea)
- Eggnogg'n, Ginger Snappish, Peppermint Bark (Bigelow)

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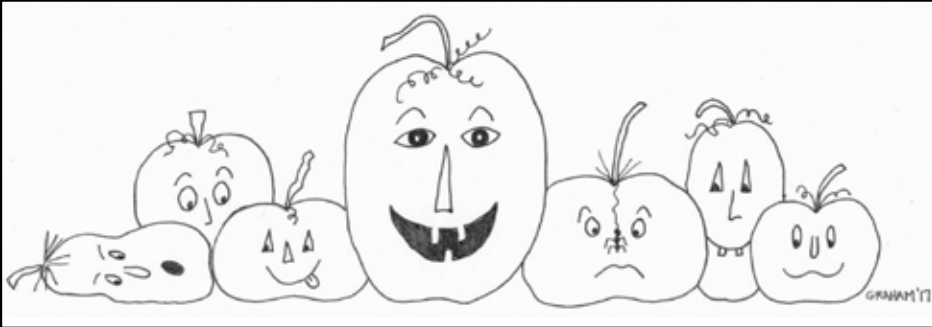
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Countryberries Designs Pumpkin Patch



This pattern is free for you to use. Please give the artist credit. Not for commercial use. Enlarge this pattern to your desired size. This pattern was designed to be painted, but it can also be needlepunched or hooked. It would be cute done as a wool applique with embroidered details. Have fun!

Designed by Kathy Graham

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Living My Grandma's Dream

by Teresa Isensee Braaten

This afternoon as I was watering my farmyard landscape and the nine new Ponderosa Pines we bought for a quarter a piece from the Soil Conservation District this spring, I half-listened to the podcast playing from my phone. I was "half-listening" for a couple of reasons: 1) It was an incredibly gorgeous day in the mid-70s with a light breeze and big puffs of clouds in the bright blue sky; and 2) I could only half hear it, because even with the volume on max, it was playing out of a pocket of the sweatshirt I had tied around my waist.

When a young woman started talking about how she was living the dream of her ancestors, I listened more intently. Just last week my parents, who are in their eighties, took my sister and me to tour a cemetery where we have a lot of relatives buried. The hope being that once they are unable, we will put flowers on the graves. As we walked through the cemetery, my mom told stories about nearly everyone in the graveyard (it's fairly small and located in the town in which she and my dad grew up). My dad laughingly commented after listening to my mom ramble on, that they knew way more people in the graveyard than they do those living in their hometown now. I'm sure that comment struck me as funny, because in fact, it is true.

Following the cemetery tour and a stop at a birthday party, we took a meandering trip through town on our way home. We drove past the

hardware store that my mom lived above as a young child as well as by the home she lived in once her uncle, who had owned the hardware store, passed away. Once again, memories of her life flooded our conversation. Fueled by this nostalgia, my dad drove us to a vacant lot where he and my mom owned their first house and still own the farmland next to it. In the many years we've spent visiting relatives in that small town, I never once remember hearing about that first home or being shown where their land is that they've rented out for more than 60 years. We drove another several miles and ended up at the now abandoned farmstead owned by my grandparents in the 1940-60s, before they moved into town and the only home I remember. This was when my dad took over the conversation. He showed us the window he put in as a young boy in the now dilapidated and barely standing barn to make his job of feeding the animals easier, as well as the never-ending feeder he made for the chickens by connecting the coop directly to a grain bin. We looked at the well, a good 150' from the house, which supplied all water for cooking, drinking, laundry and bathing. My dad told us about how they'd hang a basket full of food items down the well to keep them cold, since they didn't have an electric refrigerator. He talked about cutting ice in the winter and storing it under hay in attempt to have it for as long as possible in the warmer months.

As I lay in bed that night reliving the afternoon's stories, I envisioned my grandma and the six children, one sister, and two grandchildren she raised. I imagined how physically challenging her life would have been out on that farm. She was churning her own butter, collecting the eggs, milking the cows, and reading to her children by candlelight. There were no trips to Costco, no KitchenAid mixer, no washing machine or even running water or lights to make life easier.

As the woman in the podcast said, "I'm living the dream of my ancestors," though the ancestors to whom she referred were slaves, the dream for a better life prevails. I am living the dream of my ancestors too, or at least of my grandmother. We probably all are for the most part.

I feel loved and content as I sit here now at my computer, imagining my grandmother who was always in the kitchen wearing her perfectly pressed dress and apron with her sensible shoes and the pantyhose that made a swishing sound as she moved around the kitchen. Her chubby fingers laying homemade cookies or half pieces of doughnuts around a plate for our afternoon snack. (Yes, half a doughnut. We could have two halves, but never, ever a whole!) The same woman who would hug me goodbye and stand in the driveway waving to me until my little face pressed up against the back of the window of the car, could no longer see her.

Today, I feel confident that I am living her dream. I live on a farm that has both running water and electricity. I have a refrigerator (and in fact until a recent power surge, two of them), as well as a deep freezer. I also have plenty of ice. Even in August, I can have ice in my lemonade. Although I don't have shelves of home-canned goods, I have shelves of fruits and vegetables that I picked up at Costco. And the time I didn't spend canning, I spent with my family at the lake. Like my grandma, I enjoy sewing, gardening and other crafts. Unlike my grandma, however, I've made artisan soap to sell and because it was fun and I've sewn quilts and Halloween costumes just because I wanted to. I had a vegetable garden for years, but now just raise flowers because there's a great strawberry patch and garden produce for sale near our lake in the summer.

I am living her dream. My life is good. I need to keep that in perspective. My complaints about never-ending laundry or the distance to the grocery store are irrelevant and self-centered. I'm crossing my fingers that this feeling of gratitude continues to pervade my life – at least through the lake potluck that we are hosting for our beach tonight. In my grandma's eyes, I live a charmed life, I'm sure. I am living her dream.

The Knitting Savant Inheritance

By Andrea Springer



Sometimes life drops a happy coincidence in your lap. One of my favorite recent coincidences was running into the daughter of a former coworker at a volunteer event. She was a young thing when I worked with her mother, and it's been a delight to get to know her as an adult. Her mother has passed on a few years ago, but my friend remembers her in small ways every day. Earlier this year she asked if I could help go through her mother's knitting bag and then, teach her how to knit. My response? "Absolutely."

Many of us have had the good fortune (or misfortune, depending on your perspective) of being the recipient of someone else's "stash".

Sometimes it's the knitting bag with yarn, tools, a pattern or two and maybe an unfinished object (UFO), and sometimes it's boxes of yarn, books, needles and magazines – all curated by a crafter with a vision. It's fun looking through vintage patterns and notions, oohing and aahing over that half-finished baby sweater, but then what? Here are a few things to consider:

Yarn – Check yarns that you know are older than a decade. Acrylics

may be perfectly fine to knit with, but natural fibers tend to degrade over time. The easiest way to test is to pull a length off of the skein and see if it pulls apart easily. If so, it's past its prime. Sometimes the outside of the skein is weak but the inside yarn "hangs together" like it's supposed to and can be used in projects. The deteriorating yarn can sometimes be used in a needle felting project, but sometimes, it just needs to be tossed.

You may find partial skeins – some with labels and some without. If you have the label, you can weigh the partial skein on a kitchen scale and calculate the remaining yardage based on the total yardage and ounces provided. If you don't have the label, you'll need to determine the type of yarn it is (DK, worsted, bulky, etc.) based on the "wraps per inch" or "wpi". Grab a ruler and the mystery yarn and count the number of times you can wrap it over one inch. You can find a handy reference chart for "wraps per inch" conversions at ravelry.com.

Needles – While needles and notions are fairly standard over generations, not all needles over the years were marked with sizes. Use your trusty needle gauge to check sizes.

My friend found some yarn and a pair of needles in her mother's bag and has started her knitting journey. Over the last year, she's moved from making practice swatches to knitting fingerless gloves and has new projects on the horizon. It's been a lovely way to use the creative tools she inherited and lets us both remember the special person her mother was.

Andrea Springer blogs at www.knittingsavant.com where she helps folks remember that they have everything they need to be successful in knitting and in life. You can share comments or ideas with her at andrea@knittingsavant.com or follow Knitting Savant on Facebook and Twitter.

Corn Pudding

350° Serves 8-10

Serve this with heated maple syrup to everyone when they come back from trick-or-treating or take it to a harvest potluck – moist inside, with a nice crisp edge – a guaranteed crowd-pleaser.

1 c. sour cream	1 egg, beaten
1-14 oz. can corn, drained	1 box Jiffy corn muffin mix
1-14 oz. can creamed corn	1/4 tsp. cayenne
1/2 c. butter, melted	1/4 tsp. paprika
(opt.: heated maple syrup)	

Preheat oven to 350°. Mix first 7 ingred. & pour into buttered 9" square baking dish. Sprinkle top w/ paprika; bake 1 hr. Heat maple syrup, if desired. & serve pudding hot or warm. Oh! g.s. – it's great for brunch too!

Summer's loss seems little, dear, on days like these. ERNEST DOWSON

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Choose something that brings you joy, peaks your curiosity, gets your blood moving, sends you to the library, or a desire to take a class and learn new skills. Find a hobby you love! Studies have shown that participating in leisure activities reduces stress. We pursue a certain type of hobby because we enjoy the subject matter or activity. When we enjoy something it helps relieve stress in our lives. Some hobbies even create a calm atmosphere and we find ourselves humming a tune, or smiling with pure delight. Many hobbies provide great brain exercises as we construct, cut, assemble, envision, analyze, and strategize. Those activities improve our memory. Some hobbies keep us moving, stretching, bending, reaching that benefits our flexibility and gives us a little exercise.

How about self-esteem? Telling our stories, showing our crafts, sharing what we did and how we did it - who knew that having fun could have so many great benefits in life. There are more than 16 million quilters in the United States and I have never met a happier group of men and women! They are involved in their communities, love to Show & Tell, they love to give of their time and talents.

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Joy & Blessings, *Jody*

Girlfriend Wisdom is written and illustrated by Jody Houghton®.
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Birthday Chocolates for Aunt Carmen

by Kerri Habben

Eight years ago, I accepted a writing assignment of ghostwriting in its most literal form. It was a gift and one that I treasure. It was September 2009 and my aunt was becoming 90.

Living across the United States, my mother and I contemplated what to send for this milestone. Then I remembered Mr. Goodacre. Or perhaps Mr. Goodacre thought of me. Either way, an idea was born.

My aunt had recounted about when she was a child of twelve and Mr. Goodacre, a boarder in their home, would bring her a particular brand of chocolates called Evangeline. These chocolates had to be shared with her parents and her brother (my dad) and they had to last the entire week. Otherwise, the next week there would be no box of chocolates. My aunt described this man as an older kind British gentleman.

Mr. Goodacre compelled me to search on the web for Evangeline chocolates, whereupon I discovered a chocolate company in St. Stephen, New Brunswick, Canada. They had marketed their chocolates under the Evangeline name from 1908 until the 1970s. With a bit of math and hope, I surmised that these chocolates had been available in 1931 in New York City's boroughs—the time and place my aunt described.

I had a delightful conversation with Cheryl when I called the company. She said they had a few commemorative Evangeline boxes remaining, thus the chocolates would journey from New Brunswick to Northern California.

It was then that my unprecedented assignment came my way. Mr. Goodacre wished to write a letter to my aunt to be sent with the chocolates. Of course, he expressed his difficulty at writing since he had passed away many years ago so he called upon me to compose this letter.

I beg his understanding in sharing a portion of it:

"Of course, there was a caveat to my gift then. You were but a child. How was I to reveal that life is a balance of sweetness, of sharing and of discipline without insisting the chocolates last a week?

"You may devour these chocolates at whatever pace you choose. You may eat all of them if you like. And you can enjoy them whenever you want.

"I have only one request. Enjoy them knowing that, while you once ate these chocolates at your home in Brooklyn, love knows no address and no time."

Mr. Goodacre lamented he could not reimburse me for my letter writing. I assured him that I had been amply rewarded. For there was joy and love in Aunt Carmen's voice as she said, "It was as if he wrote the letter himself."

And that was my aunt. She could make me feel like I'd won the Nobel Prize for Literature when all I'd done was help Mr. Goodacre write a letter.

Late this September is my aunt's 98th birthday. We dearly wish that we could send a gift, chocolates or otherwise, but she passed away suddenly at the end of October last year.

We have a treasured photograph of the Habben family all together on the porch from the late 1920s. Great-Grandma and Aunt Edie are visiting from Quebec and Grandma Habben wears a corsage. The smiles speak for themselves.

If our Father's house has many mansions, perhaps there are front porches. On this birthday, Aunt Carmen can celebrate with the family all together for the first time in many decades.

Perhaps there will even be an endless box of chocolates delivered by Mr. Goodacre, himself.

Kerri Habben is a writer, photographer and crochet instructor living in Raleigh, NC. An avid crocheter and knitter, she learned these skills from her grandmother and mother. She donates many of her yarn creations to those in need. Kerri has gathered a decade of essays she is working to publish. She can be reached at 913jeeves@gmail.com.



Nutmeg Essential Oil (*Myristica fragrans*)

By Wanda Headricks



The thought of nutmeg suggests a freshly fragrant, warm-spicy, slightly woody, aromatic essence. Nutmeg comes from the dried kernels of the *Myristica fragrans* evergreen tree seeds. All parts of the tree are aromatic. The dried finger-like husks surrounding the nutmeg seed inside the fruit's shell produces what is known commercially as Mace, another household spice. Thought to have originated in the Molucca Islands, the tree is also found in Penang, Java, the West Indies, Indonesia, Granada, Sri Lanka and other countries. Nutmeg essential oil is a pale-yellow, mobile liquid oil produced by steam distillation or steam and water distillation of freshly pulverized, dried nutmegs.

Nutmeg has a long history of use in the food flavoring and medicine industry. It is thought the original trading of nutmeg on the international market came from the Hindu colonists of Java. Though it was not prevalent in the Roman and Greek culture, the first records of nutmeg in the European culture are around 540 AD by Actius of Constantinople, who is believed to have purchased nutmeg from Arab traders. The Arab traders hid the true source (Java and India) of nutmeg and other spices to avoid competition. Since then multiple countries have controlled the nutmeg trade.

Nutmeg has been used for intestinal ailments for centuries in India. The Egyptians used nutmeg for embalming. Nutmeg is one of the ingredients used by the Italians to make incense to guard against the plague.

Therapeutic actions considered present in nutmeg essential oil include analgesic, anti-rheumatic, anti-septic, anti-spasmodic, digestive, stimulant, and others.

The warming property of nutmeg essential oil makes it an excellent oil to add to a massage oil for muscular aches and pains as well as rheumatism. As with all pure essential oils, nutmeg essential oil should always be diluted in a carrier oil before being applied to the skin as a massage. The stimulant action of nutmeg essential oil is considered beneficial for general fatigue. One of the most useful benefits of nutmeg essential oil is considered to be as a digestive stimulant. According to Shirley Price in Aromatherapy for Health Care Professionals, direct inhalation by infusion or topical application by massage of nutmeg essential oil has proved effective in promoting patients' appetites, often within 24 hours, without side effects. This could be a powerful benefit to the seriously ill and those in long-term care.

Appetite Stimulant Diffuser Blend

- Bergamot Essential Oil.....80 drops
- Lime Essential Oil.....90 drops
- Nutmeg Essential Oil..... 150 drops
- Ginger Essential Oil..... 150 drops
- Black Pepper Essential Oil.....60 drops
- Cypress Essential Oil70 drops

Blend the above essential oil together in a 15mL (1/2 ounce) amber

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bottle with a euro-dropper lid. Use 3-20 drops at a time in a diffuser or humidifier. How much you add to a diffuser humidifier depends on the area of the room where it is being used. It is always advisable to start with a smaller amount and add more oils as needed. For safety, pure essential oils should not be continuously diffused more than two hours at a time in a closed environment. Remember pure essential oil is very concentrated.

Fall –Winter Respiratory Diffuser Blend

- Sweet Orange Essential Oil..... 120 drops
- Nutmeg Essential Oil.....90 drops
- Ginger Essential Oil.....60 drops
- Tea Tree Essential Oil.....30 drops
- Eucalyptus Essential Oil.....30 drops
- Thyme Essential Oil.....30 drops
- Geranium Essential Oil30 drops
- Hyssop Essential Oil.....30 drops
- Cypress Essential Oil60 drops
- Clove Bud Essential Oil.....60 drops
- Cinnamon Leaf Essential Oil.....60 drops

Blend above oils together in a 15mL (1/2 ounce) amber bottle with a euro-dropper lid. Use 3-20 drops at a time in a diffuser or humidifier. How much you add to a diffuser or humidifier depends on the area of the room where it is being used. It is always advisable to start with a smaller amount and add more oils as needed. For safety, pure essential oils should not be continuously diffused more than two hours at a time in a closed environment. Remember pure essential oil is very concentrated.

To purchase the above Pure Essential Oils, bottles, containers, and other supplies go to www.flinthillsaromatherapy.com

Or e-mail: info@flinthillsaromatherapy.com

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PUMPKIN PIE DIP

- 1-8 oz package cream cheese, softened
- 2 cups icing sugar
- 1 cup canned pumpkin
- 1/2 cup sour cream
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- 1/2 tsp ground ginger

Cream icing sugar and cream cheese until smooth. Beat in pumpkin, sour cream and spices until blended. Transfer to a bowl and serve with gingersnaps. If you have any leftovers be sure to refrigerate them!

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Sweet Salvage

Photo Display *by Marla Wilson*



At first glance, this photo holder may look like it is made from a shutter, but it is not. It is actually the front from an old, school locker door. It works much better than a shutter, because the louvers are a very thin metal, so any clip, clothes pin, or even magnets, work on it. It is also somewhat bendable, light weight and easy to cut.

I first cleaned up the metal. I liked the patina with the different colors it had been painted through the years showing. For the base piece I used a panel I had salvaged from an old wood door. I painted "family" at the top of the panel with a coordinating color, and after it dried, I sprayed it with a clear coat. I then cut the metal piece to fit the area I wanted to cover. As I said, the metal is quite thin and easy to work with. Attach the metal to the base piece with small screws. If painting isn't your thing, you can purchase initials made from wood or metal. A simple initial at the top would work well. I thought about putting a "W" since our last name is Wilson.

I am very pleased with how this turned out. The photos are very simple to change out, so when the grandkids get new pictures, I do not have to mess with frames.

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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