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Meet our cover artist:

Lisa Kennedy

Lisa was first introduced to painting at her local school attending a Community Education class. After finishing her first project, she was amazed how natural it all came to her. Lisa comes from a talented family; both of her Grandmothers were painters. After taking this class she realized this gift had been passed on to her as well. Painting became her therapy.

Eventually Lisa turned this talent into a career by selling her creations at craft shows. In 2000, after years of painting at the kitchen table, her family built her dream studio. Designing and painting whimsical characters and Christmas are her favorite. Her designs can be found on a wide variety of items, flags, Christmas cards, gift bags and dishes.

She and her husband, Joe, reside in rural Michigan and have four grown children and three wonderful grandchildren.

To view Lisa's art prints, go to www.PennyLanePublishing.com or call Penny Lane Publishing at 800-273-5263 for more information.



Soup-er Powers!

Did you know that the superhero who loves to have soup all the time, is called souper-man? I guess Kirby and I would be considered "super-men" as we do eat a lot of soup. The funny thing is, that growing up I abhorred my mother's soup (and thankfully it was a rare occasion that she made it). Unfortunately, when Kirby and I first got married, I had my mom's soup-making talent. We didn't have a lot when we started out and having soup to stretch the grocery budget became a necessity. However, my attempts at creating soup were a flop. They were bad, and definitely not of soup-reme quality! One day though, the ability to make soup just clicked on, and I haven't looked back since. Nowadays we'll have anything from pumpkin soup to Italian wedding soup, to tom yum soup in the fridge.

Evidence of the existence of soup can be found as far back as about 20,000 BC. Boiling was not a common cooking technique until the invention of waterproof containers (which probably came in the form of clay vessels). Animal hides and watertight baskets of bark or reeds were used before this. To boil the water hot rocks were used. This method was also used to cook acorns and other plants.

The word soup comes from French soupe ("soup", "broth"), which comes through suppa ("bread soaked in broth") from a German source, from which also comes the word "sop", when a piece of bread is used to soak up soup or a thick stew.

The word restaurant (meaning "[something] restoring") was first used in France in the 16th century, to refer to a highly concentrated, inexpensive soup, sold by street vendors, that was advertised as an antidote for exhaustion. In 1765, a Parisian entrepreneur opened a shop specializing

in such soups. This prompted the use of the modern word restaurant for the eating establishments.

In the US, the first colonial cookbook was published by William Parks in Williamsburg, Virginia, in 1742, and it included several recipes for soups and bisques. A 1772 cookbook, *The Frugal Housewife*, contained an entire chapter on the topic. English cooking dominated early colonial cooking; but as new immigrants arrived from other countries, other national soups gained popularity. In particular, German immigrants were famous for their potato soups. The first American cooking brochure dedicated to soup recipes was written in 1882 by Emma Ewing: *Soups and Soup Making*.

Portable soup was devised in the 18th century by boiling seasoned meat until a thick, resinous syrup was left that could be dried and stored for months at a time. This is a precursor to what we know today as bouillon cubes.

We also can't forget the other types of soup including fruit soups, dessert soups, pulse soups (split pea), cold soups and other styles.

When I read about sweet soups, it definitely piqued my interest. I found a Swedish recipe to try out (fruktsoppa). If you like stewed prunes this is probably something you'd enjoy.

Fruksoppa

- 3/4 cup dried apricots, pitted
- 3/4 cup dried prunes, pitted
- 1/2 cup raisins
- 1/2 cup golden raisins
- 6 cups water
- 1 cup fruit juice
- 2 sticks cinnamon - broken in half
- 1/2 lemon halved and sliced thin
- 1/4 cup quick-cooking tapioca
- 3/4 cup sugar
- 3/4 cup orange - peeled, diced or 1 small can of mandarin oranges
- 1 apple - peeled, cored, and sliced or diced

In a large saucepan, soak the apricots, prunes, and raisins in 6 cups of water for 30 minutes.

Add juice, cinnamon, lemon, tapioca and sugar and bring to a boil.

Reduce the heat and simmer, covered, for 20 to 25 minutes, stirring occasionally to prevent sticking.

Uncover and add the apple slices and simmer an additional 5 minutes, or more, until the apples are tender.

Pour the mixture into a bowl and cool at room temperature. Remove the cinnamon sticks.

With the invention of canning in the 19th century, commercially canned soup started becoming popular.

Today's canned soup can be either condensed (just add water or milk), or ready-to-eat. I do see a lot of ready-to-eat soup that my coworkers are warming up on lunch breaks so it's becoming very popular. But, what would we do without having a can or two of condensed tomato or mushroom soup at the ready to add to a casserole?

We also mustn't forget the dry soup mixes....again who hasn't dumped an envelope of Lipton onion soup into a tub of sour cream for a dip? Ramen-style instant noodle soups are also very popular - just ask any student. Did you know that in North America the ramen soups usually only have a powder package of seasoning included, while in Eastern Asia they also include a pack of dried vegetables?

One of my favourite soup innovations in recent years was the Knorr bouillon tubs and the introduction of the Better Than Bouillon brand. I have to say, that they are a huge improvement over the traditional bouillon cubes in terms of flavour.

Do you know why do the hipsters burn their tongues? It is because they eat their soup before it gets cool.

(Recipes continue on next page)

Cornwall • Orléans

Clam Chowder

Serves 3-4 as a meal

We will sometimes serve this at Thanksgiving as well, as it's quite filling and warming. It's also nice as it uses a few ingredients that can store in the pantry until you want to make it. The Old Bay seasoning is optional, as I know not everyone keeps it in their kitchen – although I love the seasoning!

- 8 slices of bacon, chopped
- 1 onion, chopped
- 2 celery stalks, diced
- 1 cup whipping (35%) cream
- 1 cup milk
- 2-5 oz cans clam meat
- 2 bay leaves
- 1 cup grated baking potato, peeled
- 1 can (8.5 oz. / 250 ml) unsweetened evaporated milk
- ¼ cup chopped parsley
- ½ tsp Old Bay seasoning
- Coarse salt and freshly cracked black pepper

Brown the bacon until crisp in a thick-bottomed soup pot. Pour off some of the fat.

Add the onions and celery with a splash of water and saute for a few minutes until soft.

Add the cream, the milk and only the juice from the clams (reserve the meat).

Add the bay leaves, and the grated potato and bring the mixture to a slow simmer.

Continue simmering for fifteen minutes until the grated potato softens and the chowder base thickens.

Add the reserved clam meat, the evaporated milk and the parsley.

Bring back to heat.

Taste the chowder and season with salt and pepper.

Tomato Soup with Bacon

Neither one of us is a fan of canned tomato soup, but we do like homemade. The secret is to use the best quality canned tomatoes at the grocery store. If not, the soup can be bland and rather metallic (like the can). I also have used whole canned tomatoes and then emulsified them with the immersion blender.

- Makes 4 good-sized bowls
- 1 Tbsp oil
- 4-6 strips of bacon, chopped
- 1 onion, diced
- 6 cups of chicken stock
- 1-28 oz. can diced tomatoes with juice
- 1 Tbsp dried basil
- ½ tsp dried oregano
- 1/4 tsp dried red pepper flakes
- Salt and freshly cracked black pepper
- ½ cup sour cream or plain yogurt.

Heat the oil in a thick-bottomed soup pot over medium heat. Add the bacon and brown until crisp. Add the onion and saute until tender.

Add the chicken stock, tomatoes, basil, oregano and dried pepper flakes. Bring to a boil and simmer covered for 10 minutes. Season with salt and pepper

Serve with a dollop of sour cream or yogurt on top

Ham and Potato Soup

This is a great way to use up leftover ham. With it just being the two of us we frequently have leftovers. This recipe enables me to freeze the leftover ham in smaller packages and "upcycle" it when we would like soup (and can face having ham again). I usually do a double recipe and pack this for work lunches for us.

- 3 ½ cups peeled and diced potatoes
- 1/3 cup diced celery

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- ½ onion, finely chopped
- ¾ cup diced cooked ham
- 3 ¼ cups chicken stock
- ½ tsp salt, or to taste
- 1 tsp black pepper, or to taste
- 5 Tbsp butter
- 5 Tbsps all-purpose flour
- 2 cups milk

Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in the chicken stock, salt and pepper.

In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes.

Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately.

(Recipes continue on page 6)

Cornwall • Russell

(Recipes continued from page 5)

Slow Cooker Baked Potato Soup

This is a nice recipe for when you're at home on the weekend, as it does require some tending.

- 4 lbs. baking potatoes, peeled and chopped
- 4 cups of chicken stock
- 1 onion, diced
- 1 ½ tsp. salt
- 1 ½ tsp. pepper
- 1 package bacon, cut into 1/2-inch pieces
- 1 cup shredded Cheddar cheese, divided
- 2 teaspoons garlic powder
- 2 cups heavy cream
- 4 tablespoons butter
- ¼ cup flour
- ¼ cup sour cream
- 2 Tbsps. chopped green onions

Combine potatoes, chicken stock, onion, salt, and pepper in a slow cooker. Cook on High until potatoes are tender, about 4 hours.

Place the bacon in a large skillet and cook over medium-high heat, turning occasionally, until browned. Drain bacon on paper towels and wipe out most of the grease from the skillet.

Puree potatoes in the slow cooker with an immersion blender until smooth (or use a potato masher). Add 1/2 cup Cheddar cheese and 1/2 of the cooked bacon, set temperature to Low, and cook for 1 to 2 hours.

Melt butter in the skillet over medium-low heat. Whisk in flour and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Add heavy cream and sour cream and whisk until thickened. Pour into the slow cooker and cook on Low for 1 more hour.

Ladle into bowls and garnish with remaining bacon, remaining Cheddar, sour cream, and scallions.

Two Mushroom Soup

I usually make this a few times a winter, usually when the winter blahs start getting to us as it's quite flavourful and yet comforting. The dried mushrooms are a bit more of an exotic ingredient - I buy a large bag in the Asian section of the grocery store every few years as they keep forever. It is a soup that eats like a meal, so you may want to add additional milk.

- 5 dried mushrooms
- 2 cups of boiling water.
- ½ cup of butter
- 1 lb. of button mushrooms, cleaned and chopped
- 1 onion, finely chopped
- 1 1/2 tsp dried thyme or Old Bay seasoning
- Salt and freshly cracked black pepper to taste
- ½ cup flour
- 3 cups of whole milk
- ½ tsp Worcestershire sauce

Add the dried mushroom to the boiling water. Let them steep for about 1 hour. Pour the mixture through a coarse strainer and keep the liquid. Finely chop the rehydrated mushrooms.

Melt the butter in a thick-bottomed stockpot over medium-high heat. Add the chopped button mushrooms, rehydrated mushrooms and onion. Saute until soft.

Add the salt, pepper, thyme/Old Bay and flour. Cook for about 2 minutes, stirring continually.

Gradually add the mushroom water, stirring constantly to fully incorporate (and avoid lumps).

Stir in the milk, Worcestershire sauce and simmer for about 15 minutes.

Cheese Puffs

These are soft little morsels of cheesy goodness. They are a nice change when you don't feel like making biscuits.

- ½ cup finely grated parmesan
- ½ cup shredded cheddar cheese
- ¼ cup butter
- ½ cup flour
- ¼ cup cornmeal
- 1 cup cold water
- 3 eggs
- 1/8 tsp salt

In a medium saucepan on medium heat, melt the butter with the water. As soon as the mixture comes to a rolling boil add in the flour, cornmeal and salt. With a wooden spoon work quickly to incorporate the ingredients. The dough should be smooth and start to come away from the sides of the saucepan. Remove from heat and meat for 30 seconds, then add, one at a time, the eggs, followed by the parmesan and cheddar.

Cover and refrigerate for 2 hours minimum.

Prep a cookie sheet with either a silicone liner or parchment.


Wet your hands (helps prevent the dough from sticking), divide into 24 pieces and roll into balls.


Bake at 400F for 20 minutes or until golden.

These freeze well. Simply make into balls and then freeze. Bake at 400F for 35 minutes.



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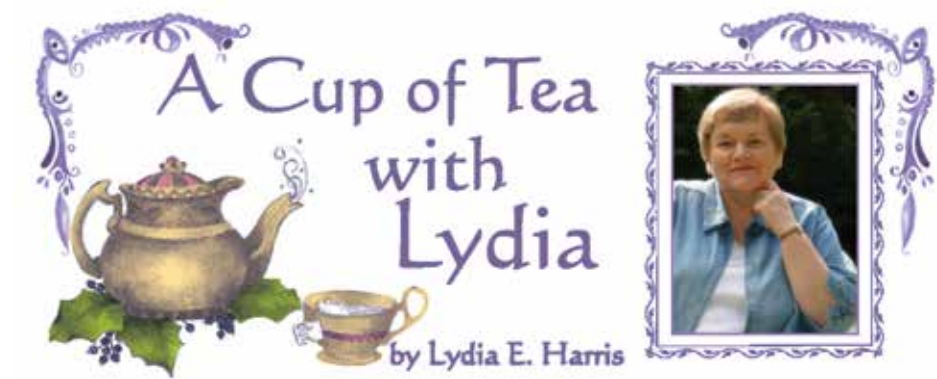
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Valentine's Day. . . Serving Tea with Love

As we turn the 2022 calendar pages, one of the first holidays is a day of love. What could be nicer than starting the year showing love and kindness over a cuppa' tea? Here's my recipe to pamper guests and make them feel loved as you share tea.

1. PREPARE a lovely setting. A prepared place makes guests feel welcome and valued. Tablecloths, colorful napkins, china teacups, nice silverware, a pretty teapot, glowing candles and background music create a welcoming ambiance. The setting doesn't have to be stuffy, fluffy or formal; it can be casual and homey.
 2. ADD tea-licious foods. A variety of tasty foods in different colors, shapes and textures makes guests feel special. If possible, prepare them beforehand and serve them attractively. If serving only scones and tea, serve the scones warm and select a special tea blend such as Harney & Sons Valentine's Day tea. If you know your guest loves a certain food, why not serve it? Also, respect guests' dietary needs. My neighbor emailed she was dieting and didn't want much. I set out a miniature three-tiered silver tray with dainty foods. After she nibbled a few tidbits, she said, "This was perfect."
- To put "heart" into your teatime, try one of these tasty ideas:
- Prepare turkey sandwiches with cranberry heart centers. (See recipe.)
 - Cut scones into medium-sized hearts with a cookie cutter, brush them with melted butter, and sprinkle with red-colored sugar before baking. Serve with red jam or jelly.
 - Serve a "heart-TEA" bowl of soup garnished with toast hearts. Lightly spread bread slices with butter, sprinkle with garlic powder and cut into hearts. Toast and place on soup just before serving.



3. SPRINKLE in special touches. If desired, pamper guests by using doilies, place cards, napkin rings and perhaps a homemade menu. Include a small surprise at each place setting, such as a long-stemmed rose, a decadent truffle in a nut cup or a pretty teaspoon. I keep inexpensive gifts on hand for this purpose.

4. BLEND in listening ears. In the busyness of life, people appreciate someone who listens, cares and accepts them without trying to fix them. Uplifting, meaningful conversation from the heart makes guests sense they are loved. Laughter, when appropriate, adds cheer to the mix.

5. ADD a heaping portion of time. Sharing your time makes others feel valued. You've already put time into the preparation. One friend burst into tears when she saw the prepared table and asked, "You did this for me?" There is also the relaxed atmosphere while sipping tea. "You acted as though you had all the time in the world for me," one guest reflected. If possible, invite people when you have several hours for a leisurely teatime because love is spelled "T-I-M-E."

6. SERVE with a hospitable heart. Welcome guests at the door instead of hollering, "Come in! The door is open." Serve them graciously, attending to their needs. Asking, "Could I pour you another cup of tea?" makes guests feel special. Then walk them to their cars when they are leaving.

People feel loved when they are pampered. And they will remember how we made them feel much longer than they will remember what we served.

I'm ready to combine these ingre-TEA-ents and put my heart into serving tea to a friend. It will be a gift for me as well as my guest. Will you join me?

Lydia E. Harris is a tea enthusiast, grandmother of five, and author of *In the Kitchen with Grandma: Stirring Up Tasty Memories Together* and *Preparing My Heart for Grandparenting*. Her books are available on [amazon.com](https://www.amazon.com).

From Lydia's Recipe File:



Turkey-and-Cranberry Tea Sandwiches

Easy to make. Guests will gobble them up.

Ingredients

- 4 slices wheat bread
- 4 slices white bread
- 8 slices deli turkey
- 1(16 oz.) can jellied cranberry sauce
- Mayonnaise

Directions

1. Lightly spread wheat bread with jellied cranberry sauce. Top each with two slices turkey.
2. Lightly spread white bread with mayonnaise. With the mayonnaise side up, cut out four tiny hearts with a 3/4-inch cookie cutter (found in kitchen stores), one in each corner of the slice.
3. Place the white bread on the turkey, the mayonnaise side down.
4. Slice cranberry sauce the thickness of bread.
5. Cut tiny hearts from the cranberry sauce and slip them into the four heart-shaped holes cut in each sandwich.
6. Trim crusts and cut into four square sandwiches.

Makes 16

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Yvonne Hollenbeck

The Quilter's Nightmare

I had an awful dream last night,
I woke up uncomposed;
I dreamt I went to buy some cloth
but the fabric store was closed.

I peered through barren windows;
I could see no one in there,
and those shelves that held good fabric
and fine notions, they were bare.

And what about those ladies,
that helped me oh, so much
with all my quilting projects....
....they just had that special touch.

Alas, I saw a kind old man
and as he walked towards me,
I said: "I come to buy some cloth
that this store is closed, I see,"

He said: "that don't surprise me,
why, those ladies can't compete
with that great big fancy discount store
that they built just up the street,"

I thought about the words he said
as he ambled on his way;
I guess if I'm to buy some cloth
that's where I'll shop today.

I drove up to the parking lot
and headed to the door;
that thing swung open and here I was
inside this great, huge store.

I grabbed a cart and walked and walked
past clothes and pots and pans;
I finally saw a Stock Boy, and I said:
"please help me if you can."

I said: "I came to buy some cloth,"
and he gave me a funny stare,
then mumbled barely legible:
"I think it's by hardware".

Well, I pushed that cart past ten more aisles
and sure enough, I see
the bolts of fabric, every kind
and a clerk to wait on me!

I told this pretty lady
I had come to buy some cloth;
she said: "my dear, you're on your own,
I can only cut it off

the bolt and mark the price,
then you must pay up front,"
and she walked away and left me;
I was really up a stump.

The bolts were all a-hodge-podge
and they didn't seem to care;
there was no "Jenny Beyer"
and I was wishin' I weren't there.

I thought about that nice quilt show
and a lump came in my throat;
gosh, I wish that shop weren't closed
and that's when I awoke!

I awoke to one good lesson
of how this dream could sure come true
if those little shops could not depend
on folks like me and you

to shop there for our quilting needs,
though they sometimes can't compete
with those great big fancy discount stores,
but you know those small shops can't be beat!

© Yvonne Hollenbeck.

Yvonne Hollenbeck, from Clearfield, SD, performs her original poetry throughout the United States, captivating audiences in her wake. She is one of the most published cowgirl poets in the West and is not only a popular banquet and civic entertainer, but also co-writes songs with many western entertainers. Yvonne also pens a weekly column in the "Farmer-Rancher Exchange" and writes articles about life in rural America in various publications throughout the West. For more information, visit <https://www.yvonnehollenbeck.com>

A Story of Life and Crossword Puzzles

by Kerri Habben Bosman

My husband Wayne and I finished a crossword puzzle book today. We spent many enjoyable hours sitting at the kitchen table completing all 104 puzzles. All for \$4.99 plus tax. Perhaps being happy about these things makes us seem old and cheap. We prefer the description "tenured and resourceful."

We began doing crossword puzzles in July 2021 when we visited Wayne's Mom. She gets the newspaper every day and we found that we enjoy doing puzzles together. We found some books that aren't the most difficult and yet they aren't the easiest by any means, either. I think a little bit of the attraction for both of us is that we are carried back to sitting with Mom sipping coffee in her timeless and cozy kitchen.

We are also constantly learning in this way. We discover what we already know and merely needed a catalyst to be released in our brains. Sometimes this information is something we both know. Yet, we also discover something new from each other. Occasionally we are inspired to research a topic we never thought much about before.

Often times we say the same answer at the same time. We have common backgrounds of information and we also each have different areas of expertise. We grow amused at often repeated clues, laughing at ourselves when we cannot remember that French river or what currency is used in Latvia.

Mostly we start a puzzle together. We use black pen instead of a pencil. Wayne tells me to write because he says my handwriting is better. If we make a mistake, we work around the wrong letters and write over them as we get the right ones. It doesn't always look perfect, but we patiently work through it.

We occasionally cheat a little bit but only when we've entirely exhausted our knowledge. That and when every remaining clue is so obscure that we would never know it even if we tried for hours. Then we look in the back of the book.

Sometimes one of us begins a puzzle and works on it alone until we've filled in all the answers we know. We pay attention to how the other is working, watching to see if they want to finish the puzzle all by themselves. If that is the case, we will wait for the other to ask for help.

It is then that a quietly amazing thing happens. We rescue each other. For example, if I have looked at every clue two or three times and am at a total loss, I say to Wayne that I require his brilliance. He answers, "Well, I don't know about that, but I will help you with the crossword puzzle." Then, most of the time, he puts in one clue and suddenly there is one that I know. Then he gets another and so do I. And, before we know it, the puzzle is finished.

It has not escaped us that life is like doing a crossword puzzle. Some of the answers arrive easily and others take a little time to find out. Sometimes we literally don't have a clue, but we keep trying. There are the moments that pure intuition takes over and it all falls into place. Other times, we figure out what went wrong and how to fix it. Life doesn't have to be perfect to be ideal.

Each puzzle of life is filled in steadily and gratefully—one blank space, one day at time. We work together, sharing strength and joy with each other.

Now we have 104 more puzzles in a brand, new book. We have hours of entertainment, all for \$4.99 plus tax. Remember, we're not old and cheap. We're tenured and resourceful.

Kerri Habben Bosman is a writer in Chapel Hill, NC. She can be reached at 913jeeves@gmail.com.

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Trick or Treat

by Stephanie Thannhauser

dashwood
studio

Availability: June/July 2022

Material: Quilting Cotton

Width: 44/45" – 112/114cm

Weight: 145 g/sqm



TRICK2184



TRICK2185



TRICK2186



TRICK2187



TRICK2188



TRICK2189

TWILIGHT

BY BETHAN JANINE



dashwood
studio

Availability: June/July 2022

Material: Quilting Cotton

Width: 44/45" – 112/114cm

Weight: 145 g/sqm



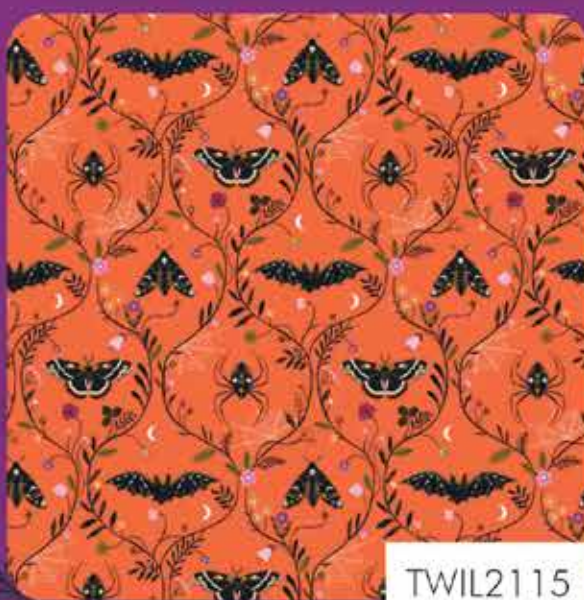
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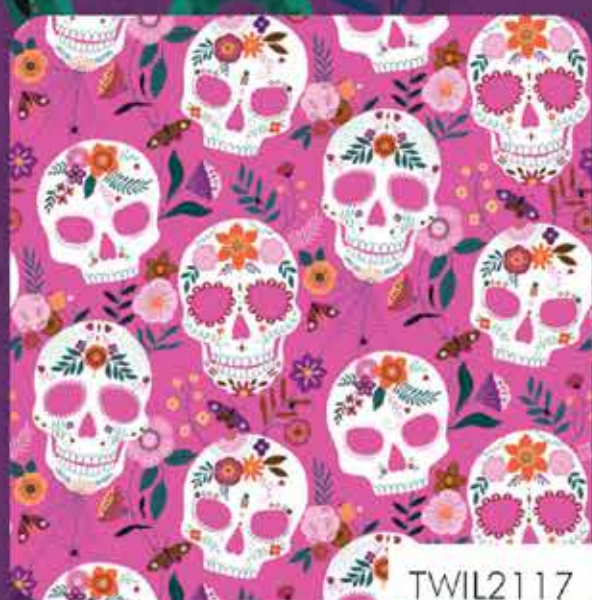
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Day ♥

Traveling Gift Bag's 25th Anniversary

by Susan Springer

Several years ago, my mother gave me a birthday gift in a special gift bag. For her birthday, I placed a gift in the same little bag. Every year thereafter we would pass the bag back and forth, chuckling at our clever birthday frugalities.

This year, my mother turned 90 and, as usual, I placed her special gift in the bag, which is just starting to show signs of wear. At the time, the bag retailed for about one dollar and came complete with a little

clip-on birthday tag in the shape of a cake with a candle. The clip-on tag has seen some hard times but the bag is still going strong.

Some years we were in a panic trying to find the blasted bag. But having been lovingly tucked away, it was soon found and gave another year of service to us.

In these times, finding joy in simple pleasures is enormously satisfying and saving money on the cost of a new bag each year means we can give each other even nicer gifts! The photo is my mother on her 90th birthday holding the shared gift bag at her birthday tea party.

Susan Springer, Owner of Your Cup of Tea, conducts Tea and Etiquette workshops in Victorian & English tea traditions throughout the Pacific Northwest. Ms. Springer holds a degree in Family & Consumer Sciences and is Certified in Tea & Etiquette through the Protocol School of Washington DC since 2005. She can be contacted at suki_wa@hotmail.com.

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The Friendly, Lovable Chickadee

by Lesley R. Nuttall



The Chickadee is a small bird, with a big personality. Every species of Chickadees have their own special identity. Weighing less than an ounce, at 4 – 5 inches long, their tail helps with their balance. A group of Chickadees is called a banditry, because of their mask like appearance.

There are 65 species of Chickadees across this earth. The USA has 7 species, while Canada has 5, with their song of mirth. Canada has Black Capped; Mountain; Chestnut Backed; Grey Headed and Boreal. The USA has 2 more – Carolina and Mexican, which is factorial.

The Black Capped Chickadees are the most popular in Canada and the USA. Their color is a black cap and bib, white cheeks and belly, with back and tail of grey. These little birds are very smart, and have a good memory and brain. They will go to the other side of a tree to avoid sun, wind and rain.

In the summer, they eat berries, suet, insects and seeds. As they don't migrate in winter, they rely on finding insects and larva in trees. Chickadees can retain heat by fluffing up their feathers. They can also drop their temperature, to save energy in bad weather.

In the winter – compared to summer, they need 10 to 20 times the amount of food. Chickadees lay eggs, mid April to June, and usually have only one brood. This cheery little bird emphasizes danger to others, by the number of dee, dee, dees they sing to friends, sisters and brothers.

They spend time with their flocks, to feel protected. Which makes each Chickadee feel safer and respected. We can all be birdwatchers and help the Chickadee, by providing some seeds this winter don't you agree?

Lesley R. Nuttall is the Author of *Secrets of Party Planning*. She also loves writing poetry about nature! Lesley lives in Thunder Bay, ON, Canada with her husband.



Breakfast Rolls

- 1 cup warm water
- 1 Tbsp yeast
- 1 Tbsp sugar
- 1 Tbsp oil
- 1 tsp salt
- 2 1/2 - 3 cups flour
- 1 Tbsp melted butter
- 2 cups shredded cheese
- 12-15 slices bacon, chopped & fried
- 6 breakfast sausages, cooked & chopped
- 6-8 large eggs, scrambled

Combine warm water, yeast and sugar in a mixing bowl and let sit for about 3-4 min. Add in oil, salt and flour. Cover and let sit in a warm place for 15 min.

Preheat oven to 400 F

Oil your countertop and roll dough out into a large rectangle about 1/4" thick. Brush dough with melted butter, then spread with scrambled eggs, sprinkle the shredded cheese on top (reserving 1/2 cup for later). Then spread bacon and sausage.

Roll up. Starting on the long side out into 1 1/2" sections. Should yield 16 rolls.

Set rolls in a greased pan. Bake for 14 min. Move from oven and top with the remaining 1/2 cup cheese. Return to the oven for 2 min. Serve warm.



White Bread

This is just a basic soft, white bread recipe, but it is delicious coming fresh out of the oven to go with a pot of soup. I have a really nice Kitchenaid stand mixer, so I don't do the kneading - I let my mixer do the work for me!

- 2 cups warm water
- 1/4 cup sugar
- 1 1/2 Tbsps active dry yeast
- 1 1/2 tsp salt
- 1/4 cup vegetable oil
- 6 cups flour

In a large bowl, dissolve the sugar in warm water, and then stir in yeast. Proof.

Mix salt and oil into the yeast. Mix in flour one cup at a time. Knead dough on a lightly floured surface until smooth. Place in a well-oiled bowl, and turn dough to coat. Cover with a damp cloth. Rise until doubled in bulk, about 1 hour.

Punch dough down. Knead for a few minutes, and divide in half. Shape into loaves, and place into two well-oiled 9x5 inch loaf pans. Allow to rise for 30 minutes, or until the dough has risen 1 inch above pans.

Bake at 350F for 30 minutes.

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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.
Almonte	<i>Almonte Quilters Guild</i> We meet at the Almonte Civitan Club, 500 Almonte Street Active at 7:00 pm from September through June (no meeting in December).
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.
Arnprior	<i>Arnprior District Quilt Guild</i> We meet at the Christian Education Centre, 257 John St. N. at 6:30 pm on the fourth Wed. of each month from Sept. to June.
Barrie	<i>Simcoe County Quilters' Guild</i> We meet at the Simcoe County Museum, 1151 Hwy 26, Midhurst at 1:00 pm on the Fourth Thursday each month except the 2nd Thursday in Dec and 3rd Thursday in June, from September to June. <i>Kempenfelt Quilt Guild</i> We meet at the Lion's Gate Banquet Hall on Blake Street, the 3rd Thursday of the month from 7-9pm <i>Barrie Modern Quilt Guild</i> We meet at Grace United Church, 350 Grove St. East the last Thursday of the month, on alternate months from September to May - 7pm and on various Saturdays during the alternate months, for Activities and Workshops, from October 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 on the 4th Thursday of each month from September to June at 7:30 pm. Meetings are held at Jim Archdekin Recreation Centre, 292 Conestoga Dr, Brampton.
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 8958 Trafalgar Rd, Georgetown, ON L7G 4S5. 6:45pm till 9pm from September till June on the fourth Monday of the month.
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 7:00 pm on the 1st Thursday of each month. <i>Limestone Quilt Guild</i> Meeting Area usually is – Kingston Senior Centre, 56 Francis Street, Kingston, Ontario, but we are on zoom right now. We meet on the first Wednesday of each month at 7 pm on zoom.
Kingsville	<i>Erie Shores Quilters' Guild</i> We meet at the Kingsville Arena, 2nd floor at 7p.m. on the third Tuesday of the month.
Kirkton	<i>Huron, Perth Quilters Guild</i> We meet at the Kirktown/Wooddham Community Centre at 9:00 am on the second Tuesday of the month from September through May.
Kitchener - Waterloo	<i>The Waterloo County Quilters Guild</i> 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.
Lambton	<i>North Lambton Quilt Guild</i> We meet at the Port Franks Hall on the 4th Wednesday of the month.
Lindsay	<i>Lindsay Creative Quilters' Guild</i> We meet at Celebrations, 35 Lindsay St. N at 1:00 pm every 2nd Monday of the month except for October, December and June.
Manitoulin Island	<i>Island Quilters Guild</i> We meet at the Community Hall in Mindemoya at 7:00 pm on the third Thursday of the month from September though June.
Markdale	<i>Queen's Bush Quilters</i> We meet at Annesley United Church, 82 Toronto St. at 7:00 pm on the 1st Tuesday of the month from September to June.
Meaford	<i>Georgian Quilters Guild</i> We meet at the Meaford Opera House, Sykes St. at 1:30 pm on the 3rd Thursday of the month.
Mississauga	<i>Cawthra Senior's Centre</i> 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> We meet at the Tomken Twin Arenas at 7:30 pm on the first Thursday of the month (except July and August).

Miramichi	<i>Miramichi Quilt Guild</i> We meet at the Seamans Hospital at 7:00 pm every Tuesday and 10:00 am every Thursday.
Napanee	<i>Heritage Quilters Guild</i> We meet at the Strathcona Paper Center at 7:00 pm on the third Tuesday of each month from September through to June.
Newmarket	<i>The Region of York Quilters Guild</i> We meet at the Newmarket Community Centre, 200 Doug Duncan Drive on the fourth Wednesday of the month from September through May. <i>Moraine Quilt Guild</i> We meet in the hall at St. Andrew's Presbyterian Church – 484 Water Street, Newmarket at 9:30 am – 12 Noon for Social Sew and 1:00-3:30 pm for the Meeting on the first Wednesday of each month year round.
Niagara Region	<i>The Niagara Heritage Quilters' Guild</i> We meet at Merrion Community Centre, 7 Park Ave., St. Catharines on the third Wednesday of each month.
Nobleton	A chapter of the <i>Modern Quilting Guild</i> We travel to various locations in Southern Ontario on a rotating basis.
Norwich	<i>Quaker Quilt Guild</i> We meet at 89 Stover St N, Norwich at 9:30 am on the second Monday of the month.
Orangeville	<i>Dufferin Piecemakers' Quilting Guild</i> We meet at the Orangeville Event Centre at 7:30 pm on the third Monday of the month from September through June.
Orilla	<i>Orillia Quilters' Guild</i> We meet at the Royal Canadian Legion, 215 Mississauga St. E. at 1:00 pm on the 3rd Wednesday of the month.
Orleans	<i>Common Thread Quilt Guild</i> Meets the second Tuesday of the month at 7pm at MIFO, 6600 Carriere St, Orleans. www.commonthreadquiltguild.ca
Orono	<i>Ganaraska Quilters Guild</i> We meet at the Seniors Activity Centre. 200 Station St. W at 7:15 pm on the last Wednesday of the month.
Oshawa	<i>Durham Trillium Quilters'</i> We meet at the Zion Christian Reformed Church 409 Adelaide Ave. E. Oshawa at 7:00pm every second Monday Sept.- June
Ottawa	<i>Ottawa Valley Quilters Guild</i> Our guild continues to meet on the ZOOM platform because of the covid-19 pandemic situation. Our normal in-person meetings will resume some time in 2022. The meetings are usually held the second Monday of every month September to June, at the Riverside United Church, 3191 Riverside Drive, Ottawa ON, K1V8N8. Our email address is ottawavalleyquiltersguild.org <i>QuiltCo</i> We meet at the Trinity Anglican Church in Old Ottawa South on the second Monday evening of the month except July and August.
Owen Sound	<i>Bluewater Quilters' Guild</i> 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).
Paris	<i>Paris Quilting Bees</i> We meet on the 3rd Wednesday of the month from September to June at the Paris Fairgrounds at 7 PM. For information email: parisquiltingbees@gmail.com.
Perth	<i>Lenark County Quilters Guild</i> We meet at Lions Hall, Perth Fairgrounds at 7pm on the 4th Tuesday of the month.
Pickering	<i>Rouge Valley Quilters' Guild</i> We meet at Peace Lutheran Church, 928 Liverpool Road, Pickering at 7:00 pm on the 4th Monday of the month September through May, excluding December.
Port Loring	<i>Argyle Quilters Guild</i> We meet at the Lions Den in Arnstein on the second Thursday of the month.
Port Perry	<i>Port Perry Patchers</i> 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.
Prince Edward	<i>Prince Edward County Quilters' Guild</i> We meet at the BCR Church in Bloomfield at 7:00 pm County on the second Wednesday of each month.
Rayside	<i>Rayside Balfour Quilting and Stitchery Guild</i> We meet at the Chelmsford Arena (upstairs) 215 Edward Avenue, Chelmsford, Ontario at 7:00 p.m. every Monday from September to May.
Renfrew	<i>Quilt Guild Renfrew & Area</i> We meet at the Horton Community Centre, 1005 Castleford Road, Horton from 1:00 pm to 3:00 pm on the second and fourth Tuesday of each month from September to June.
Richmond	<i>Richmond Area Quilters Guild (RAQG)</i> We meet at the Richmond Legion, 6430 Ottawa Street at 7:30 on the third Wednesday of each month.
Ruthven	<i>Erie Shores Quilter's Guild</i> We meet at the Ruthven-Olinda United Church every third Tuesday.
Sarnia	<i>Sarnia Quilters' Guild</i> We meet at the Redeemer Christian Reformed Church 5814 Blackwell Sdrd, Sarnia at 7pm the first Monday of each month.
Sault St. Marie	<i>Stitches From The Heart Quilt Guild</i> We meet at the Senior's Centre on Bay St at 7pm the last Monday of the month.
Scarborough	<i>Rouge Valley Quilters' Guild</i> We meet at Peace Lutheran Church, 928 Liverpool Road, Pickering at 7:00 pm on the 4th Monday of the month September through May, excluding December.
Simcoe	<i>Twilight Quilters' Guild of Norfolk County</i> We meet at the Old Wyndham Church, 30 Glendale Crescent at 7:00 pm on the second Monday of the month. <i>Norfolk County Quilters' Guild</i> We meet at the Vittoria & District Community Centre on the first Tuesday of each month except October.
Stittsville	<i>The Quilters Club</i> We meet at the The Pretty Street Community Centre at 7:00 pm on the third Monday of the month.
St Marys	<i>The Stonetowne Quilters' Guild</i> We meet at the End Zone Room of the Pyramid Centre at 9:30 am on the third Tuesday of the month from September to May.
Stony Creek	<i>Stoney Creek Quilters Guild</i> We meet at the Royal Canadian Legion, 12 King Street East, at 6:30 pm on first Wednesday of the month from September to June.
Sudbury	<i>Sudbury & District Quilting & Stitchery Guild</i> We meet at 140 Durham Street at 7:00 pm on every Tuesday from September to April.
Sutton	<i>The Georgina Pins and Needles</i> We meet at the Knox United Church 34 Market Street at 7:00 pm on the first Tuesday of the month from September to June.
Thunder Bay	<i>Thunder Bay Quilters' Guild</i> We meet at Calvin Luthern Church on Edward Street at 7:30pm on the 3rd Monday of each month from September to June.
Toronto	<i>Etobicoke Quilters' Guild</i> We meet at the Neilson Park Creative Centre at 7:15 pm on the third Monday of the month. <i>Pieceful Nights Quilters' Guild of North Toronto</i> meets the second Wednesday of each month. During COVID-19 meetings will be held via Zoom. Guests welcome. https://www.pnag.ca. <i>Toronto Modern Quilt Guild</i> We meet at The Workroom Studio, 46 Nobel St Studio 102 at 3:00 pm on the last Sunday of each month. <i>York Heritage Quilters Guild</i> We meet at the Toronto Botanical Gardens on the 3rd Tuesday of every month from September through May. <i>Yorkshire Rose Quilters' Guild of Toronto</i> We meet at Danforth Mennonite Church, 2174 Danforth Avenue at 7:30 pm on the second Wednesday of the month from September through May.
Wasaga Beach	<i>Slope to Slope Quilters Guild</i> We meet in the Community Hall at the Wasaga Stars Arena at 7pm on the first Tuesday of the month September through June.
Waterloo	<i>The Waterloo County Quilters' Guild</i> We meet the Albert McCormick Community Centre at 1:30 pm and 7pm on the third Wednesday of each month from September through June
Whitby	<i>Kindred Hearts Guild</i> We meet at the Whitby Baptist Church on the third Tuesday of the month.
Windsor	<i>Windsor Quilters' Guild</i> We meet at Royal Canadian Legion Branch 594, 5030 Howard Ave., Windsor, ON N9A 6Z6 at 9:00 a.m. the first Wednesday of the month from September to June.
York Region	<i>The Moraine Quilt Guild</i> We meet at the St. Andrews Presbyterian Church at 1:00 on the first Wednesday of the month.

Sintra Entrada

by Marlene Oddie

While traveling in Sintra, Portugal, back in 2019, I saw a tile pattern in three colors in the floor of the entrance to the Sintra Palace. It looked a bit tricky since the rectangles and squares don't come together in straight lines. Playing with the design and adding a secondary design with a series of colors and values created a very interesting trick to the eye.



This design uses the same row pattern throughout the quilt, but because of the color and value shifts, the design appears to change across the quilt.

I've designed the construction process using strip sets, which makes it go together fairly quickly.

The quilt is shown in the new Twilight Glow collection from Island Batik. The fabric prints used in the borders have star bursts.

If you've got a colorful set of 2 1/2" strips x width of fabric that you've been wanting to use, just add one light and one dark coordinating yardage and optionally whatever you'd like for borders. You can pick up the Sintra Entrada pattern at my website. Be sure to post what you make and tag us or send me an email with a picture of your quilt.



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 quilts for hire on a Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient. Fabric, patterns, kits and templates are available at <http://www.kissedquilts.com>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts> and <https://www.instagram.com/marlene.kissedquilts/>.





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Happy New Year! It is satisfying at this time of year to consider the past year with its ups and downs and place it firmly behind us, while anticipating what the new year may bring – new projects, new experiences, new relationships...

But consider this: perennial plants require a period of dormancy to produce flowers in season; farmers leave some fields in fallow periodically; we all need rest to be productive. This year, instead of treating winter as something to be endured while waiting for spring, let's value the cold months for what they really are – nature's "time out." We all need some quiet time for reflection and renewal to be productive.

To begin my personal dormancy, I plan to stop "doom trolling." You know... scrolling through news feeds first thing in the morning to see what horrible events have occurred overnight. They are never in short supply. This practice can darken your whole day before you even get out of bed. Who needs that?

The joys of down time in winter are ours if we take time to notice and appreciate them. The perky blue jays at the bird feeder, their feathers a sharp contrast to the white snow. Cozy hours spent reading in front of the fireplace. The laughter of neighbour children making snow angels. The exhilaration of a clean downhill run. The sense of wellbeing after a walk outside. Time to oneself after the frantic holiday rush.

And before we know it days are lengthening and seed catalogues begin to arrive in the mail, and we are ready to break out of dormancy rested and refreshed.

P.S. People dealing with young children on a continuing basis (e.g. parents and elementary teachers) are more likely to regard winter as the time of fixing stuck zippers and persuading children to wear their toques and boots. I've been there and done that. Be assured your dormancy period will come!

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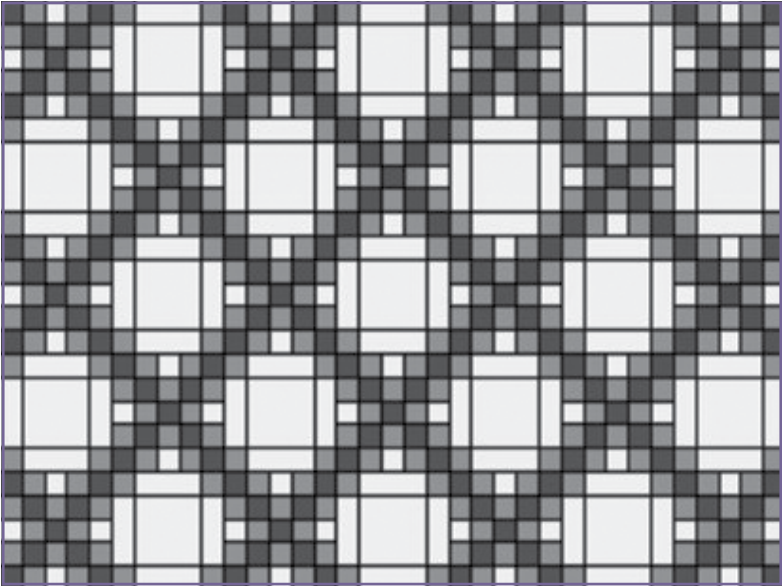
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Irish Chain Quilts

by Rachel Greco

Irish Chain Quilts have been a favorite pattern for American quilt makers ever since the early 1800s. According to Quilt Historian Barbara Brackman, the earliest documented date of an Irish Chain quilt in America is 1814. She states in her book *Clues in the Calico* (1989) that the pattern was possibly derived from geometric double-weaving patterns of that era.

In March 1979, *Quilters Newsletter Magazine* noted that no documentation had been found to show that the Irish Chain pattern had been brought to America by Irish immigrants, had originated in Ireland or even why this pattern has been dubbed "Irish" chain.

While much of the history of the Irish Chain pattern remains a mystery, today there appears to be evidence to suggest that the pattern may indeed have originated in Ireland. According to an article published at womenfolk.com, a photograph of a quilt in the book *West Virginia Quilts and Quilt-makers* (2000) shows a quilt made with a pattern that is similar to what we think of today as an Irish Chain quilt. This quilt had been brought to America from Ireland. Made by Margaret Kee in 1805, this quilt was stitched with the linen thread typically used in Ireland at that time. Ms. Kee then brought the quilt to West Virginia in 1807 when she immigrated to America.

There are three different types of Irish Chain quilts. The Single Irish Chain is an easy design where the blocks alternate horizontally between one block of nine mini squares and a solid block of a contrasting color. The Double Irish Chain uses one block of 25 mini squares and an alternate block consisting of nine pieces. The Triple Irish Chain is much more intricate and made with four different colors of fabric. The main blocks have 49 mini squares of fabric with alternate blocks consisting of 25 mini-squares.

Interestingly, the Irish Chain quilt pattern is found in Ireland where it goes by the name "Mosaic" or "American Chain."

Rachel Greco owns *Grandma's Attic*, a traditional quilt shop in Dallas, Oregon. A quilt historian and avid reader, she gives talks on needlework, the role of women in American history, and their connection to fabric. She has written several books and patterns and runs *Grandma's Quilt Club*, a monthly quilt class where participants collect quilt blocks, learn about quilt history and make new friends. Learn more at: <https://grandmasatticquilting.com>.

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Thunder Bay





The Fight is On!

Mystery Quilt 2022 for The Country Register
Designed by Ann Jones

If you have any questions contact Erica at Nine Patch Quilt & Fabrics, Nevada, MO
ericaskouby@gmail.com or 417-667-7100. Miss one of the parts?
Check www.countryregister.com

This quilt is near and dear as it is in memory of someone I lost this year to acute leukemia and also in honor of a good friend who is currently fighting her second battle with cancer. I used fabric from the first friends stash and fabric from the second friends quilt shop so it is a very special quilt. There are 4 blocks in this quilt. Each has a different color wave. The quilt finishes at 54X72".

Fabric requirements:
Block 1 (Color set 1): I used yellow and white. This is the main focus block so use colors you can compliment with the other blocks
Fabric A – neutral tones – 10 Fat quarters
Fabric B – shades of whatever is your favorite – 10 Fat quarters

Block 2 (Color set 2): I used subtle prints for two and a floral for the third fabric
Fabric C – light print – ¼ yard
Fabric D1 – light neutral – ¼ yard
Fabric E – dark print – 1/3 yard
Fabric D2 – medium neutral – 1/3 yard
Fabric F – medium print – ½ yard

Block 3 (Color set 3): It is a 6 ½X 6 ½" block. Choose a fabric that coordinates or choose something light that is a background fabric and "supports" the other fabrics.
Fabric G – 1 ¼ yards

Block 4 (Color Set 4):
Fabric H – You need 4 shades of 1 color varying from light to dark (H1/H2/H3/H4)- ¼ yard each
Fabric I – medium/dark (you might want this to be green as it is the stem of the flower)- ¼ yard
Fabric J – neutral- ½ yard

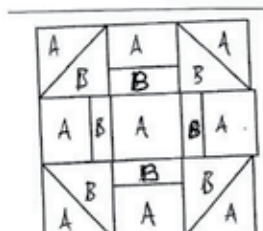
Optional 4 inch border – 1 yard ; Binding ½ yard with no border; 2/3 yard if you add border

PART 1: Block 1 – Churn Dash Block 6 ½ X 6 ½" blocks (**Make 20**)- Color Set 1
For EACH block, Cut:
Fabric A:
2 – 3X3" squares (total of 40 needed)
1 – 2 ½" X 2 ½" square (total of 20 needed)
1 – 1 ¼" X WOF (width of fabric/ total of 20 strips needed)

Fabric B
2 – 3X3" squares (total of 40 needed)
1 – 1 ¼" X WOF (total of 20 strips needed)


Mark a diagonal line on the wrong side of Fabric A -3" blocks. Place Fabric B – 3" block right sides together with Fabric A. Sew 1/4" seam on either side of marked line. Cut along marked line. Press open towards the darker fabric. This will yield 4 half square triangles. Square these up so each measures 2 ½ " square. With right sides together, sew the 1 ¼" WOF strip of Fabric A to the 1 ¼" WOF strip of fabric B. Press seam. Sub-cut into 2 ½" segments. Press open towards the dark fabric.

Follow the diagram to make your Churn Dash block.



Part 1: Block 2- Log Cabin variation – 6 ½X6 ½" block (**Make 32**)- Color Set 2
For EACH block, cut:
Fabric C:
1- 2 ½"X 2 ½" square (total of 32 needed)
Fabric D1:
1 – 2 ½" X 2 ½" square (total of 32 needed)
Fabric E:
1 – 2 ½" X 4 ½" rectangle (total of 32 needed)
Fabric D2:
1 - 2 ½" X 4 ½" rectangle (total of 32 needed)
Fabric F:
1 – 2 ½" X 6 ½" rectangle (total of 32 needed)

With right sides together, sew C to D1, press towards D1. Next sew E to C/D1 making sure C is at the top and E is on the right side. Sew D2 to the bottom. Press towards D2. Sew F. See diagram.)



A map of the province of Ontario, Canada, with 14 cities marked by red stars. The cities are distributed across the province, with a higher concentration in the southern half. The Great Lakes are visible to the west and south, and Lake Huron to the east. The map uses a light beige color for land and light blue for water. The cities are labeled as follows:

- Red Lake
- Kenora
- Dryden
- Sioux Lookout
- Thunder Bay
- Marathon
- Cochrane
- Earlton
- New Liskeard
- Sault Ste Marie
- Thessalon
- Espanola
- Corbeil
- Sturgeon Falls

Ottawa	Sew -Jo's	pg. 2
Perth	Perth Fabrics	pg.9
Petrolia	Stitcharie	pg. 2, 14
Pincourt	Mad Moody Quilting Fabrics ..	pg.9
Prescott	Watergirl Quilt Co.	pg. 9
Russell	Quilter's Barn & Gifts	pg. 6
Sault Ste Marie	Life's A Stitch.....	pg. 20
Severn	Thimbles & Things.....	pg. 11
Severn/Orillia	Century House Quilting	pg. 24
Shakespeare	The Quilt Place.....	pg. 16
Stratford	Sew & Save Centre	pg. 16
St. Marys	Kalidoscope of Quilts	pg. 16
Sudbury	Gem Sewing (NEW LISKEARD)	pg. 20
Teeswater.....	Sanity Hill	pg. 10
Thunder Bay	Circle of Friends	pg. 21
Woodville	Bolts & Bobbins	pg. 9

GIRLFRIEND WISDOM

Every great dream begins with a dreamer. Always remember, you have within you the **STRENGTH**, the **PATIENCE**, and the **PASSION** to reach for the stars to change your world.

These wise words are a quotation from a person who lived a great dream. Her name is Harriet Tubman. Please spend a little time researching the lifetime story of this incredible woman born into slavery March 1822. Among other things, Harriet is known for freeing enslaved people while enduring great risk to her own life. It took tremendous physical and mental **strength**, the wisdom of **patient timing**, and great great **passion** to change the world. We are inspired and learn from those who have shown by example what a great dream can produce, but it takes the dreamer to walk the path.

GIRLFRIEND WISDOM:

Build up your Strength of body and mind.
Breath deeply into the value of Patience.
And light a fire under your personal and unique Passion.
Your Dream is Waiting!


Joy & Blessings,
Jody

Girlfriend Wisdom is written and illustrated by Jody Houghton®.
For color files of this writing, contact Jody at: jodyhoughton@msn.com

Countryberries Designs

Snow Pets

Designed by Kathy Graham



This pattern is free for you to use. Please give the artist credit. Not for commercial use. Enlarge this pattern to your desired size. Paint on canvas, wood, paper or fabric. You can also applique the design with wool or cotton fabric to make a pillow or wallhanging. You can do embroidery, punchneedle or rug hooking techniques too. Maybe you'd like to just make these pets out of snow. Whatever craft you choose, have fun!

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WINTER 2022 COUNTRY REGISTER WORD SEARCH

Types of Quilts

Find the word in the puzzle. Words can go in any direction.
Words can share letters as they cross over each other.

O	M	Y	I	K	V	B	D	N	S	M	C	S	P	P
T	U	A	R	C	O	A	O	B	G	R	C	P	I	M
O	B	P	H	O	A	R	Q	J	A	R	A	H	L	E
H	L	P	O	E	M	G	Y	Z	A	T	S	A	R	D
P	A	L	J	G	U	E	Y	P	C	D	P	U	U	A
E	C	I	T	T	A	L	M	H	N	X	G	F	O	L
S	W	Q	G	E	Q	L	W	E	I	S	N	R	L	L
M	Y	U	Q	P	I	O	I	M	R	A	H	C	O	I
B	A	E	W	Q	R	R	U	G	B	G	U	X	C	O
N	Q	B	V	K	F	A	M	I	S	H	G	N	R	N
O	T	N	U	P	A	R	T	S	A	M	P	L	E	R
N	E	M	M	G	W	H	O	L	E	C	L	O	T	H
E	C	I	T	T	A	L	N	L	O	L	T	V	A	T
S	W	D	D	E	R	U	T	A	N	G	I	S	W	C
M	W	J	U	W	W	Q	R	Q	Y	F	X	P	N	G

album
Amish
applique
bargello
charm
crazy
friendship
lap
lattice
medallion
memory
patchwork
photo
sampler
scrap
signature
trapunto
watercolour
wholecloth



PFAFF
Perfection starts here.™

QUILTING

with PFAFF® Precision.

quilt expression™ 720

SEWING MACHINE

Includes:
ELECTRONIC KNEE-LIFT

MUST-HAVE QUILTING FEATURES available on both machine models:

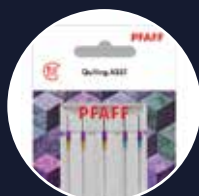
- Large Sewing Space, 10" (250mm) to the right of the needle
- The Original IDT™ System, for perfect stitching every time
- 37 Needle Positions, to choose your exact stitch placement
- 3 Free-Motion Modes: select the best mode for your specific technique

Recommended Optional Accessories



FREE MOTION RULER FOOT

SEWING STAR FOOT
for IDT™ System



PERFECT 1/4" FOOT
with guide for IDT™ System

PFAFF® ASSORTED
QUILTING NEEDLES



EXTENSION TABLE
with Adjustable Guide

QUILT BINDER
Quilt Binder needs to be fitted with the compatible
Needle Plate 412964309, available separately.



expression™ 710

SEWING MACHINE

160
YEAR
ANNIVERSARY

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Brockville (613) 342-3153

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