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June-July 2016

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Dearest Readers,

This issue marks our team’s one year anniversary of bringing you the Ontario Country Register! For me it’s so hard to believe how fast the time has flown by.

Publishing the Register has been such an incredible experience, at times challenging, most of the time fun, and some of the time even a little humbling!

We have learned so much, and met so many wonderful and interesting people along the way.

In addition to thanking you, dear reader, for your support and patronage during this first year, I’d also like to take this opportunity to thank the members of our team. Cathy, our professional graphic designer and artist is just aces! Without Cathy there would be no Register. Bill from Metroland Media Group, has also been fantastic and so helpful in guiding us through the ins and outs of publishing. Our contributing writers (Wendy Carmichael Bauld, and Madeline Lister, immediately come to mind!) give the Register its’ playful, entertaining, yet informative tone. A big thank you to all of our contributing cover artists who generously share their talent with us. Thanks also to Joni for her wonderful patterns!

It has been a privilege serving you all this past year and we look forward to a bright future of bringing you the Ontario Country Register for years to come!

May you all have a wonderful summer filled with fun and adventure (don’t forget take us with you on your next Ontario road trip!).

Cheers!

Harriet

P.S. Happy Father's day to all of the men in your life and Happy Canada Day too!



In this Issue

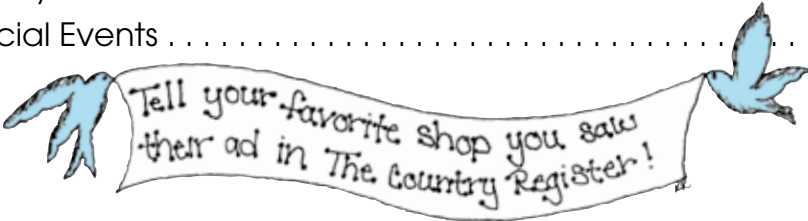
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Our Search for Cover Artwork –

Across Canada and the U.S, you can always tell *The Country Register* by it’s cover. Our publishers seek to find cover art or photos from the province/state the paper represents. To that end, we are seeking the work of artists from Ontario to feature on our covers. The art must be in good taste and consistent with the theme of the papers.

If you would like your work to be considered, please send an email indicating your interest to OntarioCountryRegister@gmail.com

Meet our COVER ARTIST:
Audrey Cooper



Audrey Cooper was born in Toronto, and moved to London, Ontario in 2003. Her passion for painting didn’t emerge until 2005 when she began working on her memories about growing up on The Danforth. She claims she was a “late starter” and now relives much of her past through her artwork. She is also an active public speaker and writer.

As a narrative artist, telling stories about lives lived with paint, brush and canvas, she has developed her own unique style and technique that is well-suited to the period she brings to life. Her paintings burst with color and are crowded with engaging characters pursuing their everyday lives. No moment is too small or insignificant for her to capture in a humorous and vivid portrait. Holding a yard sale, morning coffee with neighbors, walking to school in winter, all to be remembered and cherished.

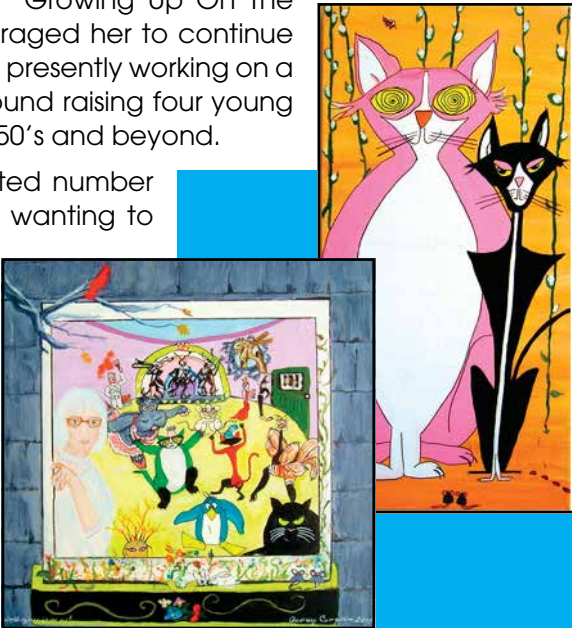
Her success in revealing daily life through the eyes of a young child in an earlier Toronto in her “Growing Up On The Danforth” series, has encouraged her to continue with her paintings, and she is presently working on a series of works centered around raising four young Boomers in the suburban 1950’s and beyond.

She also accepts a limited number of commissions from clients wanting to bring back fond memories, in paint and canvas, of their own “growing up” times.

Audrey Cooper brings the comings and goings of our lives back to life.

Enjoy!

For prices and availability of original works, please contact audcooper@mac.com.

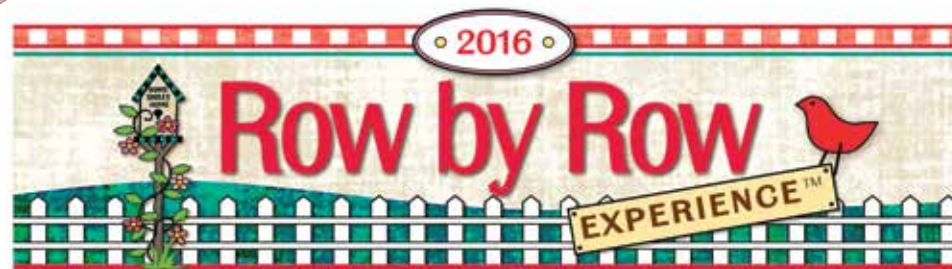




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www.rowbyrowexperience.com/ontario



2015 ROW BY ROW EXPERIENCE™ was a BLAST! It's time to start planning for 2016!

All 50 States and Canada, too!

How about this... it's like a shop hop, but it's not... no fees, no cards to stamp, and all summer to play! Simply visit any of the participating shops and receive a free pattern for a row in a quilt. Combine your rows in any way to create a unique quilt that represents the fun you had traveling throughout the summer. Travel with friends, discover new quilt shops and have fun collecting rows!

Prizes and collectibles!

Create a quilt using at least 8 different 2016 rows from 8 different 2016 participating RxR shops and be the first to bring it into a participating shop to win a stack of 25 fat quarters (6-1/4 yards of fabric!). Use that shop's row in your quilt and win a bonus prize!

Exclusive Fabric Plates™ by Zebra Patterns will be available in many Row by Row quilt shops. Each one is unique! Collect a bunch to create fun projects, sewing studio wall art or even a fun backing for your quilt.

Be watching for pins, t-shirts, caps and even more Row by Row licensed items featuring the Row by Row Home Sweet Home logo.

Each area has it's own Facebook page. Like the page from the areas you visit to see pics of the rows, shop displays, winning quilts and fabric plate projects.

Row by Row Experience™ began in 2011 with 20 quilt shops across New York State. In 2012 the event grew to include 62 participating shops. Pennsylvania came on board in 2013 for a total of 138 shops throughout the two states.

In 2014 over 1250 quilt shops participated in 34 states and Ontario. 2655 shops across the US and Canada made 2015 the biggest year so far! 2016 will be even better!

Although the quilt shops are organized by area, quilters have no borders. Travel, shop, collect patterns and add rows to your quilt from anywhere!





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Are you successful? Are you really good at something? Yes, I'm asking you to take a look at your life and assess how you perceive yourself. How many people face the world each and every day with excitement and enthusiasm and really take a good look in the mirror and are able to say "yes, I'm successful and I love what I'm doing?" First of all, how do you measure success? I have to say that the answer to that question can really only be determined by our own individual concept of the meaning of the word "success". *Dictionary.com* defines it as "The attainment of wealth, position, honors, or the like." Call it what you want but the word "success" to me is really intertwined with having a positive mental attitude. I'm no guru but I truly believe whatever the mind can conceive and believe, the mind can achieve. There are literally thousands of books out there that can help point you in the right direction. "You'll See It When You Believe It" by Wayne Dyer, "Awaken The Giant Within" by Tony Robbins, "The Power of Your Subconscious Mind" by Joseph Murphy" and then there's "The Science of Getting Rich" by Wallace D Wattles. These are just a few of my personal favourites but then there are others such as "The Secret" by Rhonda Byrne which has remained on the New York Times bestseller list for 190 weeks and was named by USA today as one of the top 20 best-selling books in the past 15 years. It's by no accident that this book has skyrocketed to such popularity. Even the biggest critics can agree that the movie version can leave you feeling inspired after watching. Whether you're looking for a little nudge to help you seize the moment, lead a more joyful life or follow your passion, many of these books can offer good advice and encouragement on helping us take control of our lives by focusing on the mental preparation needed to achieve our dream lives.

When my children were young I used this statement repeatedly while they were growing up "figure out what you love to do, make a living at it, and you'll never really work a day in your life". If we are truly passionate and happy about what we're doing, we'll be successful. With that said, success doesn't necessarily equate to great wealth, it can mean achieving other goals that we set for ourselves, however if great wealth is what you choose and that's what makes you happy then go after it. Only you can decide and only you have the power to determine the outcome at any given time. We live in the beautiful province of Ontario where the abundance an opportunity is everywhere but you have to be willing to go after it. I'm not promising that if you run out and buy a copy of one of these books that you'll instantly be successful but I always try to see the bigger picture and I think I can at least assure you that if you're thinking of going in a different direction in life or are looking to be a little more successful, picking up any type of self-help or as I'd rather call it, "self improvement" book, can redirect you to approaching life with a more positive attitude. After all, as the saying goes "when you change the way you look at things, the things you look at change". Sometimes we just need a starting point or we need to recalculate or reinvent ourselves. Whatever your age or circumstance, emotions such as positivity, gratitude, happiness, and enthusiasm can serve to personify and enhance your goals and ambitions. Therefore when the long hazy days of summer tug at you to take time and relax with a good book, maybe its time to pick up an inspirational one that can lead you to discovering the remarkable you or your "inner Einstein", because chances are, it's just waiting to be revealed!

Wendy Carmichael Bauld is an international artist residing in Burlington. Please visit www.wendycarmichaelbauld.com or 'like' her on Facebook.

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Calendar of Events

..... JUNE

- MAY 6 - JUNE 5** Annual Quilt Show - Celebrating 20 Years of Quilting, Kirkland Lake
- JUNE 3 & 4** Quilts In Bloom, Jerseyville
- JUNE 3 - 5** Ontario Handspinning Seminar, Kingston
- JUNE 2 - 5** Orangeville Blues and Jazz Festival, Orangeville
- JUNE 2 - 5** Alice Munro Festival, Wingham
- JUNE 3 - 5** Muhtadi International Drumming Festival
- JUNE 3 - AUG. 5** First Friday Art Walks, Bayfield
- JUNE 3 - SEPT. 4** Our Mutual Friend: Artists in Conversation with the Collection, Kitchener
- JUNE 4** Country Wild Music Festival, Coburg
- JUNE 4 & 5** Springtime In Paris, Paris
- JUNE 4 & 5** Art in the Park Windsor, Windsor
- JUNE 11 - 12** Peony Festival, Oshawa
- JUNE 11 - 19** Sound of Music Festival, Burlington
- JUNE 11 - 12** Carrousel of Nations 2016 – Carrousel By The River, Windsor
- JUNE 11 & 12** "Quilt Gems" 2016 Quilt Show, Renfrew
- JUNE 15 - 18** QUILT CANADA 2016, The International Centre, Toronto
- JUNE 15 - JULY 17** Lake of the Woods Quilter's Guild 25th Annual Quilt Show, Kenora
- JUNE 19** Happy Father's Day!
- JUNE 21 - SEPT. 6** Row by Row Experience 2016
- JUNE 22** Missouri Star Quilt Company is coming to Lindsay
- JUNE 25** Lansdowne Textiles Festival, Lansdowne

..... JULY

- JULY 1** Happy Canada Day!
- JULY 2 - SEPT. 6** Scottish Tea at Hutchison House Museum, Peterborough
- JULY 7 - 10** Td Sunfest, London
- JULY 8 - 10** Peak to Shore Music Festival, Blue Mountains
- JULY 8 - 10** Almonte Celfest, Almonte
- JULY 8 - 10** Lighthouse Blues Festival, Kincardine
- JULY 9 & 10** Newcastle Art Show & Sale, Newcastle
- JULY 9 & 10** Salsa on St. Clair Street Festival, Toronto
- JULY 9 & 10** Purple Turtle Art Festival, Jackson's Point
- JULY 9 & 10** Prince Edward County Quilters' Guild Quilt Show 2016, Wellington Community Centre, Wellington
- JULY 13 - 16** Rock the Park Music Festival, London
- JULY 15 - AUG. 7** Festival of the Sound, Parry Sound
- JULY 15 - 17** Home County Music and Art Festival, London
- JULY 15 - 24** 28th Annual Beaches International Jazz Festival, Toronto
- JULY 15 - 17** Theatre in the Park, Aurora
- JULY 21 - AUG. 4** Ottawa International Chamber Music Festival, Ottawa
- JULY 22-24** Kemptville Live Music Festival, Kemptville
- JULY 23 & 24** Quilts at the Creek, Toronto
- JULY 29 - AUG. 1** Bruce Peninsula Art Show, Lion's Head
- JULY 29 - 31** Td Niagara Jazz Festival, Niagara-On-The-Lake
- JULY 30 - 31** Canal Days Indoor Craft Show, Port Colborne
- JULY 31 - AUG. 2** 27th Annual Quilt Show and Sale, Richards Landing
- JULY 31 - AUG. 3** Newmarket Jazz+ Festival, Newmarket

..... AUGUST & BEYOND

- MAY 21 -SEPT. 5** My Corner of the World - Art Quilt Exhibition, Stratford
- OCT. 1** Jenny Doan Live, hosted by Fabric Fusion, The Centre, Dryden



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Town and Country Cooking

Summertime Classics Revisited

In summers of the past, potato salad wasn't complete without heaping spoonfuls of mayonnaise. Roasted vegetables always were relegated to a kebob. Deviled eggs couldn't be seen in public without a generous dusting of paprika.

But, oh, how times have changed. Olive oil is now the ingredient du jour in potato salad. Roasted vegetables have found their way into all sorts of summer salads. Deviled eggs have partnered with a multitude of interesting toppings, including olives, pickles, smoked salmon and, of course, shrimp.

This summer, add a generous dash of imagination to classic summer dishes.

Marinated Potato Salad

- 2 pounds small red potatoes, boiled and cut into bite-sized pieces
- ½ cup finely diced red onion
- ½ cup finely diced celery
- Generous ½ cup chopped fresh parsley
- 1 teaspoon dried dill
- 1 teaspoon celery salt
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ cup olive oil
- 1½ teaspoons Dijon mustard
- 2 tablespoons freshly-squeezed lemon juice
- Freshly ground black pepper to taste

In large bowl, toss potato pieces, onion, celery and fresh parsley with dill, celery salt, salt and garlic powder. Cover and chill to allow flavors to blend. Before serving, whisk together olive oil, mustard and lemon juice to create dressing. Pour desired amount of dressing over potato mixture and toss to coat. Add freshly ground pepper to taste. Makes 8 generous servings.

Couscous Salad

- 1 small zucchini squash
- 1 small yellow summer squash
- 1 red or yellow bell pepper, seeded and sliced
- 2 tablespoons canola oil or olive oil
- ¾ teaspoon Greek seasoning
- 1 cup couscous
- 1 cup vegetable or chicken broth
- 3 green onions, thinly sliced
- 1 tomato, seeded and diced
- Freshly ground pepper
- 2 ounces (½ cup) crumbled feta cheese
- ¼ cup slivered, toasted almonds (optional)
- Olive oil for drizzling

Using spoon or small melon scoop, remove pulpy center from squash. Slice squash. Place squash and bell pepper in bowl and toss with oil and Greek seasoning. Transfer to grilling pan and cook on pre-heated grill until vegetables are just tender, approximately 10 to 15 minutes depending on

(Story continues on page 8)



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(Story continued from page 7)

temperature of grill. While vegetables are cooling, heat broth to boiling in microwave-proof bowl. Stir in couscous. Cover tightly until liquid is absorbed, about 5 minutes. Cool to room temperature. Dice vegetables and add to couscous along with onion and tomato. Season with freshly ground pepper. Serve chilled or at room temperature. Before serving, sprinkle with crumbled feta cheese and drizzle with olive oil. Add toasted almonds, if desired. Makes approximately 8 servings.

Deviled Eggs with Smokey Shrimp

12 eggs

 $\frac{1}{4}$ cup regular or low-fat cottage cheese $\frac{1}{4}$ cup plus 2 tablespoons regular or reduced-fat mayonnaise

1 tablespoon Dijon mustard

2 teaspoons tarragon or champagne vinegar

 $\frac{1}{2}$ teaspoon salt

Place eggs in large pan and cover with cold water. Slowly bring to boil. Remove from heat, cover and set aside for 15 minutes. After 15 minutes, drain and cover with very cold water. Cool eggs completely before peeling and slicing lengthwise. Remove yolks to separate bowl; add cottage cheese and mash with a fork. Add mayonnaise, mustard, vinegar and salt. Using electric hand mixer, beat until very smooth. Spoon mixture into egg halves and garnish with pieces of Smokey Shrimp. Chill until serving time.

Smokey Shrimp Garnish

12 large raw shrimp, fresh or frozen

2 teaspoons olive oil

 $\frac{1}{2}$ teaspoon smoked paprika

Olive oil cooking spray

If needed, thaw and peel shrimp. Pat dry. Using sharp knife, split each shrimp in half and remove sand vein. Place shrimp in small bowl and toss with olive oil and smoked paprika. Preheat sauté pan over medium to medium-high heat and spray with olive oil cooking spray. Place shrimp in pan and cook for 2 minutes before turning over. Cook an additional 1 or 2 minutes, or until shrimp are opaque. Remove from heat and chill before using to garnish deviled eggs.

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



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A Pet-Lover's Tea Party

If you're a dog lover, "puppy love" takes on new meaning—especially if you can play with 10 puppies at once. That's what my grandkids experienced when they visited my niece, whose English shepherd had given birth to this large litter.

My grandkids' love for these cute creatures inspired me to plan a pet-lover's tea party. Since we're in the dog days of summer, I've gone to the dogs and offer these fun ideas for you and your furry friends. Cat lovers can adapt them for a purrr-fect party for friends with felines.

Paws-itive Location

Where will you host the party? Your home or backyard? A pet-friendly park? Although I served mine at my niece's home, it's not ruff, ruff to transport a simple menu to a park. And summer, with its relaxed pace, makes the perfect time for casual teatime picnics with or without canine friends.

Paws-itive Menu

With the dog theme in mind, I prepared mini crescent dogs, puppy chow (for people), and watermelon slices shaped like dog bones. I added sun chips, mini cupcakes, and bottled tea and water—all easy to serve at home or transport elsewhere.

Mini crescent dogs are simple to make with crescent rolls and cocktail-sized hot dogs. Cut each crescent triangle into three strips with a pizza cutter, and roll each strip around a cocktail sausage or 2-inch piece of hot dog. Bake at 350 degrees for 9 to 12 minutes until roll is brown. Serve with favorite condiments, or make a zippy dipping sauce by combining 1/4 cup sour cream, 1/4 cup mayonnaise, and one tablespoon Dijon mustard.

Use dog-bone-shaped cookie cutters to cut sliced watermelon, scones, or cookies into dog bones. For pets, you could make or buy dog bone treats, which your furry friends will gladly fetch. (But check with the dog owners before giving any food to their dogs, because some foods, such as chocolate, are poisonous for dogs.)

Decorate the cupcakes with cute picks, or stick a lollipop into each cupcake for a doubly sweet treat. Or turn cupcakes into "pupcakes" (for people) by adding pictures of puppies mounted on toothpicks. Another fun idea: Make "chew sticks" by tying together colorful fruit-flavored twists (e.g., Twizzlers) with raffia.

Puppy Chow makes a delicious snack for guests to nibble. (See recipe.) Send leftovers home in doggie bags.

If guests plan to bring pets, ask them to please supply their own bow-wow chow and water bowl.

At my niece's home, eight of us (four adults and four children) filled up on tea and treats, but my grandkids can never get their fill of playing with puppies. Although they already have their own puppy from a previous litter, they would gladly adopt another from this one.

Paws-itive Fun and Games

If you don't have a passle of puppies to play with like we did, consider some of these fun ideas for your party:

- Welcome guests with a trail of paw prints drawn on the sidewalk with colored chalk.
- Encourage guests to share stories about pets they love.
- Using paper and pencil, list as many popular dog names as you can in five minutes.

(Story continues on page 10)

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(story cont. from page 9)

- For young children, read a story aloud, such as The Poky Little Puppy or Clifford the Big Red Dog.
- Play games, such as pin the tail on the dog, musical chairs using large construction-paper paws instead of chairs, or "Throw Me a Bone" (if you have the game).
- Watch a video from the Little Dogs on the Prairie series.
- Fill a basket with inexpensive stuffed animals. Let kids name them and adopt one to take home.

However, if dogs are invited to the party, romping and playing with them or taking them on walks may be enough fun.

Although a dog may be a man's best friend, it's obvious that women and children love them too. Recalling the smiles and laughter we shared, I'm ready to celebrate the joy of pets with a sizzling, summer par-Tea. Won't you join me?

Lydia E. Harris holds a master's degree in Home Economics. She is blessed with five grandchildren who call her "Grandma Tea." Lydia authored the book, *Preparing My Heart for Grandparenting* (AMG Publishers). Available at: <http://www.amazon.com>.

From Lydia's recipe file:



Puppy Chow
 (for people only, not dogs)
 Yummy, crunchy, and easy to make.

Ingredients:

- 4 cups Chex™ cereal (rice, corn, wheat, chocolate, or a mixture)
- 1/2 cup semi-sweet chocolate chips
- 1/4 cup peanut butter
- 2 tablespoons butter
- 1/2 teaspoon vanilla
- 3/4 cup plus 1/4 cup powdered sugar

Directions:

1. Measure cereal and place into large bowl; set aside.
2. In a microwave-safe bowl, combine chocolate chips, peanut butter, and butter. Microwave on high for 30 seconds and stir. Continue to microwave and stir at 30-second intervals until melted. Stir in vanilla.
3. Pour mixture over cereal. Stir until evenly coated.
4. Pour into a large resealable plastic bag or clean paper bag. Add 3/4 cup sugar and shake until well coated.
5. Place bag with puppy chow in the refrigerator for 20 minutes or until the chocolate-mixture hardens.
6. Add 1/4 cup sugar and shake to further coat. Store in airtight container. Makes 4 cups, but recipe can be doubled.

Variation: Use other chip flavors, such as butterscotch. Add peanuts if desired.



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Quilting With Barbara

Chance? Serendipity? Luck? Fate? Coincidence? Whatever we call it, seemingly-random occurrences can have tremendous effects on our lives.

Years ago, I left what many would consider a dream job in the Canadian Rockies which resulted in far more prosaic and sometimes monotonous employment in the city. It was at this second job, just before leaving it for university, that I met my husband of now over fifty years. Chance? Destiny? Fate? Some time later while sitting at the lunch table with a new member of staff who said she was from “a wee island nobody has ever heard of,” we discovered common ancestry on the small Hebridean island of Tiree. My people had immigrated to Canada three generations ago; hers were still living there. This chance observation resulted in a long-standing friendship and several trans-Atlantic journeys, and, incidentally, my visit to the exact property from where my people had emigrated.

When we travel we like to pre-plan only the “bones” of a trip – flights, car rental, and usually first and last night hotel reservations, because having to search for a place to lay our heads before and after long flights is a process we prefer not to leave to chance, serendipity or fate. (We’ve learned this from some rather unpleasant experiences). The rest of the time we like to wing it.

We also prefer to eat at small local restaurants when we’re on the road, eschewing the reliability and similarities of chains for the quirks and surprises of small independents. Thus it was that we found ourselves at the Sunrise Kitchen in Deming, New Mexico, a few weeks ago. After a great lunch we wandered outside where my husband spotted a quilt shop, Sew and Sew, just around the corner and suggested we check it out. I protested faintly, tempted to let my lunch settle in the air-conditioned car while we moved on, but when a husband tries to persuade his wife to investigate a new-to-her quilt shop, who can refuse?

Well! This shop had exactly what I had spent a week looking for, and lots of it. I had found a few southwestern-themed prints here and there, but this shop had bolts and bolts of them in many colorways – in addition to a wonderful selection of other beautiful fabrics I hadn’t seen elsewhere. My credit card got a good workout, I got exactly what I had been searching for, and even some I hadn’t known I needed!

Chance? Luck? Coincidence? Perhaps all three, or perhaps, as my husband frequently says, “What a wonderful husband you have. Listen to him!”

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



Knitting Savant

Have Project, Will Travel

By Andrea Springer

These summer months are great for getting out and exploring new places. Whether we're going an hour away or traveling around the world, few of us go empty handed because let's face it, knitters have to knit. Raise your hand if the first items written on your packing list for a trip is the knitting you'll be taking along. Trust me, you're not alone.

These are times we need a small "grab and go" project, something that can be dropped in a purse or backpack at a moment's notice. Here are some qualities to look for in a successful "traveler" project.

Small Projects – In my experience, if the project is larger than a standard plastic gallon zipper bag it's not a great "traveler." Socks, scarves, dishcloths, hats and baby items work well for knitting on the go. So does "swatch" knitting. Have an hour's car ride ahead? Consider working a few gauge swatches in preparation for a larger project, testing out different yarns and needles and practicing the stitch pattern.

Simple Pattern – Choose a project with a pattern you like, but that doesn't demand your complete attention and concentration to execute. It should be easy enough that you can pick up the needles at any point and know where you are and what to do next. If you do need a printed pattern, keep it to one sheet of paper so it can be easily folded and tucked into the project bag.

Travel Tools – Socks are my favorite "travelers" so I keep a project bag packed and ready to grab when needed. It includes a small pair of scissors, a small tin with a few stitch markers and tapestry needle, a six-inch ruler, a small crochet hook, three 40" circular needles in different sizes, and my favorite sock pattern on a 3 x 5 card. Consider the project you're traveling with, the knitting tools you use most and put together your own travel kit.

The LYS Wild Card – Part of the fun of traveling to new places is exploring local yarn shops along the way. I love seeing what projects other knitting communities are working on and the yarns they're excited about. I like supporting local businesses and make it a point to purchase something at every LYS I visit. It's also a chance to get inspired by a pattern or yarn, taking me in a new direction and kicking off a brand new travel project en route.

As knitters, we're fortunate to have the thing we love to do be so portable and travel so well. Here's to a summer full of new adventures, local yarn shops and finished projects!

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.



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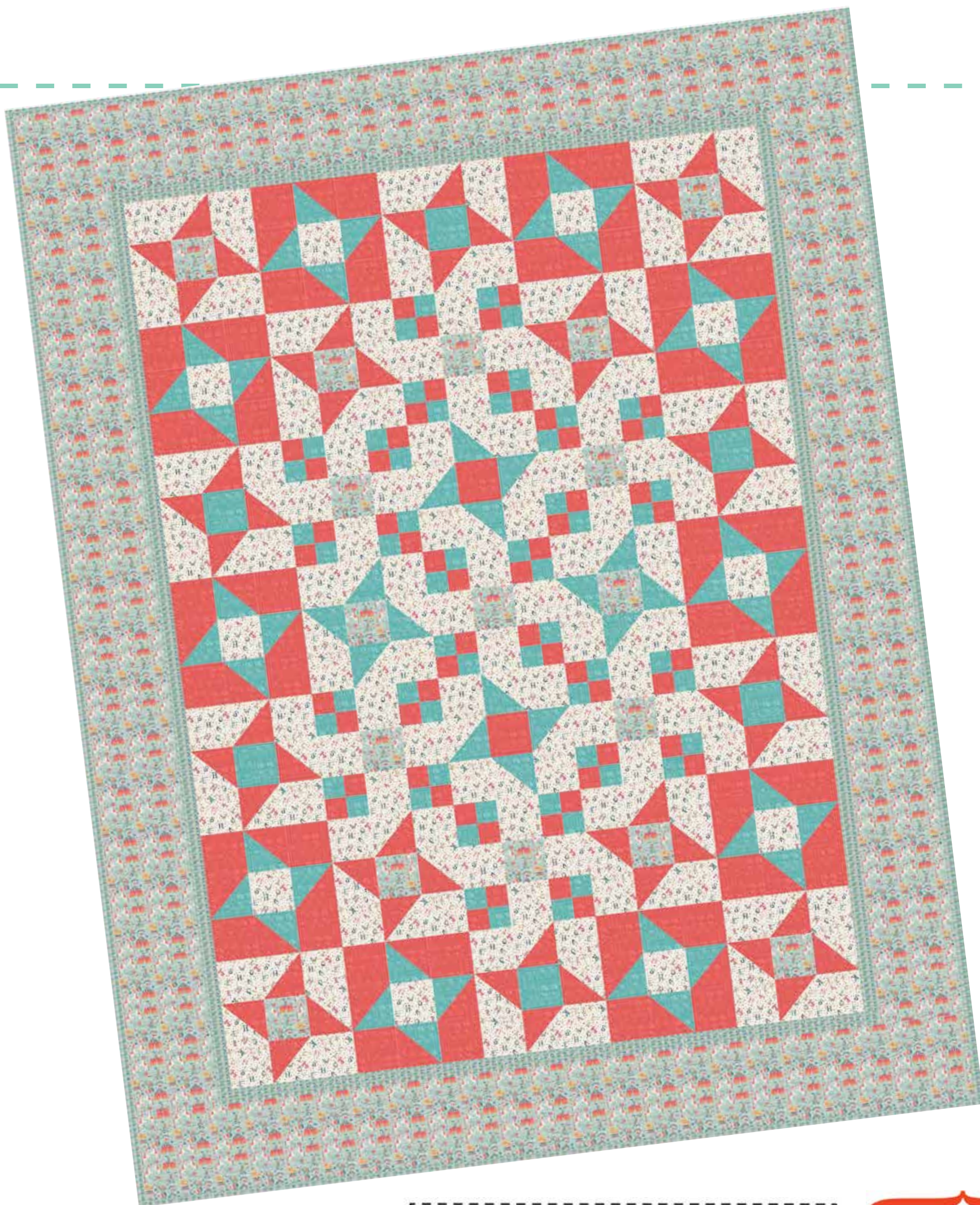
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Tumbling Stars

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Supply List

- 1 ½ m Beige (Tossed Letters A143.1)
- 1 ½ m Red (Red Tonal A142.3)
- ¾ m Green (Green Tonal A142.1)
- 1 ½ m Circus Print (Circus Theme A141.2)
- 1 m Acrobats (Acrobats A145.2)

Cutting Instructions

Beige

- Cut four strips 4" X Width of Fabric
 - Cut each strip into ten 4" squares
- Cut eleven strips 3 ½" X Width of Fabric
 - Cut each strip into ten 3 ½" squares

Red

- Cut five strips 4" X Width of Fabric
 - Cut each strip into ten 4" squares
- Cut five strips 3 ½" X Width of Fabric
 - Cut each strip into ten 3 ½" squares
- Cut three strips 2" X Width of Fabric

Green

- Cut three strips 4" X Width of Fabric
- Cut each strip into ten 4" squares
- Cut one strip 3 ½" X Width of Fabric
- Cut the strip into six 3 ½" squares
- Cut three strips 2" X Width of Fabric

Circus Print

- Cut two strips 3 ½" X Width of Fabric
- Cut each strip into ten 3 ½" squares
- Cut seven strips 6 ½" X Width of Fabric
- Cut one strip in half to make two strips 6 ½" X 21 ½" (approximately)

Acrobats

- Cut seven strips 1 ½" X Width of Fabric
- Cut one strip in half to make two strips 1 ½" X 21 ½" (approximately)
- Cut seven strips 2 ½" X Width of Fabric for Binding

Preparation:

Making the Pieced Blocks

Stars

Block construction:

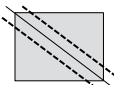
Half-Square Triangles

- Make fifty-six half square triangles using twenty-eight 4" x 4" squares of Beige with twenty-eight 4" x 4" squares of Red. Press. Square to 3 ½" x 3 ½".
- Make forty half square triangles using twenty 4" x 4" squares of Red with twenty 4" x 4" squares of Green. Press. Square to 3 ½" x 3 ½".
- Make sixteen half square triangles using eight 4" x 4" squares of Beige with eight 4" x 4" squares of Green. Press. Square to 3 ½" x 3 ½".

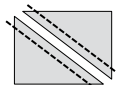
To make HST's: Place the two coloured squares on top of each other, right sides together. Draw a diagonal line from corner to corner. Sew a ¼" seam on either side of the drawn line. Cut the triangles apart along the line and press to the dark half.



Draw



Stitch



Cut



Press

Assemble Stars

Star A-Eight Stars

- Sew a Beige 3 ½" x 3 ½" square to both sides of a 3 ½" x 3 ½" Beige/Red half square triangle as shown. Press. Square to 3 ½" x 9 ½". Make eight.

Star A Step 1

Star A Step 2

Star A Step 3
- Sew a Beige/Red half square triangle to both sides of a Circus Print 3 ½" X 3 ½" square as shown. Make eight.
- Sew a Beige 3 ½" x 3 ½" square to both sides of a 3 ½" x 3 ½" Beige/Red half square triangle as shown. Press. Square to 3 ½" x 9 ½". Make eight.
- Sew the three rows of the star together. Press. Square to 9 ½" x 9 ½".

Star A Step 4

Star A

Star B- Six Stars

Star B is the same pattern as Star A. Just change the center square from Circus Print to Green

Star C-Ten Stars

- Sew a Red 3 ½" x 3 ½" square to both sides of a 3 ½" x 3 ½" Green/Red half square triangle as shown. Press. Square to 3 ½" x 9 ½". Make ten.

Star C Step 1

Star C Step 2

Star C Step 3
- Sew a Green/Red half square triangle to both sides of a Beige 3 ½" X 3 ½" square as shown. Make ten.
- Sew a Red 3 ½" x 3 ½" square to both sides of a 3 ½" x 3 ½" Green/Red half square triangle as shown. Press. Square to 3 ½" x 9 ½". Make ten.
- Sew the three rows of the star together. Press. Square to 9 ½" x 9 ½".

Star C Step 4

Star C

Star D- Two Stars

Star D is the same pattern as Star C. The center square is Red not Beige, the corner squares are Beige not Red and use Beige/Green half square triangles instead of Green/Red.

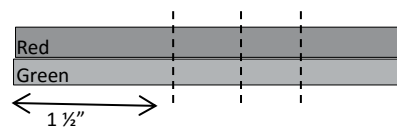
Star E- Two Stars

Star E is the same pattern as Star A. The center square is still Circus Print and the corner squares are still Beige but use Beige/Green half square triangles instead of Beige/Red.

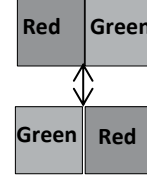
Block A-Seven Blocks

Four Patch

- Sew a 2" strip of Red to a 2" strip of Green. Press. Make three. Cross cut each strip into twenty 2" X 3 ½" squares. You need a total of fifty-six Red/Green pairs.



Block A Step 1



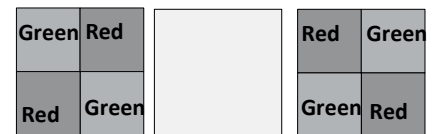
Block Assembly Step 1

Assemble Blocks

- Sew two of the pairs cut in step 1 together as shown. Press. Square to 3 ½" x 3 ½". Make twenty-eight.
- Sew two of the sets from step 1 to both sides of a Beige 3 ½" X 3 ½" square with a small Red square at the top outside edge. Press. Square to 3 ½" x 9 ½". Make seven.



Block Assembly Step 2

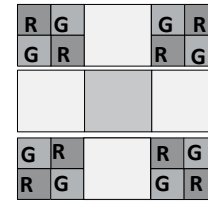


Block Assembly Step 3

- Sew two of the sets from step 1 to both sides of a Beige 3 ½" X 3 ½" square with a small Green square at the top outside edge. Press. Square to 3 ½" x 9 ½". Make seven.
- Sew a Beige 3 ½" X 3 ½" square to both sides of a Circus Print 3 ½" X 3 ½" square. Press. Square to 3 ½" x 9 ½". Make seven.



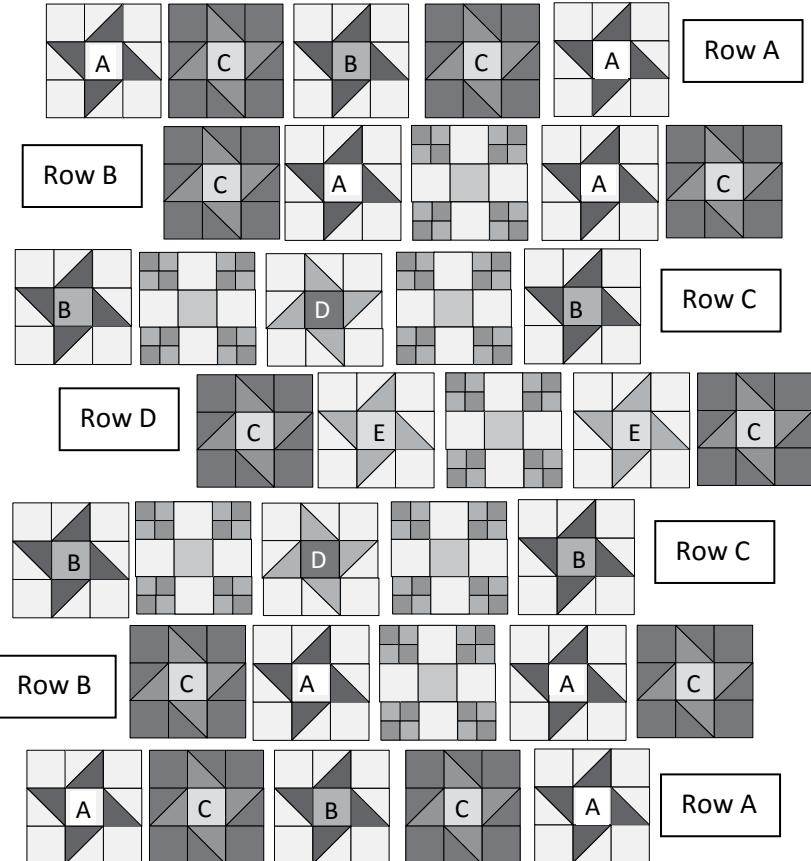
Block Assembly Step 4



Block Assembly Step 5

- Sew the three rows together as indicated in the block picture. Press. Square to 9 ½" x 9 ½".

The quilt top is assembled in rows as shown:



Finishing

- Assemble the rows, join them together and press the quilt top well.
- Sew a long Acrobat 1 ½" strip to a short Acrobat strip to make a long strip for the Top and Bottom inner borders. Make two.
- Sew two long Acrobat 1 ½" strips together to make a long strip for the side inner border. Make two.
- Measure the quilt top to determine the accurate length required. The Side borders should measure 1 ½" X 63 ½". The Top and Bottom borders should measure 1 ½" X 47 ½". Sew the side borders on first, press seams to the outside, and then sew the top and bottom borders.
- Repeat these steps with the Circus Print strips for the outer border. The Side borders should measure 6 ½" X 65 ½". The Top and Bottom borders should measure 6 ½" X 59 ½".

Layer, baste, quilt and bind. Don't forget the label! Try an all-over Stars and Loops pattern for the quilting.

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Quilts That Redeem: You Can't go Home Again



reliving old memories and for making new ones.

If you've lived longer than the first place you ever lived, you've heard that catch-phrase and/or experienced it. I'm coming off of a weekend spent in the last home of my childhood, along with my other four siblings and a close cousin to whom we have given sibling status. We spent the weekend at Rock Springs Ranch State 4-H Center SW of Junction City, Kan. My family lived, loved, worked and experienced life there from 1964 – 1984. "Home" was the limestone house tucked a little ways north of where the highway curved at the entrance into the camp. Anticipation was high with great expectations for the weekend, both for

With the passing of our mother, we inherited tubs, tins and albums of vintage photos; many of them never seen by us before. Who knew my Dad to be the shutterbug that he was during his 36 months overseas during WWII in Algiers, Italy and France? Or who knew Mom was so beautifully photogenic that a very enamored young man took so many pictures of her – and them – as a couple? I, for one, was overwhelmed with the responsibility of being the "keeper" of ALL these photos. What to do?! That's when and why I called for the Sievers' siblings to circle-the-wagons and deal with this . . . it was just too big for one person to handle. The decision was made to "go back home" to Rock Springs Ranch and have a working weekend of sorting, organizing, adding documentation and scanning the photos into a software program. (So very thankful for our cousin-sibling with the ability to orchestrate this!) The future end-result will be individual flash drives for all who want one. YES!!!!

Arriving late Friday afternoon, we chose our respective rooms, unloaded and settled in – making up our beds and greeting one another before dinner. As a bit of a side note, I have to add that I had chosen to bring my own bedding. After all, as a quilter, part of my anticipation for the weekend was to sleep under a very special quilt. While growing up, my siblings and I had a most precious aunt whose purpose in life was to spoil us! She was a single woman and, as such, had LOTS of time for us. She took us places, bought each of us our first banana split, filled big Dutch ovens with homemade cookies, made infamous Christmas candies, sewed dresses for my sisters and me, made all of us quilts, etc. etc. As an adult, I was honored to make a quilt for her that she treasured. When she passed, the quilt returned to me, and I chose to use it for our weekend of memories. . . seemed so very appropriate.

After breakfast Saturday morning, work began in earnest in the Eyestone Conference Center. Tables were lined up, tubs of photos unloaded, gifts and talents assessed for who would do what and the computer, scanner and screen set up. With mindsets of "get r done", we dug into the task at hand. The first photo (late 1800's) was a tin-type of our great grandfather nicknamed "The General". He had been in the Civil War. We also had a photo of his wife, our great grandmother. A little later, a picture surfaced that was of our paternal grandfather as a dapper young man. In a suit and tie, he posed with one of his friends. We noted, with ironic interest, that his friend was to eventually become one of our maternal great uncles. They were with two beautiful young women dressed to the hilt and wearing stylish, huge hats. But . . . wait! That isn't our grandmother he is with! And the other lady isn't anyone who became our great aunt! Hum . . . that's interesting. (Laughter). By the time we broke for lunch, we had nine photos scanned and documented.

WHAAAT??? Uh oh!!

Enter . . . two more family members of the younger, computer-savvy generation joining us for lunch and the rest of the weekend. Hallelujah!! It was fun, for me, to sit and listen to the "foreign language" of them discussing ways and means with my computer guru cousin and brother. The rest of us re-focused on the sorting and editing and passed on fewer - but representative - photos to them to scan and document.

It was a bit of a mind-boggling whirlwind going from the late 1800s to the last years of our parents lives: 2009 and 2015. By 4 p.m. Sunday, we

(Story continues on page 20)

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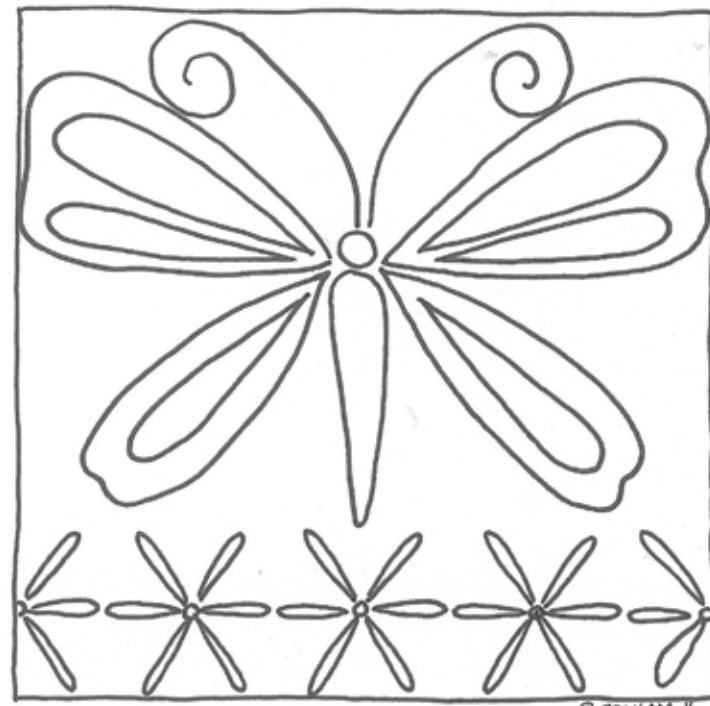
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Countryberries Designs Butterfly and Daisies

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as a tile in my watercolor class. The pattern can be repeated and or flipped to create a new design. It can be appliqued, embroidered, needlepunched or hooked. Try painting and repeating it in different mediums. Have fun!

Designed by Kathy Graham

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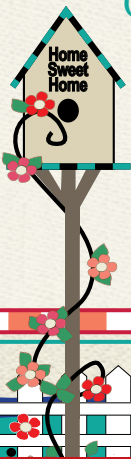
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(Story continued from page 16)

found ourselves standing around having finished everything we had only hoped to have accomplished. We looked incredulously around at one another – had we forgotten anything? Our questioning arched-eyebrow looks changed to straight-line brows . . . We had done it!!! Great sighs of relief followed. Hugs all around and the realization that we need to do this again. We can stay current on family photos and have more time to make new memories; more walking the grounds and sharing memories of “back when” and “this is where . . .”, more time to play Pictionary in the cabin, to sit longer around the fire at the Council Circle eating s’mores and sharing. . .

And my aunt’s quilt? No big deal to anyone else in the overall grand scheme of the weekend. But . . . to me . . . it’s the realization that while we truly “can’t go home again,” we can bring bits and pieces of it with us into our future lives. We can pull memories out from where they are normally tucked safely away -- in our hearts and minds. AND we might even have a few tangible pieces that can also be brought out from where they are normally tucked safely away. Memories in the form of a quilt that can wrap around and embrace me . . . and be embraced.

Written by Sherry Osland of Praise Works Quilting in Abilene. In business and ministry for 15 years. For examples of quilting (as well as pictures of Hand-braided rugs and Quilts That Redeem books, for sale) go to: facebook.com/praiseworksquilting Contact information: sherryo51@hotmail.com or 785-263-4600.

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Sweet Salvage

by Marla Wilson

Red Wagon Coffee Table

I used the bed from a child’s old red wagon for this project. This one still had good graphics (Radio Flyer), so I did not paint over it. I just cleaned it up and sprayed it with clear polyurethane. The dents and rust are what makes it interesting.

You will need a base for your table. I had a vanity bench which had seen better days and was just the right size for this wagon. I removed its top and repaired the base, making sure it was nice and sturdy. I cleaned, sanded and painted it. You could use table legs or spindles and build your own base. Look around, you might have something unusual that would work. That’s what salvage style is all about.

For the top, I built a frame that fit snugly into the wagon and was flush with the top. Then I nailed used lathe on it length wise. Again, there are lots of materials that would work for this. After a coat of paint, everything gets screwed together.

This one-of-a-kind coffee table is a fun reminder of our childhood days. After all, who didn’t have a little red wagon?

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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Lime Essential Oil: A Refreshing Blend for Summer

By Wanda Headrick

Citrus medica/aurantifolia

Just thinking of the warm summer days that will be coming soon makes me think of drinking a cool tasty lime-aide, with maybe a little cherry or strawberry added. So it seems like sharing information on lime essential oil would be an interesting topic to discuss in this article.

The small, spreading evergreen lime fruit tree is cultivated in many warm-climate countries, notably Italy, the West Indies and the Americas. It produces a more greenish and globular fruit than a lemon. There are two main types of limes. One type includes Key, West Indian and Mexican cultivars, whose fruit is small, moderately seedy, round with a greenish flesh and a smooth thin peel. This variety is mainly grown in Mexico, Peru and the West Indies. The other is a Persian type, whose fruit is larger (about 2 inches in diameter), seedless and mainly sold as fresh limes or lime juice. This type is mainly grown in Florida and Brazil. There are two types of lime oil: expressed lime oil and distilled lime oil.

Distilled lime essential oil is produced by steam distillation of the whole fruits or from the juice of the fruit. It produces a pale-yellow to almost clear mobile liquid with a sharp, fresh, citrus fruit-type odor. Prolonged storage affects the pleasant fresh aroma of distilled lime oil and, with age, it will develop a harsh terpene like odor. Distilled lime oil is extensively used in flavoring food and beverages, especially soft drinks like Ginger Ale and cola drinks.

Expressed lime essential oil is cold-pressed from the fruit rind of green limes. Cold pressed lime essential oil produces a yellowish-green to olive-green mobile liquid with a fresh, sweet, rich citrus fragrance. Cold-pressed lime essential oil is used in high-grade men's toiletries and perfumery.

It is thought the lime tree was originally introduced into Europe by the Moors, then brought to America by the Spanish and Portuguese explorers around the 16th century. Ships bearing lime fruit were called "Lime Juicers" because the crews depended upon the lime juice to prevent scurvy, a dietary deficiency causing general weakness. It has since been realized that limes are a good source of Vitamin C.

Lime essential oil is considered to contain properties that are antiscorbutic (helps prevent scurvy), antiseptic, antiviral, aperitif (encourages appetite), astringent, bactericide, disinfectant, febrifuge (cooling, and reducing high body temperature), haemostatic (arrests bleeding/hemorrhage), insecticide, restorative, and a tonic (improves bodily performance).

Expressed (cold-pressed) lime essential oil contains a higher amount of bergaptene, which is well documented to cause photosensitivity in the presence of strong sunlight and possibly irritate sensitive skin. Therefore, cold-pressed (expressed) lime essential oil should not be used on the skin before going out in the bright sunlight for any length of time.

Cold-pressed lime essential oil is considered to be similar in therapeutic action to those of lemon essential oil.

Lime essential oil is activating and stimulating to the mind, especially in cases of anxiety and depression. It is refreshing and uplifting to a tired mind. It may help cool febrile conditions that accompany colds, sore throats and flu. It can help ease coughs, congestion of the chest and sinusitis. It also acts as a tonic to the immune system to help keep down infections and assist in restoring energy after an illness. Like most citrus essential oils, it works as a digestive stimulant and can be useful to those who suffer from anorexia since it encourages appetite by stimulating digestive secretions. Lime essential oil is also thought to help with the effects of alcoholism through its disinfecting, restorative properties. On the skin, lime essential oil acts as an astringent, toning and refreshing as it clears greasy skin. Its antibacterial property is often found useful in the treatment of acne. Lime essential oil is also known to stem bleeding from minor cuts and wounds and to be helpful in treating rheumatic pain.

Lime essential oil can be used in a topical application (take care not to apply before going out in bright sunlight for any length of time) as a massage, a compress, and a bath, or in other skin care. If using as an Inhalation, it can be used as a direct inhalation in a diffuser, vaporizer, humidifier or even on a Kleenex or cotton ball. It can also be made into a spray for your room, linen or body.

Some other essential oils that lime blends well include, but are not limited to: chamomile, lemon, lemongrass, grapefruit, mandarin, Melissa, sweet orange, tangerine, angelica, basil, bergamot, clary sage, dill, fennel, geranium, helichrysum (immortelle), hyssop, jasmine, lavender, marjoram, (story continues on next page)

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Uplifting Lime Spa Blend

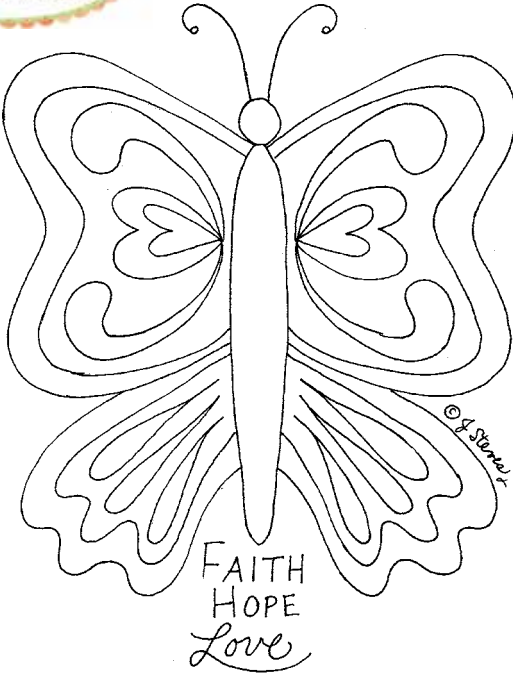
- Lime Essential Oil (Cold -Pressed)..... 120 drops
- Peppermint Essential Oil 20 drops
- Rosemary Essential Oil 20 drops
- Nutmeg Essential Oil..... 60 drops
- Patchouli Essential Oil..... 32 drops

Blend all the above pure essential oils in a 15mL (.5oz) dark colored bottle (amber or cobalt blue) with a tight fitting lid and a euro dropper insert. Allow to set for 4 days to thoroughly blend the oils. The blend can then be used in a room diffuser, added to a warm relaxing bath, added to a humidifier, or made into a massage oil by adding 6 drops of the Relaxing Lime Spa Blend to 2 teaspoons of your favorite carrier oil (like Olive, Almond, Grapeseed Oil) and used as a whole body massage. You can always add more or less of a specific oil to make the essence to your own liking. Enjoy!

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Building Harmony

Rene vs. the Bear

by Jeff Cappis



Sometimes you win and sometimes you lose but, hopefully, you always have a good story to tell.

In previous stories, I have told you about my neighbor, Rene. What a guy! He's a blue-eyed, curly haired, 6 foot, 6 inch strapping retired pilot from the French air force. In our neighborhood, he is well known for a beautiful single solid rock patio, a majestic gate he built that could stop a Sherman tank and a solar cell farm that only occasionally blows up.

He's quite the engineer and his latest development on the acreage is a 20-foot by 20-foot solar powered storage shed. It is warm in the winter and cool in the summer. In some ways, it reminded me of a fallout shelter. With a concrete floor, it had only two very small windows and one door, but it was impressive. The shed isn't so much important to this story, though, as what happened inside it.

Just inside the door was a freezer full of blueberries. Rene loved blueberries. He'd travelled to western Canada specifically for these blueberries. He'd spent close to a week hand-picking them, had them frozen and shipped home. He'd even bought the freezer specifically for them and, at this point, it was the only item in this brand new building.

One morning Fuzzy, a young local bear, happened to be crossing Rene's property when it caught the scent of those berries. Fuzzy was groggy and somewhat hungry after a long winter's sleep, so the berries were pretty inviting. He lumbered over and sniffed around the building for a while until he discovered the door. He tried scratching at it but, finally, a body slam caused the door to unlatch and he went in.

Fuzzy didn't notice the door closing behind him. He was distracted by the strong smell of berries in the freezer and he began making quite a racket trying to get it open.

Meanwhile, back in the house, Rene was preparing a lovely evening dinner for his latest love interest. He envisioned a romantic diner in his glass dining room overlooking the valley. Then they would move to the patio for some wine and build a fire just after sunset with music playing low over the outside speakers. Man, what a guy! Did I mention he has a hot tub and a fireplace?

All was going well in the kitchen until he heard a racket coming from outside the house. It appeared to be coming from the shed. Rene isn't one to go timidly and he rushed straight outside to investigate. Just as he went for the doorknob, the racket stopped. So did Rene. He froze for a moment and listened. There must be someone in there and maybe they heard him coming.

What he couldn't have known was that there was actually a young bear on the other side of the door all drunk on accidentally fermented berries. Fuzzy staggered back a step or two on his hind legs and then fell backwards on his butt. He was only sitting there for a moment when the door swung open, slammed him in the nose and bounced his head slightly against the wall.

That was Rene's grand military entrance. He stepped confidently through the door to find a mess of blueberries and a trashed freezer. At first glance, no one else appeared to be around, so he went all the way in to investigate.

"What a mess," he said to himself.

(story continues on next page)



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Just then, behind him, a slightly groggy and stunned Fuzzy emerged from behind the door, which then swung shut. Fuzzy saw Rene and managed to halfway stand up for one good roar before he dropped to his butt again in front of the door. Then he sniffed in Rene’s direction.

Rene was stunned. One moment he was cooking, the next he was trapped in his shed by a drunken bear. Whenever he moved or made a noise, the bear would react, so Rene stayed very quiet and still. The bear kept one eye on him.

Time went by. Perhaps a few hours. Rene tried sizing up the bear. They both were over six feet standing up but a fistfight was probably not a good idea. He was reduced to hoping the bear would just fall asleep when he heard the sound of a car coming up his driveway.

It was his date. He listened to her get out of the car and ring his doorbell. Every time Rene even opened his mouth to yell, the bear would sit up. He had to stay quiet. His date rang the doorbell a few more times. Then she called him from her cell phone. He could hear the house phone ring four times; then he heard her leaving him a very nasty voicemail. Then he heard a car door slam and her tires spraying gravel all over his house.

Later, he tried to explain to her about being cornered by a bear. Yeah, right. Well, he didn’t really like her that much, anyway.

The fermented berries finally took their toll on the bear and he passed out. Still, he was too big for Rene to move. Moreover, what if he woke up? Rene settled in to contemplate his situation. From inside the house Rene could hear the sound of a pressure cooker exploding and stuff blowing all over his kitchen. All he could do was laugh.

In the morning, the bear got up and stretched. The door slowly creaked open in the breeze. The bear left a steamy pile in the middle of the floor and slowly wandered out. Tired from his ordeal, Rene waited a moment, and then wandered out, too, being careful not to step in the pile.

And that’s how it goes for Rene. Sometimes he wins and sometimes he loses—but he always has a good story to tell.

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Madeline's Musings

The Tablecloth Scraps

The tablecloths were ruined. The cafeteria matron was in a panic. To purchase new coverings for those 42 round tables would cost a king's ransom. Enter an alumnus, a seamstress of great experience. She proposed a simple solution: she'd sew new ones! And so she did. Of the finest damask, in the school colors--pearly white and kingly garnet.

But now, what to do with the left-overs, the scraps. Large pieces filled two now-very-heavy garbage bags. It seemed they would get tossed out. Enter alumnus Number Two, a quilter. Scraps are a quilter's gold mine; the inspiration for a project yet undiscovered. To throw them out was unthinkable. During the ensuing months the quilter brewed over a design suitable for such fair cloth. The pattern must bring honour to the institution represented by the stately colors. In time she began to breathe life into the tangled mass of odd shapes, those trimmings from the expansive circles that now graced the supervisor's tables.

With skill and care she pressed, measured, and cut. Nothing must be wasted; there'd be no replacing the yardage if an error were to be made. Large squares of white, little ones of white and burgundy; long narrow strips of both colours; gradually, order grew out of the chaos within the garbage bags. Certain there would be sufficient to complete the binding, she gathered up the remnants; they would be passed along to other quilters, glad for the gift.

There is a certain excitement in the air, the day the assembly of the pieces begins. Special attention has been given to the choice of thread colour; a medium grey, one that will blend with both the sheen of the white, and the depth of the burgundy. A new quilt deserves a new needle, so the adage goes; all must be in top working order. Length is stitched to length, square to square; each seam pressed according to the manner in which it will best facilitate the final design. Diligently she follows the instructions she had so carefully planned out. Unheeded, the hours pass. The interlacing of the light and dark hues gives a decided dimension to the growing quilt top.

Finally, the last row is pinned in place; the last threads are cut; the seam is pressed, and the iron turned off. Although there are yet multiple steps in the quilt's construction, it is time to stand back and with pride view a good day's work. She gently runs her fingers over the silky features of the damask; it will be a heavy quilt, but strong and worthy of her alma mater. Reverently she folds her work across a drapery hanger; the layering and quilting will be done another time.

(Story continues on next page)



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Due consideration had been given to the selection of a piecing design; the choosing of a quilting strategy requires the same diligence. Yet some works call out what they would have, leaving the artist little choice but to comply. Such was the case with the school quilt. The large white blocks were as a blank canvas, each demanding its own unique motif. The long two-toned strips marrying the blocks into one whole asked only to be held in place with the simplest of stitches. As the machine hummed, the quilter maneuvered the quilting head. Now forward, now back; in circles and curves, in hearts and ovals. There must be no duplication, the lines and shapes as myriad as the flowers in a garden.

Taking needle and thread in hand, she secures the binding encasing the perimeter of the quilt. With a sigh of pleasure, she drapes the completed piece over a nearby chair, and stands back to survey her work. It's a fine quilt, reflecting the thought and skill of its creator. Having completed the challenge to which she had dedicated herself, the quilter ponders what will become of the tablecloth quilt; perhaps she'll contribute it to a charity auction. Taking it outside she arranges it on the stone wall and snaps a photo; she'll add it to her business card.

Then there came a day when the alma mater wished to honour one of its own, a teacher who had devoted a lifetime to fostering the good of its students. Would the quilter donate the damask quilt, they asked, a creation arising out of the heart of a graduate? With great joy, and doubtless a few tears, she replied. And so she created a label for the quilt, expressing as best she could the depth of appreciation it was intended this gift should forever convey.

In life, as in quilt making, there are no useless scraps; cast-offs, maybe. However, all are waiting for the touch of the Master's hand. A chance to shine; to return the praise upon the One Who saw their value. A reason to exist; remnants, rescued and transformed, giving them a place of honour.



***In life, there are no useless scraps; cast-offs, maybe;
But all are awaiting the touch of the Master's hand.***

~ one quilter's credo



Happy quilting to you,
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