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February / March 2018 Issue

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# Calendar of Events

## ..... FEBRUARY .....

FEB 3 - FEB 4	Barrie Winterfest - Barrie
FEB 3 - FEB 19	2018 Hamilton Winterfest - Hamilton
FEB 4	Gord Bamford - Guelph
FEB 9 - FEB 19	Cochrane Winter Carnival - Cochrane
FEB 10	Battle of the Bands - Haliburton
FEB 14	Happy Vantine's Day!
FEB 16 - FEB 17	Tiff Next Wave Film Festival - Toronto
FEB 16 - FEB 17	Ottawa Winter Brewfest - Ottawa
FEB 16 - FEB 17	Lupercalia Winter Multi-Arts Festival - Owen Sound
FEB 17 - FEB 19	Voyageur Winter Carnival - Thunder Bay
FEB 17	Fire & Ice - Perth
FEB 18	The Princess Ball - Toronto
FEB 23	8th Annual Arts & Heritage Awards - Thunder Bay

## ..... MARCH .....

MAR 2 - MAR 3	Toronto Winter Nrewfest - Toronto
MAR 2 - MAR 4	Greater Hamilton Home & Garden Show - Hamilton
MAR 3 - APR 1	Sugarbush Maple Syrup Festival - Toronto
MAR 9 - MAR 18	Tiff Kids International Film Festival - Toronto
MAR 10 - MAR 11	Norfolk Wildlife Festival & Adventure Show - Simcoe
MAR 10 - MAR 11	Sugar Shack TO presented by Redpath - Toronto
MAR 17	Happy St. Patrick's day!
MAR 23 - MAR 24	Mar 23 - Mar 24 "Quilt Fever 2018 – Etobicoke Quilters’ Guild - Neilson Park Creative Centre, Etobicoke 56 Neilson Drive Etobicoke, ON

## ..... APRIL .....

APR 13 - 14	Creativ Festival - Toronto
-------------	----------------------------

### Dearest Readers,

Happy 2018 everyone!

I hope everyone enjoyed the holiday season! It's been a cold winter so far, except for miraculous +6 degree days in between. It is a great opportunity to take some time for ourselves and do the indoor things that we love.

There is nothing like sitting by the fire with a cup of hot chocolate contemplating our next sewing project. We look forward to that odd warmer day to jet off to our local quilt shop to check out the newly arrived spring fabric. It's like being a kid in a candy shop ... or ice cream shop in my case! Matching up fabrics, with the help of the lovely staff, is one of my favorite parts of creating my next project. I like to stick to smaller projects like table runners, place mats and lap quilts as I haven't mastered those larger projects just yet.

I love taking some time each winter day to read a chapter or two of a novel while trying to get through my 30 minutes on the treadmill, as it is a little cold for me to partake in many outdoor winter activities.

At the end of the day, there is nothing like cozying up to the fire with someone you care about (and your furry babies) with a glass of red while chatting out your day.

Once again, the groundhog did not see it's shadow this year, so it looks like 6 more weeks of winter. I think I am going to experiment making some soups in our new Instant Pot to keep us warm on these chilly nights. Do you have any favorite Instant Pot Recipes? If so, please send them for me to try and I will publish my favorite to share with all of our readers.

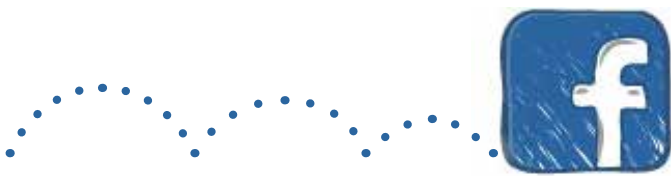
I Hope you are all enjoying this winter season doing the things you love...and keeping warm!

That's it for now, my dear readers, and as always, please tell `em you saw it in the Country Register ;)

See you next issue!

Best regards,

Harriet



### Follow Along on Facebook!

by Barbara Floyd, Founder

If you are a reader of The Country Register chances are you use Facebook as well in this day of electronics. We have a very large readership that spans the USA and Canada. This next year marks our 30th year Anniversary which means a big thank you to our advertisers, publishers and readers!

Now perhaps you will give us a like on Facebook at The Country Register and see and learn things from other parts of the country, shared craft ideas, good recipes, all in addition to your local Country Register. This service is also free, just like The Country Register has been free to the readers all these years. Many of the individual publications also have a Facebook page for just your state or province that will also pop up when you search for The Country Register. "Like" both and consider it a bonus to your paper. Add to your Country Register experience and join us on Facebook.

Have a wonderful 2018 and thanks in advance for your online and offline support.



Meet our cover artist:  
Mandy Budan from Pickering, Ontario

Hailing from Pickering, Ontario, (Toronto born) Mary Budan is this issue's cover artist.

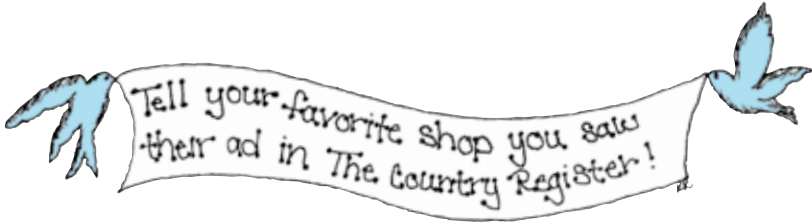
Mandy is an extremely accomplished visual artist and primarily paints abstracts of nature and landscapes. Using acrylic paints on wood panels, her distinctive style emphasizes rearranging elements to show the beauty of the scene in unexpected, and frankly, beautiful ways. Inspired by nature, she uses strong colour, discrete shapes, and rhythmic patterns to create paintings which can be enjoyed for both their abstract and realistic qualities.

Our front cover, "Forest Winter", is one of Mandy's favorite pieces (and one of ours too!). Mandy's description of her work says it all..." Snow heavy on the forest. Pines bow beneath the weight. A green cool winter light suffuses everything.." Simple, yet intricate at the same time, beautiful and breathtaking, we love it. Thanks Mandy!

Mandy markets her fine art originals through her website, [www.BudanArt.com](http://www.BudanArt.com). She also has a blog on her website where she posts her work in progress as well as interacts with her fans and potential clients.

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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](mailto:OntarioCountryRegister@gmail.com)

# HAPPY NEW YEAR

## Make something you can GIVE away

START SEEDS IN A JAR

A WINTER KITCHEN GARDEN

## INSPIRATION

for MIND BODY and SPIRIT

## Walk a country road as often as possible

## Keep a Diary

ENJOY AN EARLY SPRING WITH ELIZABETH VON ARNIM

**My German Garden**

AND HER WONDERFUL FIRST BOOK, WRITTEN IN 1898

## Be a Homebody

TAKE PICTURES IN SNOW FOR NEXT YEAR'S CHRISTMAS CARDS.

IRON, SEW ON, KNIT, & INVITE PLAYGAMES: MAHJONG. MAKE CUTE SCORECARDS WITH STICKERS

MAKE TEA FRIENDS TO HEARTS ON

LOVE OLD MOVIES

SEE 'EMMA' WITH GWYNETH PALTROW, COZY WITH BLANKET, GRILLED CHEESE SANDWICH & TOMATO SOUP. ALSO FLYAWAY HOME! TISSUE NEEDED FOR BOTH!

## Put Fun on the Calendar

Make plans, get tickets, set dates, because ANTICIPATION is a wonderful thing

FEED YOUR CREATIVE HEART

Neglect not the gift that is in thee. 1 TIMOTHY 4:14

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# Pieces From My Heart

by Jan Keller

## Accounting for Time



At the end of every December I sit down at my kitchen counter with my nearly obsolete, smudged and filled calendar the a clean, blank new one. One provides an accounting of time past; while on the other I will program the future.

Very methodically I go through the months, beginning with January, transferring the various birthdays, anniversaries and occasions I'll want to remember in the coming new year. During this process I can't help noticing what a hectic life I lead. Busyness seems synonymous with contemporary society.

A calendar gives a good overview of a spent year, indicating my state of health and how well I brushed and flossed by the number of doctor and dentist appointments. By reviewing the calendar's full and grimy pages I can give an accurate listing of all of our activities.

With a quick glance, it's easy to see that throughout a year very few of those little two-inch by two-inch blocks of time remain blank. Most are filled with places to go and times to arrive.

With a longer study, I become painfully aware of how little time was set aside for important things like interactions with family and friends.

The calendar represents a year. Each page stands for a month. Every square if one day's twenty-four hour allowance of time. And somehow, every midnight, I am miraculously sucked from one little box into the next, to make of it what I will.


One day, maybe this your, or maybe another year, I will enter one of those little boxes and not find my way out. My life will be over and it will be my survivors who will ultimately review my life and how I spent it to determine if there was meaning, purpose or value.

Come to think about it, next year when people ask me what I want for Christmas, the best answer might be a brand new year. I actually can't think of anything of greater value.

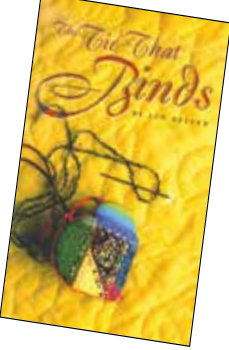



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Perth



# A Button Jar is Like a Family Photo

by Linda Doyle, Ottawa Valley Button Club

My mom was a professional dressmaker and I make most of my clothes, so I've always appreciated a beautiful button and what it can do for a garment. But several years ago a visit to an exhibit of vintage and antique buttons opened a whole new world to me! I joined the Ottawa Valley Button Club to learn more. Many old buttons are not necessarily pretty, but their purpose does tell us something about the

people who wore them – their occupation, social status, era, etc. – and a jar full is like a family photo!

On a recent visit to a regional antique shop I saw a jar filled with “very old buttons”. A quick examination didn't reveal anything particularly attractive in it, but I negotiated a fair price and brought it home. When I finally had a chance to tip out the buttons I was lost in another era for hours. The contents were nearly all from the 1800's and likely from the home of a working-class family, who had a few better quality garments.

First, I sorted the buttons into groups. There were lots of bone buttons – the standard underwear buttons usually carved from cattle bone (elastic had not yet been invented) - many metal buttons probably from a man's work shirts, and quite a few shoe buttons like those on my grandmother's baby shoes. Shell buttons and china buttons in the jar would have been from a lady's garments and most were quite ordinary, though a few of the china buttons had less common designs on them. There were a few black glass buttons and decorative metal buttons which would have been on a 'better' blouse or dress. One of the more unique buttons in the jar was a Goodyear hard rubber button. Goodyear didn't make the buttons, but they patented the rubber making process in 1851.

The buttons that were the most interesting to me though, were seven different 'whistle' buttons and three 'brand' buttons – the kind with company names on them. They were marked Peabodys Walkerville; Macullar, Parker & Co. and Scott & Co. Ltd Boston. Intrigued, I just had to “Google” those companies! I learned that in the late 19th century Peabodys was known for its top-quality overalls made in Walkerville, Ontario., now part of Windsor. During World

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War I, the company manufactured uniforms for the British Army and in 1915 American-based German sympathizers tried to blow up the building. Their bomb caused a lot of damage and blew out all the windows, but repairs were completed and the building stood for many more years, becoming the starting place of several companies. Macullar, Parker & Co. was a very prominent clothing manufacturer and retailer in Boston, Mass. It began as A. Macullar and Company in 1849, became Macullar, Parker & Co. in 1879, and flourished until the 1920's. Their building was massive. Apparently, Scott & Co. was also a high-end men's clothing manufacturer in Boston

and was even on the same street! On-line histories of the business are a fascinating look at commercial architecture and labour practices of the era.

“Whistle” buttons were made from two layers so that they have two holes on the back but only one on the top. This allowed for the thread to be somewhat protected from wear as it was captured between the layers. One of those in the jar has geometric mother-of-pearl inlays. I try to imagine what garments these would have adorned!

I'm still not really a 'collector' but I do love to learn about old buttons and their place in history -- and to admire the true collections of other members of our club. They have some exquisite samples of beautiful art deco, Austrian glass, vegetable ivory, celluloid, Satsuma buttons, etc., many of which will be described in future articles.

Learn more about the Ottawa Valley Button Club at [www.ottawavalleybuttonclub.ca](http://www.ottawavalleybuttonclub.ca).



Brand buttons

Work wear buttons

Glass & Metal



Shoe buttons



Shell buttons



Bone buttons



Whistle buttons back



Whistle buttons front



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Knitting Savant

## Finding Your Knitting Tribe

By Andrea Springer

Do you have a knitting "tribe" – a group of like-minded crafters to spend a few hours a week with? If so, count yourself lucky. I never cease to be amazed by the variety of places knitters and crocheters settle in for craft and conversation.

Your local yarn store (LYS) can be a great place to find meet others who share your passion, but I've found fiber friends in coffee shops, churches, libraries, parks, bars and on cruise ships. We're everywhere, and our time spent together produces good things – even if it's simply the conversation around the table.

One of my favorite groups gathers once a month at a local restaurant -- not to knit but to visit, eat and swap handknits. The Dishcloth Exchange has a permanent date on the calendar – the first Monday of the month at 6:30 pm. We meet at a predetermined restaurant, carrying gift bags holding our treasures to trade, and with no real agenda but to enjoy each other's company. After the food and the conversation, we pass the unmarked bags around and see what surprises materialize that month. Some dishcloths are colorful and practical, some have a seasonal theme, some are lacy and almost too lovely to use. Once they're open, we pass them around, admiring stitch patterns and yarns used. We compliment creative uses of patterns and the fine handwork that went in to the finished product. At the end of the evening, we decide the next meeting location, and we start working on our new dishcloth for the next month.

I love meeting with my knitting tribes, working on my projects and sharing an activity that has meaning for all of us. At the same time, I love opening the kitchen drawer that holds the work of my friends – humble dishcloths that see daily service and make me smile very time they're used.



## Basic "Three Three" Dishcloth

**Materials:** One skein worsted weight cotton, cotton blend yarn

**Needles:** US 7 or US 8

**Notions:** Tapestry needles for weaving in ends

**Pattern:**

Cast on an odd multiple of three stitches (3 x an odd number) to your desired width (usually 39 sts or 45 sts)

Row 1: \*K3, P3, repeat from \* to the last 3 sts, K3

Repeat Row 1 for all following rows, binding off in pattern when the dishcloth reaches the desired size. Weave in ends.

Andrea Springer blogs at [www.knittingsavant.com](http://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](mailto:andrea@knittingsavant.com) or follow Knitting Savant on Facebook and Twitter.

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## "Sewing Soup"

by Deb Heatherly

There is something wonderful about soup on a cold winter's day—and none better than "Sewing Soup."

What is "Sewing Soup" you might ask? It all began a few years ago and happened something like this.

"Yum...what smells so good?" my hubby asked as he walked in the door.

"Supper," I replied, "It's Sewing Soup."

Silence followed as he pondered my answer. Mentally, he was wondering if this was like stone soup? Did it contain thread spools instead of a stone? I could see his mind spinning. He was probably wondering if he would be going out for a burger instead of eating at home.

Finally, he broke the silence and hesitantly asked, "What exactly is 'Sewing Soup?'"

"Simple," I answered. "It's soup that cooks all day while I sew. It's any soup that's yummy, easy and ready after a long day of stitching. It's anything I don't have to think about so that I can give my sewing 100% of my concentration. It can be potato soup, vegetable soup, chili or anything I can dump in the crock pot before I start quilting."

Again, I saw his mind working overtime and a strange smile spread across his face. "Let me see if I have this right," he said. "When you cook 'sewing soup,' you get to sew all day?"

I nodded as he continued.

"So, does that mean that if I cook 'Hunting Soup' I get to play in the woods all day?"

One step ahead of him, I answer, "No, this only works for things done inside, but you could cook 'clean the house, do the laundry soup and vacuum soup.'"

Funny—I did not think he was amused.

### Here is my favorite "Sewing Soup."

#### Ingredients:

- 1 Bag frozen Hash browns (Chunky, not shredded)
- 2 Cans cream of chicken soup
- 1 Box Chicken Broth
- 1 Teaspoon dried onion flakes
- Salt and pepper to taste.

Mix all of the above and place in crock-pot. Cook on low for 6-8 hours and stir in an entire block of softened cream cheese right before serving.

Top with grated cheese, bacon bits, chives or other additions of choice.

*Deb Heatherly is a designer for Creative Grids® rulers and tools. When not in her studio, she is on the road doing Creative Grids® lectures and workshops for guilds and shops across the country. She is the designer of the Creative Grids Cat's Cradle tool, Strippy Stars tool, Turbo 4 Patch and the Ultimate Flying Geese tool. Deb is the author of the books 'Cat'tude, Strippy Stars, and 4-Patch Panache. Visit her website at [www.Debcatsnquilts.com](http://www.Debcatsnquilts.com) and visit her Facebook page [www.Facebook.com/Debcatsnquilts](http://www.Facebook.com/Debcatsnquilts). Creative Grids® fans are invited to join her new Facebook group—Grids Girl—and participate in the first annual Grids Mystery starting after the holidays.*



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

By Annice Bradley Rockwell

### Spring's Soft Awakening

As winter slowly melts into spring we often feel a sense of uplifting joy. The once barren landscape wakes up with nature's touches of green and each day seems to be brighter than the last. Daylight begins to stretch out before us giving us nature's predictable message that things are indeed about to change. The season of spring is a happy time and often a precious reward for having endured the stark season of cold.

### Venturing Beyond Home

As the subtle shift in the season occurs we often feel the need to venture beyond the comfort of home. Special events such as spring open houses or special antique shows promising the freshest of finds beckon us to wander and enjoy the invitation to shop and to dream. Regardless of our destination, our desire to get out and enjoy the season of spring is no doubt rewarded. There is a sense of freedom that comes with spring that suggests that even more good things are coming our way.

### A Symbolic Season of Change

The promise of spring gives us a soulful lift in harmony with nature's blessings that are coming to life right before our eyes. As the first yellow daffodils reach up through the earth, we too begin to feel as though we are breaking through to a new day. The sense of coming alive again is contagious and we often mirror nature's beautiful reflection. Our time spent enjoying the gifts of spring like the warmth of the sun hitting our skin or the long-awaited melodious chirping of the birds on a spring morning are simple joys that show us that just like nature, we are about to feel more free and more alive in this spectacular and symbolic season of change.

*Annice Bradley Rockwell is an educator and owner of Pomfret Antiques. She is currently working on her book, New England Girl. [NewEnglandGirl2012@hotmail.com](mailto:NewEnglandGirl2012@hotmail.com)*



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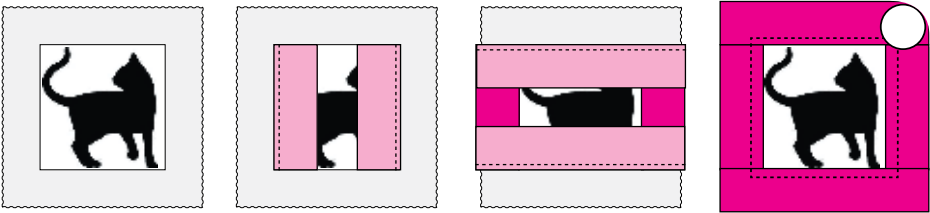
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16" Quilt As You Go Pillow Cover

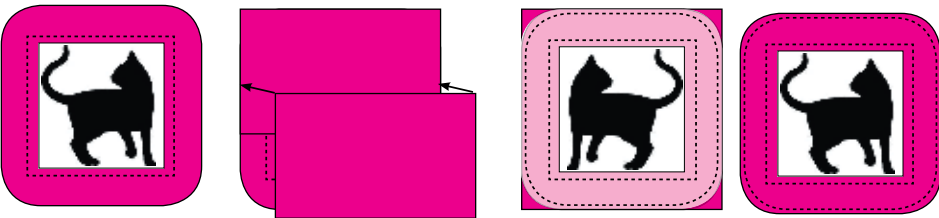
- CUTTING INSTRUCTIONS
- Cut center fabric 12½" x 12½."
  - Cut coordinating fabric as follows:
    - Two 3½" x WOF strips;
      - subcut one 12½" segment from each strip.
    - One 16½" x WOF strip;
      - subcut strips at center fold to make 2 equal pieces
      - 16½ x about 22"



- SEWING INSTRUCTIONS
- Center and pin the 12½" center block, RIGHT SIDE UP, on the 18" batting piece.
  - Pin a 12½" fabric strip to each side of the block with right sides together.
  - Stitch the strips to each side of the panel with 1/4" seam allowance.
  - Fold the strips open and press.
  - In the same way, stitch the remaining strips to top and bottom of the block and press.
  - Topstitch around the center block. Or topstitch rick rack in place, if desired (optional).
  - Trim the block including batting to 16½" square.
  - Place CD or other round object at the corners; trace and trim away the excess fabric.



- Fold both fabric rectangles in half, wrong sides together, to make two 16½" x 11" backing pieces.
- Place the folded backing pieces onto the pillow front, overlapping the folds at the center and aligning all raw edges. Clip or pin in place.
- Turn the pillow over so you can machine stitch with the pillow front on top (to see the corners).
- Stitch around entire outside edge with ½" seam. Trim away excess corner fabric and clip curves.
- Turn right side out and press edges flat.
- Topstitch the border fabric all the way around the pillow ½" from the edge. Insert 16" pillow.



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## Town and Country Cooking

### Inspiration to go

*By Janette Hess*

Need an exceptional dessert to impress friends or family? Look no further than your favorite eatery for inspiration.

We all have been dazzled by restaurant desserts but, for one reason or another, have not indulged. Or perhaps we've indulged but still want more! The solution is to take the idea, not the dessert, home. Then mimic the dessert on your own time and serve it on an occasion when you and your dinner guests can afford the extra calories.

The ideas for this month's recipes originated in boutique restaurants. All started as basic recipes, but then the chef-inspired additions, wrappings and sauces took them over the top.

### Phyllo-Wrapped Brownies

1 package brownie mix, prepared according to package instructions

Fudge sauce (homemade or purchased)

1 16-ounce package phyllo dough, thawed according to package instructions

½ cup melted butter, plus more as needed

Vanilla ice cream for garnish

Bake brownies in greased, 8- by 8-inch, parchment-lined baking dish. When slightly cool, invert onto large cutting board. Cut in half, and then cut each half into 6, 7 or 8 oblong pieces, depending on size of brownie desired. To assemble, carefully place 2 sheets of dough on flat surface. Brush top layer with melted butter. Place one brownie lengthwise near narrow end of dough and spread top of brownie with fudge sauce. (Two generous teaspoons is an appropriate amount.) Roll and wrap brownie in dough, ending fudge-side-up. Brush exposed surfaces of dough with butter and carefully tuck open ends underneath, using butter as adhesive. Quickly repeat process until all brownies have been wrapped in dough. Keep dough covered with plastic wrap until all brownies have been wrapped. Place brownies on parchment-lined baking sheet. Bake at 350 degrees for 20 to 25 minutes, or until browned. Serve with ice cream and additional warm fudge sauce.

**Note:** Depending on the number of brownies used, you may have some leftover phyllo dough. Most packages contain two sleeves of dough. One sleeve is enough to wrap approximately 10 oblong brownies.

### Blondies with Butterscotch Cream Sauce

#### Blondies:

¼ cup unsalted butter, melted

1 cup brown sugar

1 egg

1½ teaspoons vanilla extract

¾ cup flour

½ cup oatmeal, lightly processed

1 teaspoon baking powder

¼ teaspoon salt

½ cup coarsely chopped walnuts or pecans

Ice cream for serving

In mixing bowl, combine melted butter with sugar. Beat in egg and vanilla extract. Add dry ingredients and combine thoroughly. Stir in nuts. Spread batter in greased 8- by 8-inch baking pan. Bake at 350 degrees for 25 minutes. Cut into bars while warm. To serve, top with ice cream and warm Butterscotch Cream Sauce.

#### Butterscotch Cream Sauce:

1 cup butterscotch topping (homemade or purchased)

½ cup soft cream cheese

Lightly heat butterscotch topping in microwave oven. Add cream cheese and stir to combine. Serve warm over blondies and ice cream.

### Vanilla Bean Panna Cotta

2 cups heavy cream

1 vanilla bean

½ cup sugar

2 teaspoons unflavored gelatin

½ cup milk

1 5.3-ounce container (approximately ½ cup) plain Greek yogurt

1 teaspoon vanilla extract

Sweetened berries of choice for serving

Split vanilla bean lengthwise and scrape seeds into small bowl. Add small amount of cream; stir to separate seeds. Combine with remaining cream and sugar in medium saucepan. Bring to simmer over medium heat, stirring occasionally. Do not boil. While cream mixture is heating, measure milk into separate dish and sprinkle with gelatin. Allow gelatin to soften for 5 minutes. Thoroughly combine hot cream mixture with milk/gelatin mixture, yogurt and vanilla extract. Divide among eight 4-ounce ramekins. Cover and chill overnight.

Panna Cotta may be served in ramekins or unmolded onto individual plates. To unmold, loosen edges with thin knife and briefly dip each ramekin into shallow dish of very hot water, taking care not to allow water into ramekin. Invert onto plate. Top with sweetened berries.

*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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**Affairs of the Heart:  
the 7 Be's**

*by Madeline Lister*

Table games. spinners, tokens, score cards. I'll bet you had a cupboardful; maybe still do. At our house they were the turn-to rainy-day, snowy-day, wanna-have-fun-any-day solution. No matter the "how to", one thing they all had in common: competition. A winner; someone, who by skill or by chance, came out on top. And losers. You know the scene. One child ecstatic, the others somber. One doing the happy dance, the others bent on winning the next round. And so you played again, and again, and again.

Then we bought Be Happy, and the scene changed. Not over night. New rules, new outcomes, new attitudes take time to sink in. But change they did, and the hoots and hollers were limited only by the number of players! Everyone was a winner because everyone helped. Each turn a success; each player supported; high fives all around. Grrr-turns? Sometimes. But we all shared the loss. Be Happy became our go-to game. For all the right reasons.

This Christmas Day just a few weeks ago, I enjoyed a game of Checkers with Blake, my 10-year old grandson. While he and his older brother have their moments, he's a sweet kid. There came a point in the game of jumping and capturing when Blake chose not to jump, but to slide to an open space. Feeling I had the rule correct, I recommended he reconsider his move. Since the space beyond my checked was empty, he must jump his "opponent's" checker, land on the open space, and remove the jumped piece.

"But Gramma," he protested, "I don't want to. If I do, you will lose one of your checkers. Do I have to?"

"It's the rule, Honey," I explained. "I'm your opponent, and you're out to win. The object of the game is to take my pieces. That's how you win."

"But I don't want to. You might lose."

The look on his face haunted me. His tender heart hadn't bought my logic. I wasn't his opponent, and if it meant I would lose, he didn't want to win. We went back and forth, and eventually he gave in. I don't remember

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which of us won the round, but this I do know: I missed an excellent opportunity to hoot and holler with the next generation of helpers.

Recently, while meditating on a Bible verse from the book Hebrews, it occurred to me that life, while not a game, has a similar "be happy" set of rules. Maxims. Or as Wikipedia reads, "... a ground rule or subjective principle of action; ... a thought that can motivate individuals." "An expression of a general truth or principle," affirms dictionary.com

So, consider this ... What might be the consequence if we as fellow human beings were to adopt a new set of rules? Motivations, played out as the ground rules in all our relationships. Consider at the following list:

**♥ The 7 Be's**

- ♥ Be Attentive ... don't forget.
- ♥ Be Watchful ... don't neglect.
- ♥ Be Indulgent ... don't refuse.
- ♥ Be Friendly ... not aloof.
- ♥ Be Cordial ... not cool.
- ♥ Be Gracious ... not mean.
- ♥ Be Generous ... not stingy.



This Valentine's Day there will be the customary bestowing of flowers and chocolates. We'll exchange cards with sentiments we find hard to say. Maybe there will be a gift, or dinner out. And the day will pass. In reflecting, take time with me to muse on The 7 Be's. And resolve to make them the principles for working out all the affairs of our hearts.

Until next time, Happy Be-ing to you ...

*Madeline Lister is a quilter and writer by heart and by trade. Having retired in 2015 from the quilt shop she founded with her daughter, Madeline fills her days creating with fabric and the pen, and traveling alongside her husband who suffers from an incurable case of wanderlust. Madeline writes from their farm in the peaceful wine region of Wilcox Corners, Ontario, Canada. She would love to exchange comments and ideas with you. Contact her by email: madelinesmusings@gmail.com*



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## Random Acts

by Maranda K. Jones

## S. W. A. K.

"Lollipop, lollipop, Oh lolli lolli lolli," has always been one of my grandma's favorite choruses to sing to us. She claims that when I was a baby, she sang that song of the same name to me all the way from our Colorado home to her mother's house in Kansas. As my sister and I grew older, we sang along with grandma to pass the miles on our road trips together. As we have grown even older, Grandma has continued singing this catchy Chordettes' classic to our children. She sang this so much in fact, that my son donned her "Great Grandma Lolli" when he just a few years young.

Another tune taught to us by Grandma was "K-K-K-Katy," a popular song during the World War I era. We always enjoyed chiming in, imagining our great grandmother Katie meeting her husband Henry at the K-K-K-Kitchen door when the M-M-M-Moon shined over the cowshed. We wondered if that song was really written about them. They were living on the farm, raising six boys, and celebrating many anniversaries throughout their lives. She was clearly "the only G-G-G-Girl that" he adored.

Speaking of adoration, the song "A Bushel and A Peck" warms my heart every time I hear it. Grandma often sang this one as we rode along in her green Pontiac. We would sing along on our way home from school, and before it got dark, my sister and I would take turns driving her car or the old blue pickup through the pastures as we checked cows. I thought the words "bushel" and "peck" were directly related to our family's wheat field across the highway, but later figured out that a peck could also be a quick kiss on the cheek.

Those pecks on the cheek were often apparent from my grandma's family, hours after they greeted us. She and her two sisters must have learned their love of lipstick from their mother. An antique lipstick holder with a mirror held many different shades on her bathroom vanity. My great grandma even carried metal cases with mirrors, safely securing her makeup in her purse. To this day, I cannot see a tube of lip color without picturing my grandma and great aunts touching up their lips in the rearview mirror before getting out of the car. It seems like just yesterday they were leaning over the counter at the department store, refreshing their ruby red lips mid-shopping spree.

Now when my daughters ask for lip gloss, I smile and remember the ladies before me. We pucker up and apply these memories that are definitely sealed with a kiss.

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Maranda Jones' new book **Random Acts** is now available at [amazon.com](http://amazon.com).

The book includes her reader-acclaimed articles from the last decade.



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## Home To Make a Two-Color Binding

by Karen Grof

This quick technique gives you a binding that matches the backing on one side and matches the quilt top on the other side. Ot use it to add contrast to your backing and quilt top. For example, make a placemat with only two fabrics, green and white. On one side you will have a green placemat with white binding. Flip it over and you have a white placemat with a green binding!

Use the same binding method and number of strips that you would normally use to attach a binding made with 2½" strips. But, instead of cutting 2½" strips of one fabric, do the following:

- Cut 2" strips of green fabric
  - Cut 1" strips of white fabric (See top photo.)
1. Stitch all the green strips together lengthwise with a diagonal seam. Repeat with all the white strips.
  2. Trim the seam allowances to ¼" and press open.
  3. Stitch the green strips and white strips together with ¼" seam to make one long strip set that is 2½" wide.
  4. Press the seam allowance toward the white fabric.
  5. Fold the strip set in half lengthwise, wrong sides together to make a double folded binding. Press the fold as you go. One side of the binding will be green fabric only but the other side of the binding will be white and green fabric.
  6. Attach the binding with your usual method - be sure to match the narrower (white) strip to the green (contrast) side. Stitch with a 3/8" seam.
  7. After the binding is sewn to the project and the ends are joined, fold the binding to the other side of the project and clip in place. The fold should naturally be at the seam which combined the strips thus making the binding white on one side and green on the other.
  8. Hand stitch or top stitch the binding in place.



Cut strips 1" and 2" &amp; Stitch



Steps #3 and #4



Step #5 &amp; #6



Step #7

Photo to left – Finished placemats

—© Karen Grof 2017 Visit her website at:  
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# Love & Marriage

by Lesley R. Nuttall

## One Couple's Journey

Love is a universal desire. We all want to be loved! An old song's words are: "Love and marriage, love and marriage, go together like a horse and carriage" and it's true—you can't have one without the other. "They" also say that opposites attract. In our case, it's true. My husband, Craig and I are complete opposites. He is a very outgoing, happy and funny city boy, whereas I have always been a quiet, more reserved farm girl.

We began our life-long journey about 58 years ago (and counting) with Craig trying to sell me a used vehicle. He was a handsome young man who lived across the street from my Grandparents. My sister, Julie and I were staying with our Grandparents in town so we could have summer jobs, as we lived eight miles out in the country. Craig offered us a ride to work one morning and told me he had a used vehicle he wanted me to look at. He offered to pick me up after work.

Incidentally, I had no drivers licence, didn't know how to drive, and had no money for a car, but he was a good salesman! He picked me up after work in a cute little blue, 1956 Plymouth and drove out to a back road with little to no traffic. I climbed in behind the wheel and Craig began giving me driving lessons. After about an hour, I think he realized there would be no sale here.

He didn't let that distract him, and he asked me out on a date. He took me to a July 1st celebration in a neighboring town. There were only a few attractions, so Craig decided a boat ride would be fun. Now, you can picture me sitting in the boat in my favorite dress, feeling out of place. In those days, we didn't wear slacks on dates or even to school.

Once we had been on the lake for about an hour, it seemed like we had been circling the same island for quite some time. Dark clouds were rolling in, and the water was becoming choppy. Craig admitted he thought we were lost. He finally seemed to maneuver the boat in the right direction, but by this time we had a gathering of seagulls above that were swooping down at me. Craig was bravely trying to scare them off with the boat oar. I remember thinking to myself, "This will be our first and last date!"

Once we were safely back on shore and becoming a little more comfortable with each other, he asked me if I would give him another chance and have a more traditional date. After all, he was fun to be with and very good looking! So, I said, "yes."

Our courtship went smoothly over the following months. He showered me with trinkets and flowers; and after six months, he gave me a beautiful heart shaped black Alaskan diamond ring for Christmas. The time had come to meet his mother and brother's family. They lived four hours away in Port Arthur, now known as Thunder Bay, Ontario.

As he drove, little did we know we would start a tradition that we still do today. As we drove through a covered bridge, he gently squeezed my hand and said, "I love you!" Of course by this time I was smitten, and said, "I love you too!" To this day, every time we go under a bridge or underpass, we say I love you, and the other replies, ditto. If there are two under passes in a short distance, it's ditto, ditto.

Our fate was sealed on Valentines Day, 1961, when Craig asked me to marry him as he presented me with a beautiful diamond ring with little hearts cut into the sides. We were both happy and feeling very blessed. My parents were already very fond of Craig so they were pleased to hear our news and looked forward to hearing about our plans to marry. We planned our wedding date to be August 4th, 1961, and so the formal journey began.

For a beginning that started out very rocky—in a boat that was rocking because of the huge waves—I felt life was turning out perfect. As I write this, we have already celebrated our 56th wedding anniversary, and looking forward to our 60th. My how time has flown!



Some may ask, "What makes a good marriage?" There are a lot of different answers to that questions, but here are a few of my answers. There must be tender and caring feeling towards each other. They must enjoy each others company which eventually leads to becoming best friends. It's important to have a common interest, but it is also import for each to have your own interests to feel fulfilled.

"What does love look like?" Love is accepting that your partner may not be perfect, but you accept him/her anyway and are grateful he/she is in your life! And remember that a marriage relationship is built over time. Nothing happens overnight!

Love is so important, so pass on your love to your family and friends and let them know you feel blessed that they are in your life. God Bless you and may you have lots of love in your life!

*Next issue I will continue with the wedding, the tragedy and what follows for our journey.*

©2017 Lesley R. Nuttall. Lesley R. Nuttall is the author of "Secrets of Party Planning" and lives in Dryden, Ontario, Canada with her husband. [lesleyrose@shaw.ca](mailto:lesleyrose@shaw.ca)



## Show Love to Others, and Your Heart Will Be Full

by Susan Baldani

Valentine's Day is a time for love. But what if you don't have a significant other in your life? Don't worry; you can still celebrate. There are many different kinds of love, and it can be given and received on this day and all year round.

Why not bestow your love on people who have been good to you throughout your life, or on someone who is going through a hard time? Bring flowers to add cheer to their day, along with some goodies such as cookies or a cake. Be there to listen or offer a hug and let them know you're there for them and appreciate all that they do.

Do you have children in your life? They soak up love and affection like sponges, and their cuddles are worth way more than a box of chocolates. On Valentine's Day, read them a favorite book, or take them out for a special lunch. For a child, being the center of attention is always a sweet thrill.

How about your dog or cat? If you have pets, buy them each a special toy or treat. They show us unconditional love and make our lives happier. What dog doesn't like a belly rub and what cat doesn't like a toy mouse to pursue and catch? Watching them play will definitely make your day better.

Another option is to volunteer on Valentine's Day. Helping others can bring us great joy and satisfaction. There are so many agencies that need help and would be grateful to have an extra pair of hands. Think about what interests you, and find something that matches those interests. Whether it be volunteering at a nursing home, an animal shelter, or soup kitchen, there is something out there for everyone.

Whomever you spend the day with, the best gift on this day and any day is your time. Many people are lonely, especially the elderly, and anything you can do to brighten their lives would be welcome.

So instead of focusing on not having a special someone in your life right now, focus on what you do have. Enjoy the special people in your life, and make them feel cherished. Give of yourself and your time, and you will feel a lot of love coming your way.

*Susan Baldani has an MA in Education and a BA in Psychology. She enjoys writing and in addition to writing articles about small town life, is currently working on her second book. You can contact her at [suebaldani@yahoo.com](mailto:suebaldani@yahoo.com) or through her website at [www.mywritingwall.com](http://www.mywritingwall.com).*



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## Building Harmony

## Episode 59: The New Peace, Privacy and Solitude

By Jeff Cappis

Living in the country, we are somewhat removed from civilization. We enjoy the peace, privacy, and solitude of living out here. On a quiet night you can hear a moose pass wind from a thousand feet and the stars are spectacular.

We do march in step with the rest of the world though, when it comes to conveniences and technology.

My wife Cathy and I decided to put some security cameras up around the property. It was a seemingly prudent thing to do. Our neighbor had put a video system in a year before, and even caught images of a cougar walking across his property toward our place! Cool!

We talked about all the reasons for getting one. Security and peace of mind were at the top of the list, but secretly, I was hoping to get pictures of Bigfoot or aliens walking around. At the very least we could get a good look at the critters in our yard when we're not around. And we did.

We saw moose tearing up our pond, and deer eating all of Cathy's flowers, then leaving pellets on the deck. (Actually, we didn't need a camera system to figure that one out). I set up the system to email my phone a picture whenever the cameras detected movement.

I guess I set the system up wrong. One night it emailed all of our friends a picture of my butt going out to the hot tub. It also emailed everybody a picture of our grandson picking his nose, me trying to put out a fire in our bar-b-q, and our dog Max doing his duty (and not from a good angle either).

It began to feel more and more all the time like we were being watched. But, at least we had security.

Then we got one of those new home units. You know, the thing that listens to your voice and does things like answers questions, controls the lights, makes phone calls, and plays music. Stuff like that. It was amazing! We used that little unit to keep our schedules, wake us up, and program

shows on TV. I liked the soft and gentle female voice it had. Don't tell my wife.

My grandson developed a relationship with it. They told each other jokes for hours. When he told her (the unit) that she was his best friend, she told him that he was hers. At bedtime they would say a fond goodnight to each other. This machine was becoming part of the family.

One night he asked it, "Do you want to hear a secret?" The unit asked, "What is your secret?" Our grandson whispered to it in a cute but hard to understand voice, "Gramma and Grandpa give me lots of hugs." The unit misunderstood him and the police were here in 15 minutes.

It also listens to everything that's going on. One night we were talking about an annoying neighbor down the block. The unit must have mistakenly thought we wanted to call him. Try coming back from that one. The conversation went on for about 5 minutes before we realized he was listening. I tried to blame the machine but he wasn't buying it. Now if we talk about anybody, we have to go into a closet.

Oh ya, a word of warning, don't put one of those units in your bathroom. It phoned some stranger named Cathy and caught me yelling, "We're out of toilet paper".

It will also catch you singing in the shower. Various strangers have gotten live auditions of me singing under the water because their name was in a song and the unit called them. I got harassment complaints from 867-5309 (Jenny) and a woman named Billy Jean. I still like Michael Jackson music, but I don't sing it in the shower any more.

We used to get a little freaked out wondering what wild animals might be watching and listening in the forrest. Now we worry about who might be watching and listening around the house.

Despite all this though, we still enjoy some peace, privacy and solitude living out here.

Anyway, I'd better end this story now because I think the camera on my computer is watching and it might report me to the home unit.

© 2018 Jeff Cappis. Jeff is a writer and cartoonist who lives in Bragg Creek, Alberta.





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# The Bridge of Love

by Lesley Nuttall

In the early days of dating, under a bridge they were passing  
Started a bonding experience, that has been everlasting.  
A squeeze of the hand, while saying, "I Love You"  
Fifty plus years, keeping love alive and true.

Two young lovers on their way in life  
Thinking of becoming, husband and wife.  
Traveling somewhere, side by side  
Experiencing love, they're unable to hide.

Every bridge they have ever gone under  
Sparks a lightning bolt of passion and thunder.  
Discharging a monsoon of love, to each other  
Savoring the moments as promised lovers.

Over the years, passion subsides while friendship grows  
Respect and caring for each other flows.  
A bridge anywhere still inspires "I love you"  
Revealing the seed of hearts desire .... grew!

©2018: by Lesley R Nuttall. Lesley lives in Dryden, ON Canada with her husband of 50 plus years.

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# Northern Ontario Shop Hop AT -33 BELOW

Fun was had by all 47 people as we boarded a school bus to travel from New Liskeard to Cochrane 220 km, at -33 below. Quilters are a tough breed and will sustain some obstacles to find the perfect fabrics.

We picked up quilters in Englehart and New Liskeard and started our shopping at Gem Sewing, in New Liskeard then to Thornloe (Country Quilts) off to Quilting Barn in Earleton and up to the Hobby Shop in Kirkland Lake then fill our tummies at the Kanogami Bridge Inn for the trip to the Needleworks Studio in Cochrane.

As we travelled from store to store we played games on the bus to pass the time. One of the games was using the Country Register magazine as I asked questions and they had to find the answer in the paper. Since everyone had so much fun future trips are again in the planning stages.

This really was a nice change from the very cold snap we were having and got us out of the house for a day with people with a common interest.

*Prepared by Gayle McNaughton from Gem Sewing*



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## Over The Teacup

# Afternoon Tea Protocol

By Janet Young



You just received an invitation to come to Afternoon Tea. After you accepted the invitation, the initial excitement begins. There is just something about going to tea that elicits a feeling of excitement. Perhaps it is the tiny tea sandwiches, or the fine china, or even the experience itself that creates this anticipatory joy, as you eagerly await the day, the hour that you will be partaking of what could be perceived as a royal delight.

However, this time it is different. You will be having tea with a prestigious person in your company such as the CEO, or President, or other High-Level Executive. Now suddenly the excitement turns into fear. You may have been to tea before with your friends, but that was less intimidating. It didn't matter if you didn't quite know the proper protocol. After all you were with your friends, and even if they knew the proper etiquette of tea they were not going to judge you for any faux pas you may make. But tea with an executive is different, because they may be evaluating you and testing to see if you might make a good candidate for a position they are considering for promoting you. Now it matters. So, here are a few tips that might help you on your way.

If there is no gentleman to pull your chair away from the table, pull out the chair and be seated from the right side of the chair. Your purse should be placed under the chair away from wait staff, and please no elbows, eyeglasses, or cell phones on the table. (Cell phones should be turned off). Remove the napkin and place it on your lap. If it is a large dinner napkin, open it, and fold it in half. Place the folded side against you. If it is a luncheon napkin, open it the whole way and place on your lap. Do not blot your lips with the napkin so as to prevent lipstick from staining the napkin. When tea is served, you may discover that there is no milk or sugar on the table. That is because tea, for the most part, is best served without any additives. If it is an absolute must, you can certainly request it. To stir your tea, you will use an up and down motion, being careful not to hit the sides of the cup. Please note that if you put lemon in your tea, it is to remain in your cup, not placed on your saucer. And most importantly, never use lemon and milk together as it will curdle. When you have finished stirring, place the spoon on the saucer behind the handle of the teacup. To pick up the cup, you squeeze the handle between your thumb and first one or two fingers. (No crooked pinkies, please). The saucer remains on the table. The only exception would be if you were standing, then you would use the cup and saucer together.

It is fine to eat your food with your fingers. If something is extremely messy, a fork would be ok to use. Be sure to take small bites so as to be able to swallow your food before speaking. You never know when someone might ask you a question or want your opinion on something. Along that same line, you should swallow your food before you take a sip of tea. And, last but not least, never look over the teacup when you are sipping your tea. You always look down into the cup, and never sip tea from your spoon.

Scones are a traditional part of tea, usually served with clotted cream, curd, and jam. Begin by using a spoon. Then, place the clotted cream and the jam or curd on your plate. Using your knife you will apply the jam or curd first. Next top it off with the clotted cream. Please note that you do not spread the entire surface of the scone with this mixture. Rather, you apply it to each piece before you eat it. There are various thoughts on how to eat a scone. One being to eat it as you would bread. Tear it apart one piece at a time. Another thought is to cut the scone in half. If you cut the scone, place the knife at an angle on the edge of the plate. Remember you use the spoon to place the toppings on your plate not directly on the scone.

Now, you just sit back and relax, and let the conversation flow. When your host/hostess puts the napkin down, then you take your napkin from

your lap and clutch the middle of it, and place it loosely to the left of the plate. When you get up from the table, you get up from your chair and exit on the left side.

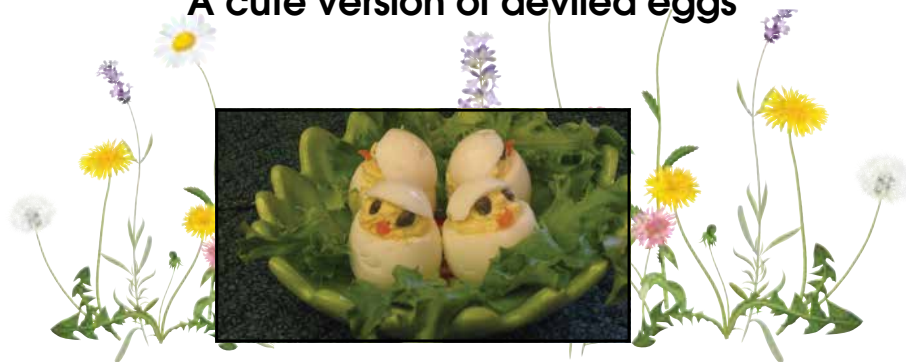
There you have it. It's not too complicated, yet it will impress those who are in the know, as you will have demonstrated your command of the Art of Afternoon Tea.

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

From Lydia's Recipe File:

## Spring Chicks

### A cute version of deviled eggs



#### You'll need:

- 6 hard-boiled eggs, shells removed
- 1/4 cup mayonnaise
- 1 teaspoons prepared mustard
- 1/2 teaspoon sweet pickle relish
- salt and pepper to taste
- 2 black olives, cut into small bits for eyes
- 1 carrot, cut into small triangles for beaks

#### Directions:

1. Cut off the top one-fourth of each egg and save to replace later.
2. Cut a thin slice from the bottom of each egg so it sits flat.
3. Carefully remove yolk from eggs with a small spoon, fork, or knife; place yolks in a small bowl, and mash with fork.
4. Add mayonnaise, mustard, relish, and seasonings to egg mixture.
5. Spoon yolk mixture into the hollowed eggs, heaping mixture on top for chick's head. Or pipe in filling by making a small hole in the corner of a plastic sandwich bag. Add the egg filling to the bag and squeeze mixture into the empty egg.
6. Place reserved egg piece at an angle on top of the filled egg, leaving yolk mixture showing.
7. On the yolk mixture, add bits of olives for eyes. Cut a thin carrot circle and cut out small, pointed triangles from the carrot for beaks.
8. Refrigerate in a covered container until ready to serve.
9. When ready to serve, place one chick on a plate with a lettuce leaf at each place setting. Or serve in eggcups.

Refrigerate leftovers.

*Makes 6 chicks. Double recipe if desired.*





Celebrating Easter!

As our family gathered for Easter last year, we listed words beginning with each letter of E-A-S-T-E-R. For this spring tea column, I have used an acrostic for Easter to share ideas to celebrate this important holiday.

E is for Eggs.

Eggs are one of the first things I think of at Easter. Coloring eggs, jellybean eggs, and chocolate eggs are part of the fun. I remember the year our young grandson really got into coloring eggs and went home with more dye on his hands than on the eggs.

One year my friend Barbara sent me a picture of the cute deviled-egg chicks she made. Instead of cutting the eggs in half to fill them, she cut off the top one-fourth of the hard-boiled egg, carefully removed the yolk, and made a deviled egg mixture she stuffed into the upright egg. She put the white cap back on, adding bits of olives for eyes and a tiny carrot beak to the yellow deviled egg showing. These chicks look darling and taste delicious. (See recipe and photo elsewhere.)

Plan your menu around eggs and your family’s favorite foods. At our home, it’s ham, mashed potatoes, gravy, rolls, fruits, vegetables, and dessert—such as banana cream pie. You can make the pie into an Easter basket by sprinkling green coconut on top and adding jellybeans. Or make muffin-sized banana cream baskets, and add red licorice rope or pipe cleaner for handles. Or fill a teacup with your favorite pudding, add whipped cream, green grass coconut, and candy eggs for a TEA-lightful presentation.

A is for Activities.

Egg hunts, Easter baskets, and the Easter story have made our holiday memorable. When our grandkids were young, sometimes we acted out the Resurrection story.

One year we wrapped the youngest ones in toilet paper for grave clothes, and they had fun bursting out saying, “I’m alive!” Another year, I covered a card table with a blanket to become a dark tomb. The grandkids took turns being the angel inside the tomb. When we looked inside, they turned on a flashlight and announced, “He is not here; He is risen!” Later that day, after our egg hunt, I couldn’t find one of our grandsons. Eventually I found him hidden inside the “tomb” eating his Easter candy.

S is for Spring Setting.

Flowers of all types make a lovely welcome. Fragrant Easter lilies, cheerful daffodils, and perky tulips add color. A few tulips in a vase create a quick centerpiece. Be sure to make the arrangement short enough so guests can see each other over the flowers. Outdoors, planters with blooming bulbs add beauty. And I set out my ceramic garden bunnies to bring smiles.

T is for Tea.

Tea is always in season. Brew your favorite blend, and serve it hot or iced. I enjoy fruit-flavored teas in the spring, lightly sweetened with sugar or honey. Wild black currant, peach-apricot, and blueberry are some of my favorites. Or consider flavored teas with vanilla, almond, or even chocolate. For added delight, serve sugar cubes with tongs. And should you decide to offer tea sandwiches for a snack later, serve them in a

basket (see photo).

E is for Extras.

Extras are the little touches added to the menu or table setting that make the gathering more special. Perhaps it’s how you fold the napkins, garnish the food, or place a cupcake liner filled with nuts and candy by each setting. Or maybe you’ll make place cards or write each guest’s name on a colored egg. I’m for keeping things easy, but I also like guests to feel extra-special if I have time to prepare.

R is for Reflections.

What are your memories of past Easters? What does Easter mean to you? Perhaps family and friends could share stories, songs, and foods.

Last year, as we each wrote words related to Easter, one person wrote:

- Early morning
- Alive
- Salvation
- Tomb
- Empty
- Rejoice!
- What would you write?

This Easter, capture your celebration with photos—spring setting, foods, fun activities, and family and friends. Then savor your memories all year long.

Happy E-A-S-T-E-R!

Lydia E. Harris, known as “Grandma Tea,” wrote the book *Preparing My Heart for Grandparenting* (AMG Publishers). She holds a master’s degree in home economics.







## Mini Jewels

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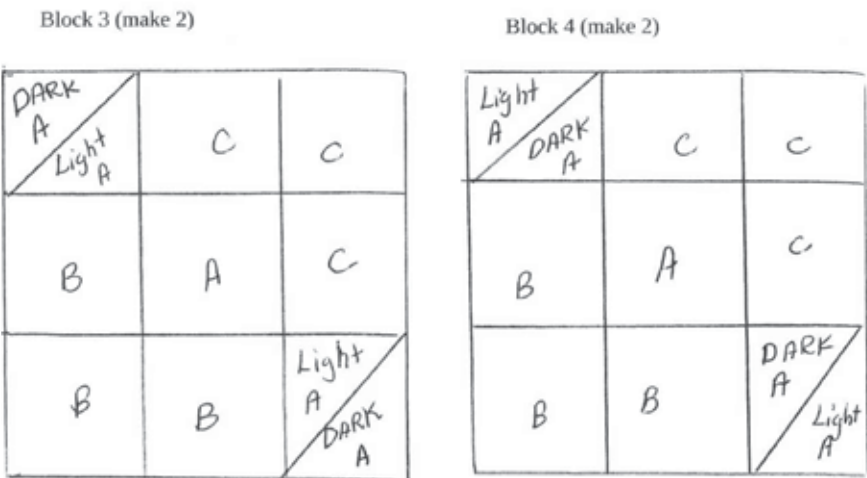
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PART 2: Blocks 3 & 4: Make 2 of each block. Again, these blocks are identical except for the placement of the half square triangle blocks!

For each block: Cut  
Three (3) 4 1/2 X 4 1/2" squares light Fabric C  
Three (3) 4 1/2 X 4 1/2" squares of medium Fabric B  
One (1) 4 1/2 X 4 1/2" square use pre-cut Fabric A  
One (1) dark Fabric A pre-cut 5" square  
One (1) light/medium Fabric A pre-cut 5" square

Using your 5" Fabric A squares, draw a diagonal line on wrong side of light Fabric A square. Place squares right sides together and sew a seam 1/4" on both sides of the marked diagonal line. Cut on the diagonal line. Press seams towards the darker fabric. Square these up to 4 1/2". This will make the 2 half square triangles that you need for the corners of your block.

Follow the diagram for placement. On Block 3, the DARK half of your half square triangles will be to the OUTSIDE of your block in the UPPER LEFT and LOWER RIGHT hand corners. In Block 4, the LIGHTER fabric will be in the UPPER LEFT and LOWER RIGHT hand corners.



## Sweet Marjoram (*Origanum marjorana*)

By Wanda Headricks

Sweet Marjoram was a very popular and common medicinal herb amongst the ancient Greeks. The name "Origanum" comes from the Greek words "oros" and "ganos" meaning splendid or joy referring to the color and scent of their flowers and leaves. Sweet Marjoram became referred to as the "joy of the mountains" due to the hills from which they originally came.

Sweet Marjoram is a tender, bushy perennial herb, growing about 10-inches tall with small, oval, woolly, hairy leaves, and pink or white flowers. It originates from the Mediterranean region and is cultivated in France, Libya, Egypt, Tunisia, Morocco, Italy, Hungary, Bulgaria, Poland, Germany, Turkey and others. Sweet Marjoram essential oil is steam distilled from the dried leaves and flowering tops of the culinary herb *Origanum marjorana*. Pure Sweet Marjoram essential oil is a pale-yellow to pale-amber colored mobile liquid with a warm spicy, aromatic camphoraceous, woody odor.

There is often confusion regarding the various species of marjoram. Sweet Marjoram should not be confused with Spanish marjoram (*thymus mastichina*), which belongs to the thyme species or oregano (*origanum vulgare*), which is used to produce oregano essential oil.

The ancient Greeks used Sweet Marjoram to treat spasms, remove excess fluid in the tissues and as an antidote against poison. It was also used as a digestive herb. Because it was referred to as "joy of the mountains" it was commonly given to newlyweds as a token of good fortune. On another spectrum of life, it was planted in graveyards to help bring peace to the departed! It was also used in nosegays to mask unpleasant smells. It is used in European herbal medicine for the treatment of respiratory ailments, bronchitis, antispasmodic and as an expectorant. It is also used as a flavoring in many food products.

Therapeutic properties found in Sweet Marjoram are listed as: analgesic, antiseptic, antispasmodic, antiviral, bactericidal, digestive, diuretic, expectorant, fungicidal, hypotensive, nervine (strengthens or tones the nerves), sedative, stomachic and vasodilator among others.

The warming properties of Sweet Marjoram make it helpful for treating chills, muscle spasms, rheumatic pains, sprains and strains. It is considered effective for use as an inhalation or a chest rub for the treatment of colds and flu due to its antibacterial and antispasmodic properties.

Sweet Marjoram essential oil is considered non-toxic, non-irritating and non-sensitizing. Sweet Marjoram is contra-indicated during pregnancy. Sweet Marjoram is considered an aphrodisiac. Prolonged use can cause drowsiness.

### Cold and Flu Massage Oil Blend

Sweet Orange Essential Oil .....	30 drops
Rosewood Essential Oil .....	20 drops
Sweet Marjoram Essential Oil .....	15 drops
Rosemary Essential Oil .....	15 drops
Lavender Essential Oil .....	20 drops
Cypress Essential Oil .....	20 drops

Blend the above essential oils into a 4-ounce amber glass bottle with a glass dropper lid. Fill the 4-ounce bottle with 2 ounces Jojoba Oil and 2 ounces of Emu Oil. Use on chest and back for comfort and relief when you are suffering from colds and flu.

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## Patchwork Pillow Hugs

By Cathy Elliott

For my grandgem’s tenth birthday, I bought her a sparkly, mermaid pillow at Home Goods. It was covered on both sides with pink, sequined fabric that turned to silver when brushed the other way. Perfect for drawing hearts or writing a message. Or forever doodling in something like silver and pink glitter. She seemed charmed by it and I gave myself an inner stamp-of-approval. Job well done.

Until my daughter dropped a recent remark on the subject, “Blah-blah...loves it...but she’s disappointed. She can’t cuddle up with the pillow or lay on it because of the sequins on both sides.” Oh-oh.

The comment stuck with me. Why hadn’t I thought of that myself? So caught up in its twinkle, I never considered what her pillow was tasked to do. To be a comfort. What tween girl – or anyone – would want to flop in a chair and lean against a prickly pillow?

Then I remembered a handmade, patchwork pillow, loved from the

first day I laid eyes upon it, gifted by my sister-in-law many years ago. Sent for no reason except sisterly-affection, it was (and still is) the perfect pillow. A generous 26”X26” square, filled with soft down, and covered with quality Ralph Lauren fabrics: the striped material cut from a set of curtains, the backing from a skirt she no longer wore, the rest of the fabrics from a design store’s old sample book.

In fact, that pillow is just what it should be - beautiful in design, skillfully crafted, and as comforting to lean against as a hug at the end of a hard day. All wrapped into a patchwork masterpiece, always welcoming me home.

Though my grandgem might not appreciate designer fabrics yet, I bet she’d treasure a patchwork pillow out of fun fabrics that make her smile or stir a happy memory. Something huggable – front and back. That’s the goal. Out with the prickle and in with the cozy cuddle!

I better get busy.

*©Cathy Elliott is a full-time writer living in northern California whose mysteries reflect her personal interests of crafting and collecting. She also leads music at church and cherishes time with her grandchildren. In addition to various articles and anthology contributions, Cathy’s written ten children’s books for classroom use. Her plot-twisting works include A Vase of Mistaken Identity, Medals in the Attic, and A Stitch in Crime. Website [www.cathyelliottbooks.com](http://www.cathyelliottbooks.com)*



Another new year! May 2018 prove to be a happy, productive year for all of us. Quilters don’t have a monopoly on happiness or productivity, but the nature of our passion leads to both – happiness is cutting, piecing, quilting and working with beautiful fabrics to create something new. Productivity is the result.

Are happiness (contentment) and productivity enough? What about appreciation of our skill and effort from others? A recent event comes to mind. A few weeks ago I gave a lap quilt to a friend who was recently ill so she could cuddle in it while watching television, one of her diversions as she recovers. Some time later our paths crossed, and she updated me as follows: “Oh, I just love that quilt, but the minute I walked in the door with it Fido (a pseudonym) sniffed it, pulled it from my hands and ran to his bedroom. He won’t go anywhere without it. He carries it everywhere. It’s definitely his quilt.” What could I say? Any quilter will know my instantaneous internal reaction, but I kept quiet. I like dogs, and far be it from me to spoil their fun.

Upon reflection, I think that my decision to say nothing was the right one. After all, I had had the pleasure of cutting, piecing, quilting and finishing. What more did I need? Nothing. Yes, I know I spent considerable time and money on that quilt, and it would have been nice to receive human, rather than canine, appreciation. But I also know that it gave me pleasure to give it to my friend, and what she (or Fido) did with it was not my decision. A gift is not a gift if strings are attached. Life is too short – and there are too many quilts to make – to stew over this.


In addition to the pleasure derived from making and giving quilts, another theme emerges: the desire to help others. Here in Alberta victims of two recent disasters, the High River floods and the Fort MacMurray fires, welcomed quilts from all over North America to help re-establish households. Over 1000 quilts for Ronald McDonald Houses were made and donated by Canadian quilters in 2017 to honour our sesquicentennial. Every day quilters all over North America donate quilts to veterans through the Quilts of Valour organization which was started by a quilter. Innumerable charity or comfort quilts are given to innumerable causes, charities and individuals. All these donations are made with no expectation of appreciation or acknowledgement, although it is often received. Knowing that someone has been helped or cheered is our reward – and that’s enough.

Happy New Year!

P.S. Altruistic as the above may appear, neither my friend nor her dog will be getting another quilt from me in this century. Lesson learned.

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

# GIRLFRIEND WISDOM



## Plant Your Field of Dreams

A farmer does not plant corn seeds and expect a crop of beans. The right seeds must be chosen, planted, watered, protected from weeds, and watched over by a dutiful farmer if the Celebration of Harvest-time is to be accomplished. Now is the time and season for planting your own Field of Dreams.

**STEP ONE:**  
Get the right Tools and Clear the Field -  
No rocks, no weeds, just good fertile soil.

**STEP TWO:**  
Select the Seeds - The ones that will yield you  
Your own Dream Crop

**STEP THREE:**  
Grow the Dream - Nourish it and watch for weeds.  
Expect a Harvest-time Celebration. Be steadfast.

**STEP FOUR:**  
Harvest Your Crop  
and Savor the Fruits of your Dream!  
Jump for Joy, Celebrate, Appreciate,  
and Be Gratefull!

Joy & Blessings, *Jody*

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



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Wales and London Tour

In an attempt to keep warm and dry in these cold and dark winter months, I find myself spending much more time in my studio. Active hands and a creative mind keeps the winter blues away! I have a number of projects on the go (don't all quilters?), including a couple of special show pieces. I have been invited to participate in the Irish Patchwork Society's Annual Showcase this year, as their International Quilt Artist (#pinchme). As well, I'm involved in another worldwide collaborative project, working with other Canadian quilt artists, as we enter as "Team Canada". This worldwide project will be unveiled to the world in 2019, with teams from other countries around the world. All very exciting!

As I work away in my studio, I like to listen to some of my favourite programs. The characters in the stories of Downton Abbey, Call the Midwife, The Crown, This is Us and of course Grace and Frankie (for a little comic relief), have become a sort of extended family for me. I love to revisit these old friends and wonder what it must truly be like to live as the Dowager Countess, Sister Julianne, The Queen (or maybe Princess Margaret) and so on. I think of the types of projects each of those characters would bring to the quilt world, if they so ventured.

Sharing my love of these TV dramas with other quilters and travelers, often leads to conversations about "did you see this.... or that..." "Have you read this... or that..." "Have you been here.... or there..." It is this kind of networking that allows us to continually add interesting and must-see sites and stops to our tours - ones that might otherwise go unnoticed.

Our August 2018 tour through Wales and London is fast approaching and I'm very excited with what this new adventure will bring. Arriving into Manchester, England and traveling to Cardiff, visiting St. Fagans National History Museum which includes the magnificent St. Fagans Castle and gardens, experiencing a

traditional Welsh banquet at Cardiff Castle and later, a visit to Highclere Castle, will undoubtedly transport us directly into the life and times of the Dowager Countess!



Jen Jones  
Quilt Center  
display



Royal School of Needlework



RSN stitchers

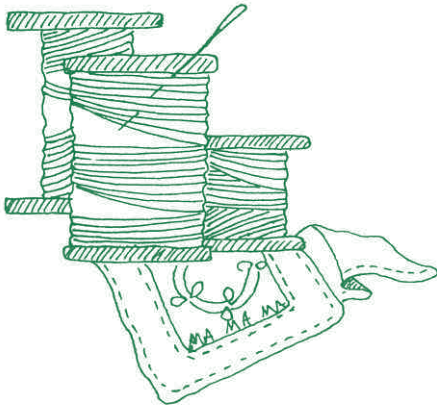


Jen Jones  
with quilts

Most exciting, however, will be our visits to sites especially relevant to our love of quilts and textiles. The infamous Jen Jones Welsh Quilt Center, which was opened to promote and celebrate Welsh quilts. Jen's passion and dedication has led to the saving and preservation of this vital part of Welsh Heritage. The Royal School of Needlework, where a unique opportunity awaits those who wish to participate in a hands-on embroidery class from one of the most prestigious needlework schools in the world! And of course – two full days at the spectacular Birmingham Quilt Festival! Just to name a few.

We would love to have you join us for this tour. Dust off your tiara and jump back in time for a breath taking experience! You will meet many new friends as you share your love of quilts and textiles, history and new experiences.

Kim Caskey, Celtic Quilt Tours, 780-288-9008, kim@kimcaskey.ca







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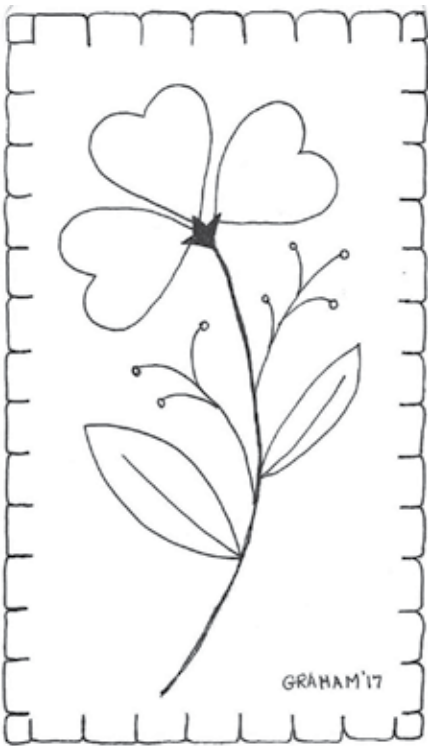


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Designed by Kathy Graham

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